

YOUR SELF MIRACLE

SESSION 4

Supercharging Your Intuition



Brought to you by

Graham "Sledge" Bowall

<http://www.selfmiracle.com>

<http://www.asksledge.com>

All rights reserved. Copyright © SelfMiracle.com

DISCLAIMER AND TERMS OF USE AGREEMENT

The author and publisher have used their best efforts in preparing this e-book. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

EVERY EFFORT HAS BEEN MADE TO ACCURATELY REPRESENT THIS PRODUCT AND IT'S POTENTIAL. HOWEVER, THERE IS NO GUARANTEE THAT YOU WILL IMPROVE IN ANY WAY USING THE TECHNIQUES AND IDEAS IN THESE MATERIALS. EXAMPLES IN THESE MATERIALS ARE NOT TO BE INTERPRETED AS A PROMISE OR GUARANTEE OF ANYTHING. SELF-HELP AND IMPROVEMENT POTENTIAL IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES.

YOUR LEVEL OF IMPROVEMENT IN ATTAINING THE RESULTS CLAIMED IN OUR MATERIALS DEPENDS ON THE TIME YOU DEVOTE TO THE PROGRAM, IDEAS AND TECHNIQUES MENTIONED, KNOWLEDGE AND VARIOUS SKILLS. SINCE THESE FACTORS DIFFER ACCORDING TO INDIVIDUALS, WE CANNOT GUARANTEE YOUR SUCCESS OR IMPROVEMENT LEVEL. NOR ARE WE RESPONSIBLE FOR ANY OF YOUR ACTIONS.

MANY FACTORS WILL BE IMPORTANT IN DETERMINING YOUR ACTUAL RESULTS AND NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE RESULTS SIMILAR TO OURS OR ANYBODY ELSE'S, IN FACT NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE ANY RESULTS FROM OUR IDEAS AND TECHNIQUES IN OUR MATERIAL.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent professional should be sought.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Supercharging Your Intuition

It's great to have you back my friend. I must congratulate you on your progress so far, you have achieved so many great things in such a small space of time. I knew you could do it.

Do you remember the three steps for success? I will remind you:

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

You are now at step three. Is that fantastic or what? You are so far ahead of the rest of the population it's unbelievable. Now you are on to the part that is the hardest – doing it!

I shared with you in the last session that by taking daily actions in order to achieve your desires, you strengthen your sub conscious mind by giving it belief that you really want what you are trying to achieve. Your sub conscious mind is a world conquering tool that you want to use to your advantage every single day – it is where your intuition comes from and I am going to share with you some very powerful techniques in this session to supercharge your intuition.

The author William James said – “The greatest revolution of our generation is the discovery that human beings, by changing their inner attitudes of their minds, can change the outer aspects of their lives”

Everything you have or don't have in your life right now is a result of your thoughts. That's right everything – money, a happy relationship, any kind of relationship, the body you want, the people you want in your life, your happiness, a stimulating career everything. How is this possible? Well think about it – your thoughts lead to you having feelings about something or someone, this leads to action good or bad and finally you get the result. Do you remember the story I told you about my desire for promotion? I constantly fed this to my sub conscious which gave energy to my higher self and what happened? I received all the tools and know how to achieve my promotions in record time! Did my lower self pop up from time to time and try and spoil the party? Absolutely. But I just changed my thoughts back to the promotion cause and got on with it.

At the time I didn't realize what was happening. But what I was doing is the key to controlling your sub conscious, promoting your higher self and getting what you want. Let me explain.

You already know that have two minds – your conscious and sub conscious and two opposing forces – your higher and lower self. Your sub conscious has the power to give you all the tools and information that you need to achieve your desires, but it can also compel you to fail by giving up. Oh how I hate saying that. How do you make sure that you get the success as opposed to failure? Simple just control what goes into your sub conscious mind. Is that easy? Yes of course it is. You are in control of your thoughts, which in turn control your moods and in turn compel your higher or lower self to control your actions – your higher self will push you to go for it and your lower self will fill your ass with lead weights.

So just exactly how do you control this monstrous power that you have? It's a simple process of banishing the negative thoughts and reinforcing the positive ones. "Oh right smartass it's that simple eh?" Yep. It takes a bit of practice but you can do it. In fact you must do this to achieve your desires.

