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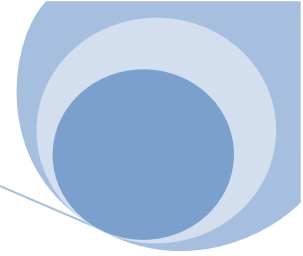
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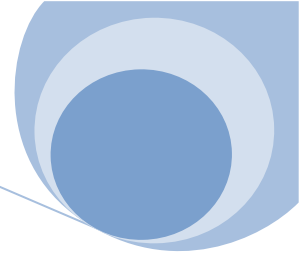
Introduction

What stirs your soul? What is your passion in life? We talk to individuals daily, who are reaching into their hearts, to discover the joy, the passion that they understand lives inside of them. Quitting is easy. Anybody and everybody can do that, and most do. Check in with yourself for a few truthful answers. Listen to your heart. Be courageous, live courageously by living the life you were put here to live.

Individuals wish to be happy. It's that simple. It all begins with you, not "somewhere out there" in the world. There's nothing that will make you smile for long, or fulfill you, if you're not happy inside. Take a little time to get in touch with what brings you pleasure. Happiness is infectious, pleasure amplifies only when you're ready to embrace it. Be a willing player. Become the master of your destiny.



Khai and Yuenn



Where To Start – Tip 1



Your imagination is a gateway to the possible and a bridge to your unconscious mind. It's the limitless palate with which you craft your world and a built-in key to manifesting your hopes. Your subconscious mind doesn't recognize the deviation between what is genuine and what is imaginary.

Your imagination is your preview of life's coming attraction.

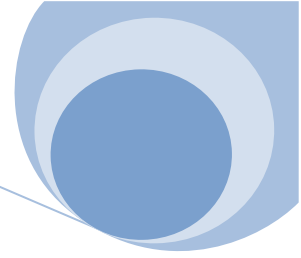
When envisioning your desire, engage your imagination by using all of your senses. Imagine not only the visualizations, but also the sounds, textures, smells and tastes of your dreams coming true. Even more significantly, think of the feelings of the outcome you look for as these contain the strongest magnetic force for drawing in your desires. How you feel about what you imagine will decide whether you'll successfully draw it in or not.

Feelings are the language that talks to the Divine Matrix (the Universe). Feel as if your goal is completed and your prayer is already responded.

If you envision your dream car but are consumed with feelings of defeat for not having it, doubtfulness about ever manifesting it, guiltiness about deserving it, or jealousy at your friend for already having it, you'll trigger the law of attraction against you instead of for you and re-enforce the absence instead of existence of that car in your life. Your feelings are mighty indicators of what's going on internally and point to beliefs and attitudes that may need changing or adjusting.

Your feelings are integral to successful manifestation. They're the words of your unconscious mind and the energetic conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.

You are able to begin immediately to feel healthy. You can start to feel prosperous. You can start to feel the love that is circling you, even if it's not there and what will happen is the universe will correspond to the nature of your song.



The universe will correspond to the nature of that internal feeling and manifest it because that is the way you feel.

These feelings are conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.

Desire breathes life into your dreams and fuels your imagination and anticipation. As you connect with your desire, your imagination, as well as all the favorable thoughts and beliefs about your goal, are lit. To connect with the desire you've got for your goal, merely ask yourself "Why do I wish for this?" As you answer the whys, your passions and emotions flurry and your imagination streams.

Enquiring why also aids you in acquiring clear on the intent behind your goal and how realistic your goal is for you, also what the greater purposes and hoped results of your goal are (what you wish your goal to give you). It can be an uncovering exercise.

Some of the times what we believe we desire can be a product of the consensus, of what other people desire for us, of what we believe we "had better" have, of what our ego believes will satisfy us, or of our rationalizations rather than our heart's desires. If questioning why you desire your goal does not get you jazzed up, you might prefer to question how much you really desire it.

