

TABLE OF CONTENTS

Introduction	4
Chapter 1 — Don't Believe A Word I Say	6
Chapter 2 — How I Turned My Life Around	8
Chapter 3 — Enemy #1: Your Mind	11
Chapter 4 — If You're Not Your Mind, Then Who Are You?	13
Chapter 5 — The Two Elements of Change	16
Chapter 6 — Nothing Is Anything Until You Make It Something	20
Chapter 7 — Why Your Mind Isn't Your Own	24
Chapter 8 — The 1st Reason To Question The Voice In Your Head	26
Chapter 9 — The 2nd Reason To Question The Voice In Your Head	28
Chapter 10 — Your Mind: The Protection Director	32
Chapter 11 — The 4 Magic Words	36
Chapter 12 — The 3 Laws of Thought	39
Chapter 13 — Secrets of Inner Power: Master Your Mind, Develop Your Character And Succeed No Matter What	42

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INTRODUCTION

Would you like to have a lot more success in your life?

Would you like to have more inner peace?

How about having more loving relationships with the people you care about?

And finally, would you like to be healthier, have a lot more energy and be in better shape?

If you said yes to any or all of the above, you have come to the right place.

I know what you might be thinking. This is too good to be true. How could any one thing enhance my life in all those different areas?

And that's a great question. Why? Because within that question lies the answer... and that is that the only way for one thing to have such a big effect in all of those different areas, is if this one thing was actually responsible for all those other things. Yes or yes?

In short, what if we could get to the actual source of what causes more or less success, more or less inner peace, better or worse relationships, and better or worse health?

What if we could get to the root of it all? Well good news: we can and we will! As Woody Allen said,

"80% of success is just showing up."

DON'T BELIEVE A THOUGHT YOU THINK: The Greatest Secret To Life

So congratulations, you've already taken the first step. And I really mean that. In today's world where you have a million choices in every minute, it says a lot about you that you chose to be here reading this right now. It says that you are eager to grow and better your life.

So let me ask you, do you believe there are no accidents in the universe?

Well, I believe that, and so it seems to me that if you are reading this that means the universe has guided you here and you are ready to go to the next level in your life.

Good or good? Now let's get started.

Chapter 1: Don't Believe A Word I Say

Anytime I do any teaching I have an important rule.

The rule is this: "Don't believe a word I say."

Now, in all sincerity, why would I suggest that?

Well, whose experience can I come from? Just mine. But it doesn't make it true. Doesn't make it false. Doesn't make it right. Doesn't make it wrong. It just makes it my experience.

All I can tell you is that this information totally changed my life and has now changed the lives of tens of thousands of other people. But the important thing here is, what? It's *your* experience.

So all I can ask is if you would be willing to be open and learn this information and then try it out in your own life. And whatever works for you, you keep doing. And what doesn't work for you, you're welcome to throw it out.

So are you willing to be open? If you said yes, that's great.

If you said "No" or "We'll see" then not so great... at least for you. Why? Because that's the first clue that you really need to learn the information in this book.

Why? Because the voice in your head that said, "No" or "We'll see" is not supporting you right now and that's what this book is all about. Use it in your life and then we'll talk. Good or Good?

It's also important to let you know that I teach in a certain style. So the first thing you'll notice is that I ask a lot of questions. Why? Because research shows the more involved you are the faster and deeper you learn. And questions keep you involved. Good or good?

The second thing you might notice is that I will repeat specific words and ideas several times throughout this book. Sometimes in exactly the same way and sometimes in different ways. Why is that? This is called "cycle" learning. It works in 2 ways:

1. Repetition

Have you heard the saying that "Repetition is the mother of learning"? That's my experience for both myself and for my students.

2. Deepening Your Knowledge

As you proceed in your learning here, you will deepen your knowledge and understanding. So that when you hear the same phrase or concept again you're now hearing it with new ears and a new, more knowledgeable brain. And so now you can understand it at a whole new level. Make sense? Just stay with me. It will.

By the way, I'm only alerting you to it because your mind might say, "Hey, didn't he say that or something like that already?" The answer is probably yes and now you know why.

I promise you could hear the information in this book every single day - no, make that every single minute of every day - and it will still be a challenge to live it.

So the more frequency the better. Yes or yes?

Chapter 2: How I Turned My Life Around

Now for those of you who don't know me, I hope it's okay if I tell you just a little about myself and how and why I'm sharing this knowledge.

My claim to fame is that I started with a \$2,000 credit card loan and became a millionaire in only 2 .5 years. And from there have gone on to become a multi, multi, multi — and I could go on for a few minutes here — millionaire.

I'm the author of the N.Y. Times #1 Bestseller, "Secrets of the Millionaire Mind," and have over a million students from 104 different countries around the world.

I have an amazing family. An amazing relationship. I'm super happy and I'm healthy. In short, I'm blessed. My life is pretty awesome now, but I have to tell you it wasn't always that way.



In fact, early on, it was a complete disaster. I was broke financially. I was broke emotionally. I was broke spiritually. I was never fully happy.

And this went on for more than a decade until I found what I call "Life's Greatest Secret."

I know it sounds a bit hokey to call something the "greatest secret," but I truly believe it because it's a life changer.

Regardless, I feel very fortunate to have come across this knowledge and I think that by the end of this book, you will feel fortunate too. Why? Because again, we are going to the root. The source of success mediocrity or failure. And the source of inner peace, struggle or fear.

The very source that determines whether you will have a life of happiness or a life of despair.

