

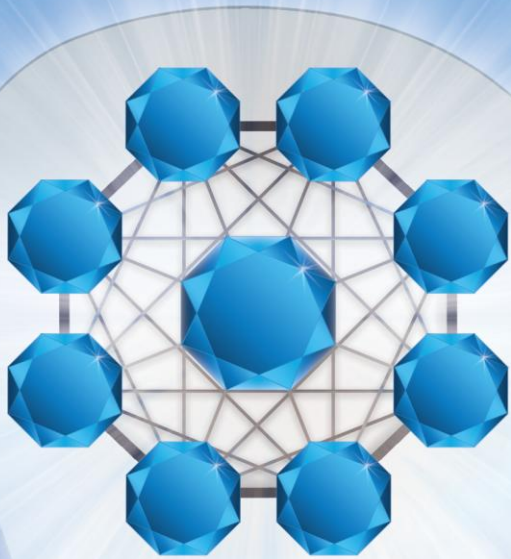
WWW.ABUGFREEMIND.COM

PART

1

CREATING A BUG FREE MIND

THE SECRET TO PROGRESS



Eliminates ALL
NEGATIVE THOUGHTS,
leaving you happier &
healthier, meaning you
can go from where you
are now to where you
desire to be.

ANDY SHAW

“Creating” A Bug Free Mind

The World's 1st Antivirus For The Human Mind

By Andy Shaw

*****READ ME*****

This is a VERY IMPORTANT QUICK note!

Thank you and congratulations on actually buying this book. However, right now you are in **REAL DANGER** of making the biggest single error made by most people who buy self-help / personal development books!!!

Right now you are in **REAL DANGER** of turning this from a self-help book into a *shelf-help* book.

So without delay... as you will shortly find out there is nothing you can do right now that is as important as learning this process... (but I don't expect you to 'believe' that right now, that will come later!)

Right now I've got to help you to not self-sabotage yourself, so without putting this book down, spend just two minutes and go to the introduction and just read the first few pages called ***'Are They Just Bad Teachers, Or Is There Something Else Going On?'***

If you do that then this will be a 'self-help' book not a '*shelf-help*' book!

Just take a few minutes NOW to change your life...

Some site member feedback

When I started on this journey I said to my site members I'll be spending the next few months sharing with you some mindset stuff. I chose not to tell anyone I was writing a book at the start. So here's some feedback from some of the people who had the contents of these books shared with them about twice a week

"I joined Andy's site early in 2010 after being inspired by his way of thinking, his past journey and his goals for the future - especially HIS goals that include ME!"

....I have read many personal development books, and learned much from them, but I find that with Andy's approach, things just click into place. His blunt, no BS approach is fascinating in the way he reveals and unravels the "wrongs" that we have either been brought up to believe are true, or what we have just accepted as "The Norm".

Thanks Andy P.S. If this stuff was taught in schools, the world would be a better place." -

Geoff Beattie

"What many other so called gurus promise Andy actually delivers - clear, simple, no-nonsense, practical steps to building the life and wealth you always wanted. It's this simple - I have found no-one better at showing the way they get wealthy that anyone can follow." -

Andrew Leedham

"What fascinates me about the articles written by Andy Shaw is that the content is so obviously correct and makes so much sense, but somehow it is still stuff I have never thought of, and is very interesting. I can relate directly to the articles, and instantly apply the knowledge given into my everyday thinking. I can feel my thought processes becoming more and more positive as negativity is removed from my life. Many thanks Andy" -

Clive Pearson

"I've immersed myself in all of the motivation and mindset books for the last few years but Andy has managed to come up with a laser-focused approach that cut's right to the heart of how you actually make all that "stuff" work for you. So I'm really impressed. The value of this material will be limitless" Robert -

Robert Whyte

"I love the style of writing you have adopted, you are definitely talking to ME! I am working hard to apply what I am learning from your articles and can already see that I am making steady progress towards my personal goals. Thanks Andy for a new approach to silencing the nutter in my head!!!" -

Anne Nelson

Now Some reader feedback

This book is amazing. It really is different to what I've read before and I've done a lot of sole searching and personal development. This is truly different. - Steve Skowyrski

What many other so called gurus promise Andy actually delivers - clear, simple, no-nonsense, practical steps to building the life and wealth you always wanted. It's this simple - I have found no-one better at showing the way to get wealthy that anyone can follow. - Brian Lunt

Firstly a wonderful and fulfilling experience already and I am still absorbing Creating A Bug Free Mind. I got the books in December and I have deliberately taken time to follow this material. I read your first book on property and knew you were a genuine good guy out there who could also teach. I am already noticing wonderful changes in my life. My partner has also noticed and true to your word slowly and surely I am becoming ever present and conscious. I am very grateful you have written this material and to you and all the members of the forum I am smiling and together we can wake the world. Thank you. - Paul Baker

I read your books, it is an understatement to say they are great. I have read many self-help books and recognize most of it in your books. But I love your language. It is down to earth and no way to misunderstand the message. What gave me most from my first read was to allow myself to make mistakes. I am now happy to do mistakes and that has allowed me to take bigger steps toward my success. And I can see it is coming. - Evakarín Wallin

Thank you Andy, your books had a fantastic, stunning impact on the way I think and handle my life. I have only read until the end of Chapter 11 so far as I took my time and reread all chapters at least three times. (And it took a while to master the techniques.) And yes, you are absolutely right, each chapter has to be reread over and over again as with the change of thinking comes a different understanding and lines which didn't seemed important at the first time become important the third, fourth, fifth.. etc.. time of reading. But you not right that a marker should be used to highlight certain lines.... As I ran out of two markers after the third time rereading and ended up with every singular line being highlighted...In my opinion these books should have been printed on red paper in the first place-as every singular line in it is important!! ;-)- Karin K

I bought your books. Now reading "Creating a Bug Free Mind", awesome stuff - gave color to my day, and the more I absorb the clearer my mind is. Thank you for sharing this with us. Though sometimes it "seemed" it was obvious for my mind to go in My direction, the thoughts were Cool, but after flying through the pages, I realized there was so much dust to clean, my mind was clouded, and there that little saboteur playing the piano of my ways. The info is simple, but I had to read again and again some of the chapters, to install the right piece of the thought and to get rid of the dust in some corners of my mind. I thought I mastered the "15second of the powerful thought" the first time, reading the "5 free chapters" you provided, but after I started to change my thought patterns from the book, I realized that it was just a trick of the yada-yada-nutter. So I made some steps back and played with that exercise for a

*while; then I get back with more power on My road. Really enjoying the books, and to be truthful, I thought the books will just be another shelf-development-stuff, and to my surprise, I got a lot for so little investment. It's like investing 40 pounds knowing I'll get 40.000 return; and I'm just at the beginning of your "first book". It will surely rise till the end and multiply when I'll get to the second one - "Using a Bug Free Mind". All Success. - **Iulian Gudumac***

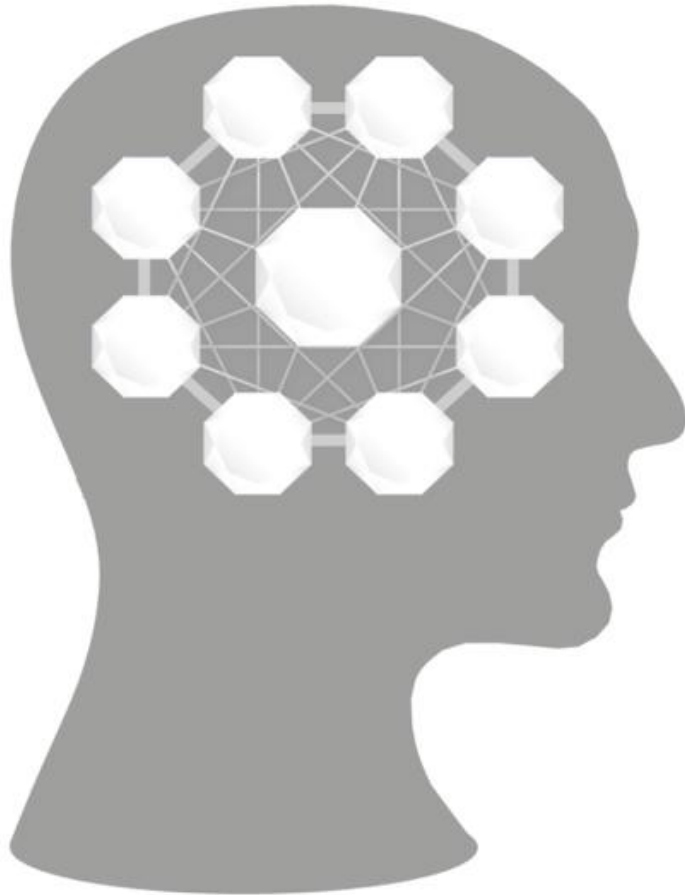
*My blood pressure was 222/ 140 and stress was killing me. After debugging my mind I am starting to see great improvement. You should do a medical version. - **Garry Chalker***

*I am not sure where to start Andy, I have read Think and Grow rich, about 50 times, the secret, Abraham Hicks, and your books have made me think more deeply than any other. There is loads of feedback I look forward to giving, but I feel that my priority right now is to finish creating my designs and absorb the books more. I have a list and would like to promote your book to them. - **Rebecca Jenkins***

*I started reading the 5 Chapters as soon as I got them but couldn't finish them all in one go. I ended up waking up in the middle of the night to read the rest because it had such a profound impact on me. I can't wait to get the books and truly believe they will become the classics of the 21st Century and impact on people's lives just as Rich Dad Poor Dad. - **Susan Beesley***

For many more testimonials please visit:- www.ABugFreeMind.com/customer-feedback.htm

*~ This book is dedicated to my children who will always
teach me more than I can ever teach them ~
David & Sarah*



SAL  TORI

“Creating”

A Bug Free Mind

The World’s 1st Antivirus For The Human Mind
Powered by Saltori Thinking

Freedom From Struggle – Creating Your
Life On Purpose ‘By Design’ Instead Of
Living By Accident

A Revolutionary New Approach To Achieving All You Want
From Life

By Andy Shaw

Special Note: -

“Creating A Bug Free Mind” is book one of a two-book experience. When you have finished “Creating Your Bug Free Mind”, then the second book “Using A Bug Free Mind” will complete the process of change experience for you. Originally I intended for it to all be in one book. However, once I had written them I saw the power for you was much greater if you were to tackle one major life change at a time.

Also By Andy Shaw

Using A Bug Free Mind

Money For Nothing And Your Property For Free

www.ABugFreeMind.com

Copyright © 2010 Andy Shaw

Published and distribute in the United Kingdom by www.AndyShaw.com

This book is designed to provide competent and reliable information regarding the subject matter covered. However, it is sold with the understanding that the author and publisher are not engaged in rendering legal, financial, or other professional advice. Laws vary from country to country and if legal or other expert assistance is required, the services of a professional should be sought. The author and publisher specifically disclaim any liability that is incurred from the use or application of the contents of this book.

All rights reserved. No part of this book may be reproduced without prior permission of the publisher.

Second Edition

With Special Thanks

I would like to say thank you to my family Alison, David and Sarah and my friends Phil and Debbie Doolan who put up with me whilst I wrote these books.

Thank you to my friends Nicola Cairncross and Paul Fuggle who were always available to bounce an idea off! I would like to thank Jason Strachan for providing me clarity to explain what on Earth I was talking about. I would also like to thank David Birkett for his help clarifying some very important details which he helped me with after reading the whole system.

Thank you to my friend Mark Donnan, during our first meeting Mark pointed out to me something of key importance and he helped me to create the branding and understanding for Saltori.

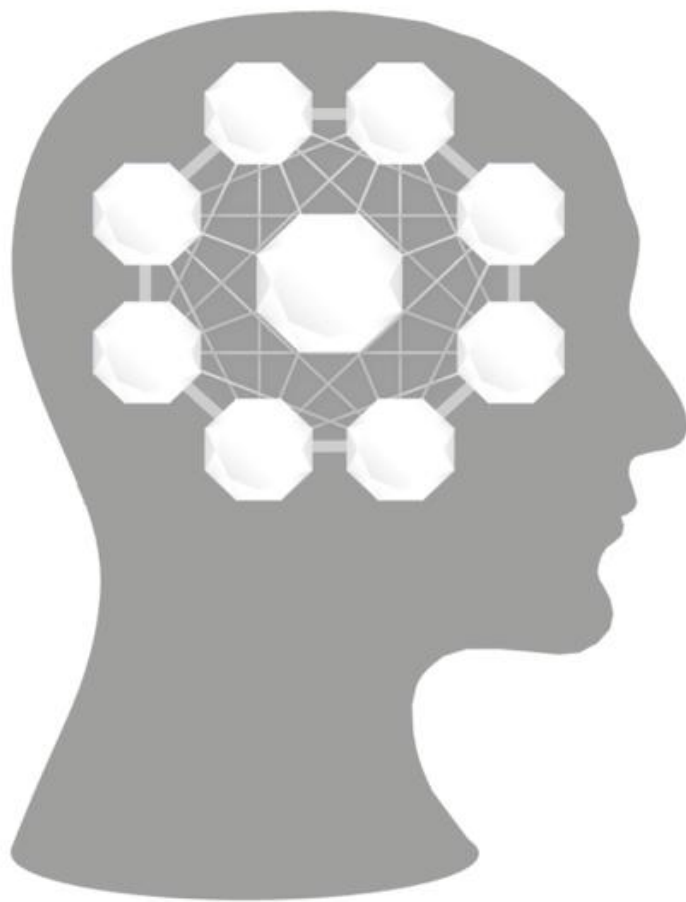
Thank you to my site members who gave me feedback and let me know what I was sharing was of the highest value.

Thank you to all of the people who will read this in the future. It was the inspiration I gained from knowing you would do so which made me decide to create and write this.

Thank you to all of the mentors and inspiration people I have had the opportunity to meet along the way. Learning is a two way street and as you share wisdom you also acquire it, so thank you to all those who have sought out my assistance.

There's a very special thank you to my Dad Allan Shaw who taught me how to teach the things I know so that everyone can understand them. Not just those who get this sort of stuff with ease, but the people who really need it as well. And it is because of the skill he gave me I can now explain to you exactly how to do it, so that you CAN change your life.

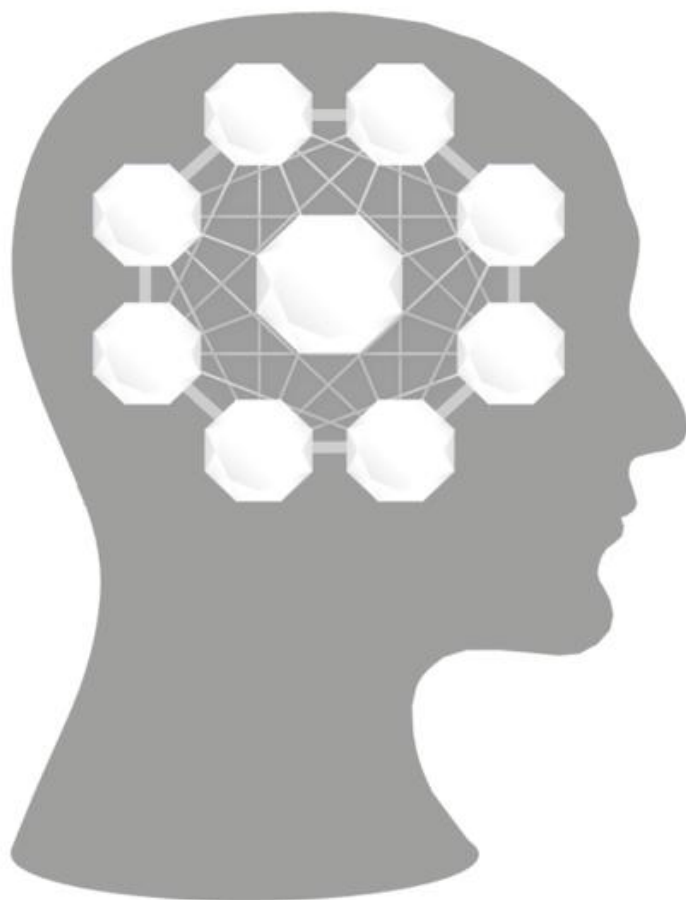
And finally a thank you to the person who made me bankrupt as without you I never would have taken this path and a lot of people's lives will be made much better thanks to your decision.



SAL 永 TORI

Table Of Contents

How this book was written and why	I
Author's note	III
Introduction	VII
How to get the most out of this book	XVII
Chapter 1: From Gold to Sh*t	32
Chapter 2: The Turning Point	44
Chapter 3: Becoming Indestructible	60
Chapter 4: Lightening The Load	68
Chapter 5: Curing The World's Biggest Disease	84
Chapter 6: Why Worry	90
Chapter 7: Going Against The Grain	114
Chapter 8: The Perfect Competitor	126
Chapter 9: Do You Really 'Want' To Wait Any More?	144
Chapter 10: Running The Anti-Virus	162
Chapter 11: Now That's Painful	180
Chapter 12: Has The Blob Caught You?	196
Chapter 13: The World's Greatest Demons	206
Chapter 14: Who's Afraid of The Big Bad Illusion?	220
Chapter 15: This Is A Game Of High Stakes!	260
Chapter 16: Absolute Power	290
Chapter 17: When Is Now The Right Time?	308
Chapter 18: Are You Allowed To Do That?	330
Chapter 19: The Secret To Success	348
Chapter 20: Achieving Harmony	359
Chapter 21: The Lazy Man's Way To Enlightenment	374
Chapter 22: Have You Been Sold The Wrong Plan?	382
Chapter 23: The Law of Attraction Doesn't Work! The Law of Creation Does	394
Chapter 24: Doing Less And Creating More	412
Chapter 25: How To Kill Off Overwhelm For Good	434
Chapter 26: Re-learning To Trust Your Intuition And Ignore Your Mind	462
Chapter 27: So What New Skills And 'Magical' Powers Do You Have?	482
Chapter 28: Do You Think You're Worth The Effort?	504
<i>Appendices</i>	516
<i>About the Author</i>	520
<i>My Mission Statement</i>	522
<i>Summary Of The Main Chapter Benefits</i>	524



SAL 永 TORI

How This Book Was Written & Why

Over a period of about three weeks I experienced the most amazing transformation of my mind. I went from being totally out of control to in absolute control. At the time my financial world was very publicly crashing down around my ears and yet I was in total serenity at peace with it all. I found peace in a way that I used to have as a child. I was not shut off to what was going on, instead I experienced every single graphic detail of it and actually enjoyed the intimacy and involvement of it all. No fears, no worries, no anxiety, no stress, just involvement and observation.

The inevitable happened and I was made bankrupt on December 21st 2009. During the period of about two months whilst this was all happening I received hundreds of emails from people saying they were amazed at how I could handle this all so well, and how calm I was. I had all this going on, but I was also crystal clear on my thinking, that this was a temporary situation and the only way it would be permanent was if I allowed it to be. Which obviously wasn't going to happen.

I considered, disappearing off into the business world and making another fortune, to re-emerge in three to five years time as another success. However, something had changed in me. I had found the secret to controlling my mind. I now knew what I could do, how easy it was for me to create by design, and how easy it was to go from being on top of the world to nearly buried by it as I actually saw how I had un-created by design as well.

I was at a time of great thought and I decided to share a few of my insights on controlling our minds, acceptance, surrender with a few of the members from a site I used to have. This was just to see what they thought really. They loved it and so I added some more and within a couple of weeks I understood what I had discovered - that everybody needed this knowledge, not just those who were on the verge of bankruptcy. Every living person needed a way to reset their mind and get control over it. I didn't realise right then, but what I had found was the missing piece, the piece of knowledge which we all instinctively know is right there. You know the bit that makes it all come together. We can sense it's there, we just can't seem to find it. Well I found it - I found it by accident like some hidden treasure in the Jungle. Well I just re-traced my steps and figured out the map of how to get there and that's what these two books are about.

Once I knew I was writing a book I looked at how quickly I could write it. A few years ago I wrote my first 450 page book in under 20 hours, so I knew I could write it quickly. However, I also knew that I was still in the transition phase myself, whereby I had removed the bugs, but there would still be a

tendency to reform old patterns. So I thought, if I wrote this book over the next few months, then I would get to spend a few hours a day cementing in the correct mindset in place. I was also sure I would discover new things along the way as well. So I set out in January 2010 to write this book. Around June time I realised that I wasn't writing one book, I was actually writing two. Looking back now it is obvious, but when I started out my intention was to create one system for the removal of bugs and one base system for structured thinking to run all software on. These evolved into what I call Saltori, which I explain in more detail shortly.

I finished the first draft of the books nine months later and have loved the entire journey. These two books are the culmination of my mind's work on the attainment of a successful life through an all encompassing structured thinking system. The first book 'Creating A Bug Free Mind' is the one that clears your mind of the junk, the hidden bugs and all the mental viruses which cause you to fail to succeed. It frees you of all of your dead mental baggage. The second book provides you with a base operating system for your life, so that you can now create your life by design. This works in a similar way to Apple, Linux or Microsoft's operating system, as in it is the foundation program for all you intend to do in your life.

Once you have installed this new structured way of thinking into your mind then you will stop living by accident and start living your life on purpose. On your true purpose and creating all details of your life to the design you 'want' it to be.

Andy Shaw

Author's Note

What if...