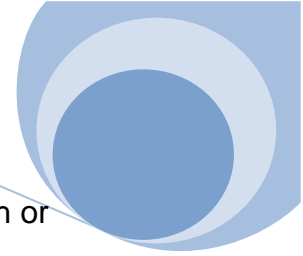
Make The Space – Tip 2



For your desire to land in your reality you are required to produce the space and be prepared for it. What requires to be done on a practical, emotional and mental level for you to be set for this reality? Get ready by thinking ahead and making the necessary steps towards your goal.

What new resources, contacts and skills could you require? What new postures and opinions? Think from your future and behave accordingly.

A different way to make space in your life for your ambitions is to clean out the clutter. This can be done on a physical and virtual level such as cleaning out your closets, organizing your papers and filing, discarding old garments and so forth, but it can also



be done on emotional and mental levels. What human, concern, bitterness, wrath or loss are you grasping that could be let go of?



If you're desiring a new relationship for instance, is there an ex-partner you have not quite relinquished yet, or a quality about them or that relationship that in your heart you have not yet given up?

Whatever you are grasping from your past is what you are bringing into your present reality.

To successfully draw in your hopes it's crucial that your feelings are congruent with them. If, for instance, you desire a happy loving relationship but bear negative feelings about the opposite sex, love, or yourself for that matter, you will produce counter results.

Beliefs are constructed during an early age and at other key periods in your life. They can be formed and molded by family, peers, society and media, and a large number you may not even be aware of.

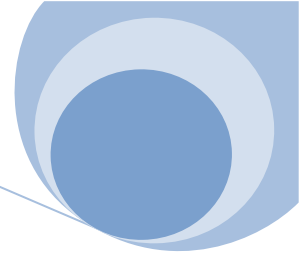
Opinions are not the truth, but merely a perception and toleration of such. What's great about opinions is that you can alter them and pick out the ones that accommodate you and back up your imagination and dreams.

Whatever the mind can conceive and believe, it can accomplish.

A different key element to drawing in and allowing the realities you look for is a sense of worth. If you do not feel that you deserve the truth you want, you'll block its manifestation or undermine it once it arrives. Your sense of worth reflects your level of self-value and is meddled by guilt, dishonor, self-judgment and negative self-concepts.

Self-love and self-forgiveness always increase your sense of worth.

The fact is that you deserve wholly and utterly just by being alive. Once you acknowledge and awaken to your spiritual value, your inherent purity and worth and the true nature of your being, issues of worth are solved.



Changing Your Finances – Tip 3

Whatever goal you set, you can achieve it, this you need to keep reminding yourself to be successful.

If you have some restricted thinking about money you will never be able to accumulate wealth.

For example, when you are walking down the street and you see a luxurious car parked outside a shop.

You ogle at the beauty of the car. You are staring at the beautiful exterior of the car. Even the exclusive interior of the car is visible to you.

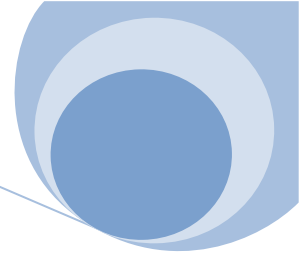


What thoughts that are running in your mind?

What are your feelings at that moment? Get to know them as they occur in your mind so that you can write them down.

If you are thinking as mentioned below that means your understanding about money is restricted.

- “The person driving the car is such a show off.”
- “The person driving the car could have donated the money to the needy instead of spending it on the car.”
- “It is out of my budget.”
- “Some homes may cost as much as this car, so what’s the use of buying such costly car.”
- “The driver is an attention seeker, so it is not something I look up to.”
- “People, who are filthy rich, will be able to buy such a car and so it is not something I can afford.”
- “It is cool car, but I do not have that kind of money.
- “Even if I work all my life I will not earn enough to purchase such luxurious car.”



Try to understand your feeling, when you get what you desire after thinking positively about the situation. Your feelings about money will be clear as soon as you are in tune with the source.

