

# "The Amazing Five-Minute Mind Miracle"

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Life Tricks proudly to presents...

## **The Amazing Five-Minute Mind Miracle**

**“Discover How Five Minute A Day Can Turn Your Life Upside Down”**

When I first learned about this technique I thought it was too simple. It only took one time for me to try this technique until it made a believer out of me.

I remember when I was in a financial slump and so I decided to try it to get more money. I laid down comfortably on my bed, followed the simple steps of this exercise and went about the rest of my day - it only took me 5-minutes to do, “what's it going to hurt?” I remember thinking.

But I wasn't prepared for the powerful impact this was going to have on me the very next day.

I remember waking up in the morning and went about my normal routine. Deep in thought at a business deal at work, my phone rang. On the other end of it was my mother, she told me that she was going through some old files of mine and found 6 different US savings bonds that were bought for me on my birthday when I was born. Turned out that they were worth enough to take care of my financial debt I had incurred and I still had money left over to spend. Little did I know that this was just the start...

I got called into the boss's office a little while later that same day, he was notifying me that I was due for a raise, and a very generous one at that. At this point I began to wonder if this was all just coincidence, or if this mind-trick really does work.

So I went across the road to the convenience store to prove to myself that this was too good to be true and bought one of those scratch off lottery tickets for \$5, and scratching the last section revealed that I had won \$60. I made \$55! I was getting excited now. I was ready to push my luck and go to the casino but later I decided against it.

After work, I went home with this all on my mind. I started cleaning my house and straightening up a bit. Everywhere I turned I was finding money! In my pants there were dollar bills, drawers full of quarters and other loose change popping up everywhere. I dropped a kitchen knife later on near the fridge and I went down to pick it up and noticed a \$5 bill underneath it.

I remember thinking - okay - now I believe! And do you think that I was never to try this technique again? No way! After an experience like that, I was going to use this in every area of my life. My financial condition, my love life, my work, my sales, my success.... I've been using this technique ever since I have discovered it and still use it up to this very day you're reading this e-book!

### **What Does This Amazing 5-minute Mind Miracle Technique Do?**

You're simply tricking your brain to bring about different circumstances in your life. I can't honestly say that you'll get the very same results that I did - It will vary from person to person. I wouldn't recommend you doing it, and then going to the Casino with your life savings thinking that you'll win a millions of dollars. In fact, that might work against you.

But before I tell you how to do it, let me give you my perception on how it works. Understanding how it works will help you.

Your mind responds differently to each situation. If you think of your finances, then maybe your stress level goes up because you're thinking about overdue bills, or you have creditors calling. Maybe you had a baby just recently and you're nervous because you don't know where your next dollar to support it will come from. Listen to this:

People are motivated by two things generally. Someone takes an action to either avoid a painful situation, or gain a pleasurable experience. Unfortunately most people I have grown to learn in going over numerous studies is that they are more motivated to escape pain than to chase after pleasure... when it should be the other way around. (you can find more about the reasons why in my "**You've Been Tricked**" e-book)

But what if you can turn it around and make it so that you chase after more pleasure instead of chasing after pain? What if there is a way that you can show your subconscious mind that you can have anything you desire, including to comfort and safety of knowing that you can have success virtually any area of life?

### **Think about this for a moment:**

Start asking yourself the right questions first! If something doesn't turn out the way you planned it to, instead of asking the

question "why", start asking what if. Here's an example: What if I stop asking the questions why?

So what does happen when you stop asking "why" "why does this always happen to me? "Why do I always have this problem" Asking yourself "why" only gets your brain to respond with all the reasons why, and there are no solutions. So what will always be there when you ask "why" are all the non-helpful *reasons* that you don't want to see.

If you asked a woman out on a date, and she said "No thank you" and you ask her "why" she's going to go right back inside her head and see exactly what she saw just before she told you "no thank you" all over again.