All I can tell you is that when I began using this knowledge, everything changed for me. I became a lot wealthier, a lot happier, a lot more calm and peaceful, and a lot more loving to others, but just as importantly, to myself. Good or Good?

Now, a few moments ago I asked you if want more success, more inner peace, more love and even more health and energy in your life, and my guess is that most of you said, "Yes. I want that."

Now, in my experience if someone says they "want" more of something, what does that mean? It means that they don't have it yet. At least not as much as they would want. True or true?

So the question I have for you is, why not?

Why don't you have all the success, wealth, happiness, love, wellness and everything else that you want?

What's the problem? Why is it that you don't have everything you want?

- Is it the economy?
- Is it your business or your job?
- Is it all the obligations you have?
- Is it your lack of time?
- Is it something to do with your husband or wife or kids?

None of the above situations or people are your problem. And in fact, nothing outside of you is your problem. And so if it's not outside of you, where must it be?

The obvious answer is... inside of you.

There is an important law of life you must understand, and it's one of the key elements I highlight in my signature program, **Secrets Of Inner Power.**

Your outer world is merely a reflection of your inner world.

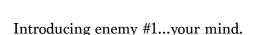
Meaning everything that you see and don't see in your life, do and don't do in your life, everything you have and don't have in your life... is a result of who you are on the inside. Meaning that if things aren't going all that well on the outside, it's because things aren't going all that well on the inside. True or true?

So I ask you again, why do you not have everything in your life you say you want? Just for a moment let's just try on the crazy notion that maybe, maybe, maybe... the reason is you. And that maybe, maybe, maybe... you are the main obstacle here.

And again, if just for a moment we were to assume that, what about you? What part of you? What about you might be the culprit here?

Did you say, your mind? If so, you got it!

Chapter 3: Enemy #1: Your Mind



Your mind is the main problem.

Your mind is the only reason you don't have exactly what you say you want in your life.

Now don't get me wrong, your mind has amazing power and it can do a lot of wonderful things.

But the problem is....

Your mind can also wreak havoc on your life and prevent you from being nearly as successful, peaceful, healthy and loving as you could be.

And so for the rest of the book, we are only going to focus on that part of the mind. Because in nature — and remember you are a part of nature — if you want the flowers to grow better, you don't have to focus on the flowers, you have to focus on removing the weeds around them.

Now some people might feel a bit insulted when I say your mind is your main problem. And that's because most people are identified and therefore attached to their own mind.

And the reason is because they believe they ARE their mind.

Let me repeat that, they believe they ARE their mind. As in my mind and the thinking that comes out of it, is "me." It's who I am.

Now, here's one of life's great secrets. Are you ready? I sure hope so. Because if you can really get this or at least are reminded of this, it can and will dramatically alter your life.

Here we go...

You are not your mind.

Let me repeat that so we're clear... you are not your mind. And you are not the thoughts that come out of your mind.

You know that little voice that's constantly running in your head? The voice you call your thinking. Well, even though that appears to be you, it's not you.

In the same way you **HAVE** a hand, but you are not your hand.

In the same way you HAVE a leg, but you are not your leg.

You **HAVE** a mind, but you are not your mind. Your mind is a part of you, but it is not you.

But if you're not your mind, then who are you? Read on to find out.

Chapter 4: If You're Not Your Mind, Then Who Are You?

So if you're not your mind, then who are you?

Well, for now let's just say you are the one that has, I repeat, has the arm, has the leg, and has the mind.

You are not the voice in your head... You are the one that can hear the voice in your head.

You are not your thinking... You are the one that can hear your thinking.

Notice that you normally refer to it as "my" mind. So in this equation there is a "my" and there is a "mind." Yes or Yes?

So if your mind was you, then who would be the "my"? Who is the one that possesses this mind? Can you see the separation here?

It's like you say, "This is my car." You wouldn't say, "My car is me." Or that you and your car are the same. You have a car. Just like you have a mind.

So there's your mind, and then there's you. And yes, you live in the same house, but you're not the same.

So right now I'd like to do see where some of your minds are at. And the goal here is to learn a little something about ourselves.

Good or Good?

Group 1 — So some of your minds might be thinking, "Wow. This is deep but I'm excited to learn and grow." To you I say, good job. Hang tight, stay with me, and congratulations for being open!

Group 2 — Some of your minds might be thinking, "I already know this." For those of you who think this, I suggest that you be careful of the words "I know that."

Why? Well, what happens when you say to yourself, "I know that"? You stop listening, and if you stop listening what happens? You stop learning.

But what's important here? Whether you know this or whether you are living this?

In my seminars I like to ask, "How do you know if you really know something?" Simple. You live it.

If you live it, you know it. If you don't live it, you heard about it, you might have read about it, and you talk about it. But you don't know it.

And by the way, which part of you is telling you that you already know this? Your mind!

And now I am going to say something that you may hate.

That mind which is telling you "I know that" while you're not fully living that, is **not to be trusted.**

Now hang on before you freak out, and I'll tell you why shortly.

Regardless, throughout this book if and when your mind says "I know that," simply reply with,

"Thank you and I can use the reminder."

