

The Secret Missing Links of The Law of Attraction.

The habits that keep you poor - and a step
by step guide to conquer them and get the
life you rightly deserve...

Wayne Evans

The Secret Missing Links of The Law of Attraction

Copyright © 2012 Wayne Evans

All rights reserved.

ISBN: 1480042099

ISBN-13: 978-1480042094

The Secret Missing Links of The Law of Attraction

For my three amazing children... Cerys, Ffion and Mari
who inspire me every day.

One life, just live it!

Acknowledgements

For Dot, love and patience personified. I love
you.

Table of Contents

| | |
|--|-----------|
| Introduction | 7 |
| Chapter 1 | |
| What is success? | 10 |
| Chapter 2 | |
| Conscious v Sub-conscious Mind? | 14 |
| Chapter 3 | |
| Why affirmations don't work?..... | 18 |
| Chapter 4 | |
| 5 simple steps to Manifesting | 22 |
| Chapter 5 | |
| The Missing ingredient | 25 |
| Chapter 6 | |
| Just take action! | 33 |

Chapter 7

Conclusion57

Introduction

Welcome to this exciting book.

I appreciate you making the time, effort and money investment in this great new title. I wish you every success back!

Ok, let's get to it...

The Law of Attraction has its (historic) roots shrouded in both secrecy and suspicion. Its components were only known to the rich and noble and as a result, the divide between them and poor just got wider and wider. Of course, that meant greater wealth for the rich, whilst the poor got poorer and zealous.

Things remained that way until the early 20th Century, when a great Scot named Andrew Carnegie asked a young journalist to write a book on the traits of successful people. That work was to be a 20 year assignment and the result was 'Think and Grow Rich' by Napoleon Hill.

The book showed that wealth could be achieved by following a 'recipe' and by doing unusual things that the rich had done for Centuries (through secret societies,

The Secret Missing Links of The Law of Attraction

Masons and Mastermind Groups) you could get wealthy too. The book was a sure fire 13 step plan to success.

Andrew Carnegie was a philanthropist in a big way. Way before he gave his vast wealth away, he freely passed on the secrets of the 'Brotherhood'. These secrets had known to the members for Centuries. It widely acknowledged that Henry Ford (also a group member) did not approve of the secrets being shared in such detail. But, thanks to Mr Carnegie...the secret was already out!

The Law of Attraction is indeed a hot topic and is consistently being debated. If you are a believer, you already know what a maze it is. Idioms like manifestation, affirmations and belief system are buzzwords... but the fact remains, what is key, is massive, determined and persistent action.

For the non follower, The Law of Attraction is hocus pocus! It's also mumbo jumbo and therefore dismissed like Columbus' claims that the world was not flat. He was later found out to be correct of course. So, ignorance can be a factor too.

The Secret Missing Links of The Law of Attraction

For both sets of parties, the answer lies in education and bridging the knowledge gap between failure and success.

So, how do we knit all the difficult components together, line up the stars and thus get our just deserts? Well read on and you'll see...

I'll begin by giving you a quick heads up on some simple Law of Attraction mis-understandings and how to avoid them. I will also give you some quick wins too.

I'll then get into the main body of the book, where I'll share a missing revelation that generated a win on the EuroMillions Lottery for me (that is not a typo). I'll then suggest 11 ways to get you in best 'LOA' shape of your life and then keep you there!

Enjoy the journey!

With love...

Wayne (Joe) Evans

Chapter 1

What is Success?

Get a pen and paper and write down what the definition of success is to you. Don't move on until you are happy with it. Ok, assuming you are, take a look at your designation... **fix** that image in your mind for now. Cool, thanks.

Ok, let's consider what other people think. If you asked 100 people the same question, what do you think the answers would be? I believe that whilst there would be some similarities, the vast majority of answers would be different. How do I know this? Well everyone is unique, so have their own individual 'vision' for life. If everyone wanted to be just rich, people would drive around in red Ferrari's, which of course they don't.

The best definition of success I have ever come across was given by Earl Nightingale in 1959, who said:

“Success is the progressive realisation of a worthy ideal”.

Wow!

On the face of it, it sounds a bit complicated, so let’s take this definition and break it down into the 4 constituent parts:

Progressive



Realisation



Worthy



Ideal

What is Progressive?

For me, a determined and continuous movement in your chosen direction in life.