So what do you say instead? Start pulling out the "What if" questions!

"What if you do go out with me, and you realize that you're glad you did because you gave yourself the chance. You seemed to be the type of woman who wouldn't miss the opportunity to see yourself with a guy like me a couple days from now laughing and enjoying his company... I guess I was wrong"

I can guarantee you that she won't "see" the reasons why she won't go out with you if you say something like that. The same can be applied to anything else. Start giving the mind more to think about and use it to solve problems not show you them.

So with that said - STOP ASKING WHY AND START ASKING "WHAT IF"

The mind can either reward or punish you. How is this done? With your feelings! How are your feelings generated? By your beliefs. How are your beliefs generated? By your morals.

Understanding your emotions is vital. Most people act on their emotions good or bad without ever giving it a second thought. If you want more success in your life, start understanding where your emotions are coming from what the behavior is trying to accomplish. Nobody knows the answer but you, because how could anyone possibly know what you think or how your emotions feel? They can't!

From now on, every thought and feeling you have, determine the reason for them. Do not let a single thought pass through

your mind until you identify it using honesty to figure out what is real about it and what is not.

Would you believe me if I told you that there are no answers to solve your own problems outside your own mind? Everyone lives in different circumstances, some voluntary, others involuntary. It is best to make a decision based on the reality and circumstances in your life. Focus on the objective facts and take it from there.

Now that you know this, it's time to change your beliefs.

Changing your beliefs about what you can accomplish and what you expect to happen in the future might very well be the next best way to bring about positive circumstances in your life.

In just five minutes a day, you can begin to surround yourself with great friends, strengthen your relationships, earn substantial amounts of wealth, become exceptionally lucky, and bring about overall happiness and prosperity into your life.

Perhaps you want simple things such as your dream car or you want to vacation more. Maybe you're interested in breaking any bad habits, eliminating a sickness or getting a promotion. Better yet – abundant success.

Whatever the case may be - large or small - this technique will do it for you.

Before you learn this amazing technique there is something you absolutely have to do in order to benefit from it.

You must learn the steps and incorporate this exercise into your daily life. Since it only takes five minutes a day and there are only 3 - steps involved, this shouldn't be a problem.

You'll be learning a mind - programming technique.

Start by understanding that what you believe will happen, will happen. It's that simple. What you expect for yourself is exactly what you'll get. What words that come out of your mouth is what will happen to and for you.

A friend of mine once told me "fake it until you make it."

If you believe that you'll get a promotion, you will. If you believe you're worth \$100,000 a year, you will earn \$100,000 a year.

Likewise, if you think you're only worth \$10,000 per year, than do you think you'll earn \$100,000 a year?

Chances are, probably not.

The same goes for luck. If you expect good things happen to you, good things will happen. If you think that the world is out to get you...

I think you get the picture.

Right now I want you to start thinking happy thoughts. Positive thoughts will bring about positive experiences. More importantly you must believe that positive and good things happen to you. Think BIG!

Many people believe that you have to experience bad things before good things come.

That is wrong.

You see, we've been brought up to believe that life should be or is difficult and that you should struggle or sacrifice your values in order to achieve happiness when happiness is nothing more than a choice. You either choose to be happy, or you choose to be... uh... unhappy.

So make a choice, make a conscious decision right now to be happy.

Make it a habit to think happy thoughts and make it a habit think positive results and sooner or later you're going to start believing it. Why not start now?

Make a promise to yourself right now. Promise that you'll break any negative state that might creep up on you. If you're internal dialogue starts tearing you down, physically shake yourself – jump up and down, shake your head like a dog would coming out of the rain... Break that mental state and tell yourself – I would rather feel happy, or excited, or adventurous and playful.

The beauty about you is that you really do get to choose what state of mind you can be in, and what feelings under any given circumstance you would like to feel.