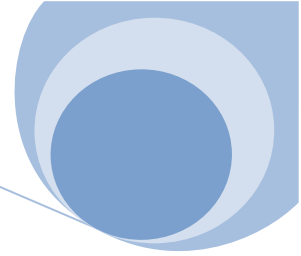


Changing Your Career Success – Tip 4

Before you are able to achieve the success you desire in your life story you need to understand the core factor that specifies what you do to make you successful. It is this core element that will drive you into making the correct decision and taking the right action.

And this core factor is your burning desire. You first of all need to have an idea of what you desire or what you wish in your life story. If you do not even understand what you desire in your life story, how are you going to achieve it?

Once you have discovered what you really and truly wish to achieve in your life story, just implement these four easy steps in some manner and your dreams will have a better chance of coming true.



Build up and beef up your belief system. You have to trust it before you can achieve it. If you wish to become a millionaire and drive a BMW 5 Series, then trust that it is imaginable for you to achieve it first.



The 2nd step is to set a clear goal. Goal setting is among the most powerful tools that can help you to achieve what you wish in your life story. Write down your goals on a piece of paper, carry it everywhere with you and review your goals day-to-day.

Acquire strategies on how you are able to achieve your goals. Goals will keep you focused on your road to your success; strategies are what you need to acquire in order to make your goals come true. Sit down and brainstorm for a minute, think about what strategies and action steps you need to take to make your goals come true.

Take uniform action according to your strategies. Once you have written down your goals and your strategies, take massive and uninterrupted action day-after-day. The key here is consistency and persistence. You will discover yourself moving closer toward your goals each and every day.

By following all of the 4 steps mentioned above, you will be able to achieve whatever you wish in your life story. And don't forget that you need to discover what you really wish to achieve in your life story before you are able to achieve it. Find out the burning desire that keeps you going and you will finally achieve the great success that you wish.

A Look At Energy – Tip 5

When we are emotionally distressed the first instinct is to curl up into a ball and cry ourselves to sleep. Our emotions have an effect on our energy levels.

When happy we are able to jump around and up and about all day but when sad or angry we do not feel like doing anything at all we just desire that the day pass us by and not do anything.



This shows us that our emotions can change the amount of energy we have. Trying to maintain a stable emotions and not being annoyed or angry will help boost up the energy levels, maintaining a cheerful attitude will help you get through your day rather than sulking all day.

Remaining calm when a situation arises may help us in controlling our emotions, usually when something happens we are quick to panic and lose control sending us into an anger frenzy.

Being more accepting of a condition situation or even a person may help us with balancing our emotions. It is important to identify how to balance our emotions because when in control of our emotions then we are subconsciously in control of our energy levels.

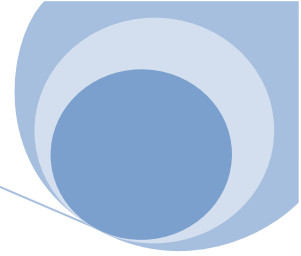
Always finding time to yourself throughout the day will give you an opportunity to ask yourself if you are okay and if you are dealing well with all the different things happening in your life.

Alone time is very important that way you get to have your spiritual time and are able to relax and let go off all the stress from the long day you had. This helps you as a person to know that you are okay that you are in control and that you do not have to let your emotions take over and always remember if you are able to balance your emotions already you are working towards being happier meaning you will have more energy.

About Habits – Tip 6

Occasionally, you want to go for a walk, knowing how great it is for your health and how fantastic you feel afterwards, yet, you feel too lazy, and would like to watch television instead. You may be aware of the fact that you have to alter your eating habits or quit smoking, yet, you don't have the inner power and doggedness to alter these habits.

Does this seem familiar? How many times have you stated, "I wish I had will power and self discipline"? How many times have you begun to do something, only to stop after a short while? We all have had experiences like these.



Everybody has some addictions or habits they wish they could overcome, like smoking, excessive eating, laziness, procrastination or lack of self-assertiveness. To overpower these habits or addictions, one needs to have will power and self-discipline. They make a big difference in everybody's life, and bring inner strength, self-mastery and decisiveness.