You know when you use a computer and there is a build up of junk on it so it starts to run slow. Then after a while it really slows down and you give up and either restart it, or it doesn't even give you that option and instead just freezes up? Yes it's annoying just before you make the decision to restart. But at least you know when you've restarted your computer it will be clear of bugs and it will be free to work unhindered for a good while. Well your mind is very similar to a computer, except you have no 'off' button. You can't just restart it in the same way, so there's no easy way to clean out the 'bugs'

...but for a moment, just imagine... *what if you could?*

As you go through life your mind fills up with junk, which can not only be the junk we recognise as bad such as limiting self-beliefs, or the wrong assumptions we have made thanks to our misunderstanding of the results we received. Also junk can be truths that you hold on to that you 'believe' to be true because experts tell you it is. Yet years later you find that all the things you did because of those wrong assumptions were all built on sand and it turns out the world isn't flat, but it's round. Almost everyone right up until the point of discovery thought the world was flat; they 'believed' it was flat, however, Columbus '*knew*' it was round.

As we know, all this junk build-up causes your mind problems. You do various things to relieve the build-up to 'try' and restart, such as sleep, exercise, meditate, argue, etc. However, there is no reset button. These quick fixes are at best only a temporary bandage on the wound and have only relieved the core excess of junk. They haven't gotten down to the real problem. You see our bodies are mainly self-healing, however, our minds don't work in the same way... they can do, they just need the correct input together with regularity. Effectively our minds need to be maintained in a similar way to our body needing food and water. We can't expect to eat once and for all as our mind is not static and is either fed daily a diet of structured thoughts, or it is fed chaotically by accident instead. You cannot eat or drink once and for all, and a system for structured thinking requires a little maintenance to remain intact... Or it gets sick and your life becomes messy...

Though maintenance isn't the problem yet... The real problem though isn't the build up of junk, the real problem is an invisible one... It's that when all this junk is in your mind, it bounces around in there, knocking into other junk and connecting with pieces of it and forming complete rubbish in the process! In the end all these bits of junk have grown into their own rubbish programs which

make your mind run slower and slower. So these isolated bits of junk have now formed into bugs and viruses, and what makes matters worse is they have now become invisible to you. The junk you could have removed, as you placed it there, and therefore when you did the same thing again you would have noticed it when you got a different result. However, these bugs are now in and buried deep in your mind, created by your mind and designed to be invisible. As they are invisible you have no idea they are there. You know there's something wrong, that you are doing something wrong, but you don't know what it is. Maybe you've wondered many times why you cannot attain success at something; you spend your life trying one thing after another. You see a few people making a success but the vast, vast majority of people never get anywhere.

They and you don't get anywhere because your minds are full of invisible bugs. Huge obstacles, which give you the appearance of you being stuck! But in truth are forcing you to just repeat the same mistakes again, and again throughout your entire life. These bugs are like a computer virus, *they are a pollution to the way you think* and they nurture the **chaotic thinking** which is the biggest problem humanity has. They are the reason all of the businesses you've tried to start end up failing, or limping through. They are the reason why your relationships fail or struggle. They are the reason why, when you buy a training course which you know works for others, it still fails for you. They and the lack of a structured thinking system are the reason why your life is not as you would like it. Your frustration grows, however, the reason for it and everything else you have ever tried failing is very simple. **You are installing good software onto a computer which is infected with viruses. Your mind is full of bugs and nothing will work until you clear those first.** It's the magical missing piece, the REAL reason why.

Have you yet realised for yourself that despite you reading various books and getting smarter each year, that each year you go a little further backwards financially or you just seem to not quite get anywhere at all? Each year you feel you have taken a load of steps forward, but you FEEL like you're actually further away now than you were years ago? Have you yet reached the point of wondering IF all of this education and Personal Development stuff you do is actually helping you? Have you found that each year you just get more frustrated. Until finally at some point you know you'll reach the point of saying something like, 'Well I've been trying for years and I guess I am just not successful, or ever meant to be successful.' So how close are you to resigning yourself to the fact that *'you can't do it'* and so instead you'll decide to do something you dislike and keep quiet rather than find and do something you love. So instead you live a life of quiet desperation by accepting mediocrity. BUT... You know there's an

answer, you know you are close to it, but you just can't find out what it is. The answer is your mind is full of bugs and they are hindering you each and every step along the way. Unless you remove them then NOTHING you do, no new software will work, because you are installing good software onto a bad machine.

But what if you could just hit the reset switch and clear out all the junk? That would help, that's why people meditate and exercise etc. But you'll find that this only removes most of the junk. It doesn't remove the bugs and the viruses, as they are invisible and part of you so you cannot fix it if you don't know it is broken.

What's more your mind is like a tank of water, you cannot sort out part of the pollution by pouring in clean water. You have to clean the whole tank out at once or the pollution will spread to whatever clean water goes in, this is one of the main reasons why self-help books don't work as I will explain shortly. They are only cleaning some of the water in the tank... As soon as it's cleaned it's poured back into a polluted system. So can you imagine for a second just how powerful it would be to be able to restart your computer? To be able to clear out all of the junk all the pollution, to have had an expert go in and remove all of your viruses, all of your bugs. Then you switch your mind on and it's there, silent and ready to do whatever you 'want' it to... All of the software is still on there, all of the good stuff remains without any of the bad stuff. Your mind is clear, free to do whatever you wish.

Now with this CLEAR mind you decide to load new software say learning to '*How To Trade*' Stocks and Shares for example... But it could be anything you want it to be... As with a CLEAR mind and a structured way of thinking then you can DO anything. As you are Trading you see a bug forming (a 'poor' or irrational thought). Now because you have in place a structured way of thinking which amongst other things is effectively like the most awesome antivirus software on Earth. It identifies the bug a mile off and just rids it from the start without effort. So the new '*How To Trade*' software is able to just go in and work unhindered. It just works, it does its job. Before, the new software failed to start but now your mind has '**no bugs**' and no '**chaotic thinking**' getting in the way. Now you are clear to think and whatever you choose to install into your life will now work.

Well can you imagine how powerful that would be? Instead of everything you touched failing, *everything you touch now turns to gold*. How would that make you feel? Little old you can now make anything work! Everything you do works, everything you touch turns to gold, you can do anything you desire... how would that **feel**?

But that's not realistic right?... Back to the real world where your mind is full of bugs and has no structured thinking system. But if only there was a way

to restart your mind, to clear out the bugs and install some anti-bug software. ***What could you do with a mind like that? What would you do with a mind like that?***

Well, ***what if*** there really was a way to reset your mind?

Far too magical I agree, but ***what if...*** what if you could?

Let's just say for a second that I could have found a way to do this, I know it's unrealistic and highly unlikely, after all, someone else surely would have come up with this before right? But let's just say I'd found a way that everyone could do it, no matter how clever they are; anyone who can read or listen has the ability to restart their mind, remove all the viruses, install the world's only antivirus software for the human mind. Would having a mind like that be worth your time?

Well what would you do with the time anyway? Until you rid your mind of bugs your entire life is on a continuous loop regardless! Until you put structure to your thinking you only have an accidental chance of succeeding to get what you 'want.' Face it... Right now if you are not a success then you are stuck and no new software will make it work. You would like to 'believe' that the answer lies just around the corner as you feel it is very close, and you are right it is, it's always been with you, but you've forgotten how to use it to get what you want. You can still use it by accident as you still have it, and that is the reason you are reading this is... you asked for the solution and you are now holding it. You now have to choose to ignore or to read on, and the problem of course is choice... So what are you going to do? Are you going to go back to drifting through a life of quiet desperation and mediocrity or are you ready to see how deep the rabbit hole goes?

Andy

Note: - To enhance enjoyment and understanding this book was first written between January to October 2010. But I re-visit it periodically and continuously improve the system.

Introduction

Are They Just Bad Teachers, Or Is There Something Else Going On?

There's a powerful reason you're here now and starting this journey of discovery. The reason is you asked to, you asked for a solution and this is what you have found. You don't know right now if it **'is'** the solution, you just **'hope'** that it may reveal another piece of the **great puzzle**. And you are still not sure whether this books system will be worthy of your time. So I will show you what you will get from it in the best way I know how...

Side note: - Before I start, it is going to sound like I am highly critical of those in my industry, I am not what they share works and because of the way my mind works I am able to extract the success formula contained in every book I have read on 'self-improvement!' However, it only works if your mind is already 'set to succeed' and not set to 'stay where you are!' This is the universal flaw I discovered by accident when I asked the question where are all the successes then? This is the reason why self-help books work for successful people and fail to deliver on results for everyone else. They make you feel good and they teach you things, but unless your mind is in tune with your natural success guidance system then you have virtually nil chance of success with them (0.001% chance to be exact). However, I am grateful that they missed the fact that no one had taught someone how to get their mind right before adding good information into it. What they missed is effectively the prequel to all their wonderful information, that is what these books deliver to anyone who can decide that enough of going around in circles is enough. By them missing it, I have been allowed to come and produce these two books, which will enhance all they do and will do. These books will ensure that whatever you decide to learn and a lot of what you already have learnt will now actually begin to work.

Now I don't know if you have children...but let's imagine you do. And let's say tomorrow you send your children to a new school. As this school is meant to be the very best school in the country, it's like a SUPER SCHOOL almost! You've read all the convincing testimonials and case studies from all the other parents and you are very impressed! You think your child will go there, become super successful and will just fly through their exams! You know by you sending your children there that you are giving them the very best start in life! At least, that's what you're expecting as you fill out the enrolment form and pay the considerable fee...

Now imagine that it's not just you who hear about this school either. But imagine MILLIONS of other parents hear about it and decide to send their children to this school too (as everyone wants to be successful and for their children to be successful too don't they?) Just imagine though that this school had no problems with class sizes and that every single pupil was looked after.

Now let's imagine the HORROR... and the sheer media frenzy...when in five years time the exam results are published. Guess what? 99.999% of all the children who attended this "SUPER SCHOOL" FAIL EVERY SINGLE EXAM!! ...And FAIL MISERABLY! 99.999% FAIL! Can you imagine the uproar? After spending all that money and investing all that time! The disappointment you would feel in having let your children down by sending them to such a bad school...

Now if YOUR CHILD was attending that school... Who would you BLAME? Would you be angry at your child? Was he/she just *'too thick'* to learn what was taught? No way! Of course you'd be furious at the teachers... thinking what kind of rubbish have those teachers been teaching my child all this time!

Now the reason I'm showing you this is because the same thing has been happening in the self-help/personal development industry for decades!! Did you know that LESS THAN 1% of people succeed with getting the life they desire after reading self help/personal development books or attending further training?

Actually the figure is a lot less than 1%... In fact 99.86% of people never manage to get their net worth to as much as One Million Dollars... And that is hardly rich is it?

So just 0.14% get to be worth a mere \$1 million! Don't you think that's pathetic! So with all this 'extra' education, the self help world gets nowhere, sure you learn a bit and you feel good, but what counts is results and they just don't show up.

You may want to read those last few sentences again as THAT IS A MASSIVE FAILURE which in any other industry would never be tolerated! But remember, that's the system that YOU ARE USING TO ACHIEVE THE LIFE YOU DESIRE! So how many books have you read on personal development? So these books are giving you what exactly? As they are not giving you the life you are after are they? So what actual massive life changes have you got and retained after reading them? Think about it...

So who is to blame for this lack of results? That's the question!

Are the millions of people like you who read the personal development books all just ***'thick as two short planks?'*** Well after reading hundreds of self-help books myself, certainly I didn't think so. In fact after several years of research I came to the realisation that all the self help books out there were... written by teachers who were really clever and **COULD DO IT**, but unfortunately **THEY CAN'T TEACH IT!** Well actually they can, they can teach it to a very tiny group of people who either are already successful, or **WILL BECOME** successful from either theirs or another's teachings. You see success teachers currently can only teach the successful minority who still have their natural structured success thinking system. The unsuccessful majority who have lost their natural success system has no chance of learning it... **NONE!** Well they can learn it, and talk about it and even teach it... They just can't apply it!

I know what you're thinking, that's not true... some people succeed and you're right, under 1% do. The truth is... you don't want it to be true... As if it's true then the thought that you've just had in the dark corner of your mind may also be true... ***That you cannot ever become successful...*** Now that's a painful thought which you don't like to air too much... But the starting point for you and I is for me to get you to realise that the way you are doing it ***isn't ever going to work!*** You first need your mind right and a success guidance system in place... ***THEN ANYTHING YOU WANT TO DO WILL WORK!***

But there's something in your mind that will let in things that later it intends to undermine, so I need to give you more evidence before you understand that what I'm telling you is actually right... Gone are the days of your early school years where you just took what the teacher said and made it part of you... Now your far too clever for that, so I need to get this past some very nasty little problems you have inside your mind.

But you're probably thinking, surely one of the Personal Development teachers can teach it to you... Well think about how many people watched the film "The Secret", over 200 million at the last count. Millions of people bought that book from all over the world, watched the DVD, went on to further education, etc ...Yet are you seeing millions of millionaires running around? No, me neither! In fact I don't know **ONE PERSON** who's read The Secret who actually has their ideal life!

You see, the whole self help industry says ***'Well it's down to you, you've got to take action!'*** Of course you have to take action, thank you for stating the bleeding obvious. ***But for most (in fact all) people there's mental roadblocks stopping them, and it's the teacher's job to help people overcome their problem and succeed!*** It's like your children's teacher, turning round to you at parents evening and saying, *'Sorry, your child failed every single exam!*

Honestly I did give him all the work, but he just didn't do it, so I couldn't help him...
...You'd go mental if you heard that wouldn't you? I know I would!

Look, this is a copout of epic proportions, and they turn it back to you simply because *they just don't know how to fix it!* They know their stuff works, so they assume it must be you... But your mind needs to be in the right position before it can become successful. They are teaching success from a successful position, you are attempting to learn to be successful from a position of Anti-Success... That is why you haven't, can't, and won't ever become successful at getting what you desire to get from life. But it's the teacher's job to get whatever they're teaching to work for their pupils! Or at least try! Isn't it? ...Otherwise what's the point?

And it's not as if they don't know that the children are failing, they have been failing for years, this is not something new... ***However, they just don't know how to fix it so instead they blame you for not doing it...*** and you look at them and think, *'they are far cleverer than me, so they must be right! I am a failure!'*

No, No, No... their method of teaching fails 99%+ of people who take part in their material. ***They have to become accountable. It's not you, it's them! They just can't teach it to you so that you actually get it.*** This is why you cannot actually make the law of attraction work. This is why you don't have Total Self Confidence. This is why you Fear Failure... But if 99%+ of children failed their exams then the teachers would 'try' something else wouldn't they?

No... they wouldn't! Why not? Because you, the parents, are not complaining! You are accepting their awful teaching methods as ***the way it is*** and that they must be right. ***1% is not a good success rate!*** I won't EVER accept that sort of failure rate. You expect me to go home to my wife and she says, *'what did you do today?'* I tell her, *'I sold 1,000 books, which means 990 people failed, but at least I got to help 10 people...'* Sorry this is not acceptable, just because everyone else does it this way I don't accept it and I never have.

I pondered on this situation for a long, long time and got very passionate about ways to make more people take action and change their lives. Eventually I hit on a system of teaching which I thought would work and so I tried it out in my first bestselling book. And let me tell you, the results were staggering! 12.5% of readers of my first book sent in a record of their achievements - an average of £50,000 profit from a £20 book! (Approx \$80,000 for a \$30 book)

Forget the money for a moment. The important point is I had just got 1,250% better results than the best of the rest in the self help world! But it didn't stop there. They were just the ones who 'actually' sent in their feedback. Since

then I've had hundreds and hundreds of people come up to me telling me how my book changed their lives but they just haven't e-mailed me yet. So this number is certainly much, much higher! According to US government information regarding petitions, they say for every letter, email, or phone call they receive, they know that there are another thirteen people who agree but can't be bothered to send a message in. Well if that was the number then something like 150% of book readers would have taken action (obviously not possible). So we won't go getting excited about a number that's been conjured out of thin air. However, I think you can see that there was a significantly higher follow through with my work than with all others in the personal development world and that is because I recognise why you can't do it and developed my teaching style so that I can teach you...

Now, nearly 5 years later, and thanks to some unique teaching systems I've finally completed a structured thinking system which ANYONE can use to create their ideal life! You are holding part one in your hands now and it is the culmination of my life's work. I designed this system so that it will give you a 99% chance of success instead of a pathetic 99% chance of failure, like you get with most self help material. I'm not hiding behind any excuses here, it is my intention to help you create your ideal life, nothing less. It is in my own selfish interest to do so!

You'll Need Both Parts

There are two parts which you must address in order that you can create the life you desire. If you do not address them, then you are effectively adding good software onto a computer with a virus. Just imagine calling into a computer shop and saying *'My computer has a virus and I'm trying to load in this new How to Be A Success Software.'* What would the guy say? *'Well you can't load good software onto a computer with a virus.'* Well that is exactly what you are attempting to do with any making money, personal development and self help books. Your mind has bugs which it first begun acquiring in your childhood. They are invisible road blocks which prevent you from getting to the next stage in life.

In your life you'll feel like you are stuck, however, it is just that you are making the same mistakes over and over again, I will repeat this often in the book, every time you feel stuck, think, 'I'm not stuck, what lesson have I failed to learn?' What the first part does is shine a light on these invisible roadblocks. It shows you exactly where they are and shows you easy ways to not remove them, but to dissolve them. In the process it never allows them to form again, in other words it installs a powerful antivirus.

In this introduction I am almost scared to tell you what you will be removing from your mind as it will sound simply too fantastic. When you go through each chapter you will see mental roadblocks just dissolve, which you

had previously thought were just baggage you had to carry for the rest of your life. Once you have finished and fully absorbed the techniques in this book then you will have 'Created Your Bug Free Mind'. From there you have effectively cleaned your hard drive; you have removed all the bugs, you are 'virus free' and fully loaded with top-notch antivirus. Then the second book 'Using A Bug Free Mind' is the world's first success guidance system for the human mind. It is all about installing the correct base program (operating system - structured thinking system) or rather 'process for success' into your thinking. Once that is installed then anything you truly desire is certain to succeed (certain is a powerful word, I chose it on purpose). You will be able to make money, build businesses, attract the ideal partner, or just be happy where you are - you will be able to obtain whatever you desire. You will be able to design what success for you looks like and then simply obtain it. I know it sounds impossible and too simple, but it just happens to be what happens when you start living on purpose instead of by accident.

The problem is though, that unlike the build up of junk on your computer, you can't just re-boot your mind and start again...Wouldn't it be magical though if you really could restart your mind in the same way as you can restart your computer..? Just think what power you would have, what abilities you'd discover, what new things you could create with the software running without bugs!

What would you give for such awesome power? I'm not talking about the time it takes meditating for 15, 20, 30, 60 minutes to re-take control and then to re-start again with a fresh mind, which though very relaxed is still full of the same bugs. ***Instead, what would you give for the ability to switch off the noise, to re-boot your hard drive back to new in a period of just 1-4 seconds whenever you noticed it was not running right?*** What would that be worth to you? That's right, in just 1-4 seconds you can actually restart your mind in far less time than it takes you to restart a computer.

To really control ones mind has eluded all but the greatest sages that have walked our planet. However, if you listen to them, they all say that it is actually really simple; it just takes an understanding before they worked out that it was really simple. The understanding came when their minds were clear of junk. Some went on 20, 30, 40 year quests to learn how to control their minds. Now I don't know about you, but that's just ***way too much effort*** for me, in my entire life I wanted the end result with the minimal effort.

My journey led me on a voyage of discovery, I never set out to find a technique which enabled me to be able to switch off and re-boot my mind in just 1 - 4 seconds whenever I noticed it was not working properly. I wasn't

looking for that, I definitely wasn't looking for anything like that in fact. I had a problem, I realised that I had lost control over my mind (my hard drive). I had lost control of my '**natural success mindset**' and I needed it to be fixed. So I figured out how to do it and this book is a story of how I first re-booted my hard drive over a period of two to three weeks. Then how I went on a journey of discovery as I wrote these two books thinking I was writing one, but then realising I had written two.

Without realising what I was creating, I had actually discovered by accident a process for re-booting your mind almost with no effort at all. This technique enables the complete removal of worry, anxiety, stress, fear, overwhelm, depression... you name it...all the bad stuff, can you imagine the ability to just switch them off in an instant! Well just a few seconds?

It's too unbelievable right? I mean we all know people who are very together; the great personal development teachers we have all read for example. However, can we really create this sort of control ourselves?

Yes you can...

I discovered how to almost by accident and along the way I developed a learnable process in which anyone who has the ability to ask themselves the question "*why?*" can learn and implement. If you can think back to the days of your childhood when you asked the question, "*Why?*" all the time and drove your parent's nuts. If you can now just ask yourself '*why,*' then you can obtain this ability.

You do not need to be some guru mastermind who spends 20, 30 or 40 years learning to calm and control their mind, or meditate for countless hours a day. I am not saying meditating is bad, far from it. I am just saying if you 'want' the main benefit which you 'may' or 'may not' attain from meditation, and you 'want' it in the smallest possible amount of time then this is the solution for you.

What will it cost you? Well apart from the price of the book, you will experience the most rewarding journey which will be mentally challenging at times as you wrestle to remove crooked thoughts and replace them with straight thinking. It may take you a few gentle re-reads to absorb and accept certain things which although currently seem 100% real to you, may shortly be shown to be completely wrong (*...you're about to go on quite a ride!*).

If you are prepared to go on a voyage of discovery through your own mind then all the price you will pay is actually pure enjoyment. You will regain the mind you had before you allowed the world to corrupt it for you... ***You will regain Your Natural Success Mindset...*** As I type this I am excited for you as I've been on this journey and have seen others do it too. This isn't a normal book on personal development in which you feel really good as you read it, in

which you learn cool new stuff and you think, yes this is really helping me. Then six months after you have read that book you notice that actually your life is still the same... This book isn't like that.