You need to control your own thoughts and your reaction to other peoples. What does this mean? Well it is inevitable that you will meet people who are dominated by their lower self. There are so many of them around – you know the drifters. They will tell you that you are wasting your time and you can't do it and it is your destiny or fate to be a drifter and lots of other BS. A lot of people will do this because they are jealous and couldn't bear the thought of you succeeding with your life. So they will try to drag you down to their level. You cannot let them do you hear me? I often get asked if success is worth losing your friends and sometimes family. My answer is always the same. If they are really true friends then it doesn't matter if you are successful, they will always be your friends. If they abandon you then you are probably best off without them. There will be plenty of opportunity to make new friends along your path to success.

I am going to be brutal here – if you choose to spend your time with losers who spend all their time complaining about everything and saying things like "why does this always happen to me" or "I'm just an average Joe" then you will need an Iron Resolve to not let this drag you down. It can be done and sometimes it has to be – you will never be able to totally avoid these people. You must have at least one in your family – or maybe more. If they're not spending time complaining then they are bitching about other people. When I first started on my promotion drive some members of my family shunned me. They wouldn't talk to me – can you believe that? Well you'd better believe it because it could just as easily happen to you. The reason they did this is because my family come from a working class background – you know hard labor and all that. And here was I stepping up into management. This was too much for some of them – like I betrayed the family values or something. How did I deal with it? I just shrugged it off as their opinion – and you know about opinions – they are not always right. And that is how I deal with any negativity I receive from others and it works like a charm.

So I urge you to do the same. The next time you receive any negatives from anybody just tell yourself "this is just their opinion" if you like you can add "and they are wrong" to it. Now this may seem crazy at this point but believe in it because it works so well.

What about criticism? Most people find criticism hard to take. I approach it in this way – I listen to what the other person has to say, evaluate it and if it is positive and I should learn from it I will think to myself “yes they were right to point that out to me and I will take that on board to better myself” if I don’t agree than I just shrug it off as their opinion which isn’t right.

This is so simple and so powerful and once you practice this a few times it will become automatic and you will have total control over how you interpret negativity from others.

Ok time for a little exercise – now before you start groaning and complaining let me tell you that if you get nothing else out of this program than the ability to control your sub conscious mind you will always be a winner – it is the true key to your success. Do you hear me? Now I want you to imagine a time when someone gave you a lot of negativity. Maybe a boss that flamed you unfairly or an ex lover gave you some crap or your parents. Just choose a situation and conjure up those negative words being said to you – try and make it as real as possible – then when you are feeling this just think to yourself “that’s just his or her opinion and it’s not right” did you start to feel good about yourself? Maybe smile to yourself? Now think it again – “that’s just his or her opinion and it’s not right” see how that makes you feel better. Now all you have to do is practice this a few times and this will become an automatic reaction.

In our world negativity is everywhere and you need to be on your guard at all times. Sometimes it comes disguised as the news or TV soap operas or an invitation to relax when you want to work on your tasks. It is all around us. Why do people watch soap operas? Because they are aimed at the drifters who have no direction in their life. They are filled with doom and gloom and the drifters thrive on this and become addicted. It gives their dreary life a sense of purpose which they lap up. If you have a strong addiction to soap operas then cut them out of your life. It will be painful at first but believe me they are a road to mediocrity. Many people say they are content with mediocrity – but I don’t believe them. Why do they play the lottery every week then? They just allow their lower self to control them.

So now we move on to your own thought control. Is it any different to controlling the thoughts you have when others throw negativity at you? Yes it is and here’s why. You are much more likely to believe yourself than someone else. The exception to this is where you receive negatives from someone you really respect or admire, then the feelings can be just as strong. Why do we have these negative thoughts sometimes for no apparent reason? Believe it or not this is your sub conscious mind trying to protect you. Over the years you have fed a lot of information into your sub conscious via you conscious mind. So if there is an external stimulus that triggers something previously stored in your sub conscious then a negative thought can arise. As always, I have an example for you.

This is from when I was much younger and had just learnt to drive. One very cold morning I was driving an empty company van when suddenly the van lost its grip and slid over to the opposite side of the road!

Wow my pants changed color that morning. Fortunately I was able to control the van and get back to the right side of the road and double fortunately there was no traffic on the opposite side of the road at the time. After this fairly bad experience, every time I was driving or thinking about driving and I heard that the weather was going to be cold what do you think happened? You guessed it, my mind was

dominated by fear and as a result I drove ultra cautiously to the resentment of fellow road users behind me. This used to drain all my energy and I would arrive at my office completely zapped. This went on for a long time and I decided that I had to do something about it as many months in the UK are cold and I had to get to work. So I thought about that morning and asked myself why did the van slide like this? The answer was because it was empty with nothing to weight the back of the vehicle down. But now I was driving a car which was totally different. So when the weather was cold and this thought reappeared I just thanked my sub conscious for warning me and explained that this was a different vehicle and that I would be completely safe and in control. This worked only after a couple of times. Occasionally I get the odd twinge of a feeling if I am driving in the cold now, but it doesn't dominate and is actually a useful reminder to drive safely.