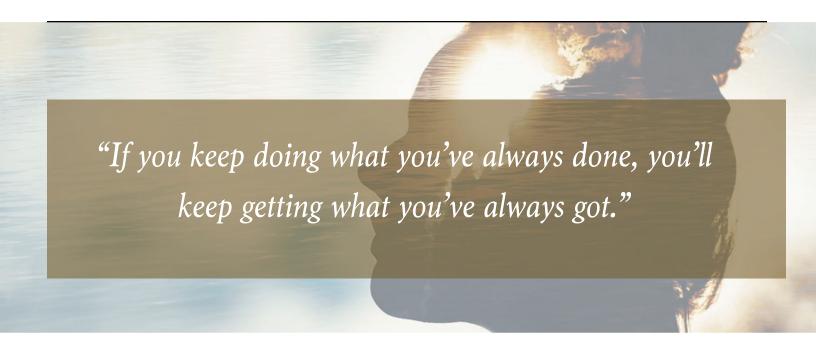
Okay, let's get to the last group I want to address here.

Group 3 — This is the group whose mind might right now be saying, "This is a load of crap." But again, who is talking here? You or your mind? I can tell you, it's your mind. And again, that voice cannot be trusted.

Case in point, how's your life so far? I mean, really. How are you really doing?

Are you really rich? Are you incredibly happy? Are you in amazing physical shape? Are all your relationships wonderful and deep and loving?

Maybe so. In fact, I hope so, but my guess is that if your life was that perfect you wouldn't be taking the time to read this book right now. As the saying goes,



So if you think you're in Group 3, I invite you to let go of your skepticism for just a bit and be open to something different, And when you are finished reading this book, you're welcome to go on doing what you've always done for the rest of your life... or maybe not.

Maybe this will be a turning point. And like me, you will have an "aha" experience that will change your view of your world and yourself forever.

So, for all of you, again, don't believe a word I say. Just be open for now and then try it out in your own life and see the results. Good or good?

Chapter 5: The Two Elements Of Change

The two elements of change are:

1. Awareness

2. Understanding

What was the awareness we've been working on? The awareness that you are not your mind.

So since we all have a mind, would you agree that it might be a good idea to **understand** it?

The simplest way to describe your mind is that it's like a big filing cabinet. It stores information. Billions of bits of data from every moment of your life from the beginning of your time.

Bottom line...

Your mind is your information storage bin. It's your database of knowledge.

So how does it work? Well, every moment of the day, everything you experience with your senses goes back to your mind, so that your mind can interpret and make **meaning** of it. I want to be clear, so let me give you an example.

Let's say you're driving by an empty property and you see a "For Sale" sign on it. You immediately go to your file cabinet (your mind) for the meaning and then your mind tells you what to do, or not do about it.

For most of us, this will simply be a neutral sighting and we'll just drive by. But for someone who is in the real estate business or who might be an investor, they might have a different mind "file" under the category of "real estate," and they will stop and take down the number or website so they can follow up in the future.

And depending on that "file," another person might take immediate action and even pull over to the side and make the call right there and then. In short...

The action or inaction you take will be determined by that particular file in your mind.

And it doesn't just go for real estate signs, it goes for every single thing, every second of the day.

Why do you think you stop at a certain program when you are channel surfing on your TV? Because your mind is assigning each program you pass a meaning — or in this case a judgment — and saying yes or no to it.

I hope this makes sense, because this "meaning-creating" process is basically what determines your life, so it's important, right?

It not only determines your life, it's what determines everyone else's life. And here's the kicker:

Everyone has different and unique "meanings" they assign to the exact same object or situation.

That's why Joe will stop on channel 16 – the home shopping network — and Sue will go right by channel 16 and stop on channel 24 — the sports network.

So what's the point? The point is that we are basically all the same in that we have the same "meaning-creating" process that runs our lives, but at the same time we are all radically different in the actual "meaning" we give things based on our "files."

And that's why we sometimes might disagree.

Debbie excitedly says, "Wow, the sunset is magnificent tonight." Meanwhile, Dan mundanely replies, "I was just in Maui and this sunset isn't all that special."

Now you tell me, what's the difference here?

Is it the sunset? Or is it the interpretations that these two minds, not people, minds, created about the sunset?

The sunset is the same sunset for both, but how they see or rather the meaning they give that sunset is radically different, and that my friends is the primary difference between all of us.

Here's enlightenment 101:

The world and everything in it is basically the same for all of us, but the meanings each of us give that same world can be radically different.

The world and everything in it is basically the same for all of us, but the meanings each of us give that same world can be radically different.

In other words, the objective world is the same, but our subjective views of that world are different.

One more time a different way, so you get it.

Everything out there is basically neutral and then we come along with this tool called our mind, and give it meaning, color it and interpret it, and make it what it is.

Last time, I promise. This can change your life. So please read carefully.

Are you ready?

Nothing is anything until you make it something and then it is what you make it.

This is big, so let me repeat that.

Chapter 6: Nothing Is Anything Until You Make It Something

Everything just is and then you assign it its meaning. In fact, it actually has no meaning until you give it one and then the meaning you give it is what it becomes... at least to you.

And that's why reality is personal. Same sunset, different mind, different sunset.

I don't mean to get all esoteric on you, but in fact, there is no reality. There's only your reality and everyone has their own reality. And that's why I say, reality is personal.

We think that everyone shares the same reality, right? I mean... what's real is real, yes? In fact, no. There is no real, there's only your real. And Bob's real. And Sandra's real.

Have you heard the saying, "What you see is what you get?" Well it's not really complete. What it should say is,

"What you see, plus the meaning you give it, is what you get."

Are you catching the drift here?

I understand it's a lot to chew on, but to me at least, this is one of the most important things you can ever understand in your life.



Here's a little history on the subject...

Remember Socrates? He was a Greek philosopher around 400 BC and is considered the father of western philosophy. Plato was his most famous student and he went to teach Aristotle who would then tutor Alexander the Great. Bottom line, this dude was super cool, super smart, and super conscious.

