

# YOUR SELF MIRACLE

## SESSION 7

### Develop Your Power G's



Brought to you by

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## Develop Your Power G's

Hey it's great to have you back again and many thanks for sending me your progress summaries. Take some time out to congratulate yourself, and I hope your imaginary boss is ready to give you a pay rise! I also hope you have had a lot of fun practicing your anchoring and now have a power house of confidence available at your fingertips.

When I was putting together the material for your self miracle, I reflected at length about my life, the many changes, the ups and downs, the successes and failures you know all that kind of stuff. I also thought about all the things I have had in my life, not specifically material things but experiences mainly gained through my association with other people. I can tell you this felt very good and I laughed a lot as I remembered some of the crazy times I had as a teenager – some of the stupid things I did and said. But I also remember many unhappy times as a young man when I felt really alone and the world was against me. Everything just seemed to be wrong, and I laid the blame firmly on my parent's doorstep. I had a stupid name, I had orange hair (yep I had some hair then), but I was also losing this hair! My parents weren't rich, and they never gave me a kid sister that I could love and learn from, just two annoying brothers to fight with.

“Hey slow down there Sledge, why didn't you neutralize these thoughts?” That's a good question. The reason I wanted to continue down this path was to understand how all of this changed. I haven't had these kinds of thoughts for many years, so what turned it all around? Now before you say “you grew up” or “matured” I have to tell you I carried these negative thoughts (and there were many more) well into my twenties. Then I asked myself “what's changed all of this?” The answer that I got may surprise you – it certainly did me – but when I really thought about it, it all began to make sense. The answer I got was “gratitude and giving”.

Let me explain further. Everybody gets frustrated when bad things happen to them or they don't get what they want. It happens to people regularly and when it does most people will turn into drama queens and dive straight into the “why is this happening to me” routine. Then they want to start a witch hunt – you know who they can blame for this. An example that most people are familiar with is their car breaking down or failing to start. If you don't have a car then please just go with me on this.

Picture the scene, it's a cold frosty morning, you have overslept, you have an important meeting with the boss at 9am and your baby kept you awake most of the night. Miraculously you manage to wash, eat, get dressed and grab your stuff ready to go in record time, and you have decided that if you break the speed limit at every opportunity and take a few short cuts you will make it to the office on time. But the biggest shock to your system still awaits you. Your beloved carriage (your view is very quickly going to change from beloved) that takes you everywhere you want to go whenever you want it to is going to kick you right in the proverbials. You see the previous evening saw a sudden change in the weather, with the temperature dropping considerably.

You heard this was coming yesterday, but while your neighbors were out checking their cars and covering their engines with blankets to prevent failure, you were couch potatoing.

So what happens, after eventually scraping the ice of your door to get it open you stick your key in the ignition, turn it and presto – instant battery flatness. You try talking nicely too it “come on darling, sweetheart, baby, my angel” then this quickly turns to “you complete piece of....blah”. Then the steering wheel gets it, maybe the seat or the classic of all time – you get out and kick the tyres. Why on earth do we do that? Hang on - here comes the blame cycle – “huh my brother borrowed it two months ago – he must have thrashed it to death” or “I will kill the guy who sold me this”. Now while all this is going on, you of course forget a few pertinent facts:

One – you have had the car so long that you can’t even remember who sold it to you

Two - the last time you checked the oil, water and the battery Michael Jackson was at number 1 in the charts

Three – the last time you had the car serviced, the Beatles were at number 1 in the charts

Four - last week you had trouble starting it, but because you eventually got it going this is now a distant memory

Five – the car has taken you on thousands more miles of journey than you deserved given your miniscule care and attention to it.