Why do you require self-discipline? What may it do for you, and is it worth the work of developing it?

Among the main characteristics of self-discipline is the power to forgo instant and immediate gratification and pleasure, in favor of some higher gain or more substantial results, even if this calls for effort and time.

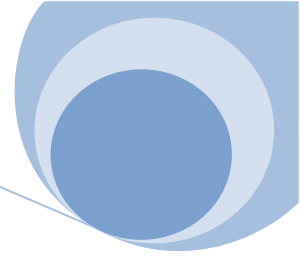
Self-discipline provides you the power to stick with your decisions and follow them through, without changing your mind, and is consequently one of the crucial requirements for accomplishing goals.

The possession of self-discipline enables you to select, and then hang in with actions, thoughts and behavior, which lead to betterment and success. It likewise presents you the might and inner strength to overcome addictions, procrastination and laziness and to carry out whatever you do.

This is a really useful and required skill in everyone's life, and though most individuals acknowledge its importance, yet very few do anything to develop and fortify it.

About Spirituality – Tip 7

Everybody is overcome by all kinds of messages each day. Who knows what's right for you but you? By following your own inner guidance, you'll always be able to cut through the confusion and make the right decisions. No one can make them for you. You're your true source of inspiration. Your spiritual guidance is there to back you up. They never make a decision for you. Only you are able to do that for yourself. They'll always give you a "second opinion" and open doors for you to walk through. All you need to do is decide what you want. Confusion is caused by not knowing exactly what we want. If you follow your emotions, you'll always end up in the wrong place at the wrong time.



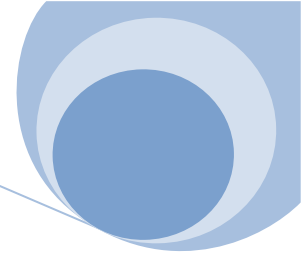
When you listen to your true feelings (the real you), you'll be able to enjoy life and be the person you've always wanted to be. We didn't come here to suffer or be lonely. You have all the help you need to succeed in life. If you always strive for material things and leave out the spiritual side, you'll miss the boat. If you indulge in only the spiritual side, but leave out the fact that you live in two worlds at once the material and the spiritual - then you will miss much of the abundance that's available to you.

The true balance is to be involved in life to the fullest and enjoy everything that planet Earth has to offer you. By following your own "inner guidance", you'll always have what you want...and do what's right for you. When we start to feel lost or confused about various aspects of our lives, our first instinct is to search for direction. We feel sure that the answers we need are out there somewhere, and finding them will help us to know the right way to turn. While seeking advice and guidance from other people can be helpful at times, it is not always the best way to help ourselves. Instead of relying on somebody else to tell us our truth, we can instead choose to look within and find the answers inside ourselves. Each of us has been given the gift of an inner advisor that will never steer us wrong.

This inner advisor isn't pushy. He or she won't speak up unless we ask for help. When we finally open our hearts and minds to hear what our inner advisor has to say, the wisdom will start to flow freely and our lives will start to change for the better. At all times, strive to be your own master. There's nothing wrong with seeking knowledge and insight from other people, but you aren't bound to mindlessly follow where they lead, either. You have the power to find your own way and decide what's best for you. In your quest for knowledge, you'll come across information that feels right to you, and information that does not seem to make sense. Use discernment and understand that there are many truths. You just have to find yours.

Friends – Tip 8

When you are trying to make someone love you, the one most important thing you need is to be fully acquainted with yourself. Keep this in mind... people are going to fall in



love with you only if you have a personality that impresses them; only if they know that they will get what they want from you.

But, if you have to assure people of that, it is necessary that you build for yourself such a personality. So, how do you make those improvements? You begin by understanding completely where you stand at the moment.



Be completely sure of what you are... what you are capable of. Understand what it is that people are looking for. Understand what's lacking in you. What are the positive points you can play on? What are the negative traits you should try to eliminate? If you want to continue having a magnetic personality that attracts people, you should begin by analyzing yourself and making those corrections when needed.

