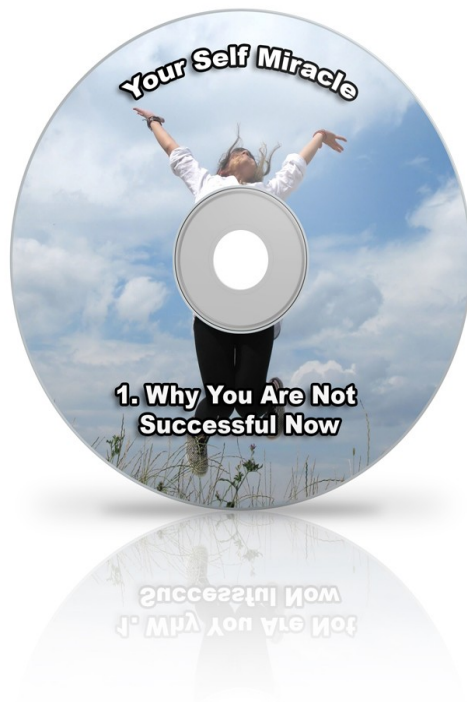


YOUR SELF MIRACLE

SESSION 1

Why You Are Not Successful Now



Brought to you by

Graham "Sledge" Bowall

<http://www.selfmiracle.com>

<http://www.asksledge.com>

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Why You Are Not Successful Now

Hey there and welcome to your self miracle, it's great to have you along and I am looking forward to working with you to supercharge your success beyond belief.

This audio is the first part in a series of recordings that will change your life – guaranteed. They are unlike anything you have heard before and far removed from a series of theories and concepts, they contain methods that will bring incredibly fast results proven by me and many others that have used them. And the best part is – it's so easy to use these methods every day to guarantee you get what you want from life.

Let me introduce myself – my name is Graham Bowall but I am better known as the Sledgehammer or Sledge for short. I got this nickname from one of my online newsletter subscribers who said that I don't take any prisoners and that I ram stuff home and that he never forgets it. I was so proud of this that I adopted the name. I can assure you that after listening to these audios you will never forget me either.

What are my credentials, well I have been very successful both financially and in my personal life. I have many streams of income from the Internet and I have a number of offline business interests around the world. I am from London, England (in case you hadn't worked it out) and I am currently living in Beijing, China as my next big project is here and I already know it will succeed. I am in better shape now than I was 20 years ago and I have a very young attitude towards life despite being 50 years old. Confident eh? You bet!

But most of these changes in my life are fairly recent – in the last three to four years to be exact, and they all stem from the concepts and techniques that I will share with you in this program to create your own self miracle. I am going to share with you many stories about my life and other ordinary people and how we have changed our failure situations into successes in very rapid time.

Now if you have listened to other self improvement speakers like Anthony Robbins, I want to tell you now that your self miracle is very different. I am a great admirer of Robbins and I used his Personal Power program some years ago. Did it help me? Yes it did. The only problem was that some of the techniques were just too damn difficult for me to implement so I didn't get the maximum from the program to effect long lasting change (maybe this was my problem). But with the techniques in your self miracle they are all very easy to do and have long lasting results.

Also with your self miracle, you will receive the much needed follow up and support from me. In fact I have devised a way that I can make sure you are making progress, because I won't let you download all the parts of the program at once, only one by one. You will only get the next part once you have proved to me that you have understood and acted on the previous one. "What! You can't do that Sledge!" Yes I can and I have been doing it for a long time. Why do I do this?

Simple. Because it's a sad fact that over 90% of people that buy any kind of self improvement product don't even finish reading or listening to it, and of those that do finish it only a fraction take any action

to help themselves.

Hey if this touches a nerve with you don't worry, I was like this too. It makes me cringe when I think about how many books and other stuff I have spent money on that I never finished reading because I couldn't be assed. Now I used to blame everything from the presentation style, to the boring style of the author if I didn't finish what I had purchased. But of course there was only one person to blame and that was me. Now if I buy any self improvement stuff I read it from cover to cover, often more than once. It doesn't matter if the presentation sucks or if it was written by the most anally retentive and dullest of people, I will always find some gem of information in the material.

Now I know that everyone is different, but studies have shown that people are far more likely to listen to an audio program in full than they are to read a manual on the same subject. Some studies revealed this to be true in 80% of cases. The other reason I produced your self miracle in audio form is so that you can be magnetized by my incredible personality...ahem. Anyway if you prefer reading, and to please everyone, I provide a transcript of each audio for you as well. "What a hero you are Sledge!!"

