

# **Future Horizons *Advanced Technology***

**Presents:**

## **(#MIND) Electronic Mind Control (Updated)**



- **Uses silent sound technology**
- **Same technology used in 91 gulf war**
- **Influence people without their knowledge**
- **Great for self improvement modification**

Step by step plans show how to build your own Electronic Mind control machine that can be used to make subliminal recordings. The Mind Control Machine converts your voice into something called Silent Sound. It is a special format the brain can understand without your conscious awareness of any message. When you play back the music tape the silent sound subliminal messages are hidden within the music and cannot be understood by our conscious minds. The subconscious mind however is able to interpret these messages perfectly and becomes affected by them with continued exposure. These recording can be made using any music tape or compact disc you may have. Includes operating instructions & experiments to try.

[www.futurehorizons.net](http://www.futurehorizons.net)

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Future Horizons PO Box 125 Marquette, MI 49855

## ***Electronic Mind Control Machine***

Our machine is basically a type of converter box used to make subliminal recordings. These recording can be made using any music tape or compact disc you may have. The machine comes with the connectors to hook it up to any tape recorder and CD or tape player. Let's start with your CD player. Start by plugging in the stereo RCA jacks into your CD player outputs. These in turn hook to our Mind Control Machines input. Another set of stereo RCA jacks hooks from the Mind Control output to your tape recorder inputs. You can now play your CD and hit record on your recorder. Your music will be sent from your stereo into the mind control unit where it is processed and sent on to your recorder. The Mind Control machine comes with its own microphone, which plugs into the machine. The microphone is used to record the subliminal message onto your final tape recording while the music is playing. By simply speaking into the microphone while your music is playing and the recorder is recording, it will encode the silent sound signal onto your recording. The silent sound signal sounds like gibberish but if you balance out the volume correctly it is not very noticeable.

### ***How it works***

The Mind Control Machine converts your voice into something called Silent Sound. It is basically a special format the brain can understand without your conscience awareness of any message. In technical terms, it frequency modulates your voice data at 16 kHz and inserts it into the music recording. The amazing thing is that when you play back the music tape there are subliminal messages overlaid onto the music that you cannot hear. If you listen very carefully you might be able to hear them. They sound a bit like some kind of secret military communications. The human brain however is able to interpret these messages perfectly.

### ***History***

This mind control technology has been around for many years and in fact there are many U.S. patents on it. It definitely works and it has been used for many years by our government and by large corporations. The government used this technology during Desert Storm to influence the Iraqi's to surrender. They set up huge radio transmitting towers near the battle zone and transmitted powerful Silent Sound messages to the Iraqi's to surrender. Normally it takes about 24 hours of accumulated exposure to work so it can be a few hours per day or whatever usage is possible.

Another place this technology is still used is in large shopping malls and stores. It's combined with in store music to persuade shoplifters to not steal anything. Some movie theaters also use it in their music before the movie starts. They can influence customers to buy soda and popcorn.

The effects of Mind Control are real and have been proven scientifically long ago. There are hundreds of papers that have been written on the subject. The great thing about this technology is that it can also be used on your own brain to change things like bad habits, weight loss, motivation or anything you desire. It's even possible to make yourself believe something that is not true. In fact I invite anybody who purchases our machine to try a simple experiment like that to see just how powerful this technology really is. You can also use it to increase your desire for certain foods that you never liked. After you begin craving these foods then you will know just how powerful this unit can be.

### ***Subliminals***

Subliminal tapes have become very popular within the last 10 years. They are even available at your local bookstore and record stores now days. The topics range from stopping smoking, losing weight, and improving memory to increasing self-esteem and enhanced psychic abilities.

The subliminal concept is based on the fact that your sub conscious mind can receive and process information that your conscious mind is completely unaware of. By receiving information sub consciously, your conscious mind is

bypassed and therefore you are unable to inhibit the information. This is to say that with enough exposure to a subliminal message, your conscious mind will begin to believe what your sub conscious already has known for some time.

This concept is very similar to how we respond to positive or negative suggestion when at an early age. This is due to the fact that a child's mind tends to take in the information without inhibiting or questioning it more so than an adult mind. If we as children are told that we are stupid and useless, then it's a good bet that we will grow up thinking just that, if told it enough. On the other hand if we are told that we are very intelligent and creative, then we will grow up to be confident mentally and feel more secure about ourselves.

The amazing thing is that most of us only become what we believe we are capable of. If we believe we are creative and highly intelligent (even if it isn't true), our sub conscious will do what it can to influence us into making it happen. This could mean we are more likely to excel in school or college, and then go on to a high paying job in a professional or technical field.

On the other hand if we are constantly put down and told we are stupid and worthless and that we'll never amount to anything, then our sub conscious and conscious can believe that it is true and tend to match our physical lives with our believed mental capabilities.

Now as we grow older our minds become more consciously defensive against unwanted signals. We at least tend to resist them more, which makes positive or negative re-enforcement slightly less effective. This is not to say that it doesn't work however. Studies have shown that positive or negative conscious reinforcement can have drastic effects on most people.

Our application of this technology is simple. We take a recording of some gentle soothing music and we play it while speaking into a microphone and recording the 2 mixtures together. The voice data is modulated at 14khz and converted into silent sound messages and mixed with the music playing into the mind control machine. When listened to, the sub conscious mind receives and processes both the recorded music and the subliminal message. It is also a good idea to record your tape so that you have the music, your subliminal messages, and some similar affirmations that are loud enough to hear conscientiously. This will help your conscious mind to prepare for the transition that the sub conscious has begun.

The best way is to combine the conscious and sub conscious techniques together for a much stronger effect. This way even if your conscious mind is resisting the suggestions, your sub conscious mind cannot and with enough exposure it will begin to work it's way into your conscious mind whether you like it or not!

The sub conscious techniques seem to be greatly amplified in intensity and effectiveness if you are relaxed and calm. This is because your conscience mind tends to settle down and more easily accept incoming signals while in this state of mind.

By now you are probably starting to realize the potential use of this technology. It is powerful and although it has so far only been used as a self help type aid, it can just as well act in a negative fashion to cause whatever suggestion you choose to be imprinted into someone's mind. Whether they like it or not.

## ***Video Mind Control***

We also know that visual subliminal programming is actually even more effective then the audio type. This is because our brains are more used to perceiving most of our world visually and we are able to accept much more useful information very quickly this way. The visual subliminal method is basically to compose a visual recording and to edit this recording and place subliminal pictures between frames every so often within the content. The subliminal pictures appear only for a fraction of a second so our conscious minds can't even perceive them but our sub conscious can. This technique was used in the past by movie theaters to suggest that customers purchase popcorn or soft drinks; however this technique has now been banned in the U.S. The frightening thing is that even if it was still going on, we would not know it because it is completely undetectable by our conscious minds.

By combining together the 2 techniques of both audio and video subliminal suggestions, you have the equivalent of **Super Electronic Mind Control** or **Brainwashing!** This technology can be used to affect yourself or anyone else in whatever way you design it to. But remember with great power comes great responsibility, use it wisely!

### **Construction**

The following circuit is used to allow a silent sound subliminal message to be mixed with any bland musical background and recorded. When this is then played back you are unable to understand any of the subliminal voice messages and only perceive the music. When selecting the music, it is a good idea to pick something mellow and relaxing without lyrics. It's also a good idea to include such things as ocean waves and blowing wind or chirping birds. These natural sounds tend to mask the subliminal message more from your conscious mind. Just remember that when recording the subliminal suggestions, try to keep them short and simple and on the same general topic. Otherwise your sub conscious may become confused and reduce the effectiveness. It's also a good idea to continuously repeat a handful of suggestions over and over within the same recording. This will certainly strengthen the results. Also try to stay on one topic of suggestions. Staying focused in this manner will greatly increase the effectiveness of the mind control messages. If you keep the messages short and simple and of similar topic then it will require much less exposure time to affect your intended target.


