

YOUR SELF MIRACLE

SESSION 8

Accelerating Your Self Miracle



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Accelerating Your Self Miracle

Hey it's great to be with you again for the penultimate session of your self miracle. This session is called – “accelerating your self miracle” and all will become clear very soon. I have told you before that it's very important to review how you are doing, so now I want to review what you have learnt so far – the key points in the course – so that you can see just how much you have progressed and the actions you have taken. Ok relax for a while – here we go:

At the beginning you learnt that the main reason that people are not successful is that they don't know what they want. Success basically consists of three steps – deciding what you want, planning how you will do it and then doing it. You learnt that you have two very different minds – your conscious and sub conscious and that they perform two very important roles in your life. Your conscious mind is your gatekeeper, with your help it controls what goes into your sub conscious – good or bad. Your sub conscious is your powerhouse, responsible for your intuition and providing you with tools and techniques to achieve what you want.

You also have two opposing forces within you – your higher and lower self. Your higher self is your total positive force and will guide you to your desires. Your lower self is the opposite, a negative force that will stop you achieving, majoring on small issues in life. Your thoughts are responsible for what you have or don't have in your life right now.

Each of your desires needs an associated emotional driver, to give it true meaning, and conjure up powerful emotions within you to push you forward and achieve your desires. The success process is a continuous one, once you have achieved one set of desires then just kick in another set.

We all have irrational fears which prevent us from being who we want to be in life, just face them head on and in a short time they will melt away.

We learnt to generate a small number of desires in different life areas and then assess them using the SMART test – specific, measurable, actionable, realistic and timing. Then you need to devise a plan and the best way to start this is to use the key question technique – where you take twenty to thirty minutes of quiet time and focus on a specific question related to achieving your desire or solving a particular problem. This is a very powerful technique that works every time.

I also advised you not to communicate your desires and plans with negative people. This will waste your energy neutralizing their negative comments.

Then we discussed breaking your plans down into daily, weekly and monthly actions. By taking daily actions you confirm to your sub conscious that you truly want to achieve your desire. Your sub conscious will reward you with ideas and solutions to achieve what you want.

I made the point about the importance of how much time you can devote to your desires and stressed that you should not take on too many desires as this will spread your time too thinly. It's best to focus on one or two desires and really go for it.

Then we looked at ways to squeeze more time from your day. The dead time concept relates to traveling or waiting time that you can use to work on or at least think about your daily actions.

At times you are not going to finish everything you planned for a variety of reasons. Don't beat yourself up when this happens; just commit to completing the unfinished tasks the next day. I suggested the concept of an imaginary boss to you. This person will nag you if you don't achieve or start slacking and will congratulate you when you follow through on your actions.

Controlling your thoughts is the key to your success. It is very important that you neutralize any negative thoughts with positive ones. If a negative thought appears, just think about something positive – like achieving your desires for example. The key question technique is very powerful in neutralizing persistent negative thoughts that would otherwise dominate you and promote your lower self. If you receive negatives from others, just shrug these off as their opinion. If it is criticism, just evaluate it to see whether it is good or bad. If good reinforce it, and if bad shrug it off as opinion.

You will build an iron resolve through persistence. Use the law of inertia to help break procrastination and other lower self traits. This law requires that it will take effort to push through the bad trait but then momentum will gather in the opposite direction pushing you further away from it. Learn to be honest with yourself to understand what weaknesses you need to work on in order to succeed. Lying to yourself is crazy and can be overcome by asking yourself questions. The traits that you need to build your iron resolve are start, prioritize, focus, persistence, review and organization. Once you have mastered all of these you will truly have an iron resolve.

Then we looked at building your confidence. The opposite of confidence is fear and again I stress to you that the best way to overcome your fears is to tackle them head on. Just do whatever it is you are afraid of. In order to be truly confident you must have a high respect for yourself. This can be quickly developed by using positive thought techniques and to eradicate the self berating that most people do. If you stand up with your head high and take a deep breath this will make you feel more confident. Wherever you go in public, walk with a confident strut. You can create a high degree of confidence whenever you want it by creating an anchor. I recommended that you create a very positive emotion in your body then at its peak squeeze your thumb and forefinger together to create an anchor. Also I recommended you develop the power of listening.