I'm sure you've met someone who, when you ask how they are doing they reply with something along the lines of this "well, my car is a piece of garbage, my dog is sick and my wife, she's getting fatter by the day and my job sucks and, blah, blah" Before you know it you're either allowing it to depress you, or somewhere back in your mind you're comfortable knowing that you don't have to be like that person because you can choose your own state. You also know that what you say is what you get – a person like that is almost prophetic isn't he?

We're used to people talking about bad things happening. It's on the news every day! So when they say negative things always happen to them, they bring about negative circumstances in their life because they believe what they say.

But on the flipside of it all is that you can be a mirror image of that person. You can talk about all the great things that happen to you and all the great things that will happen to you. And as you do that, something magical begins to happen – you start believing it. Belief is very powerful.

You can observe negativity as positive anytime you wish. For example, say you spend all month working on a deal that you're going to earn big money on and for some reason or another, after all that time you've spent, it falls through and you don't make the money you had anticipated.

Your first reaction might be, "Wonderful! I spent all that time working on this deal and I can't... Don't!

Hold on a minute here. First of all, remember life deals whatever it deals and sometimes it's out of your control. Shrug it off and let it go. Physically break that state of mind.

Then turn around and offer a challenge to yourself. By the way, if you choose to be happy, you will thrive on challenges and the rewards of challenges you take on will make you active, competent and strong. Not to mention, the feeling of accomplishing self-created challenges (they become self-created when you choose challenges) are far more rewarding than you've ever thought possible.

If you want to know just how rewarding they can be then you'll just have to follow my advice.

Getting back to viewing a negative as a positive:

Perhaps you've learned a new method while working that deal that saved you money or time. Maybe you handled yourself well and that person just didn't have a clue as to how well you could have benefited them because you are the best at what you do. Perhaps you learned something that you can use for your next deal that you never discovered before. There is a whole world of positive outcomes you will notice when you're looking at the flipside of what only appears to be negative on the surface.

Success has its ups and downs and failure is a term that only losers use. Winners view failure as only one - step closer to success. A positive result.

There are also more than one solutions to a problem. When I encounter a problem in my life, I can think of at least ten different solutions to that problem. You may want to get in the habit to think the same way.

When I first began writing, I wrote thousands of pages. My website wasn't successful right off the bat. I didn't have everything in order but I was learning. It took me two years to write the e-Book "How To Hypnotize Anyone Without Getting Caught."

One mistake after the next, I began to learn from them. I didn't think "Oh, it didn't work, I'll just give up now" instead I thought, "Woops, now I know what I shouldn't do so this must mean I should do this." And if that didn't work, I moved on to the next thing I thought would work all while learning from experience.

Eventually I began to build my belief that it really was possible for someone like you to be reading my material. And it's only getting better!

The important thing was that for one, I didn't give up and two, I trusted myself and my abilities and believed that success was sure to come. I didn't think anything negative or view myself as "poor little me", I believed firmly in what would happen and so it did.

This is also where I learned to **mimic and model already successful businessmen** on Internet to save me the time of trial and error. If I did not model success, I would probably still be wondering how I could ever get this book in your hands.

## Goals

Not only do you want to start thinking positive thoughts and positive thoughts only, you want to have your goals in mind and down on paper.

When I started writing this e-Book, I set small goals. My first goal was to get the first page done.

Next, once I accomplished that, I moved on to getting two pages done.

Then once that goal was attained I moved on to finish the chapter, then half of the next and as I began to see success and feel my accomplishments, I was able to write a whole chapter at a time. And now I'm working on audio courses and workbooks and planning seminars that can improve your learning this material and keep you informed of any new discoveries we make.

I'll be sure to keep you informed because you aren't going to want to miss out on this powerful information.

All this started for me with one simple goal and it grew into an entire business! And you can have the very same thing! It does not take an IQ that is off the charts to become a success. You don't have to have a degree in anything to produce wonderful values for others. All it takes is the ability to believe that you can do this, and begin to take charge of your every day actions.