### **Setup and Use**

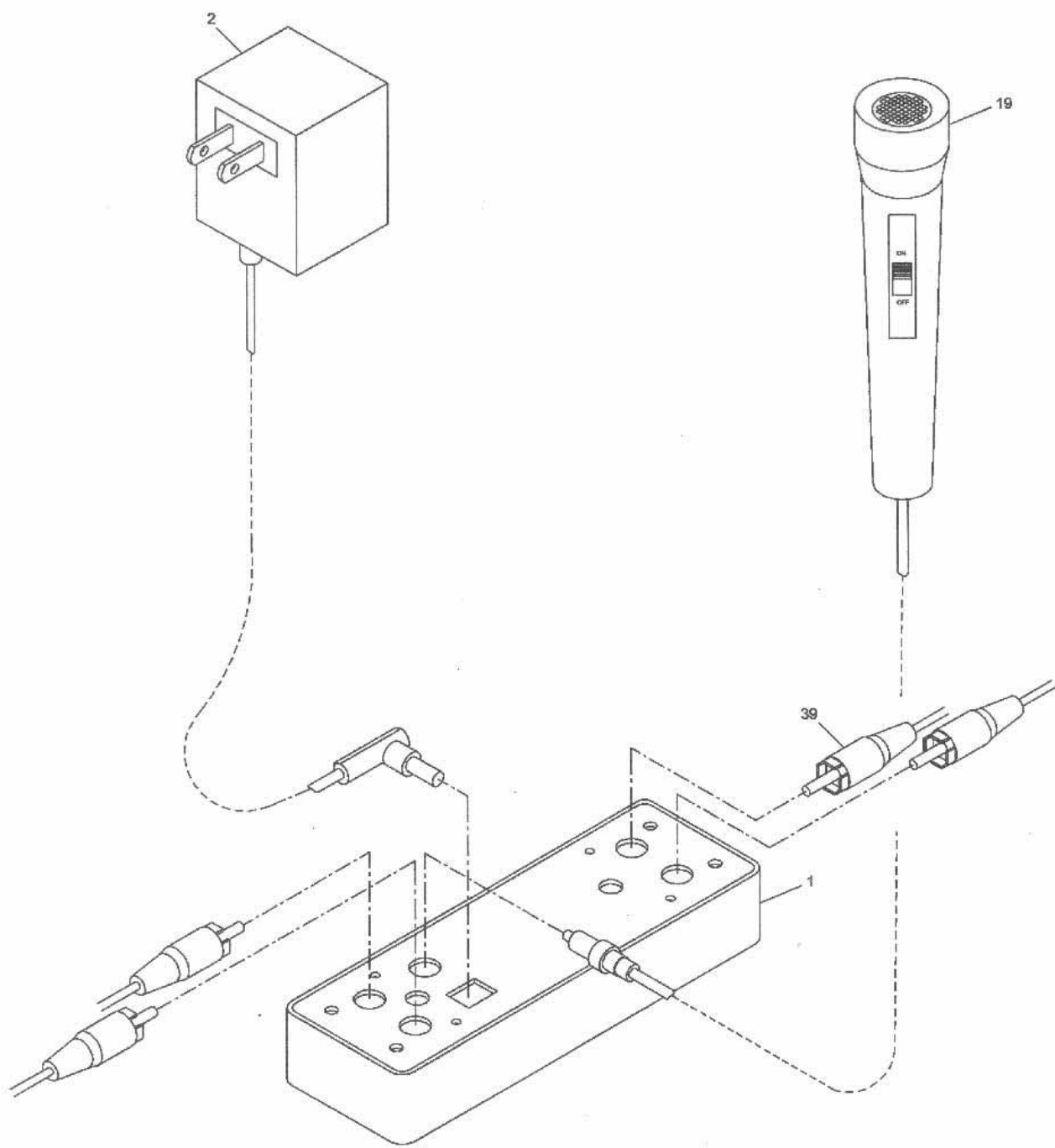
The Mind control device has a volume control, which is used to balance the microphone-input from the music input level. This will allow you to set the device so that the music volume is approximately the same in the left and right channels. When this occurs your voice data should be at about the correct level. You may have to experiment with this a little. It doesn't really matter how loud the voice data is because even if you can barely hear it your sub conscious mind will hear it. Also it just sounds like gibberish anyway so it's ok to have the voice data loud or soft. Either way is ok.

To hook up the mind control unit you must have a tape or CD player with some type of soothing music in it. It's ok to use any type of music but relaxing music tends to work faster on your victim. You must also have a tape recorder to actually record your subliminal messages on. Simply hook the output of your tape deck or CD player up to the input jacks of the mind control unit. The input jacks are located on the front of the unit. We have included an adapter for those of you who wish to use a 1/8 inch stereo headphone jack as your output. Then hook the output jacks of the mind control unit up to the input jacks of your tape deck where you will be making your recording. RCA stereo type patch cords will be used to make all the connections.

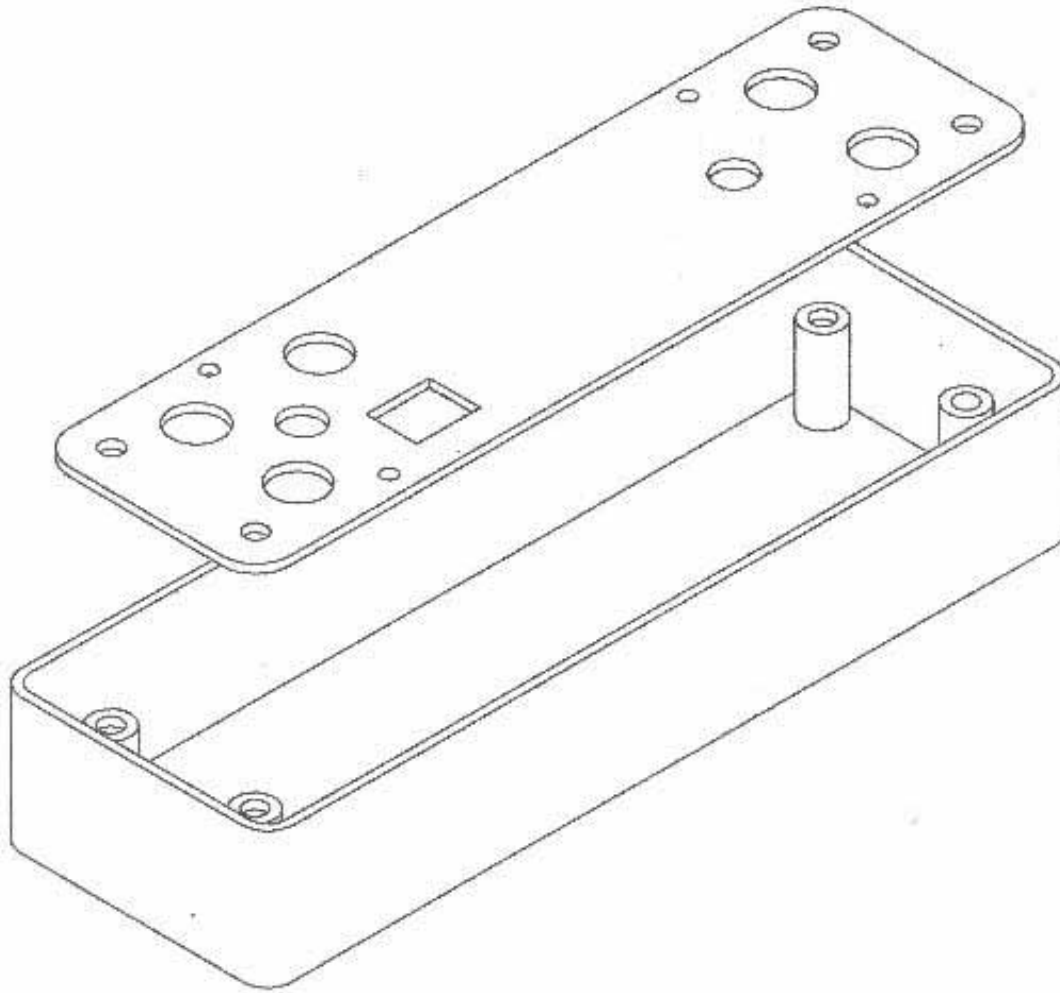
You will also need a microphone for recording your subliminal message. We recommend using any good small microphone with a 1/8-inch hookup jack. This will plug into the side of the mind control unit. We have included a microphone with the unit.

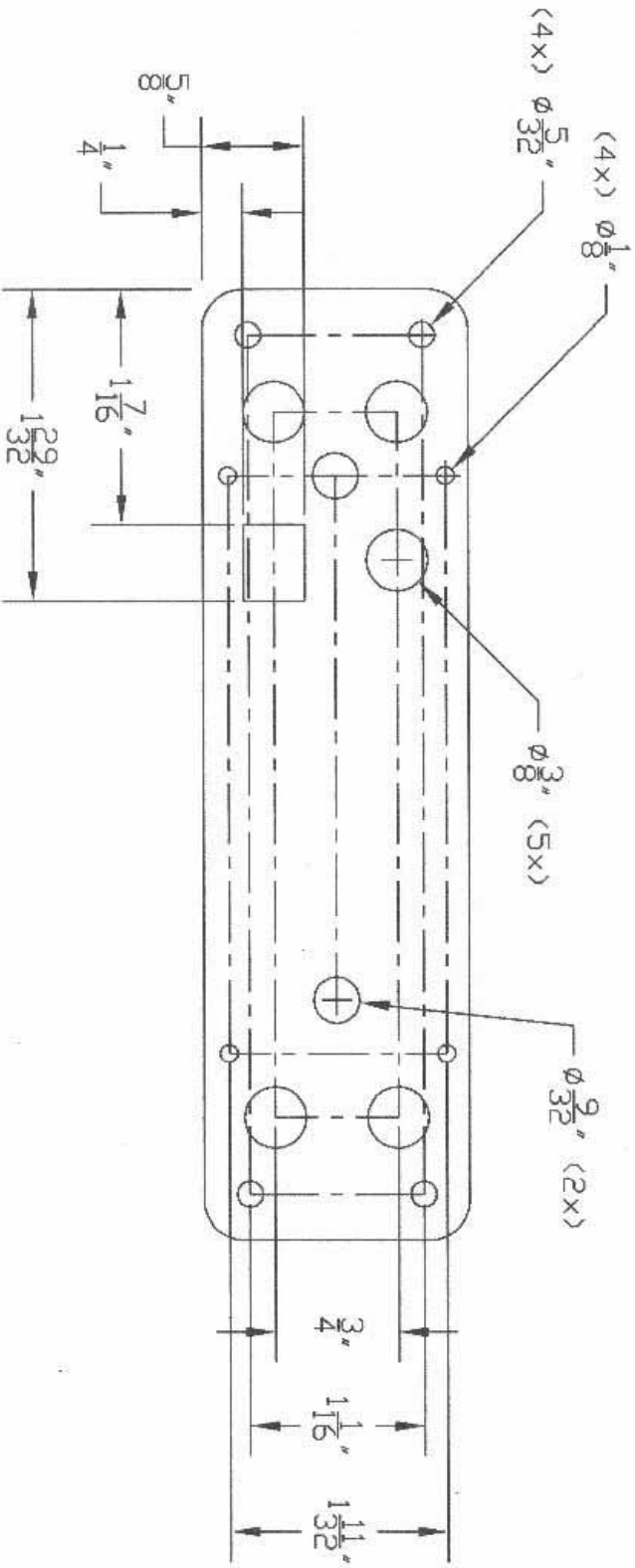
To activate the mind control unit simply plug in the dc wall adapter and the LED light will illuminate. You should now be ready to start recording your mind control messages. You may want to practice a little so you can get the voice volume set just right. The silent sound data coming out of the machine will sound strange and have a high pitched tone to it. This is normal.