With your self miracle you have to take small actions during and after each listening or reading. "What I've got to do something Sledge! Count me out!" Hey listen up, these are small actions and this is the key to succeeding – taking small actions every day that build into staggering results.

Some while ago I developed a continuous proof of learning teaching technique where I was able to take complete computer newbies and turn them into totally confident users in very little time. Now I gotta tell you these were total no nothings who just had a desire to learn. I gave them a complete layman's overview in four 3 hour sessions with lots of practical repetition that turned them into totally confident users at the end of it. I received many glowing testimonials at the end of each session which caused much resentment amongst my colleagues at the college.

No one taught me how to teach I just gave people what they wanted. My courses were always over subscribed and my phone didn't stop ringing with people asking for my advice and wanting more private tuition. I did this for about three years and only gave up because the college told me that I didn't know how to teach and that I should have a few people fail each course so that they had to pay more money to take it again. Can you believe that? It was at that stage that I knew college lecturing was not for me.

Your self miracle works in the same way, with continuous proof of learning and repetition. It really works and I guarantee it will work for you.

OK more about the rest of the course later; let's now take a look at why you're not successful at the moment. Hey that's pretty presumptuous of me isn't it? Who am I to say you haven't succeeded? Well just call it intuition – I mean why would you be listening to this if you were already successful?

A question I get asked a lot is “what is success?” Well the simple answer to that is “whatever you want it to be” Now that’s not a cop out, I can guarantee you that whatever your idea of success is will be entirely different to mine and everybody else on the planet.

There will be two reasons why you don’t consider yourself successful at the moment. The first and the resounding winner with all the people that I interact with is “you don’t know what you want!” Do you want financial independence, to excel in a sport, to find a dream lover, to be an astronaut, to be the president...I don’t know you have to decide. Not only do you have to decide but you have to work out how you are going to get there and you have to have the determination to see that plan through. That’s it three requirements:

1. Decide what you want
2. Plan how you will do it
3. Then do it!

Now at this point you will be thinking along the lines “well didn’t that smartass make it sound so simple”. Yes I did because the process IS simple, the hardest part is actually step three – the doing it bit and this is the second biggest reason why people are not successful. Your self miracle gives you the tools to make all of this a breeze.

In this audio I will be explaining to you why these three steps are difficult for most people – they were for me too until I devised the techniques in this program. So sit back and relax because here we go.

Firstly I just want you to listen to something – ready here we go [breathe]. Did you hear that? “No Sledge all I could hear was you breathing.” Good - that’s exactly what I wanted to you to hear. Because I am made of the same stuff as you. I have good days and bad days like you, I eat, sleep, go to the toilet, make mistakes, get feelings of can’t be assedness and receive negative thoughts in my head just the same as you. I face different problems or opportunities as I call them every single day just like you do. I just have the advantage of having learnt how to easily deal with these everyday things so I continue on my road to success. And that’s what your self miracle is about.

You have probably heard this a million times so one more time won’t hurt you – “The only reason you haven’t succeeded is YOU!” Let’s look at someone who many consider to be an icon of success – Bill Gates. Now I believe that without his intuition and determination, computing would be nowhere near as prolific as it is today. Imagine if you had had his ideas all those years ago about every home having a computer. Would you have followed through and created Microsoft? Remember that Gates is made of the same stuff as you and whatever you believe about him you have to admire what he has achieved.

So did you answer the question honestly? Would you have created Microsoft and do what Gates did. My belief is that at this moment you wouldn’t have done it. That’s OK because at the time most people wouldn’t have done it either including me.

Many people believe that some of us are born to succeed or there is some divine rule that only allows a small portion of the population to be happy. This is complete crap. You never need permission from anybody to improve your life. Not your parents, your spouse, god nobody. Please hear me because many of today's successful people came from ordinary backgrounds like me so I knew this was all nonsense. All you have to do is decide it's really what you want and with the help of this program you will get what you want.

If you have studied success and the human mind before you will know that everyone has at least two minds (depending upon which book you read on the subject some say you have three minds). For simplicity sake I'll stick with just the two – your conscious and sub conscious minds.

Your sub conscious is your natural mind which is working for you 24 hours a day - yes even when you sleep. Your sub conscious never judges what goes into it; good bad, positive negative, empowering or limiting.

Our conscious minds are awake when we are and are responsible for the constant chatter in our heads. Our conscious minds are subject to thousands of different stimuli every day – this has got progressively worse for us over the years. Our great, great grand parents had their own thoughts and the voices of other people to contend with every minute of the waking day which was difficult enough to deal with. Now we have that AND the constant media we are subjected to – TV, radio, telephones, the Internet, advertising messages etc. But it is our conscious minds that we must control to bring out the hidden power within us and there are many ways to do this. In your self miracle I will show you the quickest way to get results. Look the stuff I am going to share with you in the program is so easy to apply you will be amazed. I don't want you to waste your time doing pointless exercises or lighting joss sticks and chanting mantras all day. If that works for you great but you won't find any of that stuff in your self miracle.