Ok a funny story, particularly when it happens to someone else. So what’s the point of this? Well let’s finish the story. Our imaginary car owning friend now is in stress city. He frantically calls his boss to apologize and resigns himself to slumming it on the bus, train subway or whatever alternatives are available. He is raging inside and all of his energy is draining away faster than the speed of light. And his day has only just begun. What kind of mood do you think he will be in when he arrives at the office? Well he will be a groveling, subservient, lump of weakness to his boss. To other people he will be a snarling tiger who has a thorn in his paw. Do you think this guy is going to have a successful day? It’s not looking likely is it?

Now I will let you into a secret – the guy in the story was me. This happened to me so long ago that Michael Jackson may well have been number one! Have I experienced any car failures since then – sure, but I didn’t get enraged like I did back then. Why? Because I have learnt the power of gratitude. “Oh I get it Sledge, now you are grateful if your car falls to bits!” Oh sure, I am really grateful if my car fails. No I’m not grateful for car failure, but I am grateful to have a car in the first place. I am also grateful that I have several other alternatives to get to my destination if my car does fail. What I have done is learn to truly appreciate the things that I have in my life, be this people or things. Since I started appreciating things more, I have experienced more joy in my life and have been less angry and stressed out.

Does this mean that I am never angry when things go wrong? Unfortunately not. But now my anger is very short lived as I think how lucky I am to be in the situation in the first place. And guess what? Since I have adopted this attitude of gratitude, my life has been filled with the most wonderful things that I could only have dreamed of. These days we live in a world of instant gratification and high expectations.

This is called progress and is of course a good thing on the whole, but it has made people less and less grateful. Instead our stress levels have risen and we have become a race of bitches and moaners. A lot of modern comedy revolves around this trend and we laugh heartily at the people as everything goes wrong for them and they arrive in stress city. But of course we are really laughing at ourselves.

Grateful people focus their attention on the good that the world has to offer. They expect good things to happen to them and as a result attract these good things into their lives. They focus on what they have rather than what they don't have, they are always grateful to receive anything, however small it is. Grateful people continue to receive.

So if you are working to pay the bills and using your self miracle in your spare time to improve your life, be grateful that you have this job to support you and yours while you are taking action to change your life. This doesn't mean that you should not change your life for the better and be continuously committed to this. That's what your self miracle is all about! Just be grateful that you have a way of providing what you need to continue on your journey to your desires.

What exactly is gratitude? Well one of the dictionary definitions is "giving thanks". That makes sense doesn't it? So how can YOU continue to receive by being grateful? Well it's because you are giving. If you give you receive. This is a law of life that works every time. But a word of warning here, you must not deliberately give to receive.

"Hey Sledge have you turned into a preacher?" Look I'm not asking you to become religious if you are not already. I just want you to have faith in the world and humanity. When you give something to somebody it's not the material thing that you give that's important, it's the feeling behind it. This can be love or appreciation. When I receive anything I am grateful even if I've paid for it! I always thank the shop assistant for my purchase and I do this with sincerity. Listen I am not nuts, whatever it is I am receiving; somebody, somewhere in the world used their time and skill to make for me. Forget the commercialism for a moment and reflect on that thought.

How many true friends do you have in this world? What is a true friend – well my definition is someone that's always pleased to see you and would do anything for you and expect nothing in return. When I use one hand to count them I still have fingers left. Out of the many hundreds of people that I have met in my life time I can only say that three of them are really true friends. How about you? Sure I have a ton of people I can call to have fun with and end up in an alcoholic haze, but if the going gets tough they will always have a reason to leave. Now I'm not trying to depress you here, it's just a fact. I actually think this is a good thing.

Having too many true friends is also a big obligation for us. I would sooner share my true friendship with a small number of people than dilute it amongst many.

How do you view giving? What goes through your mind when family and friend's birthdays come around. Do you feel joy in surprising them with a gift from your heart or do you feel it's an obligation? Be totally honest with yourself. You don't have to tell anyone. I won't lie to you; I used to think sometimes that these events were an obligation. My life has always been busy and the thought of taking

time out to not only go and get a present for somebody but to spend even more time thinking about what to buy them was a complete pain in the saddle. Now I have changed my mindset and think to myself “what can I do for him or her that will make them feel special” The joy on their faces after I have done this is something money just cannot buy and it fills me with happiness. If you feel at all obligated then ask yourself the same question – it will change your thought process completely.