As readers tell me regularly:-

I am not sure where to start Andy, I have read Think and Grow Rich, about 50 times, The Secret, Abraham Hicks, and your books have made me think more deeply than any other. - Rebecca Jenkins

You are about to read something very 'different'... You'll find within these books A LOT of information which you already thought you knew... But when you find yourself thinking '*I knew that...*' Consider this... '*Am I applying it?*' If the answer is no, then you only intellectually know it... As only if you are applying and living it do you truly know it. And as you'll soon discover intellectually knowing something is far worse than not knowing something. One of the things I do here is bring together the teachings of the ancients, I take from this person, that person... I pull together *what works* mix it with how I think and make it all fit together so that it *works for you*... We all know wisdom when we see it, but most of the time we can't apply it to our everyday lives. What I do is make everything applicable... Hundreds of tiny missing pieces are brought together in one all-encompassing system.

But the reason this system is something very different, is that it is a thinking system... No one has done one of those before, instead they teach you things which you place on top of chaotic thought and wonder why it hasn't worked. But I don't expect you to 'believe' that right now... And when I've finished the last thing you'll want is to 'believe' that... But I do expect you to just be curious enough to begin to read. After this your life will never be the same again, you'll change... It is impossible not to!

The problem you have been attempting to solve is invisible... Which makes it very hard to fix... So if you are wondering why you don't have the success - the life you desire, it is simple. Your mind has a virus... it is full of bugs. You know it would be insanity to upload some new software onto a computer which had a virus... yet that is exactly how you 'try' to create your success. That is exactly what you are doing every day!

I know it goes against the grain for me to criticise what clearly is such wonderful and beneficial information. But we have to face the fact that this system, despite the quality of the information, that this personal development education system, simply fails to deliver. And it fails because of the teachers' inability to explain properly how to the students. I am a student and I am a teacher and I always will be. I can never finish my learning; I will never have

learnt enough. However, because I now have full control, I can now program my mind to absorb the new software easily. I can create - I can manifest simply with no effort. And because of the feedback I have had from thousands of people and because of the feedback I'd like to get from you, I am able to get this system sharper and more cutting edge all of the time.

Some things you should know before starting - I repeat myself on purpose, it is part of why I get far higher success rate than other teachers and is a big part of the reason why you don't have the life you desire. As Bob Proctor says, repetition is the first law of learning. To me repetition is a master skill! I am not a hypnotist; I have never done any NLP training or hypnosis training, however, this book is like a light form of hypnosis. It subtly dislodges your hidden obstacles, it gets them to move and then you notice they are there. As you notice them so you recognise that they hold no value and as such they simply dissolve.

As you go through, if you are fortunate/unfortunate enough (your choice) to notice the repetition then use it as a waypoint to identify either an area you have already mastered or an area which you only think you may have mastered. If you do not yet have the life you desire then the problem lies inside your head in the assumptions you have accepted to be real. It is my job to get you inside your head and thinking. Then if you decide to create the life you desire, it's your job to look at your assumptions and observe them without judgement. At the end of this journey you should just know what is solid and what is an illusion. From that point anything you touch will work; you just have to remove the bugs then figure out what you truly desire.

So what will YOUR life be like in 12 months time? Will you just drift along as you are and 'hope' for the best? That's what 99%+ of the population do as they can't do anything else! But NOW, FINALLY... there really is another option you really can choose! So are you ready for something different? Are you ready to go the right way for a change and create your ideal life? Good - well before we start bear this in mind, you are going to feel angry and frustrated at times, you are also going to get pretty emotional as well. This is all part of the process in 'Creating A Bug Free Mind.' And it is all good! You will soon discover that good is good and bad is good too... When you control how you think... Which means of course, that it is ALL good!

SAL TORI

The Saltori System for Structured Thinking

The books *Creating and Using A Bug Free Mind* describe the step-by-step details for following the Saltori System for Structured Thinking. These books are powered by Saltori Thinking.

The Saltori System is a 'system of thought' which allows freedom from pain regarding the negative aspects of life. Then the attainment of dreams to those which change their thoughts by using this 'new way of thinking.' Saltori Thinking is structured thought applied without effort.

Why do we need a new way of thinking?

We actually need 'a way of thinking,' not a new one because we don't actually have one! We have no thinking system and so by default we have a *chaotic thinking system*. This is why we as humans are in so much trouble, there is no structure behind our thinking system. We are naturally benefits driven creatures and so we thought this was enough. It wasn't the next stage of evolution is simply a system for structured thinking and that is what Saltori is.

Thinking, or more importantly the way we think, is crucial to our success in life. Our thinking is what distinguishes us from the crowd. Thinking is what makes us unique as an individual and ultimately our thinking determines our desired and actual success in life. "Obviously" you might think, but that in itself is an accidental thought if it hasn't been evaluated consciously.

We think accidentally because we were not taught how to think. We are taught to walk, talk, read, write, cook, brush our teeth, clean up our mess, use a computer, drive a car and even fly a plane. We are taught to acquire such skills, as to make them automatic and almost sub/unconscious in their use. Yet the most powerful tool we possess, correct thinking, is left to occur 'by accident.'

Simply, we were never taught how to think, just what to think. It is the lack of a thinking structure which causes all pain in life and in effect pain to oneself and then onto others too. When you install a structured thinking system and use and maintain it, it becomes impossible to consciously cause pain to yourself and to others. Unconsciousness can still occur as we are all human and we slip into unconscious action by default. But by raising our level of thought to a higher level, then less and less pain is created.

So we are taught to do virtually everything in life that is considered important enough to be worthy of an adult's time to teach a child. But we are not taught how to think, which is the most powerful tool we have for getting what we want to happen. This understanding has been preached and taught by every great teacher throughout time and is already accepted as the way it should be done. But why haven't we got a thinking system to apply the wisdom of hundreds of thousands of years of experience into our lives? Quite simply it's been missed... Or maybe no one could simplify the wisdom of our ancestors so that everyone could easily apply it...

So without a structured thinking system, when you think about it then it isn't any wonder that 99.999% of people fail to get what they want from life... Simply because they don't have a simple easy structured way to think automatically the right way, instead of accidentally thinking the wrong way. Instead of structured thought we just think by accident and we achieve, or in the main do not achieve, because we are using '*accidental thinking*' and '*not noticing*' (not observing or studying) our poor (low quality) thinking as it occurs.

These poor accidental thoughts lead us to our poor decisions, which in turn create outcomes which we didn't want, which in turn lead to a very messy life situation for the majority of people (at least 99.999% of people - so almost everyone, and at times everyone). Then the life situation causes worry, stress, anxiety, depression, fears, overwhelm, and serious self doubt (amongst a whole host of other 'mindset' ailments). And all because we are not taught to think correctly by thinking '*on purpose*.' Simply because we have no structured thinking system our thoughts are chaotic.

Saltori thinking is similar to say a language, English, French, German, Spanish... Each is simply a language which depending on where we were born we are trained to use. Saltori is just a thinking system to ensure that your thoughts make sense and create the outcome you desire, it just happens to be the first 'thinking language.'

To liken what is going on inside people's minds at the moment to Saltori... A person knows each of the words in the language but they have no structure to put them together. For example, a sentence may say, Peter walked down the hill to the shops. But if you only knew the words you may put them in the wrong order.... hill Peter down the to walked shops the... Makes no sense and was accidentally thrown together. Saltori sorts out thoughts in the same way learning English sorts out our understanding.

It seemed obvious to me how to think, but then I was in the successful minority, one who failed society's hereditary programming. The challenge was there was no system to teach structured thinking to the majority who were/are

not successful. Quite simply everyone had missed the fact that we needed one in the same way that Thomas Edison recognised that we all needed light bulbs.

So this is why I created the Saltori Structured Thinking System.

Saltori Thinking

Saltori to me means - *"Purposeful use of my mind's power to achieve health, wealth, wisdom and of course inevitable success."* To others it may mean a serene harmonious life. It is structured thinking to achieve order in your mind as opposed to chaos and anarchy.

Saltori is:-

- Structured thought applied without effort
- Becoming predominantly awake (being present)
- Thinking on purpose, not by accident
- Thought consideration
- Thinking consciously, not acting unconsciously
- Intending without need, without want, without hope
- Relaxed, harmonious, serene and above all happy living

Saltori thinking is a system for thinking about everything you allow into your mind. It is automatic thought evaluation which you are aware of not unconscious to. It sounds like it's hard work, but hard work goes against the entire understanding of Saltori.

The Saltori System of thinking is a number of simple thinking techniques which allow you to be proactive in your thinking and not reactive. It allows you to take back control of your unconscious thoughts and behaviour by simply noticing that you are in fact not awake but sleeping through life. Saltori thinking is about thinking on purpose instead of allowing thinking to happen by accident.

Saltori thinking is a way of living which simply means that whatever you choose to do with your life, it is harmonious, serene and above all happy. Saltori removes pain and installs a system whereby you seek out and find pleasure in everything you do, and in every area of life.

Some of the uses of Saltori Structured Thinking are:

- Know your true life purpose
- Effortlessly create any desired outcome which aligns with your life purpose
- Eliminate doubt, worry, negativity, fear, stress, anxiety, depression, overwhelm, and loss
- Eliminate or use procrastination

- Find true love
- Discover yourself, know yourself and master yourself

So Who Taught Us To Think?

We are supposedly taught to think by our parents, but were they right? Who taught them how to think? No one. So the way we think *'happened by accident...'* We are not taught how to think, we are just shown *'what to think!'*

I struggled for years with... *'why do we think it's supposed to be that way?'*

I was always questioning why people thought the way they did... Why I was supposed to think that way too? I didn't understand why they all just seemed to 'fit in' with the way everyone thought. When I asked people why they thought that, they'd come out with something like, *'Well that's the way it is!'* Or, *'I don't know, that's what I was told!'* Or, *'Everyone thinks it's this!'*

I knew I thought differently, but I couldn't ever explain what I meant to people. When I attempted to explain something, I'd be getting somewhere and then their thoughts would close in on the subject. At that point it wouldn't have mattered if the most powerful thing in the Universe had appeared and said, *'Look he's right...'* They still would've *'known'*, not thought, I was wrong.

Now this fascinated me more, why did people know things that weren't true? Surely there was a fault in this *'knowing'* things system we had for thinking. So I became fascinated about why we *'knew'* things that just weren't true.

People said to me things like, *'All this thinking you're doing is dangerous.'* Where did that come from? Was what I'd think, and of course it came from their fear of the unknown. So what was this irrational fear of nothing, a fear of something that wasn't there? All of these irrational thoughts my parents, my peer group and my teachers all had, they all fascinated me...

But then one day a couple of years after I had made my first fortune and become very successful, I found something else to think about... I became fascinated by ***'how I was able to succeed where others continued to struggle for success.'*** On the face of it these people were no different to me.. I had no special skills, gifts or advantage and definitely not a privileged background... So why? Why could I easily succeed where others struggled? ... Up until that point I hadn't realised *'I was successful.'* And that my success had come about because *'I thought differently.'*

The Saltori System came about thanks to my interest in finding out why others couldn't succeed. Then when I discovered that I saw exactly how to take an unsuccessful person and show them how to turn themselves into a

successful one... And how to take a successful person and how to turn them into an ultra-successful one.

The system involves an instant technique which is the tool to use to stop the build up of garbage/junk. Just mastering this tool can take moments to months depending on the individual and is a process to be enjoyed, but if applied relaxed can be mastered by most within a week.

This tool then provides a system for controlling your mind. Think about it as, ***there was at best semi-organised chaos, at worst anarchy and now there's order.*** Then the rubbish (garbage/junk) that's either been installed in there or created whilst in there must be removed in an orderly process. Once that is underway then removing the problem which caused the chaos and anarchy goes in next.

At this point you are in control of your thinking to a reasonable level and then it involves rooting out '*bugs*' in your system and continual repetition in the area or areas you need fixing... This is the same as with any tool, you pick it up and use it to complete the job. Learning it is useless, however, applying it until the problem is fixed results in the desired outcome (this is not rocket science but does involve common sense and when learnt it gives a person 'uncommon' sense).

Then you have to find out what you truly want, as without knowing that then you are '*living by accident*' not just '*thinking by accident.*' So you look at your past for clues, you experience your future and decide what it is you want to do with your life. Then you simply design a map of how to get there. Until this point of life you have been wandering aimlessly about, occasionally going after something you noticed. This creates the map for your life.

Lastly and most importantly your mind is part of your body and your body requires maintenance. Just like you feed your body with food you have to continue to feed your mind with the way to think (or another way to look at it, is you have to keep your thinking system clean). This is just like doing a crossword puzzle or word search, or anything you do to entertain your mind. But you just feed it a little of what it needs to keep your structured thinking system in order.

The net result is the life you wanted. This is living on purpose and not living by accident... This is Saltori Thinking and these two A Bug Free Mind books lay down the process to attain this level of thinking which is very basically a structure for our natural uncorrupted thinking. Saltori through A Bug Free Mind gives adults the same natural success guidance system that we all had naturally when we learnt to walk.

For A More In-depth Description of Saltori just visit:-

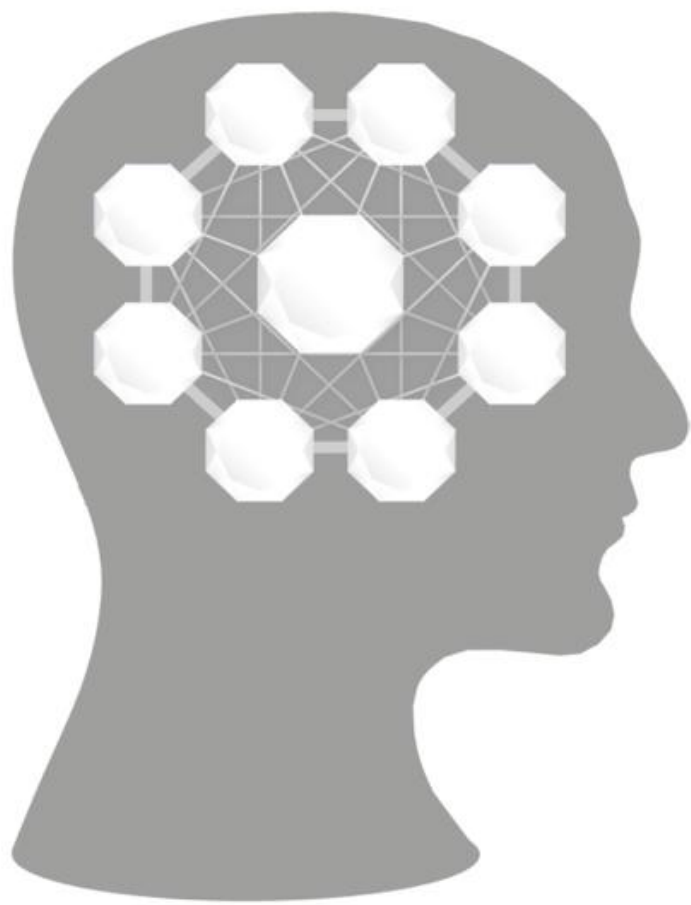
www.Saltori.com

Please Share Your Feedback - Thanks To It This System Will Keep Getting Better

Your feedback is essential to the continuous improvement of this system, please can you let me know what you think and leave your thoughts on the webpage below. Please feel free to share any inspirational thoughts as well so that they may inspire others. If I use any of them in a future book then I will send you a complimentary signed copy.

The Law of Reciprocation works exceptionally well with feed back; as you give it you will find that you always learn something else. So I look forward to hearing from you.

www.ABugFreeMind.com/Feedback



SAL 永 TORI

How To Get The Most Out Of This Book

You probably won't realise it now but you will one day soon. You were supposed to find this book. You asked for the solution and you found this and even though you may not know it yet, it really is the solution. And yes I am certain that all authors think the same thing about their books too. Well you are the judge of this statement.

There are two requirements for you to get the most out of this book

1. You have to know this is the missing piece (that will come naturally soon - do not force it, let it come)
2. You have to read and apply what you are told to (yes, that's the hard bit!)

Here are some techniques to make this as easy as possible. The first thing is to just go with it and don't look to rush or to force things. Just let things unfold and observe them as they do. Read through the chapters as fast or as slowly as you like, the magic solution is not waiting for you on the final page of the book, the magic is written on every single page.

The point of reading this book is not to get to the end and feel that it was good. The point of reading this is you clearing your mind of all hidden bugs so that you can then create by design. You will not be able to absorb everything on the first read through. Stop and re-read a chapter if you didn't get it. If you didn't remember a chapter then that's because your ego doesn't 'want' you even knowing it for an instant and may have even blocked it out. We've all read books a second time and found more value in them and thought I don't remember reading that the first time.

Well in this book I go through and remove all of the layers of 'crud' which have built up over the years. Just reading any section will mean a massive improvement in your mindset as you will soon find out. However, it is when you have removed all layers fully that you find you attain a clarity which you lost when you left childhood, you will get back your natural success mindset, and it is natural... Don't let ANYONE tell you otherwise. You were born with a *natural success mindset*. However, life's programming screwed it up and continues to screw it up more each and every day. These books get you back to where you were before it all got messed up and give you a structured thinking system to replace the chaotic way you and virtually every other human thinks currently. So it is well worth your while to spend time thinking and re-reading as the upside will last the rest of your life.

This is no sales-pitch now, this really does do what it promised to do. The only reason it wouldn't is if you haven't 'absorbed' this information. There

is no book around the corner, or a greener field which has the answer. You have it, you now just have to read and apply it. Remember you are not reading for entertainment, you are reading to learn how to change your life, so use this as a reference book.

If you are just skimming this now to see when you should add this into your reading list then... it is now... Well I would say that wouldn't I... But it happens to be true. As no other book in the world gives you a system for thinking... It's the first, a one of a kind and is why this is different... And before applying new information it is logical to put the system in to handle it first... So this really is the book for the top of your list as ALL other information follows on after this... I'm just being logical for you... Once you've read it then you'll agree with me... Right now you probably don't, hey, that's ok it is your choice... Just attempting to get past your gatekeeper!

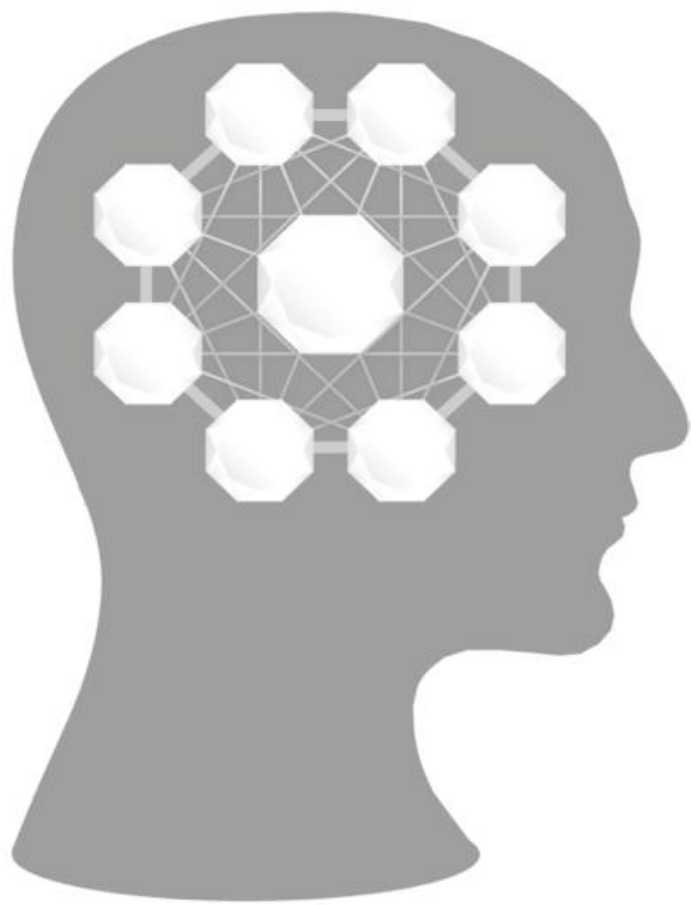
Now there is a shortcut to extracting the value out of this book! The shortcut is to read this book only once, and you will remove probably 70% of your bugs - which is fantastic. You will tell others what a revelation this book is and how wonderful you now feel. I will have great success from it as you will spread the word. However, your life will probably not be much more of a success. It might be, but it is not something which is 'certain' yet. To get to certain means you have to remove the vast majority of the bugs. So a second read, would probably get you to 85%, a third to 88%, a fourth to 90%, a fifth to 92%, a sixth to 93% and maybe by 50 reads you are in the 96 – 98% bracket. Basically the exact figures do not matter; you will never attain 100% unless you attain enlightenment. And if you do that, then you'll realise that nothing matters anyway and won't be bothered about achieving success. So unless that is your goal then I would suggest aiming for over 90 – 95%. As it leaves you in a wonderful position and you will be an expert!

This is a process of life change - the vast majority is achieved in the first few weeks, however, the permanent change is cemented in over the following months and years. The point is, this is a real life changer, you will go through this process and discover the real you - what you really 'want' in life - and you will enjoy the process. Do you remember when you were learning something and it was so good that you wished it would never end? Well be careful to not rush through and think that you have learnt something when you haven't... ***this book is about you changing your life***, your life is not a race to get to the end as quickly as possible and neither is this book. Read and absorb. The shortcut is ***really the long route in disguise*** as unless you change, you will be forced to make the same mistakes all over again. Don't be one of the ones who leaves feeling wonderful at a 70% removal only to look at your life in five years time and ask what happened! Fix it now so that it is fixed and stays fixed forever.