Your conscious mind is like a gate keeper, guarding the thoughts that enter your sub conscious. This is critical as the sub conscious mind can give you anything you want in life, if it understands how badly you want it.

Your mind also has two opposing forces pulling you in different directions – I call these your higher and lower self. To explain, your higher self is the part of you that nags you to make your life better, while your lower self is the part of you that wants you to be a lardass and watch more meaningless junk on TV and waste your precious time as much as possible. Now the key to success is informing your higher self and continually pushing it to the forefront of your thoughts - while keeping your lower self way out of sight. If it sounds difficult, don't worry it really isn't.

It all comes down to controlling your thoughts. If you want to win the game of life – you can. If you want to be a drifter doing crap things for crap money you can also do that. I know which I prefer.

Here's an astonishing thing, most people go and do something they hate five days a week but won't put any time into improving their life. Is that incredible or what? Now you are probably thinking – "well smartass I have to go and do my horrible job where my boss is worse than Hitler or I can't pay my bills" Let me tell you now that you CAN easily change that situation. And don't take this personally, I wasn't referring to you. You had enough higher self drive to get hold of this audio and get this far with it. That simple action puts you way above the rest my friend.

Look this may seem outrageous to you but you should be grateful that the masses are drifters and their lower self prevails. Why? Because who would take away your trash and build your roads and make your car and sell you your groceries if everybody had the same desire to maximise their potential. I am very grateful to them and so should you be.

Let me ask you a question. If you had bought something from a shop 30 minutes ago and realized as you were almost home that the cashier had short changed you by a dollar what would you do?

Think about it and answer it honestly.....

This is what I would do....I would just write it off! Just forget about it. Is this my lower self making me a lardass by not going back and demanding my dollar? Absolutely not! It's my higher self confirming to me that my time is much more valuable than wasting at least an hour chasing a dollar. "Well that's fine for you to say Sledge, you've got pots of cash." Look I have had this belief for many years, even when I was poorer than poor.

What kind of emotions did that question stir up in your mind? Did the cashier deliberately rob you of a dollar? Or did the money fall on the floor. You may have experienced anger. This situation has happened to everybody I know, more often than not it's a genuine mistake on somebody's part – maybe yours. But one thing is certain, it isn't worth the time and stress to go fight it out. My grandma used to tell me when I was young "look after the pennies boy and the pounds will look after themselves". My grandma taught me many useful things when I was young and I loved her dearly for that, but that particular piece of advice never worked for me.

Don't be obsessed with small change or anything small in life – this is just fuel for the flames of your lower self. People let all the small things in life monopolise their thoughts and this is so energy sapping it's unbelievable. The human brain can only deal with one thought at a time, and if you allow your current thought to linger on it will dominate you. Now you will turn this into your advantage later on in the course, but for now let me give you an example that always seems to stress everybody out – being late for something.

Everybody has been late for something they deem important more than once in their life. Probably the most stressful ones are: being late for an interview, late for a meeting with the boss, late for a date, late for a flight and so it goes on. And of course when you are late, whatever you try to do to make the time up fails doesn't it – the traffic is bad, you can't find a clean shirt or blouse, you can't find your car keys and so on. Then your mind goes into overdrive – why is this happening to me blah blah. The best way

to deal with this is to get a message to the person who is going to be most upset with your lateness. But before you do this, just ask yourself this question – what’s the worst thing that could happen to me here? Depending on the situation you could get many answers like – I won’t get the job or my boss will flame my ass or this new hot person I want to meet will forget me. OK then put this in perspective – you are not going to die, nor is anyone else. You will now feel a whole lot better and you can calmly make the call.

A few years ago I used to go to lunch with a very good friend of mine most days. This guy was one of the smartest people I have ever had the pleasure of meeting but he always had a problem deciding what he should eat for lunch. He used to call me at 11.30 in the morning and want a debate about this. This was incredibly annoying and in the end I told him to just wing it! Our restaurant always had a choice of at least 6 main courses a day and it was just too much choice for him. Now if you think this is crazy then I have to tell you that too much choice can be a big factor in stopping you succeeding with your life. Fortunately there is an easy cure for this.