I have always been a generous man. I tend to make money and then quickly lose it. Many of my friends and family have told me that I am crazy for being so generous. But I won't change. I am confident that I will always be able to make money so why not share what I have with others. I used to judge people on their generosity or lack of it. I remember a guy that I worked with a long time ago who had very short arms and deep pockets as we say in the UK. If you don't quite understand it means that he was a complete miser with money. But he had much money. Some say that this is a sickness, maybe it's true – it was certainly a habit he had developed over many years. We used to have a drink after work on a Friday and this guy would tag along. He was very bar shy, and I think he only bought one round of drinks in a whole year and only because we cajoled him into it. But we always enjoyed having him along as he was a constant source of amusement to us. I'll never forget one day when we had decided to buy our own drinks in a bid to make him feel guilty. It didn't stop him. He stood one night with a cardboard cut out of a glass of beer chatting away to us as bold as brass. The bar we used to go to was fairly dark and he did this to avoid the wrath of the bar staff. We laughed like drains. He certainly never gave us any of his money but his entertainment value was priceless.

The point of all this is to ask you to set aside around ten percent of your income to giving. You don't have to be crazy like me and give far more than that, but don't be like the guy in my story and just take. You will never feel the true joy of giving and your money will never feel good to you. It's up to you what you do with your ten percent. I am sure you have family and friends to give to and there are many worthy causes too. If you see a beggar in the street, why not give them a few pennies? By making someone's life a bit more bearable you will be rewarded later – I assure you.

I want to hear about your success with your self miracle. I didn't record this program just to make a few bucks – I genuinely want to give you the tools to empower yourself to a better life. I don't want you to just listen to me and do nothing. Do you hear me? Put everything you can into your life and you will get the most from it. This is another version of giving to receive – it is a law of life.

When I receive testimonials from people about the program I am genuinely elated. I always reply to them and thank them sincerely for taking the time out to send the testimonial to me. When you receive something from someone show your gratitude too. It doesn't matter if you paid for it or not. We all need money to live. Look beyond the money and value the effort that went into producing whatever it is you have just acquired. You will feel a warm feeling inside and so will the person giving it to you.

As you are progressing through your tasks, take the time out to be grateful that you have moved a step closer to your desires. Be thankful that you had the energy and the necessary tools to complete what you have achieved so far. It's vital for true success in your life.

So there you have it – your two power G’s – Gratitude and Giving. Practice them everyday and live a richer more rewarding life. Once you have started on this path you won’t want to stop and nor should you.

To conclude this session, I’d like you to do a very simple exercise for me. As usual, go to the web page link that I sent you with this recording and you will see two questions and two answer boxes. The questions are as follows:

**What am I really grateful for right now in my life?**

And

**What can I give to someone today to make them feel special?**

For the gratitude question just make a list of one liner’s for example you might include:

My health

My spouse – but put their name

That I have food and water

That I have the energy and knowledge to improve my life and those of others

And so on. Now it’s not a competition. If you can only come up with a few things then that’s fine. Just do it with sincerity.

For the giving question I am not talking about going out and buying a gift for somebody. If you want to do that then go for it. Just giving someone a hug or telling them that you love them or really appreciate their friendship will be enough. Try and do this with someone where you can see their face change and feel their joy. If you have to email somebody then I will guarantee you will get a great response. If you are not used to doing this kind of thing they may think you have been drinking. Tell them you have been thinking about them a lot and truly mean what you said or did. Believe me it will work.

Send this to me as usual and I will send you the link to your penultimate session “accelerating your self miracle”. Believe me you don’t want to miss this one.

And finally – keep on going with your actions and remember – I’m watching you.

Until the next time my friend – be grateful.

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:

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