Socrates was well known for saying what he calls the secret to life, and that is: "Know Thyself."

What was he referring to? He was actually referring to exactly what we have been discussing here. Who are we? Who are we not? How do we relate to the world? And how do we relate to ourselves? All good questions, yes or yes?

And that's why to me, the stuff we are learning about here is by far the most important knowledge one could ever attain.

So how do we get the information that goes into the files of our mind in the first place?

Why do we have such different interpretations and viewpoints of the exact same thing? That's a great question.

We don't start out in life with files filled with information. For the most part, we come into life as an empty container. An empty cabinet if you will.

And from the moment we are born, we - or at least our file cabinet - starts getting filled up with information.

Where do we get that information? Mostly from other people.

- · Parents and family
- · Peers and friends
- Teachers
- · Religious leaders
- Community leaders
- The media, social media, internet, etc.

Basically everyone and everything around us. So all these people and entities are filling up our file folders with information about the world. Yes or yes?

Now here is an important question. Is this information true?

Well, it's true if you believe every single thing your parents, family, friends and everyone else say to you is true. And to me that's kind of doubtful. Would you agree? So bottom line...

We come in empty but then get filled up with other people's thoughts, beliefs, opinions, emotions, habits, ways of being, ways of doing, ways of not doing, etc.

Now, don't forget they also came in as an empty container too. And they got filled up with information and so called "knowledge" as well. So imagine they are pouring their container of information into you.

For some of you, that may not be a pleasant picture, but that's basically what happened and you need to recognize that.

Regardless, all of this is simply the natural process of life originally designed to help you fit into the world. But whose opinion of the world and whose way of fitting into the world?

It's their way. So is it your way? No, it's their way.

Is it the right way? No, it's their right way.

Is it the wrong way? **No it's their wrong way.**

And for the most part they did or are doing the best that they can.

So here's a question:

Are they giving you information that is true or information that they believe is true?

Correct. It's information they *believe* is true. And that's a big distinction for you to recognize and examine. Because what that means, is that your file cabinet (your mind), has been filled up with information and supposed "knowledge" about life that may or may not be true.

These distinctions are important for you to understand and I dive more deeply into this in my program, <u>Secrets Of Inner Power</u>.

My intention is for you to see not only that you are not your mind — the file cabinet — but also that you are also not what is in your mind. In fact, your mind isn't even your own. Read on to find out why.

Chapter 7: Why Your Mind Isn't Your Own

So am I asking you to question everything that you know? Yup. Because you don't really know it. You just heard, saw it, modeled it, or learned from someone else.

"But Harv, I didn't get everything I know from my childhood. I've gotten a lot of my knowledge afterwards as an adult."

Okay, I'll buy that, but you need to know two things.

1. 80% of your brain's development comes before the age of 3.

What does that tell you? Well it tells me that most of what we learned about life came very early on.

2. Regardless of your age, you get most of your knowledge from other people.

As an adult, where did you get that knowledge? Under a rock? My guess is that for the most part, you got that information from other people too. Yes or yes?

So let's cycle back and review.

Basically, the file cabinet you go to to make all your decisions and give everything its meaning, is filled up mostly with information from other people and entities that are not you.

Therefore, the storage cabinet you call your mind and what's in it, is not who you are. It's who you learned to be.

Separating "You" From Your "Mind" Gives You Choice.

And this is very good news. Why? Because if you know your mind has been filled up with other people's information and it's not yours or you, then you can separate yourself from it and not take its voice — the voice you hear in your head — as gospel.

And that gives you something very, very, VERY important. Would you like to know what it is?

It's CHOICE.

If you know you are not your mind and therefore you are not the voice in your head, then you can hear what the voice is saying, and since you are separate from it, you can be objective.

And you now have a choice as to whether you want to believe that voice or not.

Some of you might be thinking, "Harv, what are you saying? Why wouldn't I believe my own mind?" Well, two reasons. Read on to find out.

Chapter 8: The 1st Reason To Question The Voice In Your Head

Reason #1: Your mind is filled with other people's information and so it may not be true.

Ask yourself... How are or were the lives of those other people?

Are or were they rich?
Are or were they happy?
Are or were they always loving?
Are or were they emotionally solid and in great physical condition?

If not, then you might want to reconsider listening to them. Because when you are listening to your own mind, you are basically listening to them. Every minute of every day. Can you believe that?

Let me say this again, if you are listening to the voice in your head, you are listening to a recording of information coming from people who may not have done all that well themselves.

You believe you are listening to you, but unconsciously you are listening to them.

And again, I'm not questioning whether it's right or wrong or true or false. I'm only asking one thing. How's it working so far? How's your life? Is it everything you dreamed it could be? If not, what's the problem?

Can you answer that question better now?

The only problem, the only obstacle stopping you from being, having and doing literally anything you want is who? YOU.

And specifically what part of you? Your mind.

DON'T BELIEVE A THOUGHT YOU THINK: The Greatest Secret To Life

And specifically what part of your mind? The information and so called "knowledge" that is filed in your mind, which is then delivered to you by the voice in your head by way of your thoughts.

In short, what I'm trying to do is blow this entire mind scam up. Why? So you can begin again.

Unfortunately, you're never going to be able start from a perfectly clean slate unless of course you have a lobotomy or spend 40 years meditating in a cave.

But at least now you know what and who you're listening to.

Now you have a choice as to whether you want to believe that voice and more importantly, want to act based on it or not.

Chapter 9: The 2nd Reason To Question The Voice In Your Head

We've covered the first big reason that you might want to question the validity of the voice in your head. Simply put, it's not you.