PARTS LIST			
RESISTOR COLOR CODE			
			
BAND COLOR	1st DIGIT	2nd DIGIT	MULTIPLIER
BLACK	0	0	1
BROWN	1	1	10
RED	2	2	100
ORANGE	3	3	1,000 (K)
YELLOW	4	4	10,000
GREEN	5	5	100,000
BLUE	6	6	1,000,000 (M)
VIOLET	7	7	10,000,000
GRAY	8	8	100,000,000
WHITE	9	9	1,000,000,000
*TOLERANCE: NO COLOR 20%; SILVER 10%; GOLD 5%.			



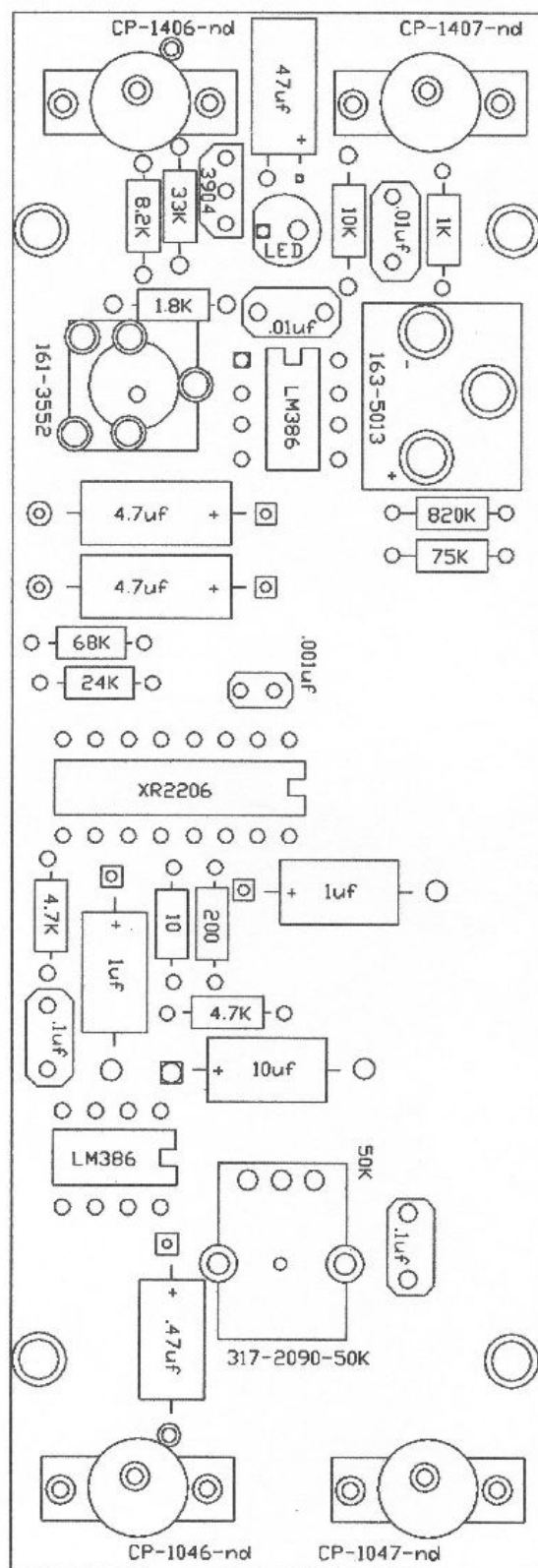
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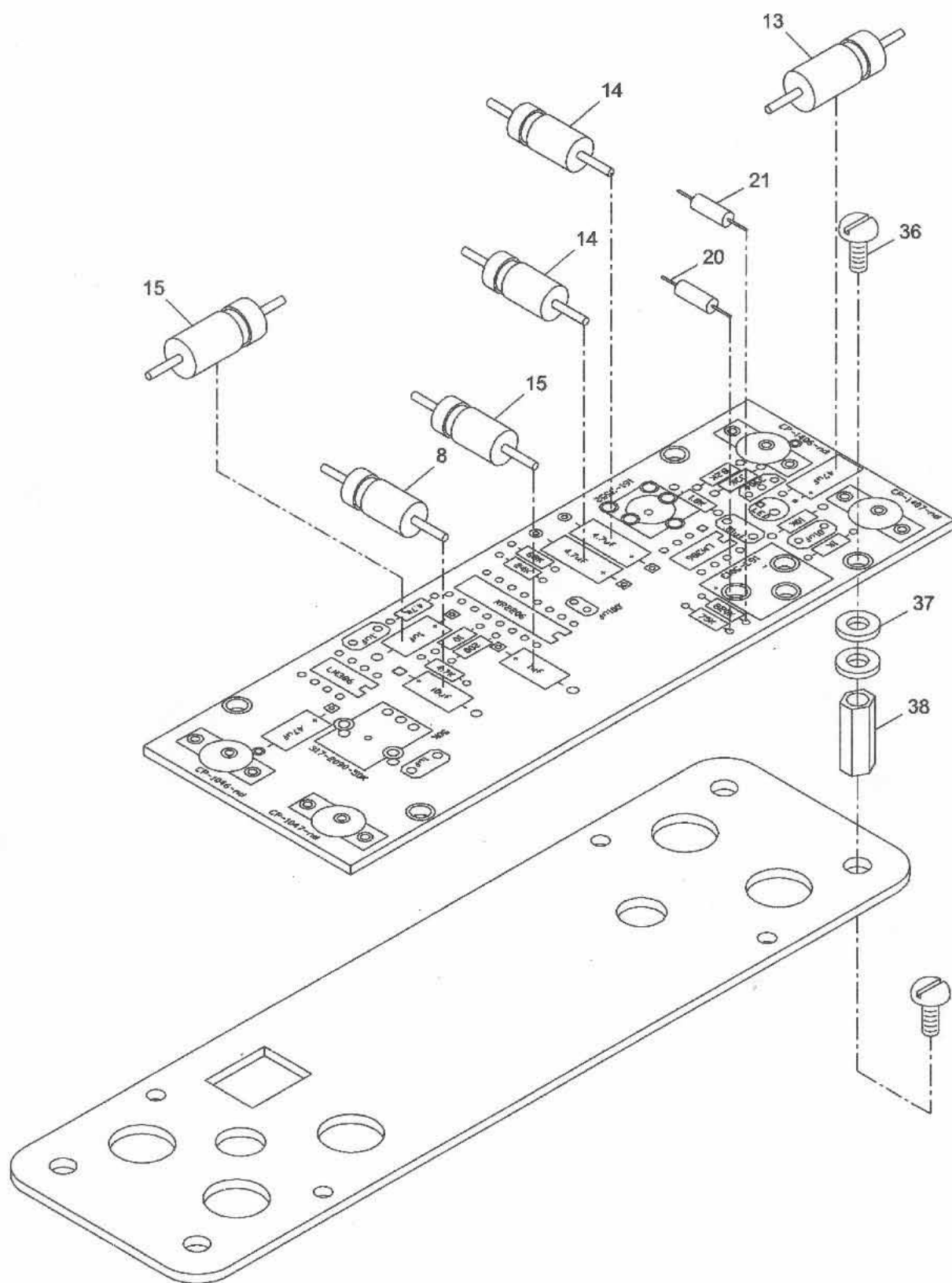