What is Realization?

The ability to gauge your success on that journey.

What is Worthy?

What is that 'something' that you hold so highly, that you are open to dedicating your whole life to achieving it. Go on think big!

What is Ideal?

A mindset that you are in harmony with yourself and the Universe.

Even individually, these four words are strong like mature Oak trees. Miraculously, when you connect them together and when used correctly as life's foundation stones, they have the ability to change your life for the better ...far beyond where it is now!

How is this possible? Well, Earl Nightingale chose the words specifically as they are in perfect harmony with the 'Laws' of the Universe. The definition is the best you'll find.

So, look back at your definition of success. Does it meet the criteria set by Earl Nightingale way back in 1959? If not, its time to re-think and do it again. It's time to start thinking about creating your new 'Worthy ideal' right now...so, think big, and write it down! Make it as specific as possible because the subconscious mind thrives on descriptive detail. Keep it handy for Chapter 4.

In closing, I hope you have enjoyed this opening Chapter? My main purpose was to heighten your awareness on the LoA, define success and measure your current progress. In later Chapters, I will help sew everything together for you and ultimately create the life that you want and so rightly deserve.

Chapter 2

Conscious v Sub-conscious Mind

Ok, let's get the 'techie' stuff out of the way straight away.

To get a better understanding of why we say or do anything, we need to look at these 2 very important parts of your personality.

Firstly, your conscious mind.

Information is fed into your conscious mind through your five senses, which are see, smell, taste, hear and touch. On receipt of information, your mind weighs up the options available and decides what to do. This can simply be described as 'thinking' or 'reasoning'.

It is a very powerful process as the conscious mind can reject or accept any idea or notion. It is the course that takes you from where you are now to where you want to be.

On this point, Brian Tracy said:

“You become what you think about most of the time”

That means, with dedicated obsession, what you think about today becomes your reality tomorrow. So, armed with that information, the conscious mind has the ability to determine your success or otherwise in life by eventually accepting or rejecting factors.

However, once you decide on your final thought (decision), then it embedded into the second part of your personality...you sub-conscious.

The second part is, as I said your sub-conscious mind.

As mentioned above, once your conscious mind accepts a decision it is embedded into your sub conscious mind. It can't question or debate, it just accepts it. The former is the driver and the latter, its passenger.

However, don't make the mistake of thinking that the sub-conscious mind is merely a push over! It is a unique powerful passenger. It has a huge belief system built by your daily collective habits.

The Secret Missing Links of The Law of Attraction

It gets worse... your sub-conscious is the emotional part of your personality.

It is represented by feelings and actions, so, despite having the best intentions conscious mind...we mess up.

Here's the thing though, this is the part of you that is spiritual and linked to the Universe. It is referred to as 'The Law'. It knows no boundaries...except the ones you consciously accept. But without those self imposed boundaries, we simply turn our thoughts into feelings, which in turn generate action and eventual results.

It is vital therefore, not embed your negative thinking into your subconscious mind because it ends up as a bad habit and collective habits become powerful paradigms, which in turn become your belief system.

It is necessary to be aware of this process, so that you can ensure that you remain positive at all times and that your attitude is the best it can be. For information, your attitude is made of 3 parts:

Thoughts → Feelings → Actions

As mentioned in the above paragraph, your results will come from your actions. So, if you are not happy with your results...just change!

New thoughts will lead to new feelings, which results in a **reaction**. Watch the improved outcome.

Chapter 3

Why affirmations don't work.

For those not familiar with what affirmations are, they are repeated sentences designed to change negative thinking patterns, which unchecked, could develop to be a full blown bad habit.

I must start by saying that affirmations are a big part of the LOA puzzle and the above heading is a way of grabbing your notice to ensure you pay attention and ultimately get it right.

Don't get me wrong, if you merely recant your affirmations everyday without the information below, then you'll find that it is a waste of time as the heading suggests. So, let's talk about what you should do.

1. Your affirmations should be precision ones in that they address the area needing attention. For example, if you want to create wealth, then you

need to have something specific like this (courtesy of Bob Proctor):

“I am so happy and grateful now that money comes to me on a continual basis through multiple sources of income. I am a magnet to money; I now have all that I want”

In addition, you should place this affirmation on a card in your pocket and repeat it daily (more often is better).