Now let's get to a second reason to question that voice in your head and this one might be even more important.

Why do you think you even have this file cabinet called a mind in the first place? What was the original reason?

Did the universe or evolution give it to us to be super successful? Nope, if that was it, we'd all be successful. Was it to be super happy? Nope, if it was, we'd all be super happy.

So what was it biologically designed for? One reason: survival.

Reason #2: Your mind's purpose is not to be supportive of your success and happiness. Your mind's sole purpose is to help you survive.

You have this storage cabinet so it can be filled with information for a single purpose... to help you survive. Bottom line, your mind is a **survival mechanism**. That's all. That's its only real function.

Its primary function is not to make you successful or peaceful or loving. It's to keep you alive. Now because your mind is a survival mechanism, its main job is protection. So your mind is basically like your bodyguard.

In some of my courses I use the example that your mind is like the sentry on a ship. What's the sentry's job? To look out for danger. To warn of what's wrong or what could go wrong in any situation. That's why it's constantly screaming, "Look out, be careful, trouble over here, trouble over there!" even if everything's okay.

Now you know why your mind seems to have a bias toward the negative. It's always looking for the bad because that's its primary job. And because the good stuff can't hurt you, your mind generally ignores it.

That's why for most people, it takes effort to focus on the positive in your life. While the negative, appears easily.

Again, what's a good protector going to do? Tell you what's right with your life or what's wrong with it?

The sentry isn't really interested in the calm seas. It's focused on the possible rocks below, the icebergs ahead, the storms on the horizon. Yes or yes?

And that's why you tend to focus on the problems in everything and everyone. In short...

In short, your mind is based in problems and fear in all its forms including worry, doubt, overwhelm and all anxiety.

Basically all anxiety boils down to fear. Your protective mind is very good at its job, in fact it's too good. So instead of having a quiet bodyguard available to you if and when you need it, it's constantly on hyper alert. It's like an over worried mother. It might have good intentions, but if you keep listening to it, it will drive you crazy and you'll never do anything.

That's nuts right? Well guess what? It gets worse. This over-worried bodyguard believes the only way it can truly protect you is by controlling you. And so to control you, your mind begins to take over your entire life.

How? By having you believe that it is your life and that you and it are the same.



Your Mind Is Like A Computer Virus Protector

Your mind is like having a virus protector in your computer that somehow becomes your entire operating system. Every second it stops everything and does a scan. Now that's great for finding viruses, but not so great for being productive and successful.

Now we all understand that the virus protector is not the operating system. It's only a program that's supposed to protect the operating system.

You are not the "bodyguard" (your mind). You are what the bodyguard is supposed to be protecting. And you are not the sentry on the ship. You are the one the sentry is supposed to be protecting — the captain.

You are the captain of the ship. The sentry (your mind) is supposed to be reporting to you, and then you as the captain decide what to do.

But that's not how it is for most people. Most people have not created a separation between the fear based voice and themselves. Meaning the sentry is steering the ship.

Can you imagine the sentry steering the ship?

"Oh my god, what if the water is too shallow?" Sharp right.

"What if a storm is brewing?" Sharp left.

"What if we don't have enough fuel?" Reverse, reverse.

"What if our instruments break down?" Let's wait for a third backup generator.

"What if we hit an iceberg?" Well, it's the Caribbean.

"I know we're in the Caribbean, but with global warming there could be icebergs anywhere." It's too risky, I don't think we should go.

And you wonder why this ship isn't getting anywhere? Are you getting this? If you are, you will be 1 in 10,000 who understands this. And 1 and 100,000 who uses this. And 1 in a million who lives based on this.

Are you at all confused? That would not be uncommon. Why? Well what do you think confusion really is?

Confusion is fear and your mind's way of guarding you from change.

And what's the fear? Well, in this case, your bodyguard, your sentry, your mind is worried that if you understand this, your life might change. Or rather, its life might change.

"But Harv, doesn't my mind want my life to change?"

DON'T BELIEVE A THOUGHT YOU THINK: The Greatest Secret To Life

What do you think? Would an over worried bodyguard want your life to change? Of course not.

To a protector, familiarity is essential. So no, your mind, the bodyguard, the sentry absolutely does not want your life to change.

"But Harv, my life isn't perfect. I'm not as successful as I want to be. I'm not as peaceful and happy as I want to be. I'm not as loving as I could be."

And you know what your mind says to all that?

"Who cares? None of those are my business."

Again, let me cycle back to this learning. Your mind is not the success director. It is not your inner peace director. It is not your love director.

Your mind is your **protection director**. That's it, and that's what it's good at. And to make sure you listen to it above all else, it has you believing it's also your success, peace and love director too.

But is it?

Chapter 10: Your Mind: The Protection Director

Let me ask you again... How is your success, love, health, finances, peace, love and relationships going? How's all that working in your life so far?

The answer will either be "not good," "just okay," or "pretty good, but could be better."

And the reason I know it can't be all that amazing is that:

- 1. You are reading this book right now
- 2. Like almost everyone else, you are being run by fear.

That's right. Fear.

The protective mind is based in fear and lives in a constant state of fear.

You might call fear stress. It's the same thing. And your life is full of problems. Not because there are so many problems, but because all your bodyguard focuses on is problems, so that's pretty much all you see. And because that's all you see, that's all there is and because that's all there is, that becomes your life.

The reality is that most people spend a majority of their time going from problem to problem.

Fixing this problem, then fixing that problem. Then there's this problem, then there's that problem. Hoping one day they will magically have fixed all their problems and they'll finally be free of them.