Stop in the book whenever you ‘want’ to think. Go inside your mind as often as you feel necessary, time spent there is well invested. If you are struggling to get through pages because your mind keeps going off, that’s a good thing. I remember when that happened to me with Eckhart Tolle’s *The Power of Now*. It did my head in as it was too intense. I was frustrated as I wanted to read more pages but often I was stunned by a single sentence and I pondered it for the entire time I had allotted to reading. I ended up putting the book down and returning to it again several years later when my mind was ready to accept it. Just keep going, you are changing and change happens as it wants to, so just go with it. Your speed reading skills may well hinder you badly here. So be sure to absorb carefully as your mind needs time to adjust.

Don’t forget to use a highlighter, trust me you are going to need one! This will help you later when you are reviewing it again. You’ll see what bits you absorbed and how you changed and now are.

Let’s get started...



SAL 永 TORI

CHAPTER ONE



SAL水TORI

From Gold To Sh*t

~ "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power." ~

Lao-Tzu

You Can't Out-Give The Universe!

From 2002 to the middle of 2008 everything I touched turned to gold. Property, business, on and offline, health, life in general, you name it! Whatever I touched turned to gold. I had been in business for a long time before then. However, a life changing moment set in place a sequence of events that led me to discover exactly how to create certain wealth. I didn't know that was the direction I'd taken, though I look back now and can clearly see it was. I had learnt exactly how to make the magic happen for myself - exactly how to create abundant wealth. And within five years I had learnt then uncovered a way of how to actually teach this magic to others.

It was actually in 1980 when I was just 13 years old that I first heard about how things actually worked, when my millionaire great-uncle Dave told me that one day I would be a success and become a millionaire. He told me I was going to have a fantastic life and I would help a lot of other people to do the same. Most importantly he said I was going to have great fun doing it. He didn't spend a lot of time with me as I was far too interested in playing with the air rifle he'd given me. But while we were on holiday for two weeks at his home in the New Forest I spoke with him a few times. He told me that I had most of the skills I'd require to become rich and that any skills I needed I would be able to find simply by asking for them. That, as if by magic, the people I needed would

just come into my life. He said not to worry, I'd recognise them when they did, as they would have a sign on their heads. Indeed they did and still do!

Well quite a lot happened between 1980 and 2001 but it was in November when the big turning point of my journey happened. We were at lunch when my business mentor turned to me and said, 'Look Andy all your ideas are great, they just lack money.' Something switched in me and I just went, 'Oh I'd better go and make some money then.' Now up until that point, I had virtually forgotten what my uncle Dave had said to me. It had come back to me in my late teens because I lost my way in my teenage years as most teenagers do. It showed up occasionally over the years and then it came back to me later that evening. I suddenly realised that I had not achieved the goal that my uncle had set me, which was to become a millionaire. I had forgotten to do it!

So I went away and figured out how to make money, did months of research and then announced what I was going to do to make my fortune in February 2002, when everyone except my wife laughed at me. I came home from telling everyone at our board meeting in which they had all told me I was wrong and if it was that easy that everyone would be doing it. Alison asked me what I was going to do now. I said, 'I don't know, what do you think I should do?' She said, 'You're right, they're wrong, take everything we've got and do it.' My life turned again at that point and I got started. I didn't become a millionaire overnight, it took a little longer, but in approximately 7 months I was a multi-millionaire.

The decision I made to just go and create money led me to discover exactly how to create riches in property. However, it actually taught me how to create success; property was merely the vehicle I chose to do it with. But property and making money were not really what I loved to do. Yes they were great fun and I had fun getting them off the ground, but when they were off the ground I got bored with them and wanted another challenge. As my business mentor Mike said, I should be sealed in a box marked open **ONLY** if you need to get a business off the ground! He says I'm the best he has ever seen at that and praise from him counts. It wasn't until late last year that I finally figured out what I loved to do, and what I wouldn't ever get bored of doing...

So in 2002 I had learnt the skill of success, however, it wasn't for another three years that I would really see where there was a problem in the 'success industry.' It's a secret problem which the industry doesn't like to talk about. The problem being that most people can't create success, they can't find the right path to get on. I discovered after I was already rich that there were actually self-help books that taught people how to make money... That's right I had never read any of them; I created millions all by myself, this was through total ignorance and the education system beating me up with boring books. Up

until that point I had probably only read 5 to 10 books in my entire life. When I discovered personal development books I just couldn't stop reading.

However, when I studied them I thought, wow this is great - with these books anyone can get rich. I then of course noticed that despite these books being everywhere and despite lots of people telling me how good these books were... that people simply weren't getting rich! There were millions and millions of books, but not millions and millions of millionaires! There were a few but they were the ones who would have made themselves rich anyway. There didn't seem to be any difference between people who studied personal development, and those that didn't, getting rich. Sure the people seemed happier, but they weren't any richer. So this puzzled me. Eventually I realised that the way the books shared their wisdom wasn't getting through to the vast majority of their readers.

Now, my dad was a teacher and I had always thought of that as a poor choice of profession as you weren't paid enough. However, my dad taught me different ways of learning as he helped me with my homework. He explained that there were always ways to teach it, and a lot of people's minds worked differently. You just need to teach in ways that the majority can understand, and then the majority will help the minority to get it as well. He didn't say it, but I assumed that *it was daft to just teach the cleverest children and hope that the rest would get it.*

In 2005 I attended a seminar and heard that just 1% of people retired rich. In other words, people worked their entire life, struggled throughout, rushed around, continuously emailing and phoning and the financial basis of their lives resulted in a 99% failure rate! Now, I got incensed by this statistic, it really did anger me at the time. As how could we have bought into a system that had that failure rate? How could we be living our lives just 'hoping' it would work out tomorrow, next week, next month, next year? This statistic wouldn't leave my mind, and then when I thought about all the people who were reading personal development books, surely this statistic must change. Then I looked around, virtually everywhere I looked it seemed that there was this 99-1 ratio. But why? After all, I had made riches and I knew how easy it was to create.

Then when I was researching for this book to prove the 99-1 statistic I found the real truth... That the odds of success were far worse than 99-1, in fact it is 714-1 against you having a net worth of a mere \$1 million. We're not talking cash here, we are talking your home, assets, cash, everything. So this is a fair sum but it's hardly really rich. But then the odds of you becoming worth \$30 million which is an Ultra High Net Worth Individual (rich) are just 75,178-1... So if you're good with maths then right now you'd be wishing that the 99-1 chance

was real. It isn't and it isn't even close. But for the purposes of this book I'll be using that to demonstrate odds.

Back in 2005 before I knew the real odds I resolved then to find a way to share what I'd learnt, to be able to explain what I'd worked out how to do. To put it into a language that produced far greater results than any other personal development book had ever done. I resolved to change that statistic for anyone who manifested my teaching into their life.

I left this idea to sit for a while, then in 2006 I attended a seminar in which the speaker said, you are not an expert until you write a book. By this time I had finally figured out I was an expert in property, even though I never intended to be, so I decided to write a book about how to do it. As I wrote the book I put in place a lot of different bits that changed the way the information was being explained. Money For Nothing And Your Property For Free was the right book at the right time so it was an instant success. The book went on to become the UK's best ever selling book on property investment and all this happened whilst we were still just doing our market testing. The book taught stuff in a different way. The results were fantastic, the actual feedback showed an average of £50,000 profit per book reader and 12.5% of my readers had responded. This may not sound like much or much of a difference, but this was 1,250% better than any other book on personal development. At least I have not heard of another which has achieved anywhere near this. But it didn't stop there, there were a vast number who never emailed me but still come up to me today and tell me that my book changed their lives. And there were also a number of mistakes I made in actually getting people to read it once they bought it which I intend to have solved with this book.

But in the main my little experiment had worked. I had found a method, a style of teaching if you like, which created results for the masses, not for the minority. After that I got swept away by the fact that I was this 'property mastermind'. I didn't get into property because I loved it, I got into it for the money; I mean I did love it for a while but in truth I love getting things off the ground, which others find hard to do. I love simplifying things and showing people my system. I love making things work which other people can't, and getting to share in the pure joy of watching and hearing about them making it happen. Basically I get real pleasure knowing that I've helped them. My goal is always to make people £1,000 for every £1 they spend with me as I know and abide by the Law of Reciprocation... basically I know I can't out-give the Universe, however, I intend to give it a good go!

A Very Brief History Of Me

I trained as an apprentice cabinet maker as I was good with woodwork. My mum knew I was going to go into business later in life, so she wanted me to

have a trade to fall back on when I screwed up (which she obviously knew was inevitable). Right from the start I was always taught to never enter a room without knowing where the exits were. People often say don't have a plan B, well I've always got ready B, C, D, E, F, G, H without any effort. They are merely alternate routes to follow if this route doesn't work out so well (I know there is an abundance of 'other options').

I finished my training, and then moved to another company for five times the money. When I got there I quickly became hated as I systemised that job, in the end making five times as much as any other worker. It was simple – I installed a system and applied it. Once I was fed up of being hated there, I went and learnt to install home improvements. I studied that whilst working for 18 different companies in three years and when I was sacked from the last company, I was earning three times as much as the next best fitter.

By this time I had all the skills I needed to work for myself, so at the ripe old age of 23 I thought I was a businessman and went to work for myself... boy was I in for a shock! I spent 11 years figuring how to get rich whilst building a business with well over 100 full time employees, and another 30–50 sub-contractors and part-time staff. I liquidated a business or two along the way in the school of hard knocks. Finally I got fed up of everyone telling me that 2% net profit was really good for this industry!!! I thought they were mad, either that or I was. So I got fed up trying, and getting nowhere, to become rich in that painful industry. Don't get me wrong, I loved the whole journey - It is just that I went into business to make a financial success and that business wasn't ticking the box.

So instead I figured out how to make millions from property and sold out the old business. When we decided we wanted to sell, then as if by magic within two weeks a major competitor asked if we were interested in selling... Well not really we said... but you may twist my arm! So we sold out of that business and we became full time property investors. I had a truly fantastic time for 7 years; I owned stacks of stuff including loads of Ferraris and Lamborghinis and had many unbelievable experiences... I became fascinated with doing business online... Worked on various niche product launches doing multi-million pound launches, always selling out in seconds not hours... I became fascinated with learning marketing... I became fascinated about health and nutrition after losing over 140 lbs.... I'm also married to my lifelong partner Alison, we have been together since 1988 and we have two wonderful children David and Sarah. We live very happily in West Sussex in the UK.

Life was going great and I had developed multiple businesses all around the property niche.... Then the credit crunch literally stopped play and I was back

to square one... BANKRUPT... I realised I had lost control of my mind so I went on a very, very enlightening journey... I fully regained control and my ability to create with just thought... Then decided to apply my knowledge to training others how to create by design and stop living unfulfilled lives.

How I Ended Up Bankrupt (Basically, How I Screwed It Up!)

The story of how I ended up going bankrupt is as important as the story of how I was a success, as I used exactly the same system to destroy my life as I used to build it. The problem is I used it unknowingly; therefore, I created my life by accident and not by design. This also shows the thought process, which led up to how I made my mental connections and joined up the dots so that I was able to switch back on my 'success' engine, which up until I screwed up, had been going really well. I had experienced massive success, I was experiencing massive failure, and I knew I would experience massive success again. However, right then I was doing something wrong and I knew I had to fix it. So first I had to find out where I was doing it wrong...

I entered 2008 and I was on fire, one of my businesses had just been valued at over £17 million. I was in the process of releasing millions in equity and I had a new home study course coming out in the next few months. We were approaching our target of profit from just book sales before we went to the mass market. I was healthy, fit, keen, loving it all. I was just putting into place the start of a monster business plan which shortly saw us generating millions in sales online in just a few seconds. This model was set to change the game for foreign property ownership and at the same time generate an increase in tourism numbers for our chosen country of Cyprus. We had tested the system and it looked wonderful. However, right at the point of us starting this new venture the world of finance was changing. The very foundation on which I'd built all of the businesses was just about to turn to sand.

In July I really was on top of the world. Everything looked like it was all going to my plan, which was to produce a business model which returned significantly better returns for property investors and a vastly improved holiday for tourists, as well of course as an absolute fortune for myself and my business partners. Well, we were standing on the edge of a business that could easily have been modelled and sold around the world. I 'believed' it was going to be worth hundreds of millions. All I had to do was direct us the right way and then get out of the way and employ some very clever people to turn the raw business into a real business.

Also that month we had just managed to attain the Holy Grail in marketing and were making a profit on just selling the books without our vast back end sales funnel. We were about to launch on to the mass market and really vamp-up our sales. At this time my other business had experienced a 50% drop

in sales volume because of the credit crunch, but I knew with us going to the mass market with book sales that we would have 5 to 10 times as many prospective clients and this was only a temporary setback.

Though things went downhill sharply in August, by September 2008 we knew something was really wrong. Earlier in the year when Bear Stearns went under, I thought we were on the verge of a meltdown, and now Lehman Brothers going was awful news. I watched, as the world seemed to be oblivious to the abyss that we were standing next to. I remember thinking, well the game's changed now! However, the people guiding us in Cyprus were still convinced that it would all be ok and the banks would return to lending soon (actually they didn't change that view until May 2009). However, I was not convinced - I saw the people who pull the strings make wrong turn after wrong turn and thought this is going to get worse not better. But there was no turning back then, we were committed to making it work and so carried on.

So in October 2008 I saw for the first time how all that I had created could be wiped out by the credit crunch in a matter of months. I had left myself cash-flow exposed, as I was in the process of releasing millions from my equity when the banks pulled the plug on mortgages in March 08. The 50% sale of our business Passive Investments, which was looking like raising us approximately £8 million, fell through and so this was another big knock. Things went from bad to worse, sales in all businesses imploded and nothing new was happening. Property was no longer 'flavour of the month' and I was fully exposed with all of my focus on a niche, which the world now hated. It was mid-October 2008 when I think I first accepted the fact that this could fail. This is where I am pretty sure I let lack in, though I have not yet tracked it back to the precise instant, however, I will find it one day.

What technically killed my financial position off was a personal creditor who, for whatever reason, had decided in October 2009 that he thought he would stand more chance of getting his money if my estate went into the hands of a trustee, rather than having to accept that I could just not afford to pay now. I think he had been given some pretty poor advice, as to me the logical action was to wait and see. I had been a massive income producer before, so to me it seemed only logical that I would produce massive income again. Though at the time I could not say how, as I was going to have to create this again from the ground up. I didn't know how, I just knew I would.

Going back a little way, in early June 2009 I realised that I could no longer maintain my position and now I was going to financially live or die by the good grace of my creditors. There were about 80 personal creditors (from memory) who could make me bankrupt with various loans ranging from £15,000

to £500,000. All of them carried a personal guarantee so I was completely exposed. I had no problem with exposing myself when I took the loans out because as I wrote in my first book, the only way this system could ever fail was if all the banks stopped lending money... a Black Swan event... and unfortunately, those sort of events happen from time to time!

I wasn't concerned about my institutional creditors, as I knew they would play the long game, so my only other concerns were the tax man and my personal creditors. If I was going to survive this I would fight one battle at a time. I considered making myself personally bankrupt but considered that to be a cop out, so instead I would get everyone's support and make the money again. Don't get me wrong it would have been far easier to go down the bankruptcy route from the beginning.

So, with making myself personally bankrupt off the table and nearly all my creditors being ok with a wait and see policy, I turned my attention to solving the problem. The current business plan was officially declared 'in the toilet', so I had to come up with a new plan. I looked into multiple different businesses, all of which I believed I could make work. I picked one - it failed, I picked another - it failed, I picked another - it failed. I had a process for finding quick results and knowing whether or not a business would work, so we'd put in a week or so of work go and test the market and see what results came back.

However, the results all came back as a failure, every one. Everything I tried to do failed, there wasn't even a glimmer of success in any of them. Things I had done in the past and succeeded at just failed fast. From everything I touched turning to gold, now everything I touched turned to sh*t. Now I am a very together person and this was doing my head in. I would have long conversations with Alison about it. I just didn't get it - how could all these things which had worked so well before, not be working now? Everything was not working where once everything was working... What had changed? What was I doing wrong?

In August, all bar two of my creditors had said, "we'll wait for you to sort it out". Don't get me wrong, they weren't happy about it, but they knew that either I would create money again, or eventually my property would, or at anytime they could always push the bankruptcy button. However, there were two who just didn't 'want' to know, they thought they would have more chance of getting their money if a trustee controlled my assets. They thought I had buried a big pile of money somewhere and that the trustee would find it.

I explained that they would be far better off waiting and seeing what happened as they could always push the bankruptcy button later. In the meantime they wouldn't be crystallising their and everyone else's loss; well, their minds were almost in as much trouble as mine was. Obviously there was no pile

of money and this has subsequently been proved. But they 'believed' there was, so one of them pushed the button and I was made bankrupt on 21st December 2009.

Now this creditor also knew that between my business partner and myself we owed around £5,000,000 to other personal creditors. So if they had received good advice then it was clear that there would have been an almost certain crystallisation of 80% minimum loss for everyone, and that was the best-case scenario! As they subsequently found out, 20% recovery was not going to happen. This sort of thing is why the banks don't like to make you bankrupt. They will play the long game and wait to see what happens; the long game isn't a nice game to play but the odds are a lot better on you winning.

Anyway, patience was lost and I was made bankrupt, which of course was the very best place I could have ended up given the then current situation - I was set free! About 8 weeks before I was made bankrupt it all became very public and the intensity of the situation was put into the public eye, however, by that time I was back in control of my mind. During October I had fully regained control, so when it was all kicking off and I was the devil with two heads, I was able to just observe everything. Despite my financial world crashing down around me, the hurtful accusations being said about me online, the obvious anger from all financially concerned and others in general. I was at total peace and contentment and this is simply because I controlled the illusions of fear and worry. This whole experience has forced me to look at my every thought and I have learned and re-learned so much about myself. Many people lost money, but I lost the most money. So I was the biggest financial loser yet - I was also by far the biggest financial winner. This whole experience I saw as the most wondrous gift and I was grateful for it.

Why? Because I had no debts and a perfectly functioning, streamlined, improved success engine sitting between my ears. What's more, I now knew exactly where the line was, I knew just how fast I could take corners in the future. So I had fixed my mind completely and was now just considering the exact ways I would like to use it again. I once again had full control of the power; I could use the law of attraction on purpose again. Of course I had been using it all the time; I was just using it to create the wrong thing. I was obviously not using it to create growth but to create loss. The Universe makes no bones about this, we use the law for good or for bad - it is our choice.

I was no longer rich but wealth is something that can never be taken away, it has to be let go of. Wealth is something you are, and I knew I would always be wealthy. I knew I would always make riches again, to me this was just a temporary setback - an opportunity to begin again more intelligently, as Henry

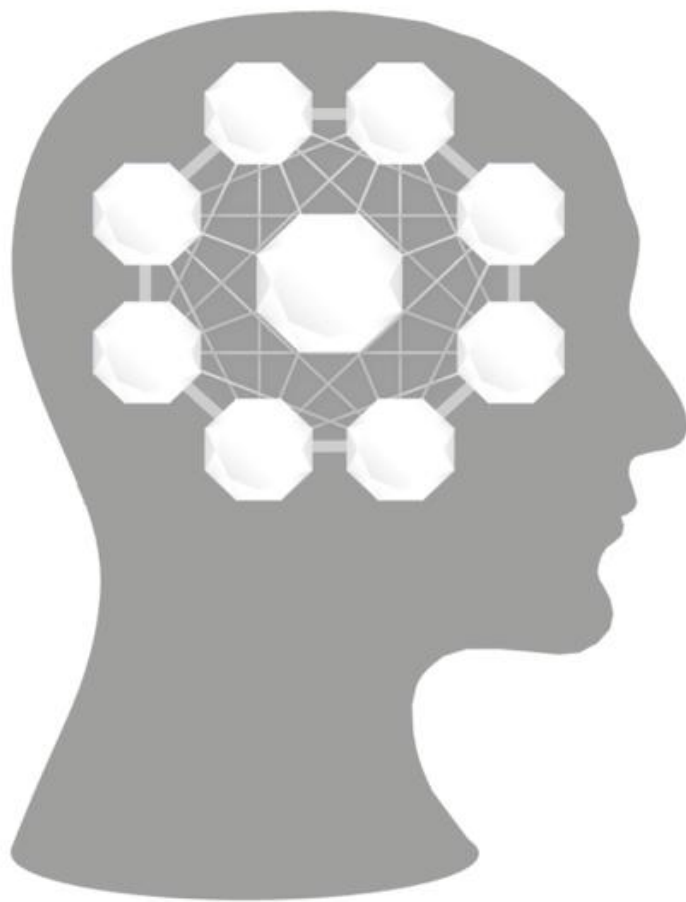
Ford would say. But that isn't a line I just say, it is a way of living. And just in case I forget to mention it, I won't be doing the going bankrupt thing again, as I've had a go at this experience and it is something I only needed to do once. I do think though, with hindsight, that I actually needed to go bankrupt for numerous reasons. One of them being my own curiosity and relish in building the blocks up again. I loved that game as a child; the fun wasn't looking at the blocks constructed, the fun was building up the blocks.