2. You should add a good strength of feeling to your affirmation, in that you feel excited about its completion (like being in a sweet spot). Imagine actually having the wealth already and ‘feel the glow’. The continued roll up of positive vibes will create a new thought pattern for you, which is a happy one.
3. The third thing is to take **massive action**. When you are in tune with the Universe, it will send you people, opportunities and proposals that you must act on. If you ignore them, then guess what? ...you receive nothing! If you do what you do, you’ll get what you got...simple.

The Secret Missing Links of The Law of Attraction

Of course, with continued harmony, more opportunities will be sent...so keep trying!

If you doubt me, look at the term 'Reticular Activating System' (RAS). Essentially, an area of your brain (RAS) that decides what to pay attention to and works like a filter that sits between the subconscious and conscious minds. You could compare it to a pilot light on a gas boiler...always on, but waiting to ignite under the right circumstances. In practice, if you bought a purple Ford Mondeo (because you thought it was a rare colour), then as soon as you made the purchase, you'd see others on the road, seemingly easily. In addition, how many times have you thought about someone the night before and then the next day you see them or they ring...well that's a sign.

4. After taking action, it's then about fast delivery. The Universe loves speed! Go for it...
5. It's also about continued persistence too. Make no mistake, you will:

The Secret Missing Links of The Law of Attraction

- Fail
- Tire
- Make loads of mistakes
- Lose heart
- Feel let down by your partners and mates for taking the 'Michael' out of you.
- Feel like giving up...often.
- Life will get in the way.

Napoleon Hill famously wrote...

“One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat.”

And **that** is how you must perceive failure... as momentary.

As Winston Churchill said...

“Never, never, never give up”.

6. Implement the missing ingredient I give you later. See Chapters 5 and 6.

Chapter 4

5 simple steps to Manifesting.

Let's start with the basics. Paradigms (beliefs or habits) are completely neutral. That means if **your** paradigms are positive then you'll have a happy, growing life where your ability to manage change and unforeseen events easily. On the other side of the coin, negative paradigms will keep you locked up in limiting ways where nothing will flourish. Maybe it's how you are right now?

I guess by reading this book, you want to change your life for the better and get rid of the monkey on your shoulder? I knew I did... So, if you want a change in the results in your life, you simply have to change your paradigm. Here are 4 tips for doing that:

Step 1 - Open your book that contains your new 'Worthy Ideal' that you designed in Chapter 1.

Step 2 - Make 2 columns on a sheet of A4 paper and write 'good' in column 1 and 'bad' in column 2. Then, write everything that comes into your mind when you think of your worthy ideal (good and bad). When you stop writing, put your pen your pen down and reflect on your answers.

Say hello to your paradigms.

Step 3 - Step 3 is all about 'why'? You should ask yourself where these thoughts came from and **why** you think that way? Drill down on the answers...you might be surprised! I suggest looking at the most negative ones because they are having the biggest impact on your life right now. This worked for me big time.

Step 4 - Finally, write an affirmation (see previous Chapter), that is in complete contrast to your negative thoughts, so that you can begin

The Secret Missing Links of The Law of Attraction

'reprogramming' your mind immediately. If you need any help or suggestions, just take the complete opposite of what you said in step 3 and write it down.

Step 5 - Use the affirmation. Recant it at least twice daily (out loud). Once in the morning and once before going to bed. Get excited by it.

Chapter 5

The Missing ingredient

Ok, I know the suspense has been killing you! But, before I do, allow me to tell you how I discovered the missing link.

This is absolutely a fascinating topic and I do as much 'delving' as I can. I would class myself as an 'intermediate' and felt (in hindsight naively) that I was doing all that I could to manifest what I wanted...

...and furthermore, it was only a matter of time before success knocked on my door.

The facts were slightly different though. I did experience one off successes, which really scared the living daylights out of me, but I did not receive any big surprises. I didn't even experience a roll up of events.

Then suddenly, whilst doing some audio training late one afternoon on this very subject ...it struck me. In fact, it didn't just hit me between the eyes; this was a home run!

“I realised that my puzzle was actually incomplete.

Damn it!

But wait; ...I had the missing piece...yehaa!”

So being a practical person, I needed to test my new findings. So, I threw out a challenge to the Universe. I would back my hunch and the missing link and in return ask the Universe to match my passion.