In the last session, we looked at gratitude and giving. You need to stop complaining about your life, stop being a victim or a "why me" merchant and be grateful for what you have. Also dedicate some of your time and money to giving with your heart. If you give you will truly receive.

Wow, that was a very quick summary of the things we have covered in your self miracle up to now. I have put you through a lot in the previous sessions but believe me it's for your own benefit.

Congratulate yourself for taking all this onboard and going for it. Get your imaginary boss to give you that well deserved promotion – you are now your self development department head!

Now I am sure as you have worked through some of the stuff in your self miracle you may have experienced the odd twinge of doubt or disbelief that these “easy to apply” techniques can really change your life. I have to say this is quite normal and you shouldn’t be afraid of them. The way to eliminate these doubts is to repeat the techniques on a consistent basis. It will work and you will see fantastic results from this.

The point of this session is to help you reinforce your belief in you, and your abilities and also to accelerate the whole process for you. When I was testing these techniques to generate my own success, I had these doubt twinges as well. I knew I was on the right path and that consistent use would prevail, but I was impatient and wanted results fast. So I did a lot of research and found a very easy technique that did just that – self hypnosis. Now don’t get skeptical, this is not some kind of black magic voodoo I am laying on you here. It’s a technique that has helped people for centuries and is very easy to apply.

What you are going to do with my help is to create a self hypnosis recording of your own voice, which reinforces all that you have learnt and will drive you effortlessly to achieving your desires. “So why didn’t you create this for me Sledge?” There are two reasons why I didn’t. The first is that you will need to add your own desires into the recording. This is absolutely key. The second is that it has been proved that you will respond to your own voice much better than you will respond to mine.

What I will provide for you is a script that you can use and just fill in the blanks with your desires and in this session I will explain how self hypnosis works, the important points to remember when creating your own self hypnosis recording, the voice tones to use and so on. Now if this sounds like a lot of work I can tell you it isn’t. It should only take you around an hour or less to create something that you can use over and over again and will be of significant benefit to you.

So what tools do you need to create this masterpiece? Well you will need to find a microphone for your computer if you don’t already have one. Now you don’t need to go crazy here and buy the top of the range voice recording microphone, just something of reasonable quality so your recorded voice is clear enough for you to understand. I also advise that you obtain some software that can turn your sound recordings into MP3 files. The reason that I recommend you create your recording in MP3 format is that it will take up much less space on your computer than other formats, and it’s easy to make portable. I have provided you with some links to sound recording and MP3 software on your web site link.

I would also strongly advise you invest in a small MP3 player. Now I am not suggesting you go and spend a lot of money on an Ipod or other expensive player here. Just a cheap and cheerful MP3 player for a few dollars. The reason for this is that I want you to listen to your recording every night before you go to sleep. If you have a laptop computer you could drag this to bed with you but it’s a bit impractical and you will probably fall asleep after the recording has finished. Don’t even think about

listening to your self hypnosis recording when driving, or doing anything else that requires your full attention.

“So why is self hypnosis so great then Sledge?” Well what self hypnosis does is put you in a relaxed state so that the suggestions that follow will be accepted straight into your sub conscious mind. It clears the clutter for you and relaxes you at the same time. It really is the dog’s chops. All you have to do is listen. Whether you consciously hear or remember the suggestions you will give yourself through your recording is absolutely irrelevant. Because your sub conscious never sleeps it will hear all of it and the more times you play the recording the faster you will embed these suggestions. This all means faster results for you.

After only a few days of experimenting with self hypnosis, I saw remarkable results. My energy levels were higher than they had ever been, new ideas and solutions for solving problems came to me very quickly, the number of negative thoughts I received was diminishing rapidly and my passion to achieve my desires had never been higher. It’s like a supercharger, and you can use it as often as you want. I used my recording for a couple of weeks straight, night after night, then, didn’t use it for a while. When I needed a top up I just listened to it for a few nights and hey presto, all my juices were flowing again. Just imagine what I would have been like if I had listened to my recording everyday!