In 2003 I said to Alison, we've made it now, but wouldn't it be fun to have it all fall down and I'd get to make it all over again? She said to me don't you dare do that! She knew what I was like and she knew that's how my mind worked; I think subconsciously I probably desired this - I know subconsciously I created it. When I knew it was all going to come crashing down, I went through the worst case scenario with Alison. Apart from saying to me that I did it on purpose she also said to me, ***'I don't care if we lose it all, you made it once, you'll make it again. If we have to live in 'government housing' then it would only be for a short while, while you made us our first money again.'*** For richer, for poorer!

We were poorer now for sure, as in 2009 I had to ask her to sell her Ferrari to ensure we had money. That was a fun conversation to have! I explained it was only temporary and that one of the first things I would buy her after we were through this would be another Ferrari.

So I went bankrupt, and just before going bankrupt, having all this public humiliation and personal threats made against me, whilst all this was going on, I was perfectly still and serene. I had never felt such absolute peace and calmness as I did at that point. I was observing everyone else and their stress, fears, anxiety, worry and yet none of it had any effect on me. It was not that I didn't care, it was just of no interest to me. It held no benefit for me so why would I choose to allow it in?

The journey of how I got calm, how I regained control of my mind and removed all of the invisible obstacles, started a few weeks before everything went public....



SAL 永 TORI

CHAPTER TWO



The Turning Point

~ "I can't stand no more!" ~

Popeye

Who Is Controlling Your Mind?

Side note: - I wrote in my first book that the backbone to wealth was property investing and whilst it is a very good strategy, it is not the backbone. The backbone is your mindset; a powerful positively driven mindset can actually create powerful real magic in creating the life you design. However, a powerful negative driven mindset can actually create powerful real magic in un-creating your life by-design too.

The journey started when I was at a point of my own life where I was about to become a complete financial disaster. The seeds had been planted for a while and it was about to collapse around me. I reached a point where I realised that where once everything I had touched had turned to gold, now everything I was touching was turning to sh*t!

It was in early October that I reached my lowest point, I couldn't cope with the continual bombardment of creditors. They were asking for explanations and intentions. I had already started to standardise my responses but there was a lot of individual work needed on each response, and each response required several replies and a lot of re-reading the responses to be sure everything was appropriate. Nearly all my creditors were excellent and, whilst angry or disappointed, looked commercially on the situation.

But still, as there were so many emails and letters which all needed a response, the re-reading and the answering of emails was all having a bad effect on me. I was intimately aware of how bad the financial situation was and I was

dealing with virtually zero income for 2009, which in previous years had not been below a million or two.

I was surrounded by negativity in the emails and the responses. Even the positive responses, which I was very grateful for, were still to do with the negative situation. The lack mentality and my life situation were doing their very best to engulf me. I can easily understand how people could commit suicide or just run away if they are in that sort of situation and let their emotions rule their decisions. It's like being trapped in a cage and waiting to be slaughtered. Frankly it is horrible and I send positive thoughts to all that are in that situation, whether it be from their own doing or not, but I do not feel sorry for them!

I do not feel sorry for anyone anymore. Not because I am nasty, just now I understand that this is a lack thought that can hurt and when I see situations where once I would have felt sorry, now I just see a positive outcome for them. I'll cover this in more depth later on in the book.

Back to the point, I was at an all time low and I realised I had lost my automatic success mentality where I was certain of the outcome. I was still able to segment off my days into 30 minutes here or an hour there of positive stuff. But my life situation was pretty much a nightmare for all outside of personal stuff. My mind controlled me by getting me to look at the future constantly or what mistakes and bad choices I'd made in the past. The past and the future was where I was living, the mind kept me out of the present moment as much as it could. Unfortunately I could not create a new future from the future or the past; I needed to be in the present as that is the only place where creation can happen.

There was no way my mind would slow down, let alone stop. It was a nightmare, a living nightmare, as I am someone who likes to plan everything and I often joke with people that I don't go to the toilet without a plan. But how could I plan for this? I was not able to plan my way out because I was continually having rocks thrown at me.

It wasn't just my creditors throwing rocks. Everything I was trying to do to solve the problem, all the new business ideas, were chucking rocks at me as well. Where once everything I tried went right, now it was all going wrong. My mind couldn't understand what was happening, as it thought 'Well I am doing what I have done in the past, why is it not producing money now?'

The reason was that I wasn't quite doing the same things. The key element to creating wealth – where your thoughts are – was in the wrong place. I had a map, but it led to the wrong destination, so each time I tried I ended up in the wrong place.

At some point in October I suddenly realised that I was not doing the right thing, or the right thing in the right way, and that I had to figure out what was wrong if there was any chance of me getting this back on track. So I sent a letter to every creditor that came in which said amongst other things, 'Either make me bankrupt or let me go and 'try' and sort this out and I'll come back to you with my proposals the week commencing 25th January 2010.'

All but one said yes, and then issued the statutory demand which would lead to me being made bankrupt, which again was like a switch. I thought, this is bad but it is the right thing, as this person has now given you the excuse if you 'want' to say it's not your fault. But of course it was my fault, I can blame the credit crunch, I can blame the person who issued and say that this was a bad mistake made by them. Whatever, it doesn't change the fact that I brought about the situation in the first place by exposing my cash flow.

And more deeply than that, I brought about the situation with the lack mindset that I had. When Northern Rock collapsed I sat back and saw that the game was changing. I had been waiting to start a big re-finance for quite a while, whilst we were sorting out a business issue. That was resolved in October 08 and I instigated the refinance.

Then I first saw the possible effects of how the credit crunch could end up severely affecting us in February when the huge re-finance I was doing started to fail. It was not one deal but 60 small ones; they were unconnected and falling out of bed. This was not through our own fault but just through lenders withdrawing from the market. All of these things happened and I think somewhere amongst this started my lack mentality, where I started to use the Law of Attraction to create a lack of money. The Law doesn't care how it is used; it has no emotions, it doesn't care if you believe in it or not, we do not need to believe in gravity for it to be effective.

So in October I realised that something was very wrong with my state of mind but I could not figure out what. I decided that I needed to start doing the things again that I had done to keep or move my mind forward, which I had previously done in 2003–2007. I decided to surround myself in personal development.

I knew the answer would be there, I just needed to figure out what it was. So as it happened I had kept my favourite personal development courses out of the packing boxes. I remember getting them out and thinking to myself, are you kidding yourself or what? You don't have time to look at this personal development stuff, you've got a real world of problems to deal with. Then a few weeks later they would hold the key to my solution. I wasn't looking for them to have the answer, so much as for them to remind me where I kept the answer in

my mind. The answer was in there otherwise we never would have created all of the success in the first place.

At the time we were still living in Cyprus and had a school run to do daily (a 60 minute round trip). So I took the children every day I could and spent time on the way back listening to audio self improvement programs. When I was in my free time, either in the bath, or after the children had gone to bed, I read more of these programs.

Then I reached a point, I don't remember the exact date. There was one program which was telling me to 'try' and hold just 15 seconds of positive thought as it would give me huge energy to move forward (it was the second or third time I had listened to this program). I was on the way back from school, and I had chosen my positive thought which always made me feel great whenever I thought about it, and all I had to do was hold it for 15 seconds. Should have been easy!

I couldn't hold it for 3 or 4 seconds without being dragged off by my mind to a problem I had, or what the future might hold, or a choice I'd made in the past that caused another situation. I suddenly realised that **I was not in control of my mind anymore!** I was not the thinker; my mind was in control of me (this is like the power tool being in control of the carpenter). I pulled the car over immediately and said out loud, **"I will think about this for 15 seconds before driving on!"** I had made a decision and was not going any further until I was in control again, if just for 15 seconds.

After several painful attempts I did it, and drove on. On the way home, every minute or so I held the thought again for another 15 seconds. Throughout the day whenever a problem began to become too much, I stopped and thought about the positive thought and it gave me the energy to carry on and deal with the obstacle. Not only that but I usually had the answer I'd been looking for given to me as I came out of the 15 seconds.

I started to make it a habit and started to make notes from all the courses I was doing. I was making notes only about the things I felt I was doing wrong. I would then, as soon as I had finished the course or book, read it all over again. I can speed read, however, I was trying to absorb the information so I ended up creating what I called my Golden Book (see the appendix) which I used to remind myself of the key points all of the time. The elements I was taking from all of the courses were reminding me of the way my mind used to think. I was at an advantage to someone who has never created riches before, because I knew what it looked like when I thought the right way.

One of the most powerful, if not the most powerful things I have ever learnt, came out of these studies and it is a sentence that is actually the key secret to a happy life instantly and will remain with you forever when you learn it. It truly gives you immense power, it gave me enough power to handle bankruptcy and public humiliation as if it were all bouncing off an invisible force shield.

Now I bet you really 'want' me to tell you that sentence now, but I share that later on in the book. There is some stuff you need to find out about yourself before I share the simplicity of that and not have it wasted by you looking at it and ignoring it because it seems too easy. And if I make you wait for it then you just may appreciate it for the true power it can deliver for you.

What I learnt along my journey from lack back to abundance is that this cannot be rushed. It has to be taken slowly and allow time for your consciousness to regain control of your mind. There is a quick way, but you need to remove all the negative bits to ensure there is little to no chance of their return. It took me three weeks, to get to a level which is quite good. However, I expect it to take at least a couple of years to cement this stuff into place. Then I expect to need to remind myself every few months for the rest of my life. This is like servicing your car; your mind needs servicing too. The reason you are where you are is that you have been running your car (your mind) with the wrong types of fuel and not servicing it. Is it any wonder it's not doing so well?

The first question you need to ask yourself is, ***“Am I in control of my mind, or is it in control of me?”*** From now on 'try' and observe your thoughts. Don't judge them but just watch what you are thinking and 'try' and think just a little better, or a lot better if you can. So listen to your thoughts, observe them and be a silent witness to them. When the opportunity arises, think better thoughts - there really is no limit to how much better you can think.

What I had to do was first regain control of my mind and that took me about 3-5 weeks to master fully. I knew I had to regain control of it, as it is from there that I created all of my wealth in the past so I knew that without that control I would never create the wealth I desired then. Being an ex-multi-millionaire I have the advantage of remembering how my mind was when I created wealth in the past and therefore I at least have a map of how to get there.

The Foundation Skill to Creating Your Life By Design

If you cannot control what you think about then you cannot create the future you desire. However, you do not need control to easily create the future which you ***'do not'*** desire as this you can and do by accident. During this process I intend for you to turn this natural 'by accident' skill on its head. So that

by accident, and by design, everything you do creates the life you desire. You are going to turn back on your '**Natural Success Mindset.**' Does that sound good?

Ok, I'm going to go a little deeper on the power of the main point I raised in the last section. As this point doesn't just need to be read about, it needs to be absorbed and accepted fully so that it can then be taken advantage of and really, really exploited for the true power that it gives you. This power can be utilised for any desire you have and literally create the life you're after. And no I am in no way exaggerating – this point is the difference, the key you have almost certainly been searching for! But it may take a few readings to realise it. And it is also your baseline, when you feel out of control, you come back to this and you are back in control. The better you absorb this the faster you will be at peace and be able to create the life you desire.

On the path to riches, without control over this point, you are simply doomed to repeating the mistakes you made in the past or merely mediocre success at best. If you do not master this point, then there is no point in trying to obtain great wealth, as you will struggle forever until you recognise that this point is the very foundation that must be put in place to bring about everything else you study.

With this in place you are certain, and I mean CERTAIN to bring about your desires. However, you don't need to know how to master this point to get great wealth as you can master it with ignorance too as plenty have. But I'm going to assume you would rather be aware and a master of it, than '*hope*' you can acquire it through ignorance. And this will surely help you if you are trying all of the stuff that you're learning and still it just doesn't seem to be working for you. Anyway, let's begin.

If you are really going to get the power out of the stuff I'm going to share with you then you're going to need to look inside and observe your emotional response to what I write as well. You are going to need to question your judgements and don't just accept what I write. Instead observe your mind's reactions to it, and then apply logic before concluding, or make a choice as to what you 'believe.' ***You are in fact not looking for conclusions; you are in fact merely looking,*** I'll explain that more as we go on.

Also I know looking inside can be a very scary place to visit, but without putting the bits right in there you'll never get what you 'want'. I could give you a bullet proof formula for riches and your mind would still find a way to screw it up just as mine did. So if you truly 'want' the life of your dreams, then your answer to getting it lies inside your mind.

15 Seconds Of Positive Thought

What I didn't say previously was that 3–4 seconds was actually an achievement in itself, as my mind was continuously talking and jumping between the past and the future, monsters in the closet, terrors waiting for me outside. In truth my mind was never silent. So 3–4 seconds, however awful was actually 3–4 seconds more than I had had in a long time! I also didn't cover the full power of this technique, this isn't something that you should or 'maybe' might 'want' to have a go at. This goes on your MUST DO list, (to do lists by the way are for the weak minded).

Where you 'want' to put it on your must do list is your choice of course as we all have free will. But without accepting this is a must do, and without actually doing this for yourself, you will simply be holding back the magic power that you have within you. So it is your choice as to when you 'want' to start utilising that power to deliver your desires...

Taking Back Control From The Nutter Who Is Currently Running Your Show

I'm betting I've poked the pain hard enough so you may actually do this tiny bit now...

Ok, so today you need to think of something from your past; something that makes you feel great when you think about it. It is irrelevant what others think, others do not matter – We are talking about you, others come later as you can't deliver anywhere near your full measure of help to anyone unless you've got yourself right first. You cannot give love if you do not have love.

The thought that was the one that did it for me and I think about it daily was, in 2001 I had got my Private Pilots Licence, and they actually let me fly aeroplanes! Having been a nutter on the road for years I couldn't actually believe they were even letting me learn to fly, let alone fly off on my own! Or worse, look after passengers. But they did and I passed and learnt some wonderful control over my desire to drive fast (and am over that now too).

Anyway, my son David was two at the time and I took him flying for the first time. Mum and Alison came too, but it was the sheer joy of seeing him in the back seat with the headphones on that really gave me pleasure and continues to do so. It was that thought which I tried to focus on for just 15 seconds.

But I couldn't even hold a thought that made me feel **so good** for just 5 seconds! Can you imagine how bad that felt? I was totally out of control of my own mind! Some nutter I didn't know was running the show and wouldn't even let me have 15 seconds to think about something that made me feel good! Finally this made me angry enough to demand that I was allowed to do this or I wouldn't leave the spot.

So if you haven't got the life you desire, then there's almost certainly some nutter inside your head making damned stupid decisions based on rubbish information. He may not be as crazy as my nutter, but he or she will be in there. If you doubt it then over the process of this book I am going to introduce you to your own nutter!

So now choose a powerful thought - one that, no matter what happens, no-one could ever take away from you.

Find yours now and hold on to it for fifteen seconds, don't move on until you have done this... ***remember I'm telling you now to think about one of the most pleasurable things you've ever had in your life... this is not work, this is joy.*** Go and enjoy it... can you hold on to it for 15 seconds?

Didn't think so!

Well keep going until you can; pull over, stop listening or stop reading and do it until you can! There is nothing more valuable that I am ever going to write than you regaining, or even gaining for the very first time, control of your mind.

Hold that thought for 15 seconds, keep going until you do and then keep repeating it every hour or so until you can turn it on at any time. You can't do this too much; the more you do it the easier it will be for you to do all of this stuff.

As a minimum 'try' it now for just 10 or 15 minutes and enjoy observing the madness that dwells within your mind. With observation comes great power as you will soon find out. I am going to show you some techniques next which will ensure you can do this. But first I suggest you 'try' and do it without these techniques as I developed them later. And you really must observe the madness before you learn to easily silence it. You need to make it visible now so that you can see through its camouflage as a protection, just in case you ever allow it back in again!

Actually you may in fact enjoy as I did, a day of just practicing this without reading on, as it may well have been one of the most crucial days of my life. That moment when I got angry and forced my nutter to hand back control to me for 15 seconds was one of the key turning points in my life... As someone who you have allowed to share his wisdom with you, I am saying to you if I could force you to stop now and spend a day practicing this then I would, as I know the benefit... But that, as with everything, is your choice!

Overpowering Your Little Saboteur

Welcome back. The first question is how did you do? Did you manage to regain control of your own mind? Were you able to regain control from the nutter who currently has it? Did you for the first time get to meet this little saboteur? Was it a rewarding experience? Or was it something that you just read and didn't really pay attention to? I expect that after a while you were able to hold on to that positive thought for 15 seconds, although it was actually a lot harder than you thought it would be. However, here's a way to make it far easier to go well past 15 seconds with no effort.

Go back to your wonderful thought and think about it more, re-live it. Remember how good that feeling was then and start to feel it... not just think it... Go back, and experience it again. With me I felt the surface of the aircraft, the feel of the door opening, how it felt when I sat in the seat. The smell of the morning grass covered with dew. I remembered walking to the aircraft, doing the pre-flight checks while my family waited for me to say that they could get into the plane. I remember Alison putting David's earphones on and I remember the smile on his face and how excited he was. It was a moment; a picture in my life I will always love and if I chose to I could re-live that moment again and again and never get bored of it. The five minutes before and the five minutes after that moment I have now lived again countless times. What a gift you're getting... Permission to go back and experience again one of the most joyous moments of your life again and again.

This is just one technique whereby you control your thoughts, however, there are more to come. So let's begin, as with this skill you literally have built the foundation to certain wealth...

As for how you did, well if this is your first read-through then I'm guessing that at best, after a few attempts at holding a positive thought for a few seconds, you dropped the subject and went on with your life. After all why wouldn't you? That is what I did the first half a dozen times or more I learnt this technique.

But the question I should have asked was, 'why did I?' And I'm guessing, because I can only guess, why did you not consider that this was important enough to give more thought to? After all I had written earlier: -

*Well keep going until you can; pull over, stop listening or stop reading and do it until you can! **There is nothing more valuable that I am ever going to write than you regaining, or even gaining for the very first time, control of your mind.***

So did you think I was lying with that comment? Or did you do as we all do and just skim over certain text? Well I'm guessing that some people took the time and did it; they were able to hold one positive thought in their mind for 15

seconds. And I also like to think that a few have now got this as an **‘on demand’** service, so at any point they can regain control of their mind.

But the majority of you probably won't have either done it, or have it on demand...why is that? If you didn't do it and you don't yet have the life you truly desire, then the question to ask yourself is **‘why didn't I do that?’** Don't worry, I was expecting it...after all I didn't do it myself! But the point is I did in the end and that is where and when the change happened. That is where the power is, without that bit then you are building on sand and EVERYTHING you build will ALWAYS be built on sand! Please get the importance of this; this is the foundation to the life you desire. It may seem insignificant or unimportant; you may be reading this trying to find the missing keys to the life you desire. Well I am handing them to you, the life you desire can only be unlocked with a still mind, so stop looking outside and start spending time in there. Teachers told you day-dreaming is bad, the teachers were wrong as I will prove later on.

And for the answer why you didn't do it, I'll quote from a great book that many of us have read and just skimmed over without noticing the true power of it:-

*“To do things in a way you ‘want’ to do them, you will have to acquire the ability to think the way you ‘want’ to think. This is the first step toward getting rich. To think what you ‘want’ to think is **to think truth regardless of appearances.**”*

*Every person has the natural and inherent power to think what he wants to think, but it requires far more effort to do so than it does to think the thoughts which are suggested by appearances. To think according to appearances is easy. **To think truth regardless of appearances is laborious and requires the expenditure of more power than any other work a person has to perform.***

***There is no labour from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world.** This is especially true when truth is contrary to appearances. Every appearance in the visible world tends to produce a corresponding form in the mind which observes it. This can only be prevented by holding the thought of the truth.*

To look upon the appearance of disease will produce the form of disease in your own mind – and ultimately in your body. Instead you must hold the thought of the truth, which is that there is no disease. Disease is only the appearance, and the reality is health.

To look upon the appearance of poverty will produce corresponding forms in your own mind. Instead, you must hold to the truth that there is no poverty. There is only abundance.

It requires power to think health when surrounded by the appearances of disease, or to think riches when in the midst of the appearances of poverty. But, he who acquires this power becomes a mastermind. He can conquer fate; he can have what he wants.”

That was taken from ‘The Science of Getting Rich’ by Wallace D Wattles (Chapter 4-pg 19). Bob Proctor says he has read this book several hundred times and always finds something new. I suggest you read that section again a few times, I bolded up some bits to emphasise them, but all of it is important.

I first read that book in early 2007 and I highlighted a couple of bits from that page of text, but I didn’t realise the power of it until just the other day. As it happens it wasn’t the text that finally got me to ‘get it’, it was another reproduction of the work. But the point is that I read it and ignored it.

Why? Because my mind didn’t apply it, it didn’t realise the absolute power of it, and it didn’t ‘want’ the very hard work of *having to think*. But the point is that this is it, this is the very foundation to building riches, if you cannot control your own mind then you cannot give it clear and consistent direction about where you ‘want’ it to go. Yes it’s obvious, but we let go of the obvious without taking the correct action.

So can you at will control your mind? Right now I ‘want’ you to hold a consecutive thought of something wonderful for just 15 seconds...do it right now!

...Don’t worry, if you can’t do it yet (don’t ‘worry’ at all, but that’s for later on!), I couldn’t, but if you ‘want’ CERTAIN wealth then you HAVE to acquire this skill. So keep practicing, practice until you can. You can practice some more in, or just after, your everyday situations; on the bus, in the car, on the train, wherever. Regain control of your mind...you deserve it, without it you will not have certainty, and **with certainty comes absolute power.**

That was skill number one that you HAVE to acquire. If you haven’t acquired it yet, or you just ‘want’ to move on and in a few months time you think that nothing is changing - Why did I read that book? What am I doing on this website? My life is still the same! It will always be the same, you will always appear to be stuck simply because you haven’t acquired skill number one. You haven’t built a solid foundation!