## Getting Started

Getting started disrupts your routine that you may have formed habits from. And it sometimes makes change difficult. But by starting out small, in a few months, you can progress far beyond your wildest dreams and begin to make the changes you want happen.

Now you may be saying, "Gee that's great Nathan, but what about this amazing 5 - minute mind miracle?"

Well I'm glad you asked because I was just beginning to get to that. This exercise will change your beliefs about anything in just five - minutes. It is powered by one of your most motivating sources - emotion.

### **Can You Be Your Own Psychic?**

Please read the entire program before doing suggested meditations, in order to enable you to have a better understanding of the information.

The information you are about to read is of little value to you unless you apply it.

YOU must do your part. Anything that is worth having is worth working for.

After over twenty years of research and application plus hundreds of dollars invested in this field, the author of this program knows that this program will definitely change one's life for the better if information is applied as directed.

If, we let it, the mind can give us anything that we ask. People function at one-tenth consciousness and at most one-tenth of their abilities. Everyone has tremendous latent powers within their subconscious mind. It is truly unfortunate that most people are not taught how to contact it.

Are you serious about contacting your sub-conscious and thereby acquiring apparently miraculous results in your life?

#### **SUPERIOR LEARNING MADE EASY**

You must be "willing" to absorb new knowledge.

You must "open your mind" to new ideas.

You must "imagine".

You must "visualize" that the knowledge is "flowing into you".

## **MEDITATION**

Let us now discuss meditation. Meditation has many different uses and it can be applied into practically every aspect of your life.

Children do it naturally. Have you ever watched a child so absorbed in play that he isn't even aware of anything beyond his fascination with his toys? If someone was to walk up behind him, the child would be startled.

Meditation requires that you acquire this type of absorption. This absorption is what refreshes and heals.

Meditation is a very powerful tool. As our muscles relax, our mind will quiet down and our sagging spirits will revive. We are once again in control of our lives.

Scientific research has repeatedly proven that meditation has many great benefits such as:

- **slowing down our aging process**
- **alleviating pain**
- **letting us get by on less sleep**
- **lowering our serum cholesterol level**
- **reducing bacteria levels in our saliva thereby fewer cavities**
- **increasing blood flow to brain making us smarter**
- **better memory**
- **plus many, many more benefits too numerous to mention**

Everyone who meditates on a daily basis claims different benefits he or she acquired in these four levels: emotional - mental - physical - spiritual.

## **LEARNING TO MEDITATE**

Learning to meditate can be fun and exciting, but you must keep

these three important factors in mind at all times:

**(1) POSTURE** - the important thing is to keep your spine straight because this positions your nerves just right and helps keep you alert.

**(2) BREATH** - after you have relaxed your body, you want your breathing to be slow, even and diaphragmatic. By controlling the breath, you directly influence the autonomic processes in your body, like immunity, circulation and digestion. Breathing is the one body function that is both voluntary and automatic.

**(3) ATTITUDE** - Try to have a relaxed, confident attitude before you start to meditate. Don't worry about "doing it exactly as outlined". Just do your best and with time you will discover the method that is "perfect for you".

As a beginner, you will notice that your thoughts keep wondering in one direction, then another. Keep returning your attention, as best as you can, to the objective of your meditation. (Whether it is your mantra or visualization, which we will discuss later.)

**DAYDREAMING** while meditating will not produce the same results.

## **MANTRA MEDITATION**

This meditation is very powerful. It is designed especially to help you overcome your inability to quiet your mind. Quieting the mind is one of the greatest stumbling blocks, which must be overcome in order to enable you to get the most out of meditation.

When your thoughts wonder, return your attention to the mantra and begin again.

Do not get upset or angry with yourself, simply start over.

Before doing any meditations, one should mentally say a prayer. This prayer is very effective:

"In the name of the holy ghost and with the aid of my spirit guides, I draw into my body white light for strength, guidance and protection. Thank you."