The outcome? ... Was a win on the EuroMillions Lottery... OMG!

Don't misunderstand me, I hadn't won the big one...but in my eyes I'd hit the jackpot! I had tested what I found to be the missing link in the LOA puzzle and the Universe had duly responded as challenged like clockwork in fact.

...Cha- ching!

The next section is exclusively reproduced from an [eBook](#) I wrote on this topic and I have used it exclusively here because it is very valuable information...

The Missing Link

I love Earl Nightingale. If you haven't come across him yet, then you **must** look him up. For me, he's as important as Napoleon Hill!

Anyway, he said:

“You become what you think about”

You're probably saying... I already know this, so what? I will assume that you do all the basic manifesting activities like:

1. Having a specific worthy ideal.
2. Be obsessed with it. Use vision boards, affirmations, dream books etc to remind you daily.
3. Have a burning desire for its achievement, so that when you think about having it, it makes you warm & excited inside.
4. Take action on your opportunities.
5. Have an attitude of gratitude.

So let's take Earl Nightingale's quote and try and break it down and define it...

Essentially, in my opinion, it says that your thought's today, creates your tomorrow. So, just be careful. You might be saying that it is impossible for your thoughts to directly affect your goals. Well, let me remind you of this simple process:

Thoughts -→ Habits -→ Actions

So, from the above, your thoughts do end up as your actions, which **do** affect your goals.

In addition, and being candid, having negative thoughts like doubt, fear, under achievement, anxiety and (**add yours**) will keep you in that current place too.

It is vital therefore for you to... **change**.

You must begin by being positive (for no reason other than to trust the Universe) and develop a contentment or happiness because that will change your paradigm (habit), which is key.

If you accept the above, then you will be well on your way.

Now the meaty stuff, I want to give you my missing jigsaw piece...

...whatever you transmit, you get back...

So what?

Well, you've understood that your thoughts are vital, but your **vibrations** are more so. Vibrations are energy that you send out like a wireless signal to the Universe. It transmits all of the time.

Simply put... the higher your vibration, the quicker you'll manifest your hearts desire.

The key to success is to raise your own vibrations to a higher level. That means being happy **all** the time!

You're saying "I know this, so what"? Well, if you suffer from any of these common emotions on a regular basis, e.g.:

- jealousy

The Secret Missing Links of The Law of Attraction

- temper
- hate
- frustration
- dissatisfaction
- **Add you own one...**

Then you are spending your time in negative territory. You almost dismiss them because they are there all the time.

So, if you are a person that makes judgements on people, criticises them or their actions and get's uptight about lack of success, then you are sending out negative (and damaging) vibrations (most of the time probably).

Why is it important to understand this concept? Well, The Law of Attraction is a senior law and that means taking precedent over lesser laws, so you must give it credence.

So, how to fix this? Simply...

Take Action

Just change!

Bob Proctor said:

“You don’t have to slow down, calm down”.

If you position yourself to be calm, you’ll allow the Universe be in harmony with you, which is essential!

In addition, create new happy thoughts immediately and replace your negative vibrations with fun, laughter and love. You need to uplift your vibration level and that is only done through being happy and excited through the anticipation of the achievement of your worthy ideal.

Try this...laugh out loud (force yourself for 10 seconds). Go on, do it and don’t worry about whose listening...they’ll probably join in! Do this to break your bad cycle...it actually works!

Also, Brian Tracy said:

“You become what you think about most of the time”.

The Secret Missing Links of The Law of Attraction

This quote tops up Earl Nightingale's and just unpins what I have said.

Finally, have that expectant attitude of **'why not'?**

Just change!

End of insert from eBook.

You need to raise your vibration, and I am going to show you how...

Chapter 6

Just take action!

I am going to dedicate this whole Chapter to my ideas and suggestions that will help you design the life you want.

"Before a person can achieve the kind of life he wants, he must think, act, walk, talk and conduct himself in all of his affairs as would the person he wishes to become."

Zig Ziglar, Author

I am going to start with, how to improve your state of mind...

Be happy

Ok, note where it is in the pecking order. The easiest and quickest way to get you vibrating at a higher level is to be happy.

You must **make every** effort to be the happiest you can be... right now. Why is this? Well there are a number of reasons for this, but simply, if you feel happier you'll excite yourself and accelerate your manifesting. You know yourself that when you feel good, there's a certain dynamic about you and you just seem to get things done. The final thing is that you must be happy as you'll pull in other happy people into your arena....and vice versa.