Loved Ones – Tip 9

Love is more than just an affectionate feeling. While most of the time people refer love to human relationships, love can become the substance in many areas including places, objects and situations.

Besides loving your spouse, parents, children, relatives and friends, one will also love Rome to be their destination for honeymoon. At the same time, they may also love the food like Italian Macaroni Pasta as their favorite food.

Love is all about connections you make with people, places and things. In fact, you can make connections with all kinds of substance that exist on earth. When there is a connection, you will give more attention to it. For instance, you may find yourself picking up piano pretty well even it is the first time you touch the piano. To certain people, mathematics makes more sense to them simply because of the connections they have with the subject.



Connection Exercises: This exercise requires you to do something which appears to be silly but is extremely powerful.

This is how it is done – imagine in your mind you are meeting up a person. The person can be someone you know, someone you do not know, your idol or even fictional

character like Bart Simpson. Once you have a target, you just need to practice talking to the intended person in your mind. Start by saying anything you like, such as “Hi, How are you?” and imagine the person is replying you, “I am great, thanks! And you?”. You can also go deeper by sending the person love by giving compliments to him or her. “You are amazing!” or “You are beautiful” are words you can use to send love. In the same way, you can imagine you receive compliments from the person saying, “I like the way you speak!”. Although you are not talking to anyone in reality, but it equips you to get ready to converse well when the opportunity comes.

A Look At Health And Worry – Tip 10

Are you constantly worrying about everything? Most people worry mostly about relationships, finances, your parents, children, job, school, and everything. Sometimes, not even realizing it? Well do your negative thoughts take control of your mind and drive you absolutely crazy? Most people’s worries do. But, there are a few things you have to think about and do in order to get your thoughts back on track.

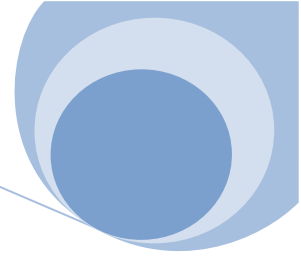
We are able to live a balanced and fulfilling life by centering on spiritual development as a top priority, and by devoting time to the other areas: physical, mental, career, financial, family, and social/recreational.

We can provide balance in our lives by keeping up our wellness and vitality; developing a clear mind and a positive mental attitude; discovering our talents and doing your part in a meaningful career; meeting our financial needs and responsibilities; taking care of our responsibilities to family; taking time out for fun; and building meaningful friend-ships.



Luckily, there are methods that you are able to learn and practice that can be valuable for decreasing worry. However, because worrying is a habit that has been well practiced, you should recognize that it will take frequent practice to cut back the habit of worrying.

By becoming progressively conscious of the habit of worrying, it is possible to a greater degree to switch it off before it becomes obsessive. It is a great sign when you are

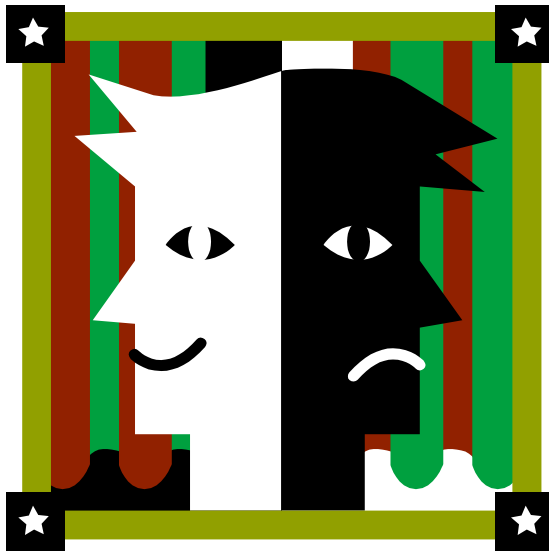


consciously catching the worrying early. You are approaching the position of being able to do something about it more effectively.