But have you noticed something? Finally being free of problems never happens. There's always something not right. It could be major or it could be minor, but it's not the way we want it.

So because your sentry is based in problems and it has you believing that it is you, you then become based in problems. And your life becomes based in problems. Make sense?

<u>Click here</u> to learn powerful strategies to separate yourself from your fear-based mind, so you can access your inner power and conquer your mind at will.

Now again, we're only focusing on the weeds here and we're generalizing. Yes or yes? But having said that...

Unless you are truly enlightened, your entire life is based in problems and fear.

And for those of you who just said, "No it isn't," that's the voice of fear talking. The voice of protection. And who is it protecting? Itself. Because remember if you change, its job gets harder.

Now here's a real doozie. Are you ready?

So we already know that your mind looks at everything as a problem. But can you guess what happens if it doesn't find a problem? Simple. It creates one.

If your mind doesn't find a problem, it creates one.

Have you noticed this? Do you ever wonder why people seem to nitpick over nothing? Finding things to bitch and complain about when there's really no issue? Making mountains out of mole hills?

Well now you know. It's because this problem-based mind is getting bored.

"What? No problems? Nothing wrong? Ha! We'll see about that!"

"Hmmm, isn't this cappuccino a bit on the light side? It cost me \$5. You would think for \$5 you could get a proper cappuccino. I'm not going to stand for this. I'm going to have them remake it. Shoot, the line is too long. This place is terrible!"

Can anybody relate? Do you know anyone like this? Are you willing to admit that sometimes you're like this?

Don't believe your own mind. Don't believe the voice in your head. Don't believe a thought you think.

Okay, so what to do about all this? Well, it's actually a "what not to do."

"What?! Don't believe a thought I think?" Correct. I'll say it again.

Don't believe a thought you think.

Remember, this thought is usually coming from an overprotective sentry on the ship. And therefore, as the captain of the ship, it's up to you to take what the sentry says with a grain of salt. And then objectively choose whether to buy into it or whether or not to act on those thoughts based on what will support you in your life right now.

And that, my friends, is the definition of **consciousness**. You've heard that word right? Consciousness?



The Definition of Consciousness

Consciousness is living from choice in the present versus programming and habits from the past.

Let me say that again.

Consciousness is living from choice in the present versus programming and habits from the past.

In short, it's questioning the mind's voice, the programming from the past, and then choosing whether to act on those instructions or not, in the present.

"Okay Harv, this all sounds good, but you don't understand. The voice in my head is super loud and it never shuts up."

I get it. Join the club. It's called being human.

You know, it's funny to me how we humans put ourselves up on a pedestal, because we are at the top of the evolutionary chain, or so we believe. But here's a question.

Do you know any dogs? Have you ever had a dog? Have you noticed dogs don't seem to have this problem?

Here's an example of my dog, Roscoe...

I used to have a golden retriever named Roscoe. He would lie underneath my desk, quiet, sleeping, every once in awhile he'd come up to get his head pet. Nothing was a big deal to him. He spent his day totally relaxed.

He'd play with some toy for a while. He'd eat only a couple times a day. He was always happy and always loving. All good.

Of course at the time I was heavy into business and trying my best to succeed. I was always worried, always in a hurry, always stressed out. And I remember looking down at him and saying, "Roscoe, so often I wish I was just like you, but I bet you never wish you were like me."

And that my friends, says it all.

Okay, so are you ready for some good news?

Here it is.

There are several methods you can use to tame your mind. And then once it's tamed, there are even more powerful methods with which to train your mind to do what you want it to do, and train it to work for you instead of against you.

Chapter 11: The Four Magic Words

For those of you who are interested, I have an advanced program that will rock your world. But I want you to get as much from this book as possible, so for now, let me teach you one simple strategy to get started with.

Are you ready? It's called "The Four Magic Words."

We are going to use four magic words to stop a negative or fear-based thought before it gets any momentum or energy.

Everything is energy — including your thoughts — and if you've noticed, once your mind gets going on something, it keeps going and going and going. And for some people obsessing and obsessing and obsessing. Can you relate?

Okay, so what are the 4 words? They're simple, but powerful. Here they are.

Thank you for sharing.

Okay, let's see how this works in just four simple steps:

Step 1 - A thought comes into your mind. Ask yourself, who is talking here? Is it your overprotective bodyguard?

How do you know? Ask yourself:

- What's it saying?
- Does it sound like criticism or fear or negative? Is it saying I "can't do" something
- Is it asking to stay with what's familiar?

If so, then yes, it's your overprotective bodyguard doing its job.

Step 2 — Consciously choose whether you want to entertain this thought.

Ask yourself:

- Do I want to entertain this thought?
- Is this thought empowering me?

And if not, prepare to use the four magic words.

Step 3 - Say to your mind, "Thank you for sharing."

Why? Why not just say, "Shut the frick up?"

Because you are speaking to your bodyguard, why not be nice to it? It's just doing its job, all too well, but it can't help that. It's programmed.

So be polite — just as you would be to an over worried mother — and say, "Thank you for sharing" as in, "I appreciate your concerns but..."

And then you...

Step 4 — Create a new, improved, and more empowering thought, and think that thought.

Let me give you an example.

Say I'm on a diet because I want to lose 5 pounds.

Step 1: I'm a bit hungry and my mind says, "Hey, let's eat some ice cream. You can diet tomorrow."

Step 2: I notice that it's a disempowering thought.

Step 3: I say, "Thank you for sharing" to my mind, which stops that thought in its tracks.