OK here’s another question. Can you find one million dollars in a week? Now your lower self will have probably jumped straight in with “what are you crazy? Where will I find a million bucks in a week? It’s impossible you idiot”

What if the question is changed a bit – Can you find one million dollars in a week – because if you don’t you will certainly die? Whoa lower self, that’s a whole new ball game. Now many things will come into your mind good and bad – well I could rob a bank, or win the lottery or ask 200 people to lend me 5000 bucks or maybe 200 banks, or I could go on TV and make an appeal or I could do a combination of things. Hey it’s a miracle! What changed? Well the task was the same – find a million in a week. But the emotion attached to dying was so strong that it immediately kicked in your higher self to start finding an answer for you.

Now with your self miracle I will show you how easy it is to conjure up strong emotions without the fear of dying to get a similar response. Once you have learned to put your higher self first, you will answer this kind of question differently. Maybe something along the lines of...”well that’s a tough one but there are a few possible ways I could raise a million”. And you would then start to explore possible answers.

You see your thoughts determine what you are, what you do and what you have in your life now and in the future. You will hear me repeat many important messages to you throughout the course like this one. This is not because I want to bore you to death, but if you hear the same things over and over again they get reinforced in your sub conscious and become part of your mind set.

This will help your higher self to become a more prominent part of your make up and soon it will take over from your lower self. But we have to be on our guard, give your lower self a chance to take over and it will gladly oblige.

After a short time of using the mind tools in your self miracle, you will find that your mind will be on auto pilot – focused on the mission of achieving your desires and changing you into that “new you” that

you want to be. But only if you USE the program. I think it was Bacon who said that “Information is Power”. I don’t fully agree with this and have changed it to “Information is power when you use it”. So get your finger out of your port hole and use it!

I want to tell you a short story about someone who used your self miracle to change her life. Her name is Crystal and she is in her mid thirties. Crystal always had a problem with her weight. She had tried so many diets that she had lost count of the number. The problem was that she would get all enthusiastic when starting the diet and then as the days rolled by she would lose this and eventually end up back to her old bad eating ways. Now Crystal new that almost every diet that she went on produced a positive result for her. She would lose weight and she would feel so much better about herself. But her problem was sticking to the diet.

Crystal discovered your self miracle through a friend who had bought the program and had improved her life considerably by helping her follow through with all the things she wanted to do. Crystal’s friend convinced her that it wasn’t the diet’s that didn’t work (a common belief held by most people) but her inability to follow through that was the problem. So Crystal decided to get a copy of the program.

Now armed with her newly discovered techniques from your self miracle, Crystal started another diet. This time she stuck to it rigidly and thoroughly enjoyed the process. So much so that she lost 32 pounds in four short months to get to her target weight and more importantly she has stayed there to this day.

You see your self miracle is not just about making you more money. It will help you do that if that’s what you want. But for Crystal she just wanted to get to her target weight and stay there so she could feel great about herself. I am delighted to say that the program was the major factor in her achieving that.

So what will your self miracle do for you?

Well in the second session I will help you decide what you want from your life both in the short and longer terms. It won’t just require you to write a set of useless goals but will guide you to consider what you really want and give you a technique that will set you on fire to achieve what you want. Even if you currently have life goals or desires as I prefer to call them, it is worth checking them against this process to make sure they are right for you and using the right techniques to drive you to achieve them.

Then in session three you will learn a very powerful technique to help you to plan for your success. In fact this is so powerful that ideas will still be coming to you days after you have used it.

This is followed by the most important session in the program – how to control your mind so that you follow through on your plans. Here I share with you some incredibly simple but immensely powerful techniques that will supercharge your sub conscious mind and automatically drive you to taking the action necessary to get what you want. It’s all in session four.

I will give you the tools to build an iron resolve in session five. What does this mean? Well it's vital that you have the traits that will ensure that you follow through with everything that you do in life and all successful people have an iron resolve.

Do you need more confidence? Of course you do. How about turning on confidence anytime that you want it – and for any situation? Session six of your self miracle will show you how to do this.

In the seventh session I will share two amazing techniques that will bring you happiness every day of your life.

Do you want to accelerate your success? Silly question I guess. Well session eight will show you how to make things happen for you super fast.

And to wrap it all up, session nine provides the tools that you need to make sure that your higher self prevails everyday of your life. There will be days when you are really fired up and have a whole bunch of stuff to do and then bang! Something major gets in your way and you have to devote the whole day or longer to it. This will happen to you and you need to know how to keep your desires hot in your mind, so that as soon as you have the chance to get back to work on your dreams again you will still be incredibly passionate about this. No other self improvement program covers this very important issue in so much detail.