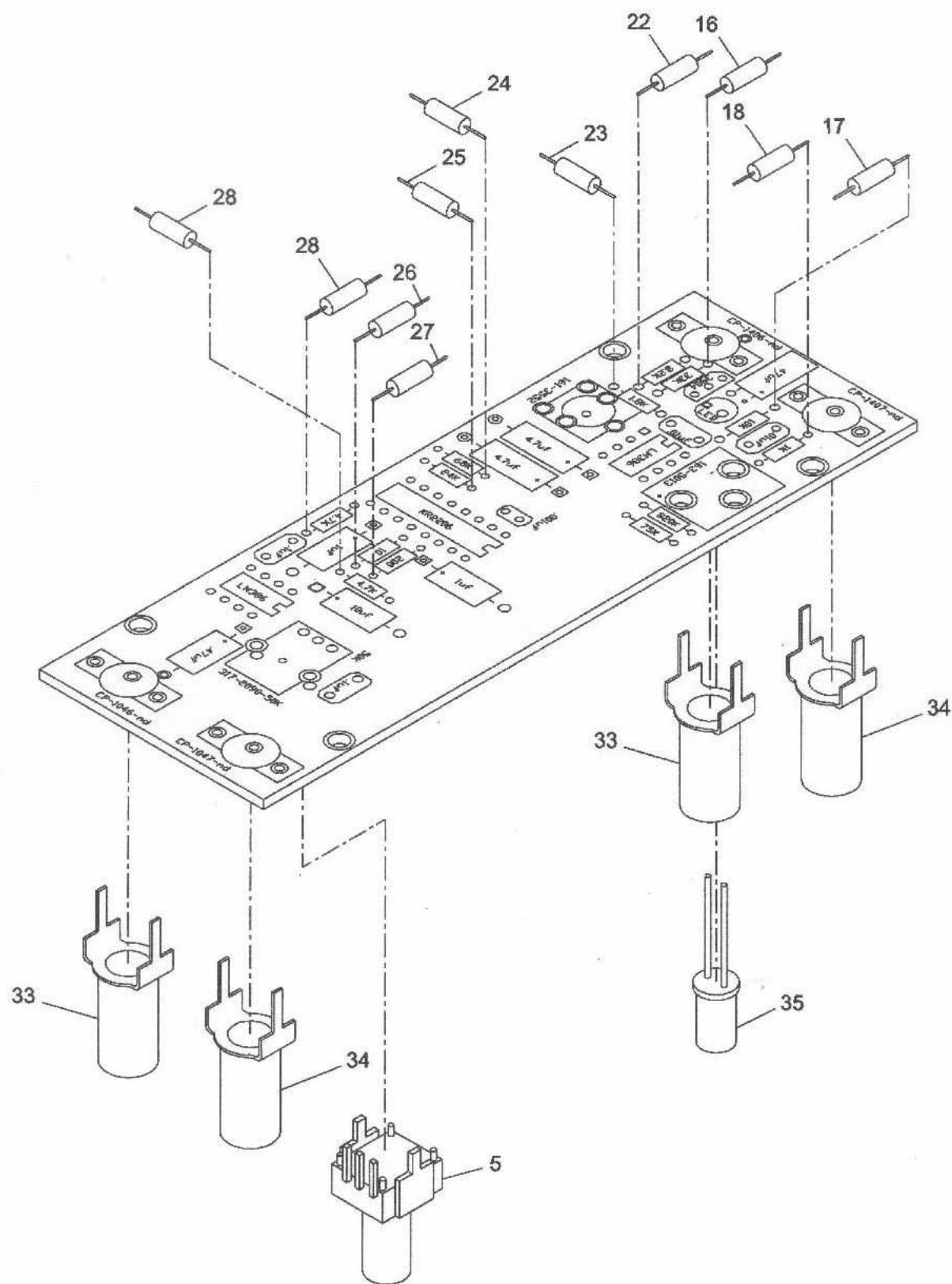


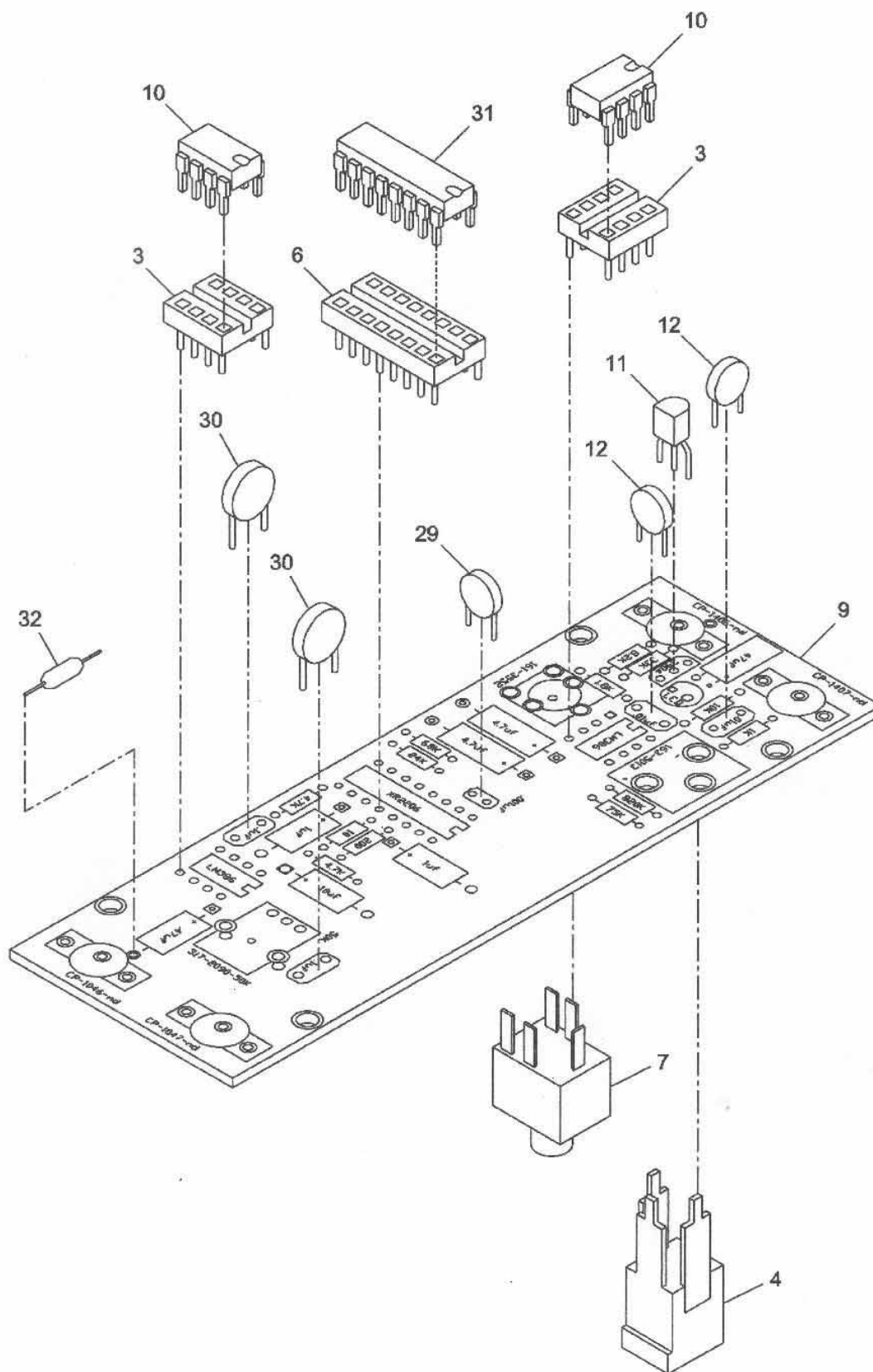
















## MIND CONTROL

ITEM	VENDOR	PART#	QTY.	DESCRIPTION OF PART
1	RadioShack	270-1804	1	Box, Black
2	All Electronics	DCTX-122	1	Transformer, Wall (12vdc)
3	Hosfelt	21-265	2	Socket, 8-pin
4	Mouser	163-5013	1	Power Jack
5	Mouser	317-2090-50K	1	Potentiometer, 50K
6	Hosfelt	21-267	1	Socket, 16-pin
7	Mouser	161-3552	1	Phone Jack, 3.5MM Stereo
8	Mouser	140-XAL35V10	1	Capacitor, Polarized Electrolytic, 10 uF
9	Future Horizons	-	1	Mind Control Board
10	Hosfelt	LM386N	2	Low Voltage Audio Amp
11	Hosfelt	2N3904	1	Transistor
12	Mouser	140-50P5-103K	2	Capacitor, Ceramic Disc, .01 uF
13	Mouser	140-XAL16V47	1	Capacitor, Polarized Electrolytic, 47 uF
14	Mouser	140-XAL50V4.7	2	Capacitor, Polarized Electrolytic, 4.7 uF
15	Mouser	140-XAL50V1.0	2	Capacitor, Polarized Electrolytic, 1 uF
16	Mouser	291-33K	1	Resistor, 33K Ohm
17	Mouser	291-10K	1	Resistor, 10K Ohm
18	Mouser	291-1K	1	Resistor, 1K Ohm
19	RadioShack	33-1067	1	Microphone
20	Mouser	291-75K	1	Resistor, 75K Ohm
21	Mouser	291-820K	1	Resistor, 820K Ohm
22	Mouser	291-8.2K	1	Resistor, 8.2K Ohm
23	Mouser	291-1.8K	1	Resistor, 1.8K Ohm
24	Mouser	291-68K	1	Resistor, 68K Ohm
25	Mouser	291-24K	1	Resistor, 24K Ohm
26	Mouser	291-10	1	Resistor, 10 Ohm
27	Mouser	291-200	1	Resistor, 200 Ohm
28	Mouser	291-4.7K	2	Resistor, 4.7K Ohm
29	Mouser	140-102P6-102K	1	Capacitor, Ceramic Disc, .001 uF
30	Mouser	140-50U5-104M	2	Capacitor, Ceramic Disc, .1 uF
31	Jameco Electronics	34972	1	Function Generator XR2206
32	Mouser	80-C430C474M5U	1	Capacitor, .47uf
33	DigiKey	CP-1406-ND	2	RCA Jack, Metal, Vertical, Black
34	DigiKey	CP-1407-ND	2	RCA Jack, Metal, Vertical, Red
35	All Electronics	LED-1	1	LED, Red Indicator (lead length 3/8" long)
36	-	-	8	Screws
37	-	-	8	Washer, Plastic, 1/8" I.D. x 1/4" O.D. x 1/16"
38	-	-	4	Spacer, 3/8" long
39	All Electronics	DCB-36	1	RCA Connectors

DRAWING	REVISION
MINZ	A

FUTURE HORIZONS INC.