Step 4: I insert the new, empowering thought, "I'm committed to losing 5 pounds and so I'm going to have an apple instead."

And that's it. You have the apple.

So let's summarize:

You consciously monitor your thoughts. And as soon as you hear the voice in your head say anything negative, fear-based, or unsupportive, you simply say, "Thank you for sharing" and you choose a new, more empowering thought to replace it.

My program, <u>Secrets Of Inner Power</u>, offers even more powerful strategies to train your mind to do what you want it to do — to work for you instead of against you. <u>Click here</u> to learn more.

Chapter 12: The 3 Laws of Thought

Are you ready for this? These are critical to your life so don't ever forget this.

- Law 1 You have the ability to control your thoughts.
- Law 2 You have the ability to remove any thought from your mind.
- Law 3 You have the ability to install any thought into your mind.

Now what does that mean to you? One word: Power. In fact...

Your greatest power is your ability to choose your own thoughts.

I want you to say aloud, but use the word "my" instead of "your." Ready?

My greatest power is my ability to choose my own thoughts.

Good job. And why is that your greatest power? Because you get to choose your thoughts and it is your thoughts that create your life. Yes or yes?

"Harv, I understand all this but I just can't do it. My mind is too strong. I try to control it, but it never lets up. I can hear myself being critical, being judgmental, being worried, getting angry, saying things to people that I love that aren't very nice. Saying things to myself that aren't nice."

My friends, once again, I hear you. And again, this is normal. But it's only normal because your mind is untamed and untrained. And that is the real problem.

Not that you have a fear-based, sentry, bodyguard mind, but that you've never tamed or trained your mind to do what you want it to do.

You've never trained it to work for you instead of against you.

So is it too late or what can you do now? Well, you can begin by consciously observing your mind and not blindly believing everything it says. And that's what we have been working on in this book. Or...

You can actually take a shortcut and bypass the entire mind-based, problem-based system altogether and learn to live in an entirely new way... the way of true power.

Inner power. Not power over anyone else. Power over yourself.

Power over others comes from our fear-based self, while power over ourselves comes from our higher self, our true self, our most conscious and enlightened self.

This concept is something I dive into more deeply in my program, <u>Secrets Of Inner Power</u>.



How The Teachings of Buddha, Swami Vivekananda, & The Samurai Can Relate

Buddha said, "To conquer oneself is a greater task than to conquer others."

The guru, Swami Vivekananda put it another way. He said, "Conquer yourself, and the whole universe is yours."

And of course, what part of our self do we need to conquer? Our fear based self. And this is what all life masters do. Like the Samurai.

By the way, do you know what the word Samurai means? It means "to serve." So you conquer yourself in order to better serve yourself, serve others and serve the world.

It's always interesting to me that so many people talk about making a difference in the world and in other people's lives. But that's as far as it goes. They talk about it, but they can't do it.

Why?

Because to make a real difference you have to take real action in the real world. And the same goes for success. You cannot be as successful as you'd like if your life is based in fear, your mind is stuck in worry, and you constantly have doubts. In short...

You just cannot do what you want to do, you cannot have what you want to have and you cannot live the way you want to live if you cannot conquer yourself and get to a place where that fear-based, problem-based, mind doesn't run you anymore.

Chapter 13: Secrets of Inner Power

How to master your mind, develop your character and succeed no matter what...

I created a program that will absolutely change your life. It's called...



The <u>Secrets of Inner Power</u> program starts where this book leaves off. The aim of this book is to make you aware of who you are NOT: your mind (the fear-based voice in your head).

The primary objective of the *Secrets of Inner Power* program, is to make you aware of who you ARE, in your full power, and to learn to live from that part of you.

The <u>Secrets Of Inner Power</u> program will help you master your mind, develop your true character and succeed no matter what - in just 7 simple lessons.

If it's okay with you, I'd like to share with you part of an article that was written about this program:

"This course is about strengthening. It's about challenging your beliefs and your limitations. It's about being a rock solid, highly independent individual who can stand on his or her own two feet; not be needy, not be lacking and not have to take any "crap" from anyone. It's about living from purpose and joy vs. approval and obligation. It's about coming from strength vs. weakness; courage vs. fear and your heart vs. only your head. It's about discovering your true power and learning to access it at will."

Learn To Access Your Inner Power So You Can Conquer Your Mind At Will

Some of what you'll learn from <u>Secrets Of Inner Power</u>:

1. How to massively increase your inner strength and confidence.

Is confidence important? The word confidence comes from the Latin word "confidere," which means "to trust." And who do you have to learn to trust? That's right. Yourself.

Here's the problem: most people don't always trust that they can and will succeed at anything they try. And so what do they do? They don't try. And if you don't try, what's the result? It's impossible to succeed.

So is confidence important? Yes.

Confidence is critical, and what you will develop with this program is unwavering confidence.

2. How to be much more focused and clear.

Is focus important? Well, without focus you are scattered. There is only so much energy you have, and if you want to succeed you cannot afford to scatter it.

Focus is powerful.

Remember, sunlight focused through a magnifying glass will cook an egg. Do you have that kind of laser focus? Most people don't because their monkey mind — as it's called in the East — is scattered all over the place.

By the end of this course, focus will be one of your greatest strengths. And that alone will change your life.

3. The power of clarity and how to be clear on who you are.

Clarity is vital. Why? Because clarity leads to power and power is the ability to do. And without doing, there's no succeeding. True or true?

With the <u>Secrets of Inner Power</u> program you'll finally be clear on who you are, what you want, and — just as importantly — what you don't want and will not accept anymore. That alone will change your life.