What I did was effectively reprogram my subconscious by telling it that it was ok to remind me to be careful but not to make me totally fearful of a simple act like driving. And that was it – fixed. Now you can apply this to any negative thought – just neutralize it with a positive one. Is it easy? Well I have a mindset that says that everything is simple but it will take a little practice. Now if you're skeptical about this don't be. Because as I said before this is the absolute key to your success. You cannot let your lower self dominate you and make you a meek, timid mediocre drifter. Got it?

In the last session I shared with you the key question technique, which is incredibly powerful in the control of your sub conscious. Let's say something negative is dominating your mind – maybe you have some debt for example. The answer to this is to use the key question technique. Find somewhere quiet and write a question – this could be something like “how can I repay my debts”. Then come up with some answers and take action. This will turn around the situation completely. Again your sub conscious is trying to protect you by nagging you to do something about the problem. The more you use this technique, the more you are promoting your higher self and confirming to your sub conscious that you are action orientated. You cannot believe how much this will help you to succeed. Why – because this will result in your sub conscious changing what messages it sends you. If you focus on the solution rather than the problem then your sub conscious will focus on sending you solutions. Of course the same also applies if you concentrate on the problem – your good old sub conscious will send you more reasons to worry about it.

Your past can be a real hindrance to you if you don't control your sub conscious. Most people have attempted to change their life for the better sometime in the past and I know you will have done this too. If you failed in this endeavor then you cannot let this control your future. When you are starting the actions to achieve your desires, you may get thoughts come into your head like “you tried this before but it didn't work” or “you will only get so far and you will give up like you always do”.

Just answer these straight away. If the thought is “you tried this before but it didn't work” and let me tell you this is very common – then just think to yourself “the situation is different now and I will succeed”. If the thought is “you will give up like you always do” just think to yourself “that was in the past, now I am going to see it through and succeed”. This will work wonders for you.

Writing will also help you. The reason that I wanted you to write down your desires and you will read this in every other book on the subject as this somehow reinforces this in your sub conscious. Nobody really knows why this happens but just believe that it does. Take a leap of faith so to speak. The following are a small sample of negative thoughts that can come from your lower self and dominate

your life if you don't neutralize them:

- "I can't do it"
- "I can't help it"
- "It's not my fault"
- "It was meant to be"
- "I will do it tomorrow"
- "Someday I will be successful" (you maybe surprised at this one but when the hell is someday!)
- "There are a lot of people worse off than me – I must be grateful for what I have" (now I totally agree with gratitude, but if you had more money you could help them couldn't you?)
- "There are more opportunities elsewhere" (this is possibly true but it will still be the same old you when you get there)
- "My parents were not successful so I won't be" (this is complete diarrhea)
- "God has chosen my path" (you have been given the tools to make your own path, nobody made one for you)
- "I'm so unlucky" (successful people make their own luck by taking action – there's an old saying "the harder I work the luckier I seem to get").
- "I'm not smart enough" (I know at least two, not particularly smart, millionaires)

Everyday you wake up think to yourself "today will be another successful day for me"

So there you have it. The most incredibly simple but highly effective method to control your thoughts, reprogram your sub conscious and ensure your higher self is prominent in your life.

Other self development programs seem to make this process very complicated and as a result people just switch off because it seems so difficult to do. I am sure you will agree this couldn't be simpler.

Let's summarize:

Everything you do is a result of your thoughts

Your sub conscious has been programmed over many years and will try to protect you. You can easily reprogram it by neutralizing negative thoughts.

Focus on the solution not the problem – use the key question technique to come up with answers and act on them

Don't let your sub conscious fool you into believing that because something happened to you in the past it will happen to you again

Ok that's the end of this most important session. Neutralize your negatives, promote your higher self and your life will change for the good – forever. I guarantee it.

Now go to the web link that I gave you with this download and you will see a series of negative statements. In the box underneath each statement just provide a positive thought to neutralize it. There are not many to complete as I don't want to take up too much of your time and detract you from completing your daily tasks. When you have finished click the button to send it to me and I will send you your next session called "Building your iron resolve"

As always it's been a pleasure spending time with you my friend.....I'm watching you so go for it

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>