## Parts Source Electronic

Jameco: Electronic Components and Computer Products  
Phone: 1-800-831-4242  
website: [www.Jameco.com](http://www.Jameco.com)  
Address: **1355 Shoreway Rd., Belmont CA** 94002-4100

All Electronics Corporation: New and surplus electronic parts and supplies  
Phone: 1-800-826-5432  
website: **[www.allcorp.com](http://www.allcorp.com)**  
Address: 905 S. Vermont Ave., Los Angeles, **CA** 90006

Hosfelt: Electronics inc.  
Phone: 1-800-524-6464  
**website:** N/A  
Address: 2700 Sunset Blvd., Steubenville, OH 43952-1158

Mouser Electronics  
Phone: 1-800-346-6873  
website: [www.mouser.com](http://www.mouser.com)  
Address: 958 N. Main, Mansfield, TX 76063-4827

Digi-Key: Your ultimate destination  
Phone: 1-800-344-4539  
website: [www.digikey.com](http://www.digikey.com)  
Address: 701 Brooks Ave. South, Thief River Falls, MN 56701-0677

Electronic Goldmine: Catalog of high tech electronics and components  
Phone: 1-800-445-0697  
website: [www.goldmine-elec.com](http://www.goldmine-elec.com)  
Address: P.O. Box 5408, Scottsdale, AZ 85261

## Parts

Small Parts Inc.: Engineering Findings Quality Components, Materials, and Tools  
Phone: 1-800-220-4242  
website: [www.smallparts.com](http://www.smallparts.com)  
Address: 13980 N.W. 58th Court, **P.O. Box** 4650, Miami Lakes, FL 33014-0650

United States Plastic Corp.: World's Largest Assortment of Plastics  
Phone: 1-800-537-9724  
website: [www.usplastic.com](http://www.usplastic.com)  
Address: 1390 Neubrecht **Rd., Lima OH** 45801



# SUBLIMINAL SUGGESTIONS

## PART ONE: AFFIRMATIONS

Here are some great affirmations you can use with your mind control machine. These are very powerful and with repeated exposure will work! Or you can make up your own. Affirmations must be used in **here-now** terms. No future/past terms.

### SELF-CONFIDENCE:

1. I AM POISED, HARMONIOUS AND SUCCESSFUL AT EVERYTHING I DO
2. I NOW BECOME AWARE OF THE SELF-CONFIDENCE WITHIN ME.
3. I AM SELF-RELIANT, SELF-CONFIDENT AND FILLED WITH INDEPENDENCE AND DETERMINATION.
4. I AM OPEN-MINDED TO THE INNER SECURITY WITHIN ME.
5. I AM TRANSFORMED.
6. I AM SELF-CONFIDENT.
7. I THINK CONFIDENTLY.
8. I TALK CONFIDENTLY.
9. I AM SELF-CONFIDENT.
10. I ALWAYS FEEL SELF-CONFIDENT AND POWERFUL.
11. I PROJECT STRENGTH AND POWER TO OTHERS.
12. I AM CONFIDENT AND POWERFUL.
13. I BELIEVE IN MY CAPABILITIES AND MYSELF.
14. I PROJECT SELF-MASTERY.
15. I PROJECT AUTHORITY.
16. I PROJECT A DYNAMIC PERSONALITY.
17. I AM READY FOR THE RESPONSIBILITY OF POWER.
18. I NOW RELEASE MY UNLIMITED STRENGTH, CONFIDENCE AND POWER.
19. I FEEL SELF-CONFIDENT AND POWERFUL AND I PROJECT STRENGTH AND POWER TO OTHERS.
20. MY SELF-CONFIDENCE NOW INSPIRES CONFIDENCE IN OTHERS.
21. MY MANNER IS FEARLESS AND ASSURED.

### SELF-REALIZATION:

1. I AM A REFLECTION OF THE DIVINE POWER, WHICH ENABLES ME TO CARRY ANY BURDEN AS THOUGH IT DID NOT EXIST.
2. WITHIN ME IS THE ETERNAL LIGHT OF DIVINE WISDOM, WHICH ASSURES MY SPIRITUAL REALIZATION.
3. GOD IS MASTER OF MY LIFE AND SO IT IS THAT I AM DIVINE LOVE.
4. I WALK IN THE LIGHT.
5. I REFLECT THE LIGHT AND I GIVE MY LIFE ASSISTING OTHERS TO FIND THE LIGHT.
6. I AM OPEN TO EXPAND MY SPIRITUAL AWARENESS AND TO ACCEPT THE DIVINE POWER THAT IS MY BIRTHRIGHT.
7. MY CONSCIOUSNESS EXPANDS AND CONTINUES TO EXPAND AS MY SUBCONSCIOUS LIFE IS PURIFIED BY THE DIVINE LIGHT OF UNCONDITIONAL LOVE.
8. WISDOM ERASES KARMA AND I THANK GOD FOR ASSISTING ME IN ATTAINING THE SELF-REALIZATION TO SET ME FREE.
9. THE ANSWER IS ACCEPTANCE AND UNCONDITIONAL LOVE.
10. I RADIATE SELF-REALIZATION AS I NOW ACCEPT THIS GODLY AWARENESS AS MY BIRTHRIGHT.
11. MY DESIRES ARE CLEAR AND I CHANNEL THE POWER TO MAKE THEM MANIFEST.
12. I ASK IT.
13. I BESEECH IT, AND MARK IT.
14. AND SO IT IS.

## ELIMINATING FEAR AND WORRY:

1. I AM CONFIDENT AND SECURE ABOUT EVERYTHING.
2. I MAINTAIN A CALM MIND.
3. I THINK ONLY POSITIVE THOUGHTS.
4. I KNOW THERE IS NOTHING TO FEAR.
5. I AM NOW POISED AND POWERFUL.
6. I EXERCISE MY FEARLESS FAITH IN THOUGHTS, WORDS AND ACTIONS
7. I MAINTAIN A QUIETNESS OF SPIRIT AT ALL TIMES.
8. I NO, LONGER WORRY ABOUT THINGS I CANNOT CHANGE.
9. I AM CONFIDENT AND SECURE.
10. MY MIND NOW PROJECTS ONLY POSITIVE THOUGHTS.
11. MY SUBCONSCIOUS MIND SUPPORTS MY CONSCIOUS DESIRES.
12. I RECOGNIZE EVERY PEAR THOUGHT AND CANCEL IT OUT WITH MY TECHNIQUE; "MANIFEST MY DESIRE".
13. "MANIFEST MY DESIRE" ARE MY CONDITIONED RESPONSE WORDS TO PROGRAM MY POSITIVE DESIRES.
14. WHEN I SAY, "MANIFEST MY DESIRE" AND I IMAGINE WHAT I DESIRE, IT WORKS! I HAVE THE POWER AND ABILITY TO CREATE ANY REALITY I DESIRE TO LIVE

## TIME:

1. I ABSOLUTELY HAVE THE POWER AND ABILITY TO ACCOMPLISH MORE IN LESS TIME.
2. I NOW ACCOMPLISH THINGS MORE EFFICIENTLY THAN EVER BEFORE.
3. I NOW DO THE MOST IMPORTANT PRIORITIES FIRST AND I GROUP RELATED ACTIVITIES.
4. I DO THEM NOW.
5. I DIVIDE BIG JOBS INTO WORKABLE STEPS AND I HANDLE THEM ONE AT A TIME.
6. I NOW INCREASE MY SPEED AND PRODUCTIVITY.
7. I MAKE AND KEEP DEADLINES.
8. I ACCOMPLISH WHAT I DESIRE.
9. I DO IT NOW.
10. I SUBCONSCIOUSLY DRAW UPON ALL KNOWLEDGE TO FIND NEW WAYS TO INCREASE MY SPEED AND PRODUCTIVITY.
11. I STAY FOCUSED AND CONCENTRATE ONLY UPON WHAT I AM DOING AT THE TIME.
12. I NOW ACCOMPLISH MORE IN LESS TIME.
13. I INCREASE MY SPEED AND PRODUCTIVITY EACH AND EVERY DAY.
14. I FIND NEW WAYS TO INCREASE MY SPEED AND ACCOMPLISH MORE IN LESS TIME.

## STRESS CONTROL:

1. I MAINTAIN A SENSE OF PEACE OF MIND AT ALL TIMES.
2. I NOW RISE ABOVE ALL THE TURMOIL IM MY LIFE AND FEEL CALM, RELAXED AND AT PEACE.
3. I AM CALM AMD CENTERED.
4. I AM EMOTIONALLY CALM AND SPIRITUALLY AWARE.
5. I NOW SEE ALL ASPECTS OP MY LIFE PROM A POSITIVE NEW PERSPECTIVE OF DETACHMENT FROM NEGATIVITY.
6. I AM NOT TROUBLED BY THINGS BECAUSE I MENTALLY DETACH PROM THEM.
7. I AM AT PEACE WITH MYSELF, WITH THE WORLD, AND WITH EVERYONE IN IT.

## I CAN DO ANYTHING:

1. I CAN DO ANYTHING.
2. I FEEL MY OWN POWER.
3. I AM WILLING TO TAKE A CHANCE.
4. I DO MORE EACH DAY.
5. I RELAX.
6. I AM UNIQUE.
7. I AM WILLING TO CHANGE POSITIVELY.
8. I AM HAPPY.
9. I BREATHE DEEPLY.

10. ALL THINGS ARE POSSIBLE FOR ME.
11. I CAN DO ANYTHING I WANT TO DO.
12. I AM ALWAYS IMPROVING.
13. I CAN DO MORE.
14. MY MIND IS CLEAR.
15. I FEEL STRONGER AND STRONGER.
16. I DO IT NOW.
17. I REMEMBER MY GOALS.
18. SUCCESS IS WITH ME.

## GUILT FREE:

1. I AM HERE NOW.
2. THE PAST IS DEAD.
3. I AM ALIVE.
4. I SEE CLEARLY NOW.
5. I FEEL GOOD NOW.
6. I PEEL MY BODY.
7. I AM OPEN NOW.
8. I RELAX.

9. I AM FREE.
10. I DESERVE A GOOD LIFE.
11. I CAN LOVE.
12. I FORGIVE MYSELF.
13. I BREATHE DEEPLY.
14. I THINK CLEARLY NOW.
15. I AM GOOD.