4. How to make sure your word becomes law.

We talked about trusting yourself. But what about other people trusting you? Is that important?

Well, it is if you ever want to succeed. Why? Because people buy from you based on trust, they buy into your ideas based on trust, and they support you based on trust.

So how do you get people to trust you with no bullshit? Simple answer:

You have to be trustworthy. And that's a big problem for most people because they don't always do what they say. They don't always keep their word. And consequently other people, including family members, yes, family members, don't trust them.

5. How to stop needing other people's approval and start approving yourself.

The desire and need for other people's approval has killed more dreams than any other thing. It not only kills your chances for success, it kills your spirit.

In this course you will be cured of this disease. And this alone will change your life. Yes or yes?

Remember, your mind can be your best friend or your worst enemy. What makes the difference? Whether you are able to tame and train it. Tame it to quiet down, and then train it to do what you want it to do.

I can tell you, that by the time you complete this program, you will have a degree in WIT. What is WIT?

WIT = Whatever It Takes

There is nothing that can hold back a "whatever it takes" person and you will become one of them. And in this course, you will **learn specific strategies to overcome any obstacle in your way.**

If you know how to overcome any obstacle, what can stop you? Nothing! And if nothing can stop you... you become what? UNSTOPPABLE! Then you have real choice. Choice of what? Anything.

Unfortunately most people don't go for what they really want because of fear and uncertainty. But the fact is, you have to train yourself to be a person that will succeed in spite of anything, no matter what problems or challenges come up. None of that will matter to you because you will be a true master of inner power.

Meet The Best Version Of Yourself

I have to warn you — this course is a mirror. Once you turn on the lights you will see exactly what holds you back in your life. The difference is that you will now know specific strategies to use in those situations and what once felt difficult, will now seem easy.

And that's one thing it seems that all our graduates say, that after the program, what used to be hard for them is now easy.

And that's true but it's not because the situation or the task or that hard to get along with person has changed, it's because you have changed. It's because you have grown so much bigger than this challenge. In short...

Big problems become small problems when you get big.

One things for sure, being in the <u>Secrets Of Inner Power</u> program you will meet the best of yourself.

- ...You will be less angry and frustrated with others and yourself.
- ...You will be less judgmental and critical to others and yourself.
- ...You will stop being run by your fear based, monkey "mind" and learn to honor your true self.
- ...You will see yourself in a brand new light.
- ...You will see others in a brand new light.
- ...You will see the world in a brand new light.
- ...And you will see your true, true potential...maybe for the first time.

This program is transformational. You cannot be the same person coming out as you were going into it.

This Is The Most Life-Changing Program We Offer

Why is it so important to me that you take this program? Because I have seen both sides of the fence in looking at my own life and the lives of thousands of my students. And it's sad to see what our problem-based mind does to us.

- ...It's sad to see what fear, doubt and worry does to us.
- ...It's sad to see what losing our power does to us.
- ...And it's sad to see what losing our spirit does to us.

It robs us of our success. It robs us of our confidence, and it robs us of our joy.

My friends, there is nothing and no one stopping you from anything you want in life except one thing, your own mind.

It's simple. Either you tame your mind or it will tame you. Either you train your mind or it will train you.

As I've mentioned many times before, my Zen teacher Cheri Huber says:

"If what you've been looking for was where you've been looking, chances are you'd have already found it by now."

In the <u>Secrets Of Inner Power</u> course, you will find what you've been looking for. For some of you this is going to be a revelation.

Life Does Not Have To Be A Struggle – Give Yourself This Gift

Give yourself this gift. Don't wait. Don't let your mind use the "I'll think about it" excuse.

Remember who is saying that. It's the voice of the fear-based sentry, the part of you that absolutely does not want your life to change.

And "I'll think about it" or "I don't have the money," or "I don't have the time," or whatever, are all fear-based phrases it uses to keep you in your place.

As Einstein said,

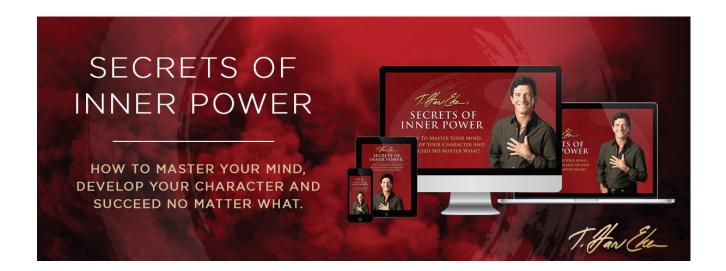
"You can't solve a problem with the same mind that created it."

Be the captain, say "Thank you for sharing," take a new action and register for my Secrets Of Inner Power program. I promise, your true self will be so happy that you did.

And for those of you who are still not sure, ask your heart. Allow your decision to come from expanding yourself instead of contracting back into your old self. Remember one of the inner power principles is being willing to do whatever it takes.

From my heart to yours, I highly recommend you begin your inner power training right now and do whatever it takes to attend this course.

So if you are ready, simply <u>click here</u> or click on the banner below to register and get started today.



A whatever it takes person doesn't wait to be perfectly ready. They trust themselves, they trust the universe and they go for it.

If by now I have not persuaded you to do something this great for yourself, I will take it as a sign that you may not be ready for this. And that's okay.

Regardless of what you do, I hope you learned a lot in this book. I thank you all and I look forward to working with you again in the <u>Secrets Of Inner Power</u> program.

You have my heart and my blessings.

T. Han Ehen

For Your Freedom,