I know what you are already saying. It's easy for me to sit here and tell you to be happy because I haven't got your problems. I haven't got your circumstances. That's true enough...but I did have my own problems and I have had my own difficult set of circumstances. The thing is, there's a saying..." *If you do what you did, you'll get what you got*". That means nothing will, change, unless **you** change first!

So you've got to start off new patterns of thoughts, which are happy. Remember too, you are impressing thoughts into your subconscious from your conscious mind ...your subconscious doesn't know if you are lying...

So, when you are feeling a little bit blue:

- Laugh out loud
- Smile...just try it!
- Whistle
- Sing
- Dance
- Think positive thoughts that make you glow...

The thing is...just try it and continue to try it as the more you do it, it will become the norm and you will have created yourself a new paradigm. Once set, it will be difficult to imagine being negative... at all.

The final thing is that the Universe will have brought you circumstances, people and opportunities to reward you for being in harmony with it. By the way, it can be instant if you get it right... so be prepared and take fast action.

So what if you fail? Just dust yourself off and get going again...

I know this sounds daft in places...but what have you got to lose?

Your circle of Friends (or not)...

Part of the new 'you' should be to evaluate who you hang out with. Take time to review the interactions you have with your friends and acquaintances.

The reason for this is simple. You **MUST** eliminate all negativity in your life and this is part of it. That means not having associations with people who are negative themselves or make you feel negative too.

Why is this? Well, there are 2 reasons. Firstly, your emotional well being is fundamental to making forward steps. So, if you feel negative then you'll stay where you are now. Secondly, by hanging around people who are happy being miserable, you'll perpetuate both yours and their circumstances.

If you want an example of what I am saying is true, think of a time where you had a depressing experience amongst your friends, which honestly only lasted a few minutes. The result was that it pissed you off and changed your mood for hours (not minutes)...

The thing is... it's not commensurate, so you need to change.

I am not saying let all your friends go, because good friends who you love and they love you are hard to find.

Let go of the casual friends, customers, suppliers, colleagues, employers or relatives (sorry) who just make you feel bad... **your have one life...**

With regards to your best friends (and other halves), take time to chat through the journey you are going to make. Tell them specifically, what you want to achieve and how you plan to do that. Also that, you need their help and support to succeed.

That support comes in the form of a friendly ear and new positive behaviour from them. The thing is, people honestly don't realise sometimes that they are being negative. To them it's just 'normal' because it's been that way for so long.

The Secret Missing Links of The Law of Attraction

If you've heard of Johari's Window, then you'll know that feedback opens a bigger part of a person's awareness.

So, that means you get to know them even better. It is, in fact, a gift from the Gods!

Feedback is a very, very difficult area because we are uncomfortable giving it and people are sensitive receiving it. They view it as a criticism, which often it not.

Give feedback in a friendly, non threatening way...best on a Friday, so that they can have non work time to reflect on it.

And here's the secret part. Have a contract between you that says that feedback must be accepted (because it is a gift).

Any retort can only be given after 24 hours. By that time (normally), people will have slept on it and will have only come back to you on points they fundamentally disagree on, which are significantly less than the ones they immediately came up with.

The Secret Missing Links of The Law of Attraction

Your resolve must be unwavering. The reason for this is? Because, the interactions in your day are vital to shaping your thoughts within your conscious mind.

For those who refuse to help, deal with them in your way. But don't be afraid to teach them too.

The final point on 'Friends' is ...'in the next 5 years, your income will be the average of the best friends you spend time with'. Question is "Do you need some new ones?" ...

Newspapers/News/TV

One of the quickest and simplest things you can do to improve your mental wellbeing is to:

1. Stop reading newspapers. Only 'bad news' sells.
2. Stop watching the news. They only tell you bad stuff...
3. Stop watching 'crap' on TV.

If you are committed to have a positive mind, then these elements are essential.

It is often the 'one' thing that's easy to fail on because the news is everywhere... Switch off to it!

Some people will say that this is unrealistic because you've got to know about current events. My answer to that is **no** ... and for 2 reasons:

- You can glean enough from people's conversations because everybody is 'controlled' by the news broadcasts.
- The 'top story' drags on, so that 'news' lasts for months. A good example of this was the Greek economy needing a bailout from the European Union. News broke in December, and in June, it was still in the news. I know things had changed...but had they?