Repeat this prayer several times - while mentally visualizing white light entering your body from the top of your head, slowly penetrating your entire body then slowly extending outwards, until your entire body is completely surrounded in white light approximately three feet all around you.

## **ARE YOU READY TO MEDITATE?**

This meditation should be done every morning, before eating, for five minutes, gradually increasing time up to twenty minutes.

This meditation will tend to keep you awake longer so if you decide to do it in the evening please do it before your evening meal.

Now that you have decided to meditate, choose a comfortable chair which allows you to sit upright, loosen or remove any tight clothing. If you are extra tense, you can shrug your shoulders, roll your neck and use your favorite body stretches.

**1. Inhale a deep breath to the count of four and slowly exhale to the count of six. Repeat five times.**

**2. Assume normal breathing.**

**3. Close your eyelids and focus your eyes upwards to third eye. This is the point between eyelashes directly above the bridge of the nose.**

**4. Let your chin rest on your chest, head relaxed downward.**

**5. Let your hands rest easily on your lap, palms turned upwards as a sign of receptivity.**

**6. Make sure your spine is upright and also have the bottom of your feet rest on the floor thereby keeping you grounded.**

**7. Your mantra is the word "aum". Mentally repeat this word over and over without moving your lips or tongue.**

As you are mentally repeating your mantra "aum - aum - aum", if other thoughts enter just gently push them aside.

By doing this MANTRA Meditation on a daily basis, you will feel inner peace, inner serenity. This inner serenity will glow to

such an extent outwardly, your friends may even comment on it.

I cannot repeat this enough, "This meditation is very powerful".

Within thirty days, you yourself will surely notice a lot of little changes, all positive changes and just by doing this "MANTRA Meditation". You will surely notice its "miraculous healing powers awakening within you".

## **DO YOU NEED A MEDITATION ROOM**

The serious meditator has one corner of a room or a small closet as his own "inner sanctuary". In this room, you should have a small table - covered with a white cloth. Upon this white cloth, you should also place a picture or a statue of Jesus or Buddha or whoever represents your God. Whatever your belief, this is done merely as a symbol of GOODNESS. This greatly enhances your ability to meditate peacefully.

To enable you to have better control of the subject of your meditation, you have to insulate yourself from outside influences. This is done by wearing a robe covering you from head to foot. This robe should also have a hood to go over your head. You can use a spare bedsheet or blanket for this purpose. Whatever you use, whether you buy a robe, or make your own, this robe must be used for meditation only. You must not wear it for any other purposes. It should also be kept safely away so that no one else can touch it or use it, because if another person touches it or tries it on, you then have that person's influence in the robe - which you are trying to avoid - and so you have another obstacle. By meditating under this insulated, isolated condition, you are immune from outside influences.

You may meditate with a loved one BUT it is strongly advised NOT to meditate in large groups because your meditation will be influenced by their thoughts.

## **THE POWER OF YOUR MIND**

The mind can give you all that you ask, providing you follow certain laws of nature. There is nothing mystical about this. Ordinary people from all walks of life have applied these

principals and achieved their desired goals plus much more.

## **THE MASTER PLAN**

**1. You must know what you want, you must say what you want, you must write what you want and you must visualize what you want.**

**Decide precisely what you want, be absolutely definite: What exactly do you want?**

**You must state exactly what you want. You must visualize it - picture it in your mind - and hold that picture firmly before you.**

**2. In order to receive you must give. What are you going to give?**

**3. Your time limit must be feasible. You cannot expect it in five minutes. In (X) amount of months or weeks practically anything is possible.**

**4. What are you going to do to realize your ambition?**

**5. The written word is stronger than the spoken word BUT the two together are an unbeatable combination.**

Do you want more money? - Do you want to attract love? - Do you want to lose weight? - Do you want to eliminate bad habits?