Conclusion

Think about certain events in your lifespan, and attempt to recall what mixture of thoughts you often had, prior to a specific event occurring. Attempt to discover the affiliation between your thoughts and the events.

How many times did something occur in your lifespan and you stated: “I knew this was going to happen.”



Our overpowering thoughts govern our behavior and attitude, and accordingly our actions, our spirit, and the people around us. As our thoughts are, so are our lives. This signifies that it's of large importance to be cautious with our thoughts, especially ideas that we frequently replicate.

Ideas are like a videocassettes that we play in the VCR of our brains. What we play, is what we view with our internal eyes. What we visualize in our brain is what we think of. The thoughts that we repeatedly think mold our lives. So to make modifications in our life, we must make modifications in our thought process. It's essential to modify our thoughts. It's like ejecting a videocassette and bringing in a new one that we like better.

The new mental videocassette will sooner or later modify our behavior, actions and attitude, and draw into our lives people, situations and events matching with our thoughts. An individual thought isn't strong enough to cause a change, but if the same thought is replicated frequently, it eventually acquires force.

A thought that's frequently repeated acquires a foothold in the subconscious mind, and from there it bears upon our lives and even our surroundings. The great thing about this



process is that we do not need to strain or overexert ourselves to make it occur. All we are required to do is to pick out a thought that we would like to come true, and begin repeating it.

Pretend you're timid in the company of others, and you would like to change this situation. Driving yourself to communicate with others doesn't work all of the time, and could make you feel uncomfortable and act awkwardly. It's better to visualize that you're feeling surefooted and communicating fluently with others. This is equivalent to daydreaming, and is a simple and enjoyable natural process. This is a mental activity, which is rather easy and doesn't require effort. This is a kind of a practical daydreaming, a method of utilizing the power of thoughts creatively and intentionally.

It's really similar to ordinary daydreaming, however with some small deviations. Visualize yourself conversing fluently, with ease and confidence. Think how the words just stream from your mouth, how you love verbalizing, and how everyone pays close attention to every word you say.

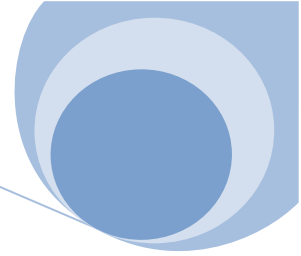
You are able to fabricate in your head a perfect aspect of whatsoever you would like to accomplish. Invest a large amount of detail, colors, sound, fragrance and liveliness into these mental pictures. If you repeat them often with trust and attention, the subconscious mind will admit them as actual experiences, and in a most natural way will make any required adjustments to make your reality fit your inner visualizations.

You are able to overpower habits and build new ones, develop new skills and powers, and even alter your conditions and accomplish anything that you really want. The ability of thoughts can assist you in developing a new line of work, amend your relationships, pull in extra income or improve your life.

All this doesn't occur overnight. It demands time, and depends on how earnest you are in your efforts, and on how much time and concentration you put into your new way of thinking. This is mental work, but this doesn't signify that you remain passive and wait for things to occur. You want to maintain an open mind and be willing to take action as necessary.

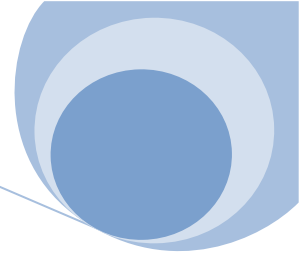
Decide what you desire to acquire or accomplish, and begin thinking of it frequently throughout the day, or at several particular times throughout the day.

These reoccurring thoughts would ultimately get stronger, and bring in inner and outer modifications. The ability of ideas is real power. You've surely applied it numerous times without realizing it. Once you know how it operates and how to apply it consciously, you



acquire the ability to transform, improve and rule your life. Discover how to apply the power of thoughts and visual image to achieve success.





Resources

When you absolutely need more answers to all these questions, you will not find a better resource than [Power Follows Thoughts](#).