With regards to TV, when I was growing up we had 4 channels providing what we needed. Today, well there are thousands with the help on satellites. That just means that there is more crap to watch.

Just pick what you want to watch and do something else when the kids want to watch their TV.

I know it sounds boring and to some will be a shock, but, you must use that 'TV time' as personal development opportunities. Listen to a CD to improve you. Or maybe even read a book.

Gratitude

Brian Tracy says...

“Develop an attitude of gratitude”.

For me, humility is one of most endearing aspects of a human being's personality. But...in this modern, fast flowing technological age, we want (and have) everything at the speed of light.

When it's not delivered on time, we're not satisfied. That is a key area to work on.

In the Law of Attraction balancing scales, this is a biggie. Given what I have said above, our lifestyles make it difficult to be grateful. However, ignore this activity at your peril!

The Secret Missing Links of The Law of Attraction

Everyone has a deep seated subconscious need to be appreciated, so start saying thank you. You'll get it back in bucket full's too! Your self esteem will rise as a result.

Furthermore, before you go to sleep and night, say to yourself that you are grateful for 3 things that happened today (and mean it too...). With this new activity introduced, you up the ante by doing it throughout the day too.

Finally, be a giver of help and not a receiver too often.

Generosity

There are 3 elements you should be aware of:

- 1. Charitable giving.**

This essentially is giving away money and services to things that you are passionate about. Those foundations or people that move you to tears/action or excitement.

Essentially, by helping or giving away something; you'll get something back. It's the 'Law of Cause and Effect'. I love this quote:

"What I find amazing is that when you go out of your way to give to another person, you will also receive great things in your life. This is what is called the Law of Giving and Receiving. You may not receive from the people you are helping, but you will receive good things from other people and in other ways."

Sonia Ricotti

The key for me is, be generous to all. But, be extremely generous to your cause. That way, you'll light up a passion tornado and the Universe will reward you big time!

2. Prosperous spending.

This is an easy win. It does not mean to go out and spend 'willy nilly'. It means spending on things that will take you closer to your worthy ideal or goals, like a personal development course or book.

Put your faith in the fact that you have consciously chosen to spend on personal development rather than waste it frivolously on something else.

Secondly, consider being calm and confident when spending on essentials with an expectant mindset too.

3. Scarcity mindset.

This is the most common problem I see. Why? Well because of our conditioning when we grew up.

Almost everywhere I read, see or go, I hear stories on how little money there was at home during childhood.

The reasons are numerous. Some relate it back to having parents during war time (and the corresponding rationing that occurred). Some relate it to Grandparents who experienced the crash. Others blame a lack of education, in that they could not get to college and earn more money. I could go on...

The Secret Missing Links of The Law of Attraction

The key to understand is that these beliefs were programmed into you because it was the 'way things are done around here'...

It's time to stop.

Stop having a mindset that says 'you don't deserve it.'

Stop having a mindset that says 'I can't afford it.'

Just **STOP** having a mindset that says 'you can't!'

Instead... have a belief system that says...

I deserve it.

I can afford it.

Yes, I can have, be or do anything I want!

Work on your self- image and improve how you feel about yourself. Use precision affirmations to target your negative areas and do it as often as you can.

Remember money energy is neutral. If your energy is negative... you'll shun it away. So, develop natural feelings of abundance and prosperity.

Finally, keep telling yourself that money is in **infinite supply**...and you deserve your fair share!

Apology

A while back, I heard of an amazing story of a Clinical Psychiatrist (Dr Stanley Hew Len) in Hawaii who apparently cured a ward of mentally ill patients. He'd essentially been put in charge of their wellness when everything else had failed.

The remarkable thing was that he never visited their bedsides, just studied their hospital files...

...I know? I had the same expression too. WTH?

Essentially, he practised a traditional Hawaiian holistic technique known as 'Ho'oponopono'. Simply, Ho'oponopono is ancient knowledge, in that, the world we live in is our creation and as such it is entirely our responsibility. So, if you want to heal the world, you must first heal yourself.

He wrote about this topic his book with Dr Joe Vitale, *'ZERO LIMITS: The Secret Hawaiian System for Wealth, Health, Peace, and More'*.