## ABUNDANCE:

1. I LIVE IN A UNIVERSE OF ABUNDANCE.
2. I NOW CLAIM MY SHARE OF MY DIVINE LEGACY.
3. I CHANNEL ABUNDANCE FOR THE GREATER GOOD IN HARMONY WITH UNIVERSAL LAW.
4. FROM THE LIMITLESS UNIVERSAL SUPPLY I NOW ATTRACT SUCCESS AS A REFLECTION OF THE ABUNDANCE OF ALL THAT IS IN GOD.
5. I NOW CHOOSE TO MANIFEST PROSPERITY AND THUS EXPERIENCE MY DIVINE BIRTHRIGHT.
6. AN ENDLESS FLOW OF SUCCESS AND HAPPINESS ARE MINE FOR THE ASKING AND ABUNDANCE NOW BECOMES MY REALITY.
7. I NOW ACKNOWLEDGE MY UNLIMITED POTENTIAL AND BECOME AWARE OF

- THE WEALTH OF OPPORTUNITIES THAT SURROUND ME.
8. ABUNDANCE IS MY DIVINE RIGHT AND I NOW ACCEPT MY DIVINE HERITAGE.
  9. ABUNDANCE NOW BECOMES MY REALITY, FOR I ACCEPT ABUNDANCE ON EVERY LEVEL OF MY MIND.
  10. FROM THIS MOMENT ON, I RADIATE AN ATTITUDE AND AURA OF ABUNDANCE AS I ACCEPT THAT PROSPERITY IS MY BIRTHRIGHT.
  11. MY DESIRES ARE CLEAR AND I CHANNEL THE POWER TO MAKE THEM MANIFEST.
  12. I ASK IT.
  13. I BESEECH IT.
  14. I MARK IT.
  15. AND SO IT IS.

## CONCENTRATION:

1. I HAVE THE POWER AND ABILITY TO TOTALLY FOCUS MY CONCENTRATION ON ONE THING AT A TIME.
2. I REMAIN FULLY ALERT AND FOCUSED ONLY UPON MY PRESENT ACTIVITY.
3. I NOW DEVELOP THE ABILITY TO REJECT ALL THOUGHTS OTHER THAN MY DESIRED FOCUS.
4. I HAVE THE ABILITY TO TOTALLY CONCENTRATE MY ATTENTION AND MY ENERGY.
5. I NOW HAVE THE ABILITY TO FOCUS MY CONCENTRATION AT WILL.
6. I EASILY FOCUS MY CONCENTRATION FOR VERY HIGH PERFORMANCE.

## WORK:

1. I EXPERIENCE HIGH ENERGY AND STAMINA.
2. I CONCENTRATE AND FOCUS MY KNOWLEDGE AND CREATIVE DRIVE FOR HIGH PERFORMANCE.
3. I HAVE THE POWER AND ABILITY TO ACCOMPLISH MORE IN LESS TIME.
4. I NOW ACCOMPLISH THINGS MORE EFFECTIVELY.
5. EACH AND EVERY DAY I INCREASE MY SPEED AND PRODUCTIVITY A LITTLE MORE.
6. MY CREATIVITY INCREASES EVERY DAY AND I CONTINUALLY FIND CREATIVE NEW WAYS OF HANDLING MY PROJECTS.
7. I FOCUS MY ATTENTION TO DO ONE THING AT A TIME.
8. I MAKE AND KEEP DEADLINES.
9. I CONTINUALLY FIND NEW APPROACHES AND TECHNIQUES TO ACCOMPLISH FAR MORE IN LESS TIME.
10. THE BEST TIME TO ACCOMPLISH MY GOAL IS NOW.
11. I DO IT NOW.
12. I HAVE THE POWER AND ABILITY TO PERFORM PERFECTLY.
13. I FINISH MY PROJECTS FULLY, AND I MAKE THIS A DAILY HABIT.
14. I STAY FOCUSED AND CONCENTRATE ONLY UPON WHAT I AM DOING AT THE TIME.
15. I NOW UTILIZE THE UNLIMITED CREATIVE POWERS THAT EXIST WITHIN ME.
16. I SOLVE SITUATIONS CREATIVELY.
17. I FEEL CREATIVE AND I AM CREATIVE.
18. I AM SELF-RELIANT, SELF-CONFIDENT, AND FILLED WITH DETERMINATION.
19. I THINK CONFIDENTLY, I SPEAK CONFIDENTLY, AND I PROJECT AN IMAGE OF TOTAL CONFIDENCE.
20. I SEE THE POSITIVE SIDE OF EVERYTHING THAT HAPPENS IN MY LIFE.
21. I SEE POSITIVE OPPORTUNITIES IN EVERYTHING I EXPERIENCE.
22. I FEEL ENTHUSIASTIC ABOUT MY LIFE AND LOOK FORWARD TO THE CHALLENGES.

## MONEY:

1. I NOW TAKE CONTROL OF MY LIFE AND CREATE UNLIMITED MONETARY ABUNDANCE.
2. I NOW BECOME MORE AND MORE SUCCESSFUL BY THE DAY.
3. MY UNLIMITED THINKING OPENS THE DOOR TO MONETARY ABUNDANCE.
4. IT IS MY RIGHT AND DESTINY TO EXPERIENCE MONETARY ABUNDANCE.
5. I NOW MOVE TOWARD MY GOAL WITH INCREASING SPEED.
6. I NOW FOCUS MY CONCENTRATION AND ENERGY UPON MAKING GREAT AMOUNTS OF MONEY.
7. I NOW BECOME VERY RICH.
8. I AM NOW OPEN AND RECEPTIVE TO FINDING NEW WAYS TO ACHIEVE

ECONOMIC SECURITY AND PEACE OF MIND.

9. I BECOME AWARE OF CREATIVE WAYS TO TURN ADVERSITY INTO POSITIVE NEW OPPORTUNITIES.
10. THERE ARE NO OBSTACLES IN DIVINE MIND, THEREFORE THERE IS NOTHING

TO KEEP ME FROM EXPERIENCING ABUNDANCE.

11. I AM CHALLENGED BY THE EXCITEMENT OF NEW POTENTIALS.
12. I AM INSPIRED TO FIND NEW WAYS TO MAKE MY LIFE WORK.

## PROSPERITY:

1. I DESERVE SUCCESS.
2. I DESERVE MONEY.
3. I DESERVE GOOD THINGS.
4. I CAN HAVE IT.
5. I ATTRACT SUCCESS.
6. I ATTRACT MONEY.
7. I CAN DO IT.
8. I DESERVE THE GOOD LIFE.
9. I AM WEALTHY.
10. I AM SUCCESSFUL.
11. I HAVE MORE MONEY.

12. I AM GOOD.
13. I RELAX.
14. I KEEP AN OPEN MIND.
15. I AM STRONG.
16. I AM INTELLIGENT.
17. I DO IT NOW.
18. I FOLLOW SUCCESS.
19. I AM IMPORTANT.
20. I AM HAPPY.
21. I AM BETTER AND BETTER.
22. MY SUCCESS IS UNLIMITED.

## DO IT NOW (END PROCRASTINATION):

1. I DISREGARD NEGATIVES.
2. I AM STRONG.
3. I AM IMPORTANT.
4. I DO IT TODAY.
5. I TAKE RISKS.
6. I FOLLOW MY INSTINCTS.
7. I BEGIN AGAIN.
8. I AM UNIQUE.

9. I DO IT NOW.
10. I LIKE MYSELF
11. I SUCCEED AGAIN AND AGAIN.
12. I TAKE APPROPRIATE ACTION.
13. I CAN DO IT.
14. HAPPINESS IS MINE.
15. I TAKE ACTION NOW.
16. I DO ONE THING AT A TIME.

## EXERCISE:

1. I LIKE TO EXERCISE.
2. I CAN DO IT.
3. RELAX.
4. I LIKE MYSELF.
5. I LIKE TO STRETCH.
6. I LIKE TO BEND.
7. EXERCISE MAKES ME ATTRACTIVE.

8. DO IT NOW.
9. I RELAX.
10. I EXERCISE DAILY.
11. EXERCISE MAKES ME STRONG.
12. I FEEL BETTER.
13. I AM IMPORTANT.

## DEVELOP HIGH ENERGY:

1. I LOVE MYSELF.
2. MY MIND IS OPEN.
3. MY BODY IS PERFECT.
4. I FEEL BETTER AND BETTER.

5. I FEEL ENTHUSIASTIC.
6. I FEEL GOOD.
7. I AM MOST IMPORTANT.
8. I RELEASE.

9. I AM PURE ENERGY.

10. I CAN DO IT.

## **SELF-CONFIDENCE:**

1. I TAKE CHARGE OF MY OWN DESTINY.
2. I ALLOW SELF-CONFIDENCE TO FILL MY THOUGHTS AND ACTIONS.
3. THE CHANGE BEGINS NOW.
4. I STAND TALL.
5. I LIVE MY LIFE TO THE FULLEST.
6. I CAN DO IT.
7. I LIKE MYSELF.
8. I AM IMPORTANT.
9. PEOPLE LIKE ME.

10. I WALK TALL.
11. CHIN UP.
12. SHOULDERS BACK.
13. SHOULDERS DOWN.
14. I AM PEACEFUL.
15. I SPEAK UP.
16. I AM NOT AFRAID.
17. I AM HAPPY.
18. I KEEP ON TRYING.
19. SUCCESS IS MINE.

## **POSITIVE BODY IMAGE:**

1. I LOVE MY BODY.
2. I AM IMPORTANT.
3. MY BODY IS GOOD.
4. I CAN DO IT.
5. I AM PERFECT FOR ME.

6. MY BODY IS RELAXED.
7. MY BODY WORKS EASILY.
8. I BREATHE PERFECTION.
9. I AM BEAUTIFUL.

## **PERFORMANCE:**

1. I DESIRE TO BE ALL THAT I AM CAPABLE OF BEING.
2. EVERYTHING IN THE UNIVERSE IS WORKING TO ELEVATE ME TO MY HIGHEST POTENTIAL.
3. INFINITE INTELLIGENCE ASSISTS ME TO BE ALL THAT I AM CAPABLE OF BEING.
4. I HAVE THE POWER AND ABILITY TO PERFORM FLAWLESSLY.
5. I AM A HIGH PERFORMER AND A WINNER.
6. MY TIMING AND PRECISION ARE PERFECT.
7. I NOW RELEASE MY UNLIMITED CAPACITY FOR HIGH PERFORMANCE.