## **LET US REVIEW MASTER PLAN**

If you want more money you must state exactly how much you want. Do not state "I want about one million dollars": This is not definite.

In order to receive you must GIVE. Are you willing to help less fortunate people? If you willingly give to less fortunate without expecting anything in return, if you willingly help the less fortunate, you will definitely receive much much more. This is one of nature's laws.

Supposing you want to lose weight. Are you willing to exercise and control diet?

Are you looking for a husband or wife? If so, are you prepared

to do your share to make a success of marriage?

Do you have any bad habits? Are you willing to try to eliminate them?

Now that you have decided exactly what you want - write it down as clearly and simply as possible.

At the end, write: "I will give that I may receive."

Read this daily in the privacy of your room. Do not let anyone see your plan.

As you read your MASTER PLAN, feel it and be positive about it. Imagine that your plan is actually within your grasp. Believe in your plan.

Do not let doubts enter.

By adopting this plan, you will drive the thoughts into your sub-conscious and your sub-conscious will help you more than you can possibly imagine.

## **MASTER PLAN MEDITATION**

This meditation should be done every night for thirty (30) minutes. Re-read your written MASTER PLAN.

This meditation is the same as your MANTRA Meditation except, instead of repeating MANTRA, you will now use your powers of visualization.

1. Inhale a deep breath to the count of four and slowly exhale to the count of six. Repeat five times.
2. Assume normal breathing.
3. Close your eyelids and focus your eyes upwards to third eye. This is the point between eyelashes directly above bridge of nose.
4. Let your chin rest on your chest, head relaxed downwards.
5. Let your hands rest easily on your lap, palms turned upwards

as a sign of receptivity.

6. Make sure your spine is upright and also have the bottom of your feet rest on the floor thereby keeping you grounded.

7. Now, visualize your MASTER PLAN. Visualize yourself on a large screen. You can now see yourself on a large screen, see the screen surrounded in white. See all your dreams, all your goals on this screen. See yourself wealthy, slim or with a partner. Whatever your plans, whatever your desires: see them on the screen. What can you see? What can you smell? What can you hear? What colors do you see?

The more you practice this visualization, the sooner it will become reality.

The power of visualization is very real - THOUGHTS are stronger than words.\*\* If, at first you are having difficulty visualizing believe you can and you will.

Visualization must be practiced every day. People are unaware of its true power. If you are having difficulty, practice the following:

Close your eyes:

- Visualize an apple. Visualize the color red.
- Visualize an orange. Visualize the color orange.
- Visualize a banana. Visualize the color yellow.
- Visualize a tree. Visualize the color green.
- Visualize the sky. Visualize the color blue.
- Visualize a plum. Visualize the color purple.
- Visualize a violet. Visualize the color violet.
- Visualize a wedding gown. Visualize the color white.

If you can visualize any of the above, you can visualize anything. Believe you can and you will.

### **We have discussed two meditations.**

By doing the MANTRA every morning and the VISUALIZATION every night, you are programming your sub-conscious to give you all that you ask.

Nowadays many people think that money is everything. As long as

one has enough money to feed, clothe and provide shelter, one should be grateful. We never have too much spirituality, we never have too much purity of thought and we never help others too much because in helping others we are helping ourselves.

Now that you know the MASTER PLAN, it is suggested that you choose your desires with goodness for all as the main theme. The choice is yours. Choose wisely.

## **Surprise Bonus#1**

### **DO YOU WANT TO SEE CLAIRVOYANTLY?**

Here is a little exercise which will enable you to do so. Do you have a crystal? If not, a diamond ring with one stone will be fine. You need something that shines.