How did he do it? His words...

“I was simply healing the part of me that created them”.

Wow!

Ok, simply, what he did was associate with the people's issues. Actually felt their pain, (even if it was just empathy) and he simply took responsibility for what was going on with the patients and just apologised!

Voila!

Whilst you may not have to go to the length that Dr Hew Len did, I strongly urge you to apologise when something goes wrong. That way, you'll beg forgiveness from the Universe. If you have an issue that is causing you desperateness, I suggest you hold the problem in your mind and say over and over again, “I am sorry, please forgive me!” If you wanted to go the whole 9 yards like Dr Hew Len, then he's also say “I love you” as a repair I guess.

In closing, just say sorry more often!

Love

This follows on nicely from the above point. Dr Hew Len also said 'I love you'.

In his book, '*Zero Limits*', he describes the title as a state where you are free from the past, submerged with love and '...Divine Intelligence'.

In my opinion, if you do not love and or not being loved utterly, then you are missing an opportunity to line up with the Divine.

Ok, let's look at **activities** that will move you close to your worthy ideal...

Write your goals down everyday

We chatted briefly about goal setting in the previous Chapters. It is a very important 'key' to success.

Why is it important?

Well there are several good reasons I could give you, but I am going to give you 4:

The Secret Missing Links of The Law of Attraction

1. Imagine trying to get to a destination when you don't know where you are going? Furthermore, you can't hit a target you can't see!
2. You either get what you want in this world, or what you don't want! The problem we have, is that we think about the things we don't want... and guess what happens? We get what we didn't want. So, by committing to paper on what **we do want**, immediately creates an impression on your subconscious. I have a sheet of paper in my tray that I see everyday to remind me.
You sub conscious begins to see that and believes it to be true. So, if you write your goals down daily, then you are constantly putting good stuff into your sub conscious, so it doesn't have to remind itself. It also serves to remind you to take action.
3. In life, your goal(s) determine how successful, or unsuccessful, you will be.

"Choice, not chance, determines human destiny."

Robert W. Ellis

4. Finally, when you become a goal-setting and goal achieving person, your future seems assured through a feeling of self control and calmness. As a result, you 'know, like and trust' yourself even more. You become a more positive confident person and feel happy and excited about life. Your self esteem soars as you fly headlong into success as the floodgates of life simply open.

Do what you love

"Doing what you love is the cornerstone of having abundance in your life."

Wayne Dyer

I love that quote!

So many 'self development' coaches say this... but if you were like me, you ignored that part. The main reasons are easy to see... money! You still need to pay the bills. Some would say confidence is an issue too ...being afraid to take the first step.

Finally, I have also been told by some of my students that they feel, that they have nothing valuable to offer...
“What do I know that’s worth something...?”

These are of course, valuable objections that you should acknowledge and give thanks for. But, that’s all they are...objections or even maybe excuses.

So get started!

The answer is to start small.

Use one hour at the weekend (when you have a rested brain) and just get started. Put a plan in place and take action. By starting small there will be no loss in work commitment (thus no reduction in money) and it can grow in obligation as the money increases.

Don’t get me wrong, you’ll need to roll up your sleeves and get stuck in. You must learn about persistence as it will be a key skill to use.

The final outcome will be worth it, as you are happier, richer and contented, who sympathises with those that hate their job.

Just do it!

Get rid of what's holding you back

I've talked about this topic already in the 'missing link' Chapter, but I just wanted to open up the subject so that you gave it full consideration.

There is no way that you are going to achieve what you want unless you are operating at optimum performance. Note, I don't say peak performance because that will come.

So, take 5 minutes and brainstorm the negative things that you do. Also, I want you to take time to speak to your other half and also your best friend.

List the 'areas for improvement' on a sheet of paper and then write beside them new actions you are going to do instead, e.g. if you criticise people, a positive reversal would be to complement one thing they do.

And, do it with a smile!

Also, what friends or people are you going to leave behind? You know... the ones that keep you down where you are...because they know best!

Visualisation

Make no mistake, this is an absolute key activity.

In the book, 'Think & Grow Rich', Napoleon Hill started his 13 actions to riches with Desire. By allocating it the number one slot, he wanted you to appreciate its importance and indeed you must.

Napoleon Hill talked about developing a 'Burning Desire' to succeed. Something that you want above all else.