No Mind – The Next Stage

When you practice silencing your mind, at some point you attain no-mind; it is when you literally think of nothing. No thoughts of any kind - the Zen people call this 'Satori', but that's far too clever for me so I'll stick with no-mind. This does not mean you are asleep or in a trance, no you are just fully present, fully alert and fully aware. You will probably have experienced glimpses of this throughout your life and they have passed probably without much notice. However, the technique of silencing the mind's chatter together with some other techniques which I am about to show you will create the by-product of no-mind in the same way as continued practice of the martial arts creates the by-product of Chi.

This no-mind isn't something you have to be super-human to get either, all it is, is you switching your thinking off. I have taught both my children to do this, so you can learn it too; admittedly they didn't have as much insane chatter going on as we adults, but there was still junk in their minds.

When you decide you are going to bring in no-mind, don't try, just bring it in and silence your mind. I suggest you find your favourite spot in the house and that it is very quiet when you first do this so that there are no external distractions.

Once you do it, see how long you can hold it for. I play a game with David practicing how fast you can bring it in and how long you can hold it for? It takes him a few seconds to silence his mind before bringing it in and he can usually hold it for about a minute, which is of course fine. In fact the power of this is so great that once you can control it and bring it in on demand anywhere, you only need to hold it for a few moments to completely regain control and effectively restart your hard drive.

I practiced bringing in no mind in all sorts of conditions; on the train, in the car, in shops, in a bar, while playing music, while playing heavy metal music. I kept practicing and in the end there was no place that I could not still my mind in an instant. Now I haven't kept this up to that level, as I just don't need that level, but I trained hard enough that I could actually do that.

No-mind will just happen when you are ready. Don't struggle with it, and don't force it, just allow it to happen when you feel you would like to be able to.

I suggest you keep returning to this chapter, as if you get this and can turn it on whenever you 'want' to, then you cannot not notice the immediate change in your reality. This hidden obstacle will never be invisible again. Spend plenty of time building your foundation; you can't put the roof on a house until you have built the walls, and your walls need to have a solid foundation...

Side note: – I have mentioned repetition already, but repetition is a master skill. People complain when I repeat things, but the skill of repetition is essential to learn. It is not the things we are yet to discover that will change our lives, but the things we have learnt and ignored. Through repeating great stuff you will acquire the great power, do not be afraid to re-read a good book instead of read a new book. You are not missing out; in fact you've already missed out, so it is time to go back and re-read.

To those of you who can now control their minds for 15 seconds, did you experience the power? It felt good didn't it? Well the next part will enhance that feeling a lot - Next you are going to create an impenetrable force shield.

CHAPTER THREE



Becoming Indestructible

~ "Shield's up, Mr Sulu!" ~

Captain Kirk

Having An Impenetrable Force Shield

~ *Safety is something that happens between your ears, not something you hold in your hands.*

~

Jeff Cooper

Well the second part of the technique to control your mind, is how to take that skill and turn it into an impenetrable force shield that will literally protect you at all times from the negative influence from the world about you and keep you aligned on your path to certain riches.

I would imagine that you have started to apply the 15 seconds of positive thought; after all the layers I have applied, I'd be surprised if you hadn't given it a go. If you didn't, by the way, then that is a dangerous sign as you are seriously fighting change. Until you decide to allow change to happen then your chances of success are, in my opinion, virtually non-existent. If you cannot decide to help yourself and think about one of the most wonderful moments of your life, then you have to of course consider why not? So I suggest you consider that for a while if you are serious about creating the life you desire.

But I'm going to assume that you've started to 'try' and apply the 15 seconds of positive thought. Then you have almost certainly observed the natural tendency of your 'nutter' to 'try' and stop you thinking the way you 'want' to. You've watched him and if you've mastered it you were able to control

him and you should have started to feel a little weird that there has been a nutter in control for quite a while, and why haven't you noticed him before?

It doesn't really matter what has happened, what matters is that you can control him now if only for short periods of time to start with. What matters is the next part of the skill. You now need to hold 15 minutes a day of wonderful uninterrupted positive thought. Yes, you must spend 15 minutes of your day in uninterrupted thought about the things you love.

Side note:- If you are struggling to remember to apply the 15 seconds technique regularly enough then you need to create reminders for yourself to do it. Little thought provokers that you place around your home and work to remind you to think. These are pattern interrupts to get you thinking. Each time you stop and see one, just think and you'll become present for a few seconds. Then go back to what you were doing. This technique is little but often, and it gets your mind used to becoming present. Do not leave these thought provokers in the same place for too long because your mind will begin to see them as normal and they will not interrupt your pattern.

By holding 15 minutes of positive uninterrupted thought, you basically can instantly build an impenetrable force shield from the negativity; from bad media, misguided family, friends, work colleagues, etc. All of their influences on you will have no effect at all. Every day, you merely top up your energy shield with 15 minutes of positive thought.

I had public humiliation, imminent bankruptcy, people hacking my emails and spreading lies, people just lying, opportunists 'trying' to capitalise on my situation... nothing could even dent the force shield. And it took no effort on my part at all; I was not strong, I did not need to be, merely they could not get through an impenetrable force shield I had built for myself with just 15 minutes of positive thought a day. In fact all of their negative energy actually just made it easier for me! So are you ready for some really powerful stuff?

Now I know what you are probably thinking, "15 minutes? Hell I've just had some of the hardest work I've ever had just being able to hold 15 seconds on demand!" And I'd agree with you, so here's how you do it – it took me 3 weeks from first reading about this to actually planning a way of doing it and then doing it.

Why is the 15 minutes so powerful? Well in that time, you are going to appreciate what you have and be grateful for what is coming to you. Gratitude and appreciation have the same effect and create great power. But more than that, thanks to the law of attraction, whatever we appreciate and are grateful for, we will get more of. So if you 'want' more of something, or you 'want' something you haven't got, then you just need to be grateful for it (more on this later on).

But firstly, you'll need a notepad which I called my Golden Book. I started with a notepad, and then over Christmas I bought myself a blank hard-backed book and I now write the most powerful things I find and 'want' to apply into my life in there. I have a book like this for all of my interests; this one is just for my self-improvement (the Golden Book technique you can find in the appendix section).

Ok, so now you have to brainstorm all of the things you have that you appreciate, and you should not have any trouble doing this if you have acquired the skill of holding 15 seconds positive thought. What I realised was no matter how good any thought was, I couldn't think about it for 15 minutes, so I simply decided to write down enough wonderful experiences I've had and then think about them in turn. It easily takes 15 minutes to think about the 79 things I came up with. Since doing this I could come up with 100 more easily. I often spend 20-25 minutes, or maybe much more, just reading my list of things I am grateful for. This is also the beginning of a habit of gratitude.

But if you are struggling to come up with enough you are grateful for then that's not a problem. Here are a few of the ones I came up with for myself. Also when I looked back at the list, out of the 79 things, not one of them was a material object...a lot of them came from the benefit of riches though!

They are the moments in life when we become present and grateful. They are your best moments in life.

These are taken randomly from my list,

- Me taking David flying
- When I took the children to Lapland and they saw Father Christmas
- Sarah bouncing about with happiness after I returned home at the airport
- When I let David chuck a paper aeroplane off the Eiffel Tower
- When my Dad told me he was so proud of me
- Being grateful for the view from the Empire State Building
- The feeling I get when I know I'm going to visit Las Vegas
- The feeling I had when I got property to work
- An afternoon at Goodwood Racecourse with friends
- Seeing Sarah in front of the killer whale at SeaWorld
- Seeing Alison happy
- Relaxing in the sauna
- Chatting in the sauna with David

I could go on, and on, and on...we all have little things to us that mean a lot. If for some reason you don't, then you are missing out and you need to get more into the now – which again will be coming up soon. So when you've written your list of wonderful things, you need to relax and read them to yourself. Maybe the next day, there is no rush – after all if you rush then you merely attract more rushing into your life and you don't 'want' that. And besides, as you will find out later on, there is no need to rush.

So when you are ready take your list and think about the items one at a time, remember the feeling you had when they happened and feel it. Really feel it again, it is a feeling that is easy to remember and repeat. Enjoy it for a while, as long as you 'want' and when you feel good and are ready, move to the next one, and so on. I have no idea how long it takes me to go through my list; some days I won't think about some much and then others I'll think about them more. I think it takes me 20–25 minutes, but I have no idea as time really doesn't exist when you're feeling good. Also when you spend 20–25 minutes on it, then achieving 15 minutes requires no effort at all. I practiced this daily for a few months and now I look at it twice a month, or anytime I feel the urge.

I am grateful for all the wonderful times and experiences I've had, so guess what? I'll be given more to be grateful for. One of the things in the list above hasn't happened yet, but I know it is a certainty and am grateful for it. I can imagine it happening without a doubt and therefore it is a certainty. On my grateful list there are several things that haven't happened yet, but I know they will and I am grateful for them.

I am not attached to the outcome of it; I just know it is certain. It is the one about Sarah at SeaWorld. She has never been, but I see that happening and so it will, without any force, without any effort. I have merely made it clear that I desire that to happen and I am not attached to how it will happen, just that it will happen in the best way and at the right time. So how can I not be grateful for it? This is of course just skimming the surface. For now, enjoy creating your list. These are the very best moments of your life; if you can't enjoy remembering those then you have a real problem!

Avoid at the moment anything that leads to a feeling bad experience. We'll come on to overcoming those later, for now just positive emotive stuff. If you find that one thing leads to a negative thought, then you need to remove it from the list, jumble the list up and re-write it so that you remove the thought pattern completely. This is an important element, so don't underestimate the importance or re-writing and breaking the thought pattern.

Now, when you go into this state of gratitude and appreciation you will find a power that will just be in you. People will notice something different about you; you will be able to just handle situations better and more easily

without getting angry. Your frustrations with little things will have subsided a lot. We will come on to removing them completely later, but for now be as present as possible and notice what others are saying about you and how you are feeling.

You have started on the path to complete control of your mind. The more you practice this, the more you silence the ‘nutter’ and the more invincible you become. When you have mastered the skill of instantly being able to hold a positive thought, and practiced the skill of 15 minutes per day of continuous positive thought, then you are well on the path to certain riches.

One more thing, towards the end, or at the end of your 15 minutes, have a go at bringing in ‘no mind’ and hold no thought at all. If you are ready and you can do it, then experience the power of ‘no mind’ and the calmness it gives you. This strengthens the shield as well. Then see if you can bring in ‘no mind’ at different times in the day. See if you can, at a moment’s notice, shut your mind off but be completely present and aware... It doesn’t matter if you can’t do this yet, you will be able to with more practice, you are building your mental muscles... This is the same as working out in the gym... Your muscles expand there when you train, when you train your mind, then your mind expands – but without limit! When you realise you have limitless potential, then you can start to tap into it on demand.

Well that’s lesson two, you now have a way to build an impenetrable force shield for use daily. And you have a way to regain control of your mind whenever you ‘want’ to and hold 15 seconds of positive thought. You also are now fully aware that doing these things is the work that virtually all people shy away from as it is the hardest work of all. You have now shone the light into this darkness, you have met the ‘nutter’ who dwells in the shadows of your mind and so now you know what he or she looks like you can banish this entity forever... if you choose to!

So there you are, regaining control of my mind was the foundation to how I started to turn it around. There is more to this, but I’m going to start to unravel a few of the background bits of noise first, so that when I share the rest of this it will be much more powerful.

Sometimes with no mind, if I have a lot going on and I demand silence, I see myself inside my mind holding out my arms in a way that says halt. I can see the thoughts ‘wanting’ to rush forward and I simply say no, holding them back with my palms. At this point the thoughts just become patient. I do not know what the thoughts are, I just know they are there being patient, waiting for me to allow them to come in. They are like children who are getting unruly and I just say “no”, they realise they are out of line and they calm down.

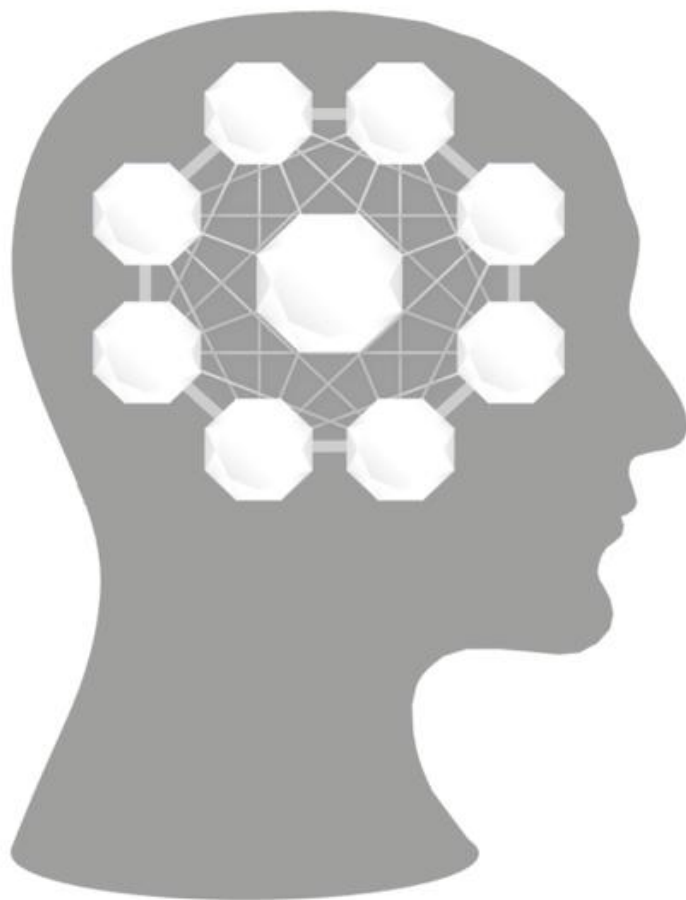
This is when I can literally hit the restart button on my mind. It can take as little as 1–4 seconds and my mind is completely clear and focused. Developing this skill may be something you should consider. But don't force it, just allow it to come. It is like a by-product of feeling grateful as you place each thought in your mind and are then grateful for it. Your mind enjoys it and then patiently waits for you to add the next thought... why not just *not* add one for a while?...

Do not 'try' to do this, just do this. 'Trying' probably won't work unless you are in the right state of 'trying', and if you do not have the life you desire then the chances are you won't be in that state. I'll cover the dangers of trying in more depth later too.

Summary of Techniques so far

- Bring in a positive thought which you are truly grateful for.
- You can expand around that thought – you can go deeper into the memory of it. You can go and experience it fully again as if it were happening now.
- You can create your list of what you are grateful for and spend 15 minutes a day being grateful – being grateful of what you are grateful for creates more of that and allows less time to be filled with things which you do not 'want' (don't think about that too much, it is just the way it is).
- You can bring in no mind and re-start your mind. Just decide to do it, and keep doing it without annoyance, but just acceptance and sooner or later you will be able to do it. Just ***know you will***, and expect to... But do not become attached to doing it, just know you will do it at some point... *When* is of little importance as I will explain later. What is important is that you keep doing it and learn to bring it in on demand.

Once you are a master of these techniques which may only take you a few days or maybe a few weeks then you will develop an inner calmness which you will love. But if it is taking you longer then it will be because of one of the other things we are going to cover. Remember time doesn't really matter once you know you are on the right path. Time only matters when you are worried that this path may end up in disappointment and you have to start looking again. That *will not happen* if you just keep reading and applying and then you will soon discover that your success is not something which you secretly doubt will ever happen. But it is something that you will know for certain that you can create... I will get you to certain and beyond if you just do the training... But, that as always is your choice.



SAL (永) TORI

CHAPTER FOUR



Lightening The Load

~ "Simplicity is making the journey of this life with just baggage enough." ~

Charles Dudley Warner

Accepting What Is

~ *Happiness can exist only in acceptance.* ~

Denis De Rougemont

In the last two chapters we've put the foundation in place for creating riches and creating whatever success looks like to you. Without this foundation then anything built will be built on sand – you can decide how important it is to you to not build on sand... again!

We're going to move now to start unraveling some of the things that are holding us back and lighten our load somewhat, therefore allowing a swifter easier journey. Over the next few sections you'll begin to feel yourself get lighter as you literally dissolve baggage you are carrying which you do not need. If you do not have the life you desire then it is because of this.

Imagine we are at an airport and the flight we are going on represents our life. For a second, imagine you are me. I am the one walking through the airport with either one piece of hand baggage or a laptop bag. I am taking it easy, as it is easy for me; I am not weighted down with the burden of heavy luggage. I am sitting in the bar having a glass of Champagne and am celebrating being on the journey. You, as me, look over to a person who has a huge rucksack on their back. They are pushing one trolley with ten bags on it and pulling another. They (you) are having a nightmare trying to get onto the flight. They are sweating,

struggling and truly finding the journey hard. We are both on the same journey but my experience of it is wholly better than yours; you *'want'* to get to the destination, I am *'grateful'* for the journey.

Now you, as me, look around and you see it's not just one person struggling like this, but everyone is. They all have a heavy rucksack; they are all pushing one trolley and pulling another. They all just *'want'* the destination; none of them are content or are grateful for the journey. You, as me, look around the bar. It is empty as there is no-one there because no-one else has time to be grateful for the journey. Everyone just wants to get there; no-one realises ***they are already there***, and that unless they are happy now then there will be more pain waiting for them when they arrive at their destination.

As you go through the next few chapters you'll see yourself putting your baggage down. You'll do this because you realise that you do not need to carry it with you any longer. You will be using less effort and accomplishing more. Your journey will start to become more enjoyable. So are you ready to lighten the load? I'll be coming back to how I turned my mind around after I've unraveled a few of the annoying bits of background noise that help to keep riches and success out of your life.

Before starting on this bit, I have got to make you aware of how important it is. If you can just take this and nothing else from this book then your life will change beyond ALL recognition. This is the simplest yet most powerful technique for the enjoyment of life. It can be here in under one second and can be mastered in a few days, or never ever mastered. Without learning this skill your life will NEVER be complete. *Are you getting how important this skill is?*

I am making this point because I clearly did not make it well enough when I wrote this article first on the community site. I put the article up and no-one commented on it. Several times later, people asked questions where I referred to it and still no-one commented. I made the article free content and still no-one commented on it. I tell you this because without this you will struggle to enjoy your journey. So don't drift off because this is so simple, this is a BIG DEAL and worthy of your time.

Let me ask you, do you ever think about what happened in the past and you wish it hadn't happened? Do you ever worry about what will happen in the future? Well most people do, so it wouldn't surprise me if you did. But let's take the past first. ***It has happened, therefore what can you do about it?*** Nothing, after all it has happened. So it just is!

If something just is, then what is the point of being concerned about it? Is it because you *'want'* to feel bad? Is it because you feel you *'should'* feel bad?

Is it because someone close to you keeps reminding you **‘to’** feel bad about what you did?

Why do you think you spend now thinking about something you can't change and that makes you feel bad? Do you think that something you can't change and makes you feel bad will help you in **ANY** way now?

Of course not! How can it help you other than guidance to not do it again? Well that last lesson can be learnt by brief glimpses into the past when they are needed for guidance to prevent a repeat of the same mistakes again – that's one time that the past is very useful.

What's more, there is no need to feel bad, as those mistakes are an essential part of you; an essential part of your make up. They are the experiences that helped get you to the place you are at right now and you can't change them! Those mistakes were an essential part of the lives and experiences of all the people they touched... Those mistakes helped you all in some way, to find out how then you would simply need to think about it.

However... *you can change how you feel about them, as that is a choice.*

I have stacks of things in my life that if I chose to look at a certain way then I would regret, but do I regret them? No, they are my life's experiences and without them I wouldn't be at this exact point, and this exact point is where I deserve and need to be. There are plenty of things I look at and think, if I had gone left instead of right then this would have happened. But we cannot know the outcome of the different way, as there are literally an infinite number of possibilities.

So what happened just is, and the way to release the need to spend your 'now' time dwelling on a fruitless and unproductive past, is to just accept what is. Your acceptance of it frees up some of your energy.

After all, if you spend 20% of your mental energy dwelling on a past incident in your life which you cannot change, then that frees up 20% more energy you have to help create your life now and your future. Except it is not; it is actually 25% more energy if you 'want' to be smart.

So by accepting what is, you no longer need to **‘give’** away your energy (and don't kid yourself if you think it doesn't take much energy to think about that business or relationship failure – doing that sucks creative energy like a vacuum cleaner). You do not need to dwell on the past, and therefore you are now back in the present after all, the present is where everything happened and will happen anyway.

Acceptance is the key, as whatever you resist will persist. Whatever you prepare against will become your reality. Whatever you fear and worry about

becomes your reality. So just accept what is, as acceptance is letting go. By letting go it frees you of very heavy baggage and by lightening your load, your journey becomes easier and more fun. This is simple stuff, but the world of the unconscious minds misses it, because it is simple... They (you), or rather their ego's like to complicate things for them and likes to keep them trapped in the past.

Just think about a past experience which you regret, what possible benefit is there for you in regretting something? Once you realised you had done it badly wrong, then what are the chances of you ever doing it again? Let's say the situation came up where you could make the same mistake again in ten years, will you have forgotten about making the mistake? No, you learnt the lesson and can avoid it, in other words it is a piece of software which was installed onto your computer and when you need to use it in the future it will be there. You don't need to keep going to the computer twice a month to see if the software is still installed so that in ten years time you have checked that it is there 240 times. So every second of thought you apply to regret is of what possible benefit to you?