- 1. You are completely relaxed sitting in your meditation chair. You are holding the crystal in the palm of your hand.**
- 2. The lighting is so low that you can barely see the outline of the crystal. You know that you are holding it. You know you can see "something".**
- 3. Look into the crystal without trying to see anything. Look into the crystal as though you were looking in the far distance. (MILES AWAY.)**
- 4. As you keep looking into the crystal, it will gradually cloud, and you will then notice white clouds forming. Keep looking. Suddenly, the crystal will appear to be full of milk.**
- 5. This is the critical time. Do not jerk. Do not let yourself become alarmed.**
- 6. Then, as if by magic, the whiteness rolls away - the same as curtains being drawn to disclose a stage.**
- 7. The crystal has apparently vanished because you now see the world. You now appear to be looking down upon the world. You will have a sensation of falling. Do not be frightened. Do not jerk. Remain in control. (Otherwise, you will have to start over on a different day.)**
- 8. Suddenly you are in a scene on earth. Regardless of the**

**scene, do not be alarmed. No harm can come to you. Although you will not hear a sound, you will know everything that is being said.**

So it is that we see in clairvoyance.

This exercise is easy providing you have faith. Even the skeptic will see results. Believe you can and you will. You will be able to see anything that has ever happened and anything that will ever happen.

You want to make progress? Then you have to abide by certain rules - you have to keep calm, you have to take the middle road. Some people try so hard that they cannot "see the wood for the trees". Others are so lazy that "nothing at all is done".

Go somewhere between the two extremes and your progress will be remarkable.

## **Surprise Bonus#2**

### **EVERYONE DREAMS EVERY NIGHT**

Do you remember your dreams? The true meaning of your dreams will not be found in some book written by someone else.

Within weeks, you'll be able to predict many events in your life simply by being aware of the true meaning of your dreams.

If you have difficulty recalling dreams, mentally, repeat to yourself before sleep: "I will recall all my dreams upon awakening and I will also know their meaning". Repeat seven times.

Keep pen and pad beside bed. Upon awakening, remain in bed, keep eyes closed and jot down all major events in your dreams. If you have difficulty recalling dreams, think of important people, places or events in your life. This will often jog your dream memory. Whatever you remember, write it down.

Many dreams will be easy for you to define because they will deal with your inner dreams, desires and fears. By examining yourself you will recognize these dreams immediately.

Every night in your dream journal, record your day's activities,

etc., the same as you would if it were a diary. By doing this you will soon learn the true meaning of your dreams. Certain symbols in your dreams will always pertain to the same meaning. This daily analysis will greatly enhance your ability to predict many events in your life.

**NEED AN ANSWER!**

Do you have a major problem in your life? A minor problem? If it really bothers you and you really want an answer, before bedtime mentally repeat to yourself: "Tonight in my dreams I will be shown the answer or solution. I shall wake up in the morning with full recall. Thank you." Repeat seven times.

## **Surprise Bonus#3**

**HAVE YOU EVER ARGUED WITH ANYONE? PROBABLY NOT, BUT IF YOU HAVE, PLEASE READ ON.**

The earth is like a magnet. It has a North Pole and a South Pole. You probably know that in the Northern Hemisphere, water runs down the drain in a clockwise direction and counter-clockwise in the Southern Hemisphere. This North-South magnetism also has a great effect on humans.

Did you know that by sleeping with your head facing North and your feet facing South, your body requires less sleep or should we say your body will be rejuvenated much more with the same amount of sleep.

If you are ever in a mild or serious difference of opinion with anyone, always try to be sitting or standing or whatever, on the north side of the person. This way you will win the argument or at least it will be a draw. Experiment with this North-South and then you will realize its true power.

The MANTRA and VISUALIZATION programs are very powerful. It is hard to change the habits of a lifetime overnight. It requires discipline. This discipline will pay for itself beyond your wildest dreams - mentally, physically, emotionally and spiritually. While in altered states, secrets will be revealed to you but only when you are ready for them.

Many psychics - seers - fortune tellers - whatever you want to call them have developed their abilities by following this program.

I love to hear of your successes so don't be bashful.

Yours in Happiness,

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