OK you now have to make a decision. Are you going to join me in creating your self miracle or will you let your lower self put more lard in your ass? If you do decide to join me then I will help you all the way through the program. Remember the unique design of your self miracle means that you can't progress to the next stage until you have completed the last and proven this to me. If you think about it this means you can't fail.

And once you have completed the program you can use it over and over again to drive you whenever you need it. I also provide you with your own personal space online where you can communicate with me and record your important stuff.

Change your life today with your self miracle. I hope you have enjoyed this recording and I look forward to joining you for the next one entitled "Getting Anything You Want" Just visit <http://www.selfmiracle.com> and go get it.

See you soon and remember “Success Comes In Cans Not Can’ts”

Graham Bowall

<http://www.selfmiracle.com>

I have recommended some further great resources for you on the next few pages:

Resources

Here is a handpicked list of fabulous resources (some free some not) that will build on your success you achieve with Your Self Miracle. They are highly recommended:

1. Stop Living Paycheck to Paycheck by Jim Donovan

Who else wants to earn more money, raise your standard of living, and know how to increase your income in 72 hours?

Are you serious about wanting to earn more money? Would you like to know simple, practical, easy to implement ideas, in plain and easy to understand language that will show you how to increase your income . . .

I'll teach you 9 different ways you can make more money, starting right today.

Proven techniques and strategies to keep more of the money you earn — legally.

Ways you can develop multiple sources of passive revenue that earn you money even while you're sleeping or sitting on the beach.

How to slash your debt, live free and become financially smarter.

Stop Living Paycheck to Paycheck by Jim Donovan Check It Out Here:

<http://www.selfmiracle.com/recommends/paycheck>

2. "As a Man Thinketh - The Study Guide" by Buz McGuire

Before "The Secret," there was a brilliant British philosopher who had already discovered that "thoughts become things."

"As a Man Thinketh - The Study Guide" is a brand new, modern presentation of James Allen's 100 year old classic, As a Man Thinketh.

You need this new Study Guide if...

You've never read the original.

You've read the original but had difficulty following its outdated wording.

You've read the original but haven't been able to use its wisdom to skyrocket your happiness and success.

I'm Buz McGuire of the Viral Happiness Expansion Initiative, and I guarantee that my Study Guide contains every bit of James Allen's original, life-changing philosophy presented in a way that's easier to read and understand. I've also included a complete set of study questions, so you can be sure that you're getting the information you need to make dramatic improvements in your life, as quickly as possible.

You can get "As A Man Thinketh" - The Study Guide Free Here

<http://www.viralhappiness.com/asamanstudyguideinfo.htm>

3. Seven Mental Laws Of Success – Pat Hicks

If you are not sure what to do or how to get started attracting, creating and enjoying the life you want, it's time to know!

Thoughts lead to feelings, feelings lead to actions and actions create results.

Now you can know what you want, attract it and take the action to bring it about with

the amazing and complete "Step by Step Action Guide" to unlocking the Seven Mental Laws of Success.

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

4. Creative Problem Solver Workbook and Audio Relaxation Package by Amanda Goldston

Designed to allow you to create the answers to the day to day challenges that occur in your life.

You can use this MP3 at bedtime, so that your creative mind can work on your problems for you, while you sleep.

You can also listen to it during the day if you need some creative inspiration for a project, or you would like to create an ideal outcome to an important task or simply to pamper yourself with some chill out and de-stress time.

Check Out The Creative Problem Solver Package Here:

<http://www.selfmiracle.com/recommends/problem>

5. How To Be A Red Hot Persuasion Wizard by Michael Lee

How To Easily Persuade and Influence Anyone **(Even the Most Coldhearted Person)** To Do Anything You Want, Using Persuasion Techniques So Powerful You'll Say It's Magic!

You'll Discover The Exact **Secrets, Tips, Techniques, And Strategies** To Help You Get Anything You Ever Wanted In Life And FASTER Than You Dreamed Possible!

Check Out The Amazing 20 Day Persuasion Program Here:

<http://www.selfmiracle.com/recommends/persuasion>

6. Success Programmer by Michael Varada

"How to Achieve Success in Any Area of Your Life, The Fast, Fun & Easy Way "

Are you ready for a **proven and easy** way to effortlessly bring success to any area of your life?

Ready to learn **the fastest way to accomplish your goals and dreams?**

Would you like to learn **the principles of success** from some of the most successful people of all time?

Would you like to **get rid of negativity and easily keep yourself constantly motivated**, focused and driven to succeed?

Would you like to **harness the power** of your stacks of books, tapes and videos on success & self

improvement and put them into action in your every day life?

Then Check Out Success Programmer Here:

<http://www.selfmiracle.com/recommends/programmer>