The reason that he did that was based upon some advice that Andrew Carnegie (a Millionaire Scot who ran US Steel) gave Napoleon Hill, which was:

"Any idea that is held in the mind, that is emphasized, that is either feared or revered, will begin at once to cloth itself in the most convenient and appropriate form available."

Again, by Earl Nightingale...

"You become what you think about most of the time."

So, it is vital therefore to broadcast constantly what you want through your vibration. The best way to do that is to impart images into your subconscious mind and imagine life as if you already had them.

To do that, you've got to feed your sub-conscious mind with images that you want. Things like dream houses, cars, holidays or life style.

How to do that? I use a dream book in video format (Windows Movie Maker) that I watch every morning. It has the lifestyle I want, which is more time with my kids, along with my stately home, dream cars, time & money to spend in my overseas holiday homes and a £50 note and a \$100 bill...to remind me of my monetary goal, which £10m & \$10m. There is also a quote by one of my mentors to inspire me to action each day!

I also have U2 playing through the presentation, which induces passion and feeling and raises my vibration when I watch it.

If you are interested, you can watch it on YouTube [here](#).

The Secret Missing Links of The Law of Attraction

<http://www.youtube.com/watch?v=zP9K3e34vbM&feature=share&list=UU4Vq9gow1JYY51hZ8um7fIA>

Bear in mind, that is dated and it was done early on in my career, so I sound like a complete twit! But hey...just get going!

I also have pictures of Aston Martins in my work trays to ensure I empty them everyday. I also have a small A5 ring folder, where I write my overall goals, daily goals and actions. I also use it to sketch out new ideas as they come to me from the Universe.

The key is to embed these visions into your subconscious...

1. You must think about them most of the time.
2. Act as if you already had them
3. The Universe will provide you with people, circumstances or events to take advantage of.

Finally, jot this quote down by Napoleon Hill to remind yourself everyday:

**“All thoughts which have been emotionalised,
(given feeling) and mixed with faith, begin
immediately to translate themselves into their
physical equivalent or counterpart”**

Ok, in closing, these are amazing foundations to manifest what you want. I suggest doing them **immediately** and **with speed**.

Chapter 7

Conclusion.

Wow, we're here already.

I can't quite believe what a whirlwind this has been. I hope you have enjoyed the journey? I trust you have found many things that you will NOW do differently... everyday?

You have taken the right first step in reading this book because so many people just sit back and do nothing. So congratulate yourself on that!

The real skill though is yet to come. You must summon all of your efforts **today** to avoid the biggest traps everybody falls in to:

- 'Non-action taking ravine'
- The seat at 'Procrastination Park'.

These 2 places must be avoided at all costs because you now have the knowledge and skills to take your life to where you want to be.

This quote by Stephen R. Covey (author of the best-selling book, 'The Seven Habits of Highly Effective People') describes it perfectly:

“To know and not to do is really not to know.”

That is one of the best quotes I have ever come across because without action you know nothing. So, work on your boldness. Your new found boldness will help you succeed. How can you do that? Well, you have a text book here that will help you... but just take a leap of faith. Use the information in here and **just take action**. You may get a nice surprise!

If you have doubts lingering, just act with audacity and trust yourself! Why? Well, because every act of audacity accelerates the speed at which you succeed...That means with every daring step you take, will quicken your success. So, if you've got a chance to move things forward, so just take it.

Hey, that's it everyone. I hope this book gives you the platform to succeed! Just go and get the life you truly want!

Finally, remember 2 things.

First, as already mentioned, there is an infinite abundance of what you want. So, go and get your truly deserving share. Secondly, on a practical level, no more power or endeavour is required to command abundance and happiness than is required to accept misery and scarcity! It's your mind that makes it so. Choose wisely...

Thank you for reading this book.

To your health, wealth, success and happiness!

With much love...

Wayne (Joe) Evans

About the Author

Hey! My name is Wayne Evans, but my friends call me Joe. I live in Cardiff, in the UK and have 3 beautiful daughters who are my total inspirations!

My goals have always been financial freedom; so, why not join me on the journey?

Llwyddiant! (Success to you)

Joe

If you'd like more information about me and would like to stay in touch, please come to my blog, which is <http://www.joefizz.com>

Other books available from me at:

<https://www.amazon.com/author/wayneevans>

Thank you...