8. I CONCENTRATE AND FOCUS MY KNOWLEDGE AND CREATIVE DRIVE, RESULTING IN HIGH PERFORMANCE.
9. I AM A SELF-CONFIDENT WINNER.
10. I ACCOMPLISH MY GOALS.
11. MY LIFE NOW BECOMES A SERIES OF SUCCESSES.
12. I SEE ALL OF MY EXPERIENCES AS POTENTIAL OPPORTUNITIES.
13. I KNOW I CAN ACCOMPLISH ANYTHING.
14. I LET MY IMAGINATION GO FREE.
15. I AM VERY CLEAR ABOUT WHAT I WANT OUT OF LIFE AND I GET WHAT I WANT.
16. I AM FILLED WITH OPTIMISM AND ENTHUSIASM.
17. I ACCOMPLISH MY GOALS.

## **STRESS:**

1. I RELAX.
2. I LIKE TO EXERCISE.
3. I TALK ABOUT MY PROBLEMS.
4. I CAN CHANGE THINGS.

5. I CAN DO IT.
6. I BREATHE DEEPLY.
7. I AM IMPORTANT.
8. I LET GO.

9. I LIKE MYSELF.
10. I EAT REGULAR MEALS.
11. I CAN DO IT.
12. I IDENTIFY STRESS.

13. PEOPLE LIKE ME.
14. RELAX TIGHT MUSCLES.
15. SUCCESS IS MINE.

## RELAXATION:

1. I LET GO.
2. I BREATHE DEEPER.
3. I AM LOOSE AND LIMP.
4. I CAN DO IT.
5. SHOULDERS RELAX.
6. FACE RELAXES.
7. I DO IT EASILY.

8. SUCCESS IS MINE.
9. I FEEL QUIET.
10. I AM CALM.
11. I DO IT NOW.
12. HANDS RELAX.
13. ARMS RELAX.

## CREATIVITY:

1. I NOW RELEASE THE CREATIVE ABILITIES GIVEN ME BY DIVINE MIND.
2. MY LATENT CREATIVE ABILITIES ARE BEING RELEASED.
3. THEY EMERGE AND INTENSIFY.
4. EVERY DAY IN EVERY WAY MY CREATIVE ABILITIES ARE INTENSIFYING.

5. I HAVE THE ABILITY TO DRAW UPON ALL SUBCONSCIOUS KNOWLEDGE FROM MY PAST TO INTENSIFY MY CREATIVE ABILITIES.
6. I NOW UTILIZE THE UNLIMITED POWERS OF THE SUPER-CONSCIOUS MIND.

## HIGH-ENERGY PERSONALITY:

1. I SEE EVERYTHING THAT HAPPENS IN MY LIFE AS A POSITIVE OPPORTUNITY FOR GROWTH AND LEARNING.
2. I AM FULLY AWARE THAT I CAN DO WHATEVER I WANT TO IN LIFE.
3. I NOW BRING HIGH ENERGY AND ENTHUSIASM INTO WHATEVER I DO.
4. MY VERY BEING IS ENERGY.
5. I AM MASTER OF MY BEING.
6. I DO ALL JOBS WELL AND I EXPERIENCE HIGH ENERGY AND ENTHUSIASM FOR EVERYTHING I DO.
7. I GET UP EVERY MORNING LOOKING FORWARD TO WHAT THE DAY HOLDS FOR ME.
8. I AM FILLED WITH ENERGY AND ENTHUSIASM.

9. I ALLOW IT TO HAPPEN.
10. I FEEL IT HAPPENING.
11. I CONTINUOUSLY EXPERIENCE ALIVENESS.
12. I AM GLAD TO BE ALIVE AND AM STIMULATED ABOUT WHAT I DO.
13. I ACCOMPLISH MY GOALS IN LIFE AND THE RESULT IS EVEN MORE ENERGY AND ENTHUSIASM.
14. I RELEASE THE ENERGY AND ENTHUSIASM WITHIN ME.
15. I AM EXCITED AND ENTHUSIASTIC ABOUT MY LIFE AND ACCEPT THE ROUTINE RESPONSIBILITIES OF MY LIFE HAPPILY AND WITH ENTHUSIASM.



## **CHARISMA:**

1. PEOPLE ARE DRAWN TO ME LIKE A MAGNET.
2. FROM THIS MOMENT ON, I SEE MYSELF AS CHARISMATIC.
3. THUS, I ACT CHARISMATIC.
4. MY WAY OF BEING INSPIRES OTHERS AND MAKES THEM FEEL GOOD ABOUT THEMSELVES.
5. I PROJECT AN INNER WARMTH AND OPENNESS THAT ATTRACTS OTHERS.
6. I PROJECT SELF-CONFIDENCE AND INDEPENDENCE.
7. I SMILE SINCERELY AND AM OPEN AND FRIENDLY.
8. ALTHOUGH I AM SELF-CONFIDENT, I STILL PROJECT SENSITIVITY.
9. "CHARISMA" IS MY CONDITIONAL RESPONSE WORD TO ACT WITH CHARISMA.

## **INTIMATE ENCOUNTERS:**

1. I WANT TO BE CLOSE.
2. I FEEL WARM.
3. I FEEL GOOD.
4. LOVE IS EVERYWHERE.
5. I CAN GIVE PLEASURE.
6. I RELAX.
7. I OPEN UP.
8. I LET GO.
9. I GET CLOSER AND CLOSER.
10. I TOUCH GENTLY.
11. I CAN RECEIVE PLEASURE.
12. I AM FREE TO LOVE.
13. I LOVE AND AM LOVED IN RETURN.

## **OVERCOMING SHYNESS:**

1. THERE IS NO PHYSICAL REASON FOR SHYNESS.
2. SHYNESS IS LEARNED AND CAN BE OVERCOME.
3. I FEEL COMFORTABLE WITH STRANGERS EVEN AS I DO WITH MY FRIENDS.
4. WHAT I THINK AND BELIEVE ABOUT MYSELF ARE MUCH MORE IMPORTANT THAN HOW I LOOK OR HOW MUCH MONEY I HAVE.
5. I OPEN UP.
6. I AM PLEASANTLY SURPRISED BY THE EASE OF IT.
7. I AM GOOD.
8. I LOVE MYSELF.
9. PEOPLE LOVE ME.
10. I SPEAK UP.
11. I SMILE.
12. I CAN DO IT.
13. I AM CALM.
14. I SHARE MYSELF.
15. I AM UNIQUE.
16. I DO IT NOW.
17. LOVE IS EVERYWHERE.

## **PEACE OF MIND:**

1. PEACE OF MIND IS A MENTAL PERSPECTIVE, WHICH I NOW INCORPORATE INTO MY LIFE.
2. I NOW LIVE BY A PEACEFUL, SELF-ACTUALIZED PERSPECTIVE.
3. I NOW BEGIN TO LIVE A HARMONIOUS AND SELF-FULFILLING LIFE.
4. I ACCEPT ALL THE WARMTH AND JOY WHILE DETACHING FROM ALL NEGATIVITY.
5. I PERSONALLY DETACH FROM PROBLEM SITUATIONS.
6. MY MIND IS NOW CALMER AND MORE PEACEFUL THAN I HAVE EVER KNOWN BEFORE.
7. I LIVE MY LIFE WITH A PEACEFUL MIND.



8. I AM CALM AND PEACEFUL.

## PEACE, BALANCE AND HARMONY:

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| <ol style="list-style-type: none"> <li>1. REGARDLESS OF CIRCUMSTANCES, PEACE, BALANCE AND HARMONY ARE MINE BY SIMPLY VIEWING MY LIFE FROM A PERSPECTIVE OF UNCONDITIONAL LOVE.</li> <li>2. I NOW CHOOSE TO EXPERIENCE MY LIFE AS DIVINE TRANQUILITY AND THUS EXPERIENCE MY BIRTHRIGHT.</li> <li>3. INTERNAL HARMONY NOW BECOMES MY REALITY, AS I LET GO OF NEGATIVITY AND REJECT ALL WORLDLY PRESSURES.</li> <li>4. FROM A WORLD OF ACTIVITY AND DISTRACTION, I OPEN TO THE SOOTHING RADIANCE OF GOD.</li> <li>5. A CALM AND TRANQUIL MIND IS MY DIVINE RIGHT AND I NOW ACCEPT MY GODLY HERITAGE.</li> </ol> | <ol style="list-style-type: none"> <li>6. I NOW CHOOSE TO EXPERIENCE PEACE, BALANCE AND HARMONY AS A REFLECTION OF THE OMNIPRESENCE OF GOD.</li> <li>7. I ACCEPT THAT PEACE, BALANCE AND HARMONY ARE THE RESULT OF ACCEPTANCE OF WHAT IS, AND THE PROJECTION OF UNCONDITIONAL LOVE.</li> <li>8. FROM THIS MOMENT ON, I RADIATE PEACE, BALANCE AND HARMONY, FOR I NOW ACCEPT INTERNAL TRANQUILITY AS MY DIVINE BIRTHRIGHT.</li> <li>9. MY DESIRES ARE CLEAR AND I CHANNEL THE POWER TO MAKE THEM MANIFEST.</li> <li>10. I ASK IT.</li> <li>11. I BESEECH IT, AND MARK IT.</li> <li>12. AND SO IT IS.</li> </ol> |
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## END SELF-PUNISHMENT:

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| <ol style="list-style-type: none"> <li>1. I HAVE PUNISHED MYSELF LONG ENOUGH AND I AM FORGIVEN FOR EVERYTHING THAT HAPPENED IN THE PAST.</li> <li>2. I AM EVEN FORGIVEN FOR THINGS THAT I DON'T CONSCIOUSLY REMEMBER.</li> <li>3. IT IS TIME TO FORGIVE MYSELF.</li> </ol> | <ol style="list-style-type: none"> <li>4. I NOW FORGIVE MYSELF.</li> <li>5. FROM THE BOTTOM OF MY HEART, I NOW FORGIVE MYSELF FOR ALL MY PAST MISTAKES.</li> <li>6. FROM THIS MOMENT ON, I CREATE THE POSITIVE LIFE I WANT TO LIVE.</li> <li>7. I CAN CREATE MY OWN REALITY.</li> </ol> |
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## THINK & GROW RICH AFFIRMATIONS:

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|---|--|
| <ol style="list-style-type: none"> <li>1. I AM SUCCESS-CONSCIOUS.</li> <li>2. I DESIRE RICHES.</li> <li>3. MY BRAIN IS MAGNETIZED WITH THE DOMINATING POSITIVE THOUGHTS I HOLD IN MIND.</li> <li>4. I ATTRACT THE FORCES, THE PEOPLE, AND THE CIRCUMSTANCES OF LIFE WHICH</li> <li>5. HARMONIZE WITH MY POSITIVE NATURE.</li> <li>6. I ASK LIFE FOR GREAT GIFTS, AND I ENCOURAGE LIFE TO DELIVER THEM TO ME.</li> </ol> | <ol style="list-style-type: none"> <li>7. I UNDERSTAND THE PURPOSE OF MONEY.</li> <li>8. I PLAN DEFINITE WAYS AND MEANS TO ACQUIRE RICHES.</li> <li>9. I BACK MY PLANS WITH PERSISTENT EFFORT.</li> <li>10. I DO NOT RETREAT.</li> <li>11. I DO NOT RECOGNIZE FAILURE.</li> <li>12. I DO NOT ACCEPT POVERTY.</li> <li>13. I REFUSE TO COMPROMISE WITH CIRCUMSTANCES I DO NOT LIKE.</li> <li>14. I DO NOT ACCEPT DEFEAT AS A REALITY.</li> <li>15. I KEEP ON KEEPING ON.</li> </ol> |
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16. I WANT MONEY, I AM DETERMINED TO HAVE IT.
17. I WILL HAVE ONE MILLION DOLLARS IN ONE YEAR.
18. I BELIEVE THIS, AND I AM CONVINCED OF IT.
19. MY DESIRE FOR MONEY IS RIGHT, AND I BELIEVE IN IT.
20. I AM READY TO RECEIVE \$1,000,000
21. MY DIRECTED FAITH GIVES ME POWER AND SELF-CONFIDENCE.
22. MY EMOTIONALIZED THOUGHTS MIXED WITH FAITH BEGIN TO TRANSLATE INTO THEIR PHYSICAL EQUIVALENT OR COUNTERPART.
23. I DEMAND AND EXPECT MY SUBCONSCIOUS MIND TO PRESENT THE PLAN OR PLANS I NEED.
24. I AM ALERT FOR THESE PLANS, AND I PUT THEM INTO ACTION IMMEDIATELY.
25. MY KNOWLEDGE IS ORGANIZED INTO DEFINITE PLANS OF ACTION AND DIRECTED TO A DEFINITE END.
26. I ACT ON MY DESIRES WITH PROMPTNESS.
27. I FINISH WHAT I BEGIN.
28. I EMBRACE OPPORTUNITY WITHOUT HESITATION.
29. I BELIEVE IN MY CAPABILITY TO COMBINE SPECIALIZED KNOWLEDGE WITH IDEAS, IN
30. THE FORM OF ORGANIZED PLANS DESIGNED TO YIELD RICHES.
31. LIMITLESS FUNDS AWAIT ME WHEN I WANT IT FOR DEFINITE AMOUNTS FOR A DEFINITE
32. IMAGINATIVE PURPOSE.
33. I AM READY TO RECEIVE RICHES AND WEALTH BECAUSE I BELIEVE I CAN ACQUIRE IT.
34. I AM CREATIVELY INSPIRED TO WEALTH.
35. I AM INSPIRED WITH FAITH, COURAGE.
36. I AM CONVINCED THAT I WILL RECEIVE THAT WHICH I DESIRE.
37. MY EMOTIONALIZED THOUGHTS, MIXED WITH FAITH, ACTIVATE MY SUBCONSCIOUS MIND
38. TO TRANSMIT PLANS TO ENABLE ME TO ACHIEVE MY GOALS.
39. I CRYSTALIZE OPINION INTO MY OWN DECISION AND PROCEED TO ACT PROMPTLY ON ANY
40. DECISION.
41. I UNDERSTAND HOW AND WHEN TO CHANGE A DECISION FOR GREATER BENEFIT AND PROFIT.
42. I REACH MY DECISIONS QUICKLY AND DEFINITELY AND I CHANGE THESE DECISIONS
43. SLOWLY, IF AND WHEN THEY ARE CHANGED AT ALL.
44. I TAKE NO ONE INTO MY CONFIDENCE EXCEPT THE MEMBERS OF MY MASTERMIND GROUP.
45. I CHOOSE ONLY THOSE PERSONS WHO WILL BE IN COMPLETE SYMPATHY AND HARMONY WITH MY PURPOSE.
46. I LISTEN CLOSELY, AND I REMAIN MODEST AND SILENT.
47. I TELL THE WORLD WHAT I INTEND TO DO, BUT FIRST I SHOW IT IN DEEDS, NOT WORDS.
48. THE VALUE OF MY DECISIONS DEPENDS ON THE FAITH AND COURAGE REQUIRED TO RENDER THEM.
49. I ASSUME THE RISK.
50. I AM IMMUNE TO FEAR, AND I DO NOT RECOGNIZE THE POSSIBILITY OF FAILURE.

## **PERSISTENCE:**

1. MY WILL POWER AND INTENSE DESIRE ARE THE BASIS OF MY PERSISTENCE.
2. MY FIXED HABITUAL PRACTICE OF THESE SUCCESS PRINCIPLES FORMS A CLEAR PICTURE OF THE OBJECT OF MY DESIRE.
3. I CULTIVATE PERSISTENCE BY MY DEFINITENESS OF PURPOSE.
4. I KNOW WHAT I WANT AND I AM STRONGLY MOTIVATED BY MY INTENSE DESIRE.
5. I AM SELF-RELIANT.
6. I BELIEVE IN MY ABILITY TO CARRY OUT MY DEFINITE, ORGANIZED PLANS.
7. MY EXPERIENCE AND OBSERVATION PROVIDE ACCURATE KNOWLEDGE THAT ENCOURAGES MY PERSISTENCE.

8. I COOPERATE WITH OTHERS WITH SYMPATHY, UNDERSTANDING AND HARMONY.
9. I CONCENTRATE MY THOUGHTS UPON THE DEVELOPMENT OF PLANS FOR THE ATTAINMENT OF MY DEFINITE PURPOSE.
10. MY PERSISTENCE IS THE DIRECT RESULT OF MY HABITUAL EXERCISE OF THESE PRINCIPLES.
11. ANY FEAR THAT I MIGHT HAVE IS EFFECTIVELY ELIMINATED BY FORCED REPETITION OF ACTS OF COURAGE.
12. I FACE ISSUES SQUARELY.
13. I CREATE DEFINITE PLANS FOR THE SOLUTION OF PROBLEMS.
14. I ACCEPT RESPONSIBILITY.
15. I MOVE ON MY IDEAS, AND I GRASP OPPORTUNITY WHEN IT PRESENTS ITSELF.
16. I AM AMBITIOUS TO BE, TO DO, AND TO OWN.
17. I DO NOT FEAR CRITICISM.

## **SLEEP 4 HOURS:**

1. I *SLEEP* FOUR HOURS AND AWAKEN WITH MY BODDY FULLY RESTORED.
2. AFTER FOUR HOURS SLEEP, MY BODY IS TOTALLY RELAXED, REGENERATED AND RECHARGED.
3. WITHIN THE FOUR HOURS I DREAM ACCORDING TO MY SPECIFIC REQUIREMENTS.
4. AFTER FOUR HOURS SLEEP I AWAKEN FEELING WIDE-AWAKE AND FULLY ALERT.
5. I AWAKEN AFTER FOUR HOURS FEELING GLAD TO BE ALIVE, FULLY ALERT AND READY.
6. I NOW REQUIRE ONLY FOUR HOURS SLEEP AND I AWAKEN FILLED WITH ENTHUSIASM.
7. I NOW SLEEP ONLY FOUR HOURS A NIGHT AND MY BODY EASILY RESTORES ITSELF IN THAT TIME.

## **INCREASED COMMUNICATION:**

1. I AM NOW OPEN AND DIRECT WITH OTHERS ABOUT IMPORTANT ISSUES.
2. I KNOW HOW TO ASK FOR WHAT I WANT.
3. BEING DIRECT GIVES ME MORE POWER OVER MY LIFE.
4. I AM SELF-ASSURED AND NO LONGER EXPERIENCE A COMPULSION TO BE RIGHT.
5. INSTEAD OF BEING RIGHT, I THINK IN TERMS OF WINNING THE LONG TERM GAME. I HAVE THE POWER TO SATISFY MY OWN NEEDS, SO I HAVE NO NEED TO MANIPULATE.
6. I ALWAYS INCREASE COMMUNICATION.