Before we really get into this, I want to clear up a few misunderstandings and myths about self hypnosis:

When you are under hypnosis you will not lose self-control. You have probably seen the TV hypnotists that turn men and women into Elvis and Michael Jackson on stage. This is just entertainment. You have total control. When you read the script you will see that its contents are totally devoted to your self development.

Secondly, self hypnosis cannot be used to make you do things you would not do normally, and you are always in control of your mind and aware of what is going on.

And finally, you will always wake up.

Now I want to share one other very important fact with you – if you believe this will work for you - it will. If you are skeptical it may still work but I got tremendous results from this when I really started to believe in it.

Everyone can tap into the fantastic powers of self hypnosis, but I want to give you a few important hints before we start.

Firstly, don’t try to make something happen, this is natural but you need to just let it happen. This takes some getting used to but just believe the things you want will happen.

Don’t try and analyze everything. Don’t watch for some symptom or other feeling of self hypnosis.

No two people will have the same experience with self hypnosis. The effects may be very quick for you or they may take a little time – stick with it and you will be rewarded. Self hypnosis is a skill like any other and you need to persevere – use your iron resolve.

Your self hypnosis sessions will follow a distinct process:

- Relaxation
- Deepening
- Suggestion application and
- Termination

The script that I have prepared for you follows this process and is identical to the one I used to help me achieve my desires. I am not a qualified hypnotist and have no desire to be. But I tailored this from a professional hypnosis script. To record the script, notice the parts that I have labeled normal relaxed tone and slower softer tone. You use a normal relaxed tone at the beginning and end of the session – to put you into and take you out of hypnosis.

A normal relaxed tone would be like this – “I am starting my self hypnosis session now. From now until I say wake up I will get more and more relaxed and focused within myself.”

A slower softer tone would be like this – “As I continue to be deeply relaxed, and to become even more relaxed, I am thinking about my suggestions.”

When you are telling yourself to relax, put some emphasis on it like this RELAAAXX

And that’s all there is too it. Please treat this as a serious exercise. If you start laughing when you are recording then stop recording and edit over that part. You will severely diminish the effectiveness of your recording if you are laughing in it.

I have added suggestions to the script about the material we have covered. All you have to do is add your own personal desires to the script where I have indicated. And of course as you achieve desires and create new ones, then you can just replace them.

Most people find it best to practice self hypnosis lying down, in a comfortable position for maximum relaxation. Avoid distractions at all costs; you don’t want to be interrupted. If you share a bed at night it is best to let your partner know you mustn’t be disturbed to avoid any difficult situations.

I want to strongly encourage you to use self hypnosis to accelerate your self miracle. But you are going to hear something now that might shock you – if you feel uncomfortable about self hypnosis, and there

is no real reason to feel like this, then you don't have to use it. You have already learnt most of the material and if you follow through on this – which I know you will – then you will be successful. Consider the self hypnosis script as an option, to speed things up for you. I can't praise it highly enough, but it's up to you.

Ok to end this session, please answer the ten questions on the web page link that you received with this recording. It's a kind of revision test if you like before I send you the final part of your self miracle called – “Your Daily Self Miracle”

Until the next time then my friend – go for it.....and remember I'm watching you.

Graham Bowall

<http://www.selfmiracle.com>

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

Resources

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

1. Stop Living Paycheck to Paycheck by Jim Donovan

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

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

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

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

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

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

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

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

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

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

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

You need this new Study Guide if...

You've never read the original.

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

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

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

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

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

3. Seven Mental Laws Of Success – Pat Hicks

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

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

Now you can know what you want, attract it and take the action to bring it about with the amazing and complete “**Step by Step Action Guide**” to unlocking the Seven Mental Laws of Success.

Check Out The Amazing Seven Mental Laws Of Success Here:

<http://www.sevenlawsofsuccess.com>

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

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

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

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

Check Out The Creative Problem Solver Package Here:

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

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

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

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

Check Out The Amazing 20 Day Persuasion Program Here:

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

6. Success Programmer by Michael Varada

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

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

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

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

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

Would you like to **harness the power** of your stacks of books, tapes and videos on success & self improvement and put them into action in your every day life?

Then Check Out Success Programmer Here:

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