What's more is that as you become what you think about, guess what? You'll just create more opportunities to make the same mistake again. Then guess what? You'll get to live with the regret as well. So instead of putting down a piece of baggage, you pick up some more. This is a pattern of destruction, which keeps people stuck and not seeming to get anywhere – which is what their ego's want (that's right, your ego is not their to help you, it is but not in the way you would like it to, so you are a slave to it). You have to **accept what is** if you really desire a fulfilled life.

Just because others think that you should think one way, does not mean you should. If something holds no benefit for you, then why would you wish to apply any thought time to it?

With this whole process I am trying to take your mind back to a time when things were simple, when you were a child and had a natural success mindset. Children are very present; they do not think about tomorrow, or yesterday, they think now. If you seek fulfillment then you desire to think like a child again. Creating A Bug Free Mind is all about wiping the junk, the bugs and the viruses out of your mind and giving you back a fully functioning super computer, which can create the life you desire with ease, this book gives you back the same success mindset you used to learn to walk.

I ask you, what in your past possibly deserves any more attention than returning to reference it for use now? If it has no use right now then 'why go

there?' By not accepting it, you are carrying it, and while you are carrying it you will not have a pleasant journey... so the reason to carry it is???

Your little saboteur wants to! It seeks to remind you of your failures, and every time you think about them that's your own private 'nutter' showing them to you. Next time it happens just observe it happening and ask **'What benefit is there for me in thinking about this?'** Don't judge, just ask the question and observe.

You can shed all of your past baggage when you enter the state behind three magic words. Just imagine that, all your past mistakes wiped away in an instant with just three magic words. You don't have to live with regret anymore when you permanently enter the **state** behind these three magic words. Do you 'want' to let go of the past and stop living with regret?

Of course you do it would be insanity not to! Accept that your 'nutter' will tell you that it *can't be that easy*. Yes it can, it is a choice, you are currently unconsciously choosing to live with regret. You are choosing to, you may not be present when you make the choice and we'll deal with that later, but you are choosing to. So are you ready to make the choice and stop living with regret? Accept every past moment completely for the 100% fact that it has happened and that you cannot change it?

Are you ready for the power of these three magic words? Well you could go to the website and pay me a fortune for them then, because that way you may appreciate their power more, as it has cost you (we only respect what costs us). However, I've already given them to you, they are magic and don't ever underestimate their power, as without them you will NEVER attain peace, tranquility and fulfillment, and trust me... You really want to attain them. The magic words are of course... Accept What Is.

Next I'm going to go to the level beyond acceptance of what is. Accepting what is, is powerful and without a shadow of a doubt if applied by people on its own, could change the world for everyone in an unrecognisable way. But the next level if it can be achieved as well, can literally take you to **another level of power**. But you have to have it all, each layer needs to be fully removed.

This is a complete package and each bug must be removed. Just because you've learnt it means NOTHING until you have applied it, and applied it, and applied it... Until it is your 'default' mode of thought... Until it is your 'habit', your 'way of doing it'. Learning it and being able to talk about it is **useless** to getting you to the life of your dreams... But again applying it is your choice, and you don't have to justify your choice to me or anyone... it's yours.

So...

Would You Care To Take A Glance At Enlightenment?

~ *Knowing others is wisdom, knowing yourself is enlightenment.* ~

Lao Tzu

In the last section I covered a little on acceptance, as we need to accept that things just are, and not carry around baggage that has already happened. There is a level that is much higher than acceptance though, and that is the level of surrender.

Ask yourself this question, *‘What would happen if you had no regrets about your past?’* Have you ever tried to imagine what would happen if you **totally forgave everyone** who has been part of your life with complete disregard for whatever they did to you?

Of course not, why would we? We all hold on to our resentments to others as if they are some sort of valuable possession. Have you ever asked, **why do we do that?** The answer is simple. We have not looked at it before (we have very lazy minds, everyone does it), so we, being herd mentality beasts just follow the crowd.

Ok, this is just the beginning, but maybe you can start to see the level that you simply cannot forgive. Well you do realise that this lack of forgiveness is holding you back like an anchor does to a boat. This is some seriously heavy baggage! Sure you can possibly find a way to accept your mistakes, but to forgive others well that’s a whole different ball game!

By holding on to your resentment and anger you are literally perpetuating unhappiness, poverty, sickness, limitation and a lack mentality in your own life. So do you think any of that stuff will help you get rich or live a serene life?

Of course not, but we ‘want’ our resentment don’t we? Well at least we do until we notice how ridiculous it is, or until we realise that it is not us that wants our resentment at all. It is actually our little saboteur who wants to keep hold of it. This is so that it can use it to keep you down, to keep you where you are, to keep you repeating the mistakes.

Well I have zero resentment towards the person who made me bankrupt; instead I am actually grateful to him. I have no animosity whatsoever toward all of the hurtful cutting things that were said about me, in fact I am actually grateful. I have no ill feeling to anybody at all because I surrendered these feelings as they weren’t helping me attain the life I desired. I simply made a decision that they were of no benefit to me. I made a conscious choice. The funny thing is as soon as I surrendered them they became of benefit to me.

Now nothing stands still, and everything either takes you towards what you desire, or away from it. Those feelings clearly did not take me towards what I desired, so logically they held no benefit. So the point of me desiring to hold them would be? None, there is no benefit. It was obvious I needed to let them go, so I learnt the power of surrender and I'm about to show you how you can do it easily too. After all, we all really would like to be able to let this stuff go... If you said no, then you were not present, it was your ego. Say hello and smile every time you notice him or her as they become more visible to you. Appreciate it when they show themselves as they are sowing the seeds of their own soon to be defeat.

Firstly I'd imagine quite a few people will be thinking, "*How can I forgive that person? After all Andy, you don't know what they did to me.*" Or there will be people thinking, "*If I give up my resentment then this person could harm me.*" Well, no they can't harm you. The only way they can harm you is if you give them permission to. Therefore, I simply do not give people permission to harm me. And to those who can't let go of what someone did to them, well guess what? They didn't do it to them just then, ***they are still doing it to them today.*** Because you are giving them permission to. You are allowing another person who did something bad to you before, to have control over your life today.

What's more, they don't even know it, you are the only one who does, and if you say they do know it, then is this person really worthy of your further time and consideration? Anyone who does something hurtful to another only does so when they are unconscious and therefore, how can you be angry at someone for doing something in their sleep?

If you really do desire or 'want' happiness and riches, eventually you will need to make a decision to give up all resentment. If you don't then you can't have a serene life – and trust me you really 'want' that! Also it is extremely unlikely that you'll ever become abundantly rich unless you surrender.

There is a slim chance, well less than 1% that you could create riches and still hang on to your resentment baggage... but what's the point? You'll get to the destination; you'll be rich and be able to say, 'See told you so!' Do you really think that thought is helping you get there? Maybe you think it motivates you, so you are unhappy now and then you'll be happy when you are able to say that. Well fortunately it doesn't work like that. To be happy, to get happiness, you have to be happy and you have to have happiness. But I don't expect you to let go of everything like that right now, so keep carrying that baggage if it makes you feel more complete. There'll be a time soon when you will look at it and realise that you should have put it down long ago. You'll turn away and it will have dissolved; one day you'll think, hey, when did I let go of that? It doesn't really matter when, just that you did.

So what you need to do is start to look at your resentments and anger toward people and just think about it, and start asking yourself, in what way is this helping me?

Then pretty soon you realise that you are simply wasting your life on something that is completely irrelevant to your future – it is then easy to let it go. But it can take a little while for your consciousness to watch and observe your ego trying to hold on to this sort of thing because it wants to (more on the power of observation in the next section).

You need to turn your attention to these ideas as well (and there are plenty of others I have not mentioned, you'll fill in those blanks as you start to look inside): -

- You cannot be wealthy if you resent wealthy people
- You cannot be successful if you resent successful people
- You cannot be happy if you resent happy people
- You cannot be X if you resent X people
- Do you get it?

Whatever you resent is a statement of what you lack – painful I know! But you didn't come here to hear stuff that didn't force you to change your thinking. You came here to learn how to create an abundantly wealthy and happy life, so keep going.

On the health side, resentment actually breaks down your immune system as well, and therefore helps you to die sooner... Now I think we are all agreed that we don't 'want' that... so what the hell does resentment actually give us? All I can think of is something to talk about...(well we need to get out more then!). There is, however, value in resentment, but you only receive that value when you give up resentment.

We should be grateful to them instead

~ As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~

John F Kennedy

Why should we resent or be angry with anyone? After all they have given us so much; they have given us an education to show us how we do not 'want' to be. So we can learn from these people and use their bad stuff to help strengthen us!

The people we resent who are rich or successful or happy, let them be our teachers. Be grateful for what they have, be happy for them and you will be

in the right place ready to receive. When you surrender to what is, and so you become fully present, the past ceases to have any power over you and your future.

This is the miracle of surrender, as when you fully accept what is, allow and accept what is to come, then every moment is the best moment. And if every moment is the best moment then that is enlightenment...

Too soon?

Maybe... I should have saved that for a while. However, I wanted you to see the power that you'll be getting if you can learn to surrender. One book I read described surrender as 'becoming transparent' to anything that came at you. In other words the problems just passed right through you and had no effect. Almost like you become slightly out of phase with everyone else, and the sort of things that once annoyed you no longer have any meaning for your life. (This is even more powerful than your force shield, as if you are out of phase but still present then you're truly indestructible.)

Once you have surrendered then you are going to be free to absorb all of the things that take you towards where you 'want' to go, but at the same time you are not living in the future or any longer dwelling on the past. Instead you are fully present and enjoying the journey.

Good, bad, it does not matter, it is all part of the journey and will give you lessons that money can't buy. Thanks to surrender, you will be able to just pick all of the useful lessons up and apply them to yourself so that they increase the speed towards where you 'want' to go. Whilst now, as you have surrendered, you do not need to carry with you anything that does not help take you where you 'want' to go. Good, bad, it's all going to be good, everything is good once you have surrendered to everything.

I could write a lot more on surrender, but that'll come later on. Just know this, all resentment and anger is holding you back and is not serving you **IN ANY WAY**. It is keeping you living in the past, or the future. It is not allowing you the freedom to live in the present moment, which is where you are now. You do not have the life you desire, because you have not yet surrendered.

If it is too difficult to just surrender it all now, then just watch yourself and observe what is going on. See how your ego reacts to something such as an inconsiderate driver or something which just does not matter... Observe it... then ask yourself, ***'How does me getting annoyed or resenting their selfishness help me in anyway attain the life I desire?'*** So why not just 'try' and practice a little surrendering and let go of something which does not matter. See how it makes you feel and then maybe tackle in your head one or two of the bigger issues. Trust me, when you start the trickle of letting the waste leave your

mind and accepting what is, then this grows to a flood of waste leaving. Then, as if by magic, it is all gone – and the only way this waste can come back, is if you let it in.

One last point I will cover on surrender before moving on. Surrender does not mean you cannot take action to change the situation. It does not mean that you cannot tell the person that you think they are wrong, it just means that it does not affect you. It is not that you don't care; it is just that this no longer serves you and has no benefit to your life.

Utilising The Power Of Observation Without Judgement

~ *Every man who observes vigilantly and resolves steadfastly grows unconsciously into genius.*

~

Edward G. Bulwer-Lytton

Very publicly last year I had to endure the public online resentment, anger from my previous site members, the fury and upset from my creditors, my brother-in-law who lives in the US contacting my wife Alison about an article he'd read about me in The Guardian online and asking her, 'Are you alright?'

Then my brother who lives in Tasmania, after reading an article in the Telegraph about me, basically saying to my Mum something like, well it doesn't surprise me and it is certainly all true as it was in The Telegraph. This was amongst other quite 'unfriendly' and definitely 'un-family-like' comments but then he is a reporter and I don't need to forgive him as there is nothing to forgive. To forgive would be to say, I am going to hold this over you so I don't really forgive you. However, that's not important, what is important is ***the speed with which he rushed to judge.***

There were literally hundreds of comments made about me online and I'm sure if you 'want' to go and read them then they are still all there. However, I was staggered by the amount of frankly wrong information there was out there on me. And how quickly people just accepted it and made their judgements based on inaccurate and uneducated information, e.g. *'He's gone bankrupt 14 times'* – How that even deserved a comment was just so funny. I think for that to have actually been real, I would have needed to have been first made bankrupt as I was delivered in the maternity ward and then made bankrupt instantly after every bankruptcy ended. Do people actually think about what they are saying?

Of course not, there are keyboard warriors out there talking about it and churning up all sorts of disastrous thought patterns for themselves. Is it any wonder they cannot get to *'being a success'* when their minds are full of 'stuff' which doesn't help them. They give their dominant attention to criticism, anger and resentment and create it into their life in doing so... This really isn't rocket

science and is in fact very obvious to anyone who is awake. Why do you think successful people do not 'need' to engage in this sort of activity? Because... *they are awake and know what they want*. Unsuccessful people are asleep and frustrated, they have no idea why they are frustrated, because they have never given it that much thought. But they are frustrated simply because they don't know what they want. This is the underlying problem with our species and we will cover how to resolve it for you later.

Previously to this, I had for years had people doubt that the money I made was real (after all there was so much of it, you could actually understand their doubt). There was plenty of bad stuff before all of what happened that year. Now if you step into the world of the public eye, then you expect that sort of thing, it is just part of the package. However, this attitude drags you away from success and wealth creation, and it adds nothing to getting you to the life you desire. Even if it were all true it would not help you at all. Have you ever considered what future these sorts of thoughts are creating for you? But that's not what I'm going to cover next.

What I'm going to cover is an essential skill in your life and wealth building arsenal. It is something that, if you desire a completely contented and abundant life, is a skill again that you have to master. So let's get started...

Judgement Is Weakness, Observation Is Power

We are trained by the media, by our parents, by education, by work, to instantly judge things without properly observing what is going on. I know myself that if something has come out on a customer affairs program like Watchdog, I may have judged the company or person without doing *any due diligence*, and worse without having *any interest* really one way or the other in that which I am judging. So why did I judge?

The media trains and nurtures previous training and gets, with almost no exception, everyone to think this way. We therefore make decisions on situations when we simply don't need to. Then what's worse is that we pass on information to others that we have '*heard*' having done no due diligence on it whatsoever, other than listen to others who have done no due diligence either! I call this Bulls**t built on Bulls**t.

And now we (and I include myself here) go and pass on duff information to someone else, who in turn has done no research and makes a judgement based on the overwhelming weight of b****cks and bulls**t circumstantial evidence.

Now, on our way through life everything that comes to us either helps us get to where we desire to go, or it takes us away from it. Nothing stands still; it either helps or hurts (it is Black or White – there is no Grey).

Why is it we all judge ‘usually harshly’ and ‘usually without any evidence’, or even without just looking at the other side of the story? It is because we like conflict, we enjoy it, why do you think newspapers and the TV news only give us the awful stories?...Well because they are all in show business and they are giving the public what it wants.

A sort of quick story which goes to explain this:-

During the entire financial nightmare I went through last year, one of the many, many hurdles was that a mortgage lender nearly repossessed my mum’s home. It was singularly the most expensive mortgage I had, being 300% more expensive than the next nearest. This was because it was on a fixed rate and as of Oct 2010 the mortgage would drop down to roughly one third of the amount. And me with no income, made this difficult to say the least.

So I knew I had to bridge the gap until the rate dropped, as I could then make the payments at that level, no worries. I decided that the way to keep the house was for Mum to move in with us, and then rent it out. Together, with our payment and the rent, that would sort the problem. Then when the mortgage reduced later on, I could move my Mum back in to her home (as it happens she is great to live with and no problem).

So what I did was rent the property out. I rented it for 12 months rent up front, no worries. I could now pay the mortgage lender and everyone was happy. Except the letting agent decided to keep the money...Yes, yes, I know it was illegal but they did it anyway and I am pursuing them legally at the moment. Anyway, they kept it.

We had been served a repossession order in October for 60 days. I had told the judge that I would be able to make the full payments from January and continue to make the 50% payments I was currently making, which is why he gave me 60 days to sort it out. In January the mortgage lender was still trying to repossess and I was going to go to court to stop the repossession. But the tenants who had just moved in and paid 12 months’ rent were told that they were about to be kicked out.

Obviously they were not happy to say the least (and I know because they told me that they thought I was not a very nice person at the time). Even though they had no legal standing, they asked for a suspension of the order, this was about eight days before the repossession date. As it happened, even though they had brought the action, they were not permitted to enter the court unless I said they could. Well of course I let them in, I wanted to show them that I wasn’t this two-headed devil.

I attended the court and the judge, who is supposed to ***listen to evidence and then render his judgement***, jumped to his conclusion without hearing any evidence. His conclusion being that I had intended to fleece my tenants out of their 12 months' rent and let the property be repossessed and them be evicted.

Now fortunately, this extremely biased person who had jumped to completely the wrong conclusion, did not have time to hear the case. So I had to go and ask for another date which was in two days time. I had to listen to Alison on the way home keep saying how disgraceful it was that he had just *jumped to the wrong conclusion* and *wouldn't even allow me to speak*. This was Alison's first example of the legal system, and up until that point had seen it as a 'fair' system.

On the court date I went in and the judge asked me to explain myself and explain the situation. She heard the argument from the mortgage lender's side and as well as stating that the letting agent had acted illegally, came down 100% on my side and threw the lender's repossession out completely. Now the judges are supposed to be some of our most thoughtful people, but the first judge had called me *disgraceful*, and thought my actions had been *disgusting* and *deplorable* (nice thing for my tenants to hear).

Yet the second judge who had listened and observed what went on concluded that we not only had done nothing wrong, but that the letting agent had acted illegally and the mortgage lender had not acted reasonably. Her job was to make a judgement, so she had no choice about it as she was a judge. She observed and looked at all of the evidence first, then as she ***had to judge***, did so based on ***all*** of the information.

The real secret though ***is to observe without judgement***, as unless there is some benefit to us on our journey in making a judgement, then why do we need to? Isn't it far better to just observe and see what we can gain for ourselves out of our observations? And if observing itself serves up no value to us, then we do not make a judgement, we just leave the subject.

The truth is that the first judge broke the cardinal rule, he judged without listening to the evidence. He is supposed to be impartial and was not – that was his duty and he failed – in fact he did not even need to make a judgement at all did he? As he was not hearing the case, he simply could have kept his opinions to himself. Observation is power, judgement is weakness as the unconscious judge so perfectly demonstrated.

We fail as people when we get involved when we shouldn't and when we make judgements we have no need to make. To observe without judgement will give you power. Observation stops the lack mentality occurring in your mind

when you force yourself to think about judging someone without evidence. Instead of judging someone, ask what benefit is there in this for me to judge.

Now, here's the powerful way to use this to improve your situation regarding the 'nutter' in your mind. Don't necessarily 'try' and change, just observe from inside your head your mind's ridiculous judgements on situations that you simply do not need to get involved in. Just sit back and watch the show, when you start to notice yourself judging people you don't know, then why not just stop it? Judgement is creating lack in your life, you are therefore allowing in the lack virus.

Just watch and learn, if you do only that then eventually you will teach yourself not to judge unless you HAVE to. Then you will have acquired the skill of observation without judgement. You will then be able to utilise this to more quickly evaluate what helps take you towards your desires, and what quickly pulls you in the opposite direction.

Spend the next few days observing yourself judging things that you do not need to even get involved in, let alone judge. Ask yourself, *'why did I judge? What benefit is there for me in judging someone?'*

And as for the tenants from my story? - Well now, they were at the hearing when the judge came down 100% on my side and said what she thought of their and my letting agent. They now know I had no intention of fleecing them and they do not think a great deal of the letting agent. The next day I sent them flowers, champagne and chocolates and they are enjoying living in their home. I am of course no longer the devil with two heads. Subsequently the letting agent lost in court.

Summary of Techniques

- Practice accepting what is, until there is nothing more to accept.
- Start asking yourself, what benefit is there for me thinking about this?
- Totally forgive people who have wronged you as there really is nothing to forgive if you forgive them.
- To not forgive is to allow the bugs of unhappiness, poverty, sickness, and lack into your future life... just consider, would your life be better with them, or without them?
- Ask yourself how does me getting annoyed and resenting their selfishness help me in anyway attain the life I desire?
- Nothing stands still, it either helps you or it hurts you, ask yourself does this help me?
- Practice observing without judgement inside your mind and in everyday

life.

Now these can take you a few days to get to grips with or they can take you months. Some of these I mastered in days and some of them I am yet to master. Once you master these again you will feel relaxed and very serene. You will have literally lightened your load and removed useless baggage which prevents you getting what you truly desire. Look for anywhere in your life where you resent someone and go and see if there is any value for your life in continuing to do this moving forward.

CHAPTER FIVE



Curing The World's Biggest Disease

~ 'All negativity is an illusion created by the limited mind to protect and defend itself.' ~

Ambika Wauters

How Negativity Consumes You And Gives You Emptiness In Return

~ *Negativity can only feed on negativity.* ~

Elisabeth Kubler-Ross

This layer of lack is one of the thickest there is. Not only that but this one is really a stubborn one for most people as it really is an addictive disease. As Shirley MacLaine said, 'Dwelling on the negative simply contributes to its power.'

Negativity is basically resistance, or a refusal to accept what is. Accepting what is, is basically enlightenment. So negativity is just about as far away from enlightenment that a person can get, which is why I have such a passion against the negativity that surrounds and consumes so many lives. In the world of personal development, negativity obviously has no place as I'll explain.

Negativity covers a lot of areas, such as irritation, anger, impatience, depression, resentment, despair, envy, pain... Basically you name the bad side of emotion and negativity dwells there. Anyone who believes that to be near or around this sort of thing, is good or useful in some way is either just insane or unconscious. As no sane or conscious person would 'want' to let themselves be subjected to it.

The problem is our ego, as it 'believes' through negativity that it can manipulate reality and simply get what it wants. Our ego 'believes' that through negativity, it can attract a desirable condition or it can remove or rid itself of an undesirable one. Unfortunately, this is just insanity, as unhappiness does not create happiness. So why 'try' and create unhappiness in the pursuit of happiness? But that is what negativity directly does...if that isn't insanity then what is?

This is why a logical mind, or just one that is trying to become conscious, automatically turns away from negativity. Our sub-consciousness instinctively tells us that we are heading in the wrong direction and we need to turn around. The truth is of course that negativity does not work or deliver any real benefit to us. Instead of removing something we don't want, it keeps it in place and instead of attracting something we do 'want', it keeps it away. There really is nothing clever at all in negativity that can be a benefit to us.

In fact the only useful function of negativity (though not to the people studying the way) is that it strengthens the ego, which is of course why the ego loves it. The more negative the person, the bigger the ego and obviously the more deeply insecure the person. The problem is that negativity is like drug food in that it's addictive.

Once you've identified with it, you don't 'want' to let it go. And what's more, on a deeply unconscious level, you do not 'want' positive change. As positive change just threatens the identity of your ego as a depressed, angry, or hard done by person. This is quite common, and unfortunately quite normal behaviour in everyday negative people...it is also insane.

Now, there is nothing natural in negativity. It is like a disease in the body and just because we all accept it in people, does not mean that they are not suffering from a disease. Just because they are not coughing or running a temperature does not mean they are not sick. Negativity is a disease that kills life, it kills it every moment it is allowed to persist and it prematurely ends life.

But most importantly, it is not natural. Negativity does not exist in any other animal, in any other plant, in no other life on the planet...the only place it exists is in the minds of humans. Have you ever seen a negative Tulip? Or a dolphin that has low self-esteem? There is more that we can learn from watching a cat relax or a flower just be, than we can ever learn from the mind of a negative person.

Ok, that's enough negativity bashing...it is really difficult for me to not look at negativity and not find it funny, because of its pure insanity! To remove yourself from negativity is the very first step that must be taken if you are ever going to be truly happy. And as I will cover in much more detail later, every

single goal or design you desire for your life is all just about the pursuit of your happiness.

So if you desire happiness, you have to give up negativity; you can't be truly happy and still harbour negativity... When you look at it like that it is impossible not to conclude that you can't have both. I suppose if you really wanted to 'try' and push the point then you could be happy sometimes and negative another. But that is just your ego saying I don't like being told I'm negative. Get over it, have the life you desire, or stay negative and be one of the 99% who never get there - it really is your choice. Well, now I've made you aware of it, it is. You had the same choice before but when you chose negativity you were not the thinker, as no sane person would choose that over happiness. The next time you say or do something negative, simply go inside and observe why. Don't judge though... just observe why.

So with that in mind, anyone who has entered the world of the people studying 'the way' (the personal development/self-help world) should surely have found that there is no place for their negativity... To have not done that would mean certain problems to come, and also of course that they have completely missed the point!

However, if you are still intent on clinging on to your negativity then don't make a judgement one way or the other. Just become the watcher; sit silently and watch your ego's handling of simple situations that come along. See how your ego is constructing your arguments in such a way that now that you are looking at it, they are clearly insane.

Do not 'try' to just change, just continue to watch them and see them for what they are. Become fully aware of them and just as turning on a light destroys darkness, so your ego's control over your mind will be destroyed by letting your consciousness observe its bad behaviour.

When you are ready then you will realise that all negativity will need to be cut out of your life. As negativity is a disease which spreads from a very little start, it can cause massive changes of thought. You don't need to force this and I am not going to tell you that you must cut out all the negativity. You'll figure that out when you finally attain the understanding that you cannot create the life you desire and allow negativity into your life.

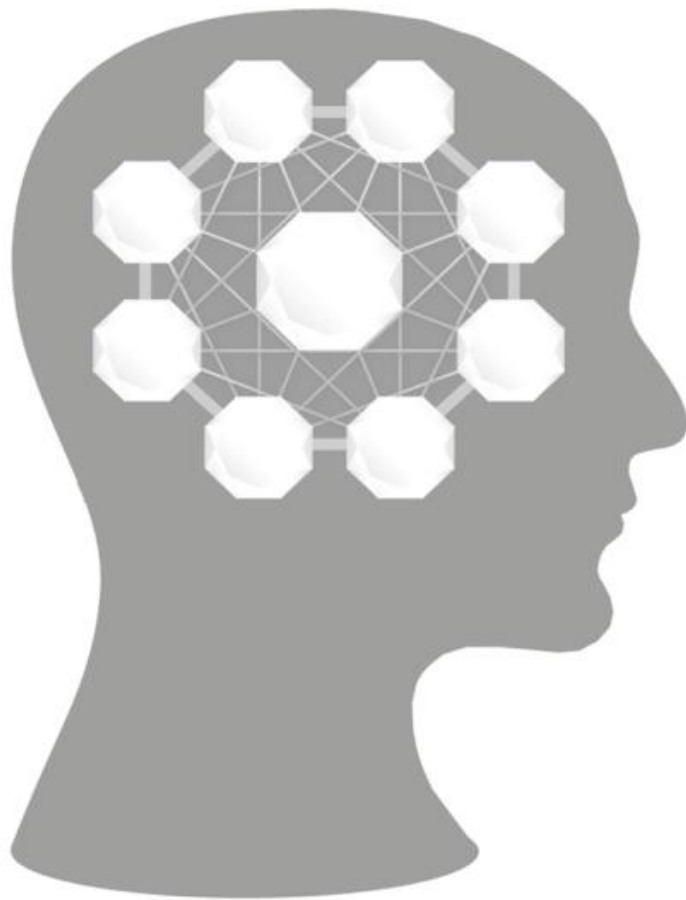
There's no rush to change, just stay present and look for negativity, as when you identify it you weaken it. As you weaken it, it strengthens you. Just observe and stay observing. I studied positivity and success a lot and observed that negativity is not present in the successful people as there is no room for it. Whereas the unsuccessful *'believe'* it makes them more. The only benefit I found

in negativity is it sticks a sign up and shows you where you've not been present. So the only benefit is transitory and only of use while you are killing this disease off for good.

There are many more layers of negativity which need to be peeled back and I will revisit negativity later on. First I have to explain some more things to you so that when we revisit negativity we will be able to slay this demon once and for all.

In the next chapter I am going to give you probably one of the ***greatest gifts*** which one person can ever give to another. I am going to show you how you never need to worry again. That's everyone, not just a few people who can follow my how-to-do-it system. After you have read the next chapter, no matter what worry faces you, you will have the strength to ***not worry about it, or anything else, ever again.***

You don't 'believe' me? Well it does sound a bit too impressive, however, it happens to be true...



SAL (永) TORI

CHAPTER SIX



SAL⊗TORI

Why Worry?

~ The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly' ~

Buddha

Overcoming The Disease That Keeps 99% Of People Poor

~ *How much pain worries have cost us that have never happened?* ~

Thomas Jefferson

In this chapter I am going to unravel some of the most ingrained 'lack' thoughts that plague humans. As Lewis Thomas said, 'We are, perhaps, uniquely among the Earth's creatures, the worrying animal. We worry our lives away. As humans but for a few, worry is at our very core.'

Consider this, how would you like to never 'need' to worry again?

Well at the end of this chapter, I will have shared with you exactly how to remove worry from your mind forever! I will expose it for what it really is and give you back control over this area which you probably lost in childhood.

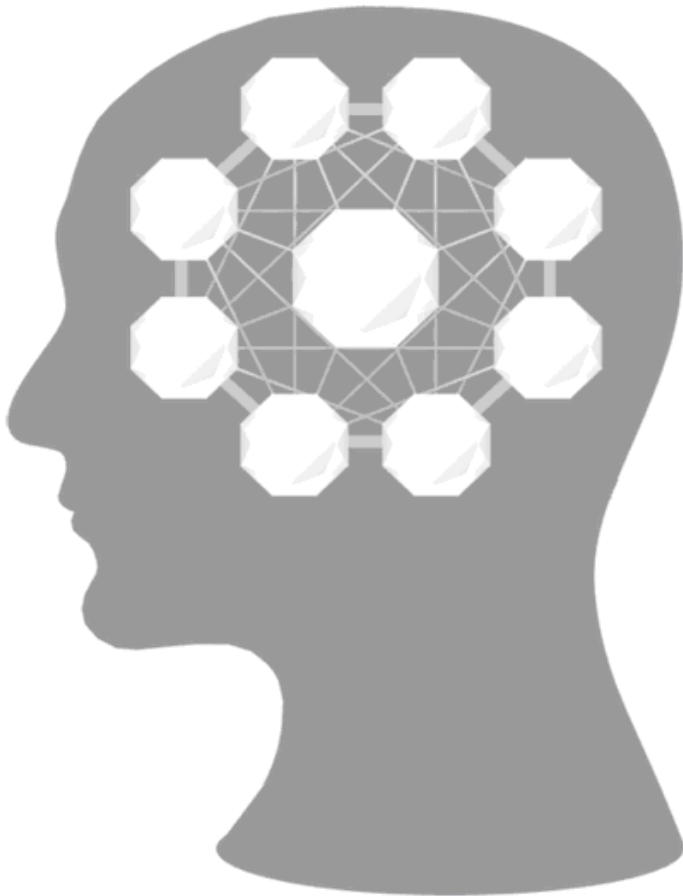
Does that sound too good to be true?

Well after this, for the first time since you were about eight you will have the option of whether you choose to ever worry again or not! You will be aware

of the fact that you no longer need to and you will know what process you need to apply so that you do not do it by mistake any longer.

You can continue this by purchasing the full Bug Free Mind Process from here:

www.ABugFreeMind.com/services



SAL (永) **TORI**

www.ABugFreeMind.com

Creating A Bug Free Mind was written to be *'the World's 1st Antivirus for the human mind.'* *The Secret To Progress.*

The job of this book is to give you the tools and mind power techniques which you can use to inspire yourself to transform your life.

It does this through first dismantling the poor thinking which you have currently been programmed with. It's sounds intrusive but it's not, people describe it as the most wonderful journey through their mind.

Basically you use the process to explore your thoughts and it shines a light on errors of thinking. I get you to look at those errors which you thought were correct and then as you become aware of them you decide if that old thought was helping you or hurting you.

It is an enjoyable process which if you read it then you will learn from and be inspired by. But that is not my motivation for writing it... Any self-help book will do that. I have designed this book so that if you engage in the process so that it will perfectly guide you into regaining your natural success mindset.

The whole 'Bug Free Mind' process is sold in over 80 countries around the world and is available now:-

www.ABugFreeMind.com/services



About the Author

I am married to my wife Alison and have been with her for 22 years now. We have two wonderful children and we live in West Sussex UK.

I went into business myself at the ripe old age of 23,...spent 11 years figuring how to get rich whilst building a business with well over 100 employees... I got fed up 'trying' and getting nowhere, so decided to get rich and became a multi-millionaire investing in property in under seven months...

I had a truly fantastic time for 7 years, owned stacks of stuff including loads of supercars and had some unbelievable experiences... I am still apparently the best selling UK author on property investing...

I became fascinated with doing business online... I worked on various niche product launches, doing multi-million pound launches and always selling out in seconds, not hours... I became fascinated with learning marketing.... I became fascinated about health and nutrition after losing over 140 lbs...

Life was going great and I had developed multiple businesses all around the property niche. I was in the process of selling part of one business for many millions and creating another which would have dwarfed all my previous efforts. Then.... credit crunch stopped play... So I was back to square one BANKRUPT...

I realised I had lost control of my mind, so I went on a very, very enlightening journey... Where I fully regained control and regained my ability to create with just thought again...

I thought that others had not done a very efficient job of describing actually how to cultivate the state of mind. How to ensure a happy life and have everything that people desire, so I thought I would come up with something far more practical. I am on a bit of a mission to cure the problem of a 99%+ failure rate in personal development books and know that, as a teacher of it, we can be better teachers. I designed this book to be the new standard setter.

Personally my work is my hobby, I spend my time looking at techniques to create money as well as writing and sharing what I discover with the members on the site. Basically I do what I love.

Summary Of The Main Chapter Benefits

(A brief summary of what each chapter contains)

Chapter 1

From Gold To Sh*t

This chapter explains why I thought I actually had something special to offer the world of personal development. How I first uncovered my ability to create on purpose, where I found my inspiration to do this and why I love it so much. It's also got a very short biography of my life and reveals the thought process I used badly which ended up in my own bankruptcy.

Chapter 2

The Turning Point

This chapter covers the foundation skill you must obtain in order to create on purpose. It covers the 15 seconds of positive thought and no-mind. This shows how to regain brief control of your mind and extend your control, as well as the process you can go through to develop absolute control. This chapter also introduces you to the person who is actually running 'your' show.

Chapter 3

Becoming Indestructible

This chapter takes the lessons from the previous one and increases their strength. It enables someone to create an environment which will not allow in anything that is not wanted. It explains a system that makes it easy to be able to hold 15 minutes of positive thought. It also includes a simple technique to creating many of your desires.

Chapter 4

Lightening The Load

This chapter gets you on the road to a peaceful, serene life. It covers the power of acceptance of what is and surrender to all that is to come. This gets you to consider the benefits of forgiving people and explains the problems you create by not forgiving.

Chapter 5

Curing The World's Biggest Disease

This chapter explains the insanity of negativity. It shows ways to cut this cancer from your life and it explains just how damaging it is for you in creating the life you desire.

Chapter 6

Why Worry?

This chapter breaks down the habit of worrying and provides a process for you to remove your need to worry. It gives you a system which will enable you to handle any sort of pressure without the need to worry about it. If you worry about anything then you will struggle to ever make a success, so this process will free you from worry.

Chapter 7

Going Against The Grain

This chapter reveals some of society's unwritten rules for the way you 'should' think and shows how these rules are not just ridiculous, but how they are preventing you from attaining the life you desire. This style of herd mentality thinking is what keeps 99% of people poor.

Chapter 8

The Perfect Competitor

In this chapter you discover who you are actually competing with and why. You peel back layers of false 'beliefs', remove the poor programming and replace it with new software. You discover the futility of putting off happiness and you learn why you have to learn to use your mind and can't expect it just to work. You also learn how to find the solution for any problem and the value of appreciating all you have accomplished.

Chapter 9

Do You Really 'Want' To Wait Any More?

This chapter reveals some of the most well hidden viruses of them all. They are well hidden because they are in plain sight and indeed are considered by the vast majority of the world's luminaries to be right. Is it any wonder you do not see the hidden dangers contained in these little words which obscure the actual states behind them? They are the states of hoping, wanting and waiting.

Chapter 10

Running The Anti-Virus

This chapter explains how to get back to the state of accepting. How and why detachment is a must do. It gets you to expose your self-limiting 'beliefs' and gives you a process for removing all of them. It shows you how to never need to argue again and how to get your ego to reveal its secrets to you which it is using to keep you where you are.

Chapter 11

Now That's Painful!

This chapter deals with removing the deep emotional pain which has been left by something from your past. It can be big or small, but the process of removing it/ them is the same. It looks at resentment and shows it for what it is; it demonstrates a process to remove all resentment and therefore enable clarity of thought.

Chapter 12

Has The Blob Caught You?

This chapter peels back the other hidden layers of negativity and provides you with the process for identifying and removing current and all future negativity.

Chapter 13

The World's Greatest Demons

This chapter goes into the world of the 'beliefs' which we/you are conditioned to never question. It peels back the illusion and misconception regarding charity. This goes against the grain, and as it does, it may not even be visible on the first read through.

Chapter 14

Who's Afraid Of The Big Bad... Illusion?

This chapter and the next delve into our understanding of fear. In this chapter you remove your fear of failure and see what fear really is. You learn exactly what you really have to fear and what you do not. It demonstrates the process for the removal of fears and the acquisition of a state of faith. It exposes what true failure looks like and demonstrates some of the errors made in teaching the process of 'the mastery of fear.' It exposes disappointment to the light of observation and reveals the fear of what others may think and how to remove that one. Lastly it looks at the relationship between fear and stress and then demonstrates a process for the complete removal of all 'bad' stress. As well as a technique, which diffuses stress in an instant.

Chapter 15

This Is A Game Of High Stakes!

Continuing on from the last chapter it goes further into the nature of worrying and the relationship between fear and worry. It looks at the value of worrying, whilst removing the habit of it. Then it moves on to observing anxiety and its relationship to fear. It exposes the bad side of it and the good side and provides a process for dissolving the bad side. Then lastly it looks at the relationship between fear and risk and exposes the paradox of risk. This explains who is actually risking something of value and who is not. It explains how to understand risk and how to use that understanding to move forward with the minimum of risk.

Chapter 16

Absolute Power

This chapter reveals the process which will provide you with nothing short of absolute power. Surrender is the key to achieving invulnerability. It peels away layers of resistance to expose the core problems. You can then surrender to all the little elements of resistance which you didn't even know you had.

Chapter 17

When Is Now The Right Time?

This chapter reveals the illusion of time. You get to start using a process which actually creates more time for you. You also learn some key questions which train you to become predominantly

present. You learn the power of now and how that can be of great benefit to you moving forward.

Chapter 18

Are You Allowed To Do That?

In this chapter you learn the downside of 'trying' to do anything. It explains how to set yourself up to flow with things rather than to be an obstruction to them. It is about allowing; it explains the process of how to slowly stop your judgement of others and allow them to be. It shows you how to go and explore your own death and come back from it knowing what you need to make sure you live the life you truly desire.

Chapter 19

The Secret To Success

This chapter gives you the secret to success. It was yours anyway; you had it all the time, so it is not really giving it to you. It merely shows you where it has been hiding from you in plain sight. It is the thing which has eluded all of the great teachers for some reason and it is the answer you have been looking for. Though it also comes with a dark side as well, which unless care is taken, can be the seeds to your undoing.

Chapter 20

Achieving Harmony

In this chapter you learn the process of turning annoyances into benefits. You learn the power of feeling good and learn how to feel good in an instant, anytime you desire. You learn how to let go of blaming people. You learn how to get into a harmonious balance. You learn the goal behind all goals and you learn the hidden downside of being comfortable.

Chapter 21

The Unconscious Lazy Man's Way To Enlightenment

This chapter tells the story of the enlightening journey I took by mistake. I use it to explain the process of what is required to attain enlightenment and explain some of the misconceptions of what people think enlightenment is. It also provides you with a step-by-step process to attain enlightenment.

Chapter 22

Have You Been Sold The Wrong Plan?

In this chapter, you get to look at life as if you never 'wanted' to retire. It gets you to look at what you are doing and evaluate whether or not you are on a good or bad plan. It also covers the removal of bad competition and bad ways of competing, which actually take you in the wrong direction.

Chapter 23

The Law Of Attraction Doesn't Work! The Law Of Creation Does

This chapter covers the law of attraction and how to better understand it so that you can make practical use of it. It provides physical proof of its existence and gives simple steps showing you how to learn from how you have actually already been using it to create. Also how you can use those very creations, both good and bad, as the map to finding out how you can use it on purpose from now on. I.e. How to actually make the Law of Attraction work.

Chapter 24

Doing Less And Creating More

This chapter covers the start of the technique of achieving more with less effort. It removes the need to be busy or to rush. You learn to cement in place the technique of seeing obstacles as benefits. You start the process of learning to trust your instincts again. It breaks down one of the really well embedded self-sabotage patterns of the improper use of the word 'know'. There is also a checklist to apply, before doing any job you dislike, to remove the pain from the job.

Chapter 25

How To Kill Off Overwhelm For Good!

This chapter deals with the dis-ease of overwhelm. How to slow the buildup, how to overcome time management issues and then how to completely release all current and future overwhelm. You also discover the truly magical skill of actually creating more time.

Chapter 26

Re-learning To Trust Your Intuition And Ignore Your Mind

In this chapter you learn to reconnect with your intuition whilst listening and evaluating your mind's input. You learn the process of decision-making and how to treat yourself with the respect you deserve. There is also a technique for overcoming the ingrained tendency to judge people without reason. You learn how to stop feeling bad and you also learn how to give up needing to ever feel sorry again.

Chapter 27

So What New Skills And 'Magical' Powers Do You Have?

This chapter is designed to protect you from your ego's attacks when you are out of consciousness. It plants signposts in your mind which will snap you back into presence when your ego's subtle advances strike. It is designed to inspire you into understanding what opportunity awaits you if you become passionate enough about mastering the control of your own mind.

Chapter 28

Do You Think You're Worth The Effort?

This chapter explains the problem of choice and the problem of your attention. It shows the opportunity you have to help others with little to no effort. It shows you something which you actually manifested. It explains a little of what the power is in the next book 'Using A Bug

Free Mind'. And it identifies for you the single biggest obstacle which you finally will have to face after removing all of your bugs.

The Antivirus

If your life is not going according to the dreams and desires you once had, then this is the process you must apply before it is too late.

This is an Antivirus for a person who has lost touch with their natural success mindset and would like another chance at getting it right.

You once had it, you've now lost it... All I do is show you the way to get back what you once had, which is why...

Creating A Bug Free Mind is *The World's 1st* *Antivirus For The Human Mind* and is **THE SECRET TO PROGRESS**

The whole 'Bug Free Mind' process is sold in over 80 countries around the world and is available now:-

www.ABugFreeMind.com/services

