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MindCompass

A Roadmap To Riches

J. P. Meaden

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“As a man thinketh in his heart, so is he.”

– Proverbs 23:7

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How to Program Yourself for Success & Wealth

“Trust Your Inner Guidance”

MindCompass© will take you from where you are to where you want to be and provide a “Roadmap To Riches” Beyond Your Wildest Dreams.

A Step By Step Blueprint to Wealth, Health & Success.....the “Easy way”. Discover How To Become The “Captain Of Your Ship” and the “Pilot Of Your Destiny” in this Captivating Guide & System.....and “Let Your Inner Compass Guide You”

***“What The Mind Of Man Can
Conceive And Believe, The Mind Of
Man Can Achieve”***

- Napoleon Hill

*“A journey of a thousand miles
begins with a single step”*

Lao-Tzu
Chinese Philosopher
(604bc – 531bc)

MindCompass 2.0 Includes:
The MindCompass© System & Software



[Click HERE for details](#)

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Dedication

This book is dedicated to all of us who have sought to find the right path....may this become your roadmap to success and inspire you to making the “*Great Journey*” of your own life, providing you with your own personal navigation system and illuminating your way....I wish for you all that you can be and everything that you desire.

John P Meaden, May 2010

Acknowledgement

I have learned from many great mentors, most of whom I have never personally met. They have helped to change my life completely from the inside out through their knowledge and wisdom, passed to us all in their words and books.

There is no secret to life, it is available for us all to see, we just have to open our eyes and minds and let it into our lives. Remember as the saying goes, “once the student is ready the teacher will appear”.... and as there are no coincidences, and everything happens for a reason....then you were meant to be reading this book.

A special thank you to the late and great “*Jim Rohn*” for all of the inspiration he gave my life...sadly missed, never forgotten.

Last but not least the real treasure in my life, my family. Everything I am is because of them. My beautiful wife *Isabel* and my kids *Scott, Jamie, Liam & Natasha*...*you rock!* I love you all x

Foreword

“Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins.”

- Jim Rohn

For the interest of reading I have analogised the creative processes explained within this book as a journey (The fact is that there are approximately 6,822,000,000 of us living on *spaceship* earth and we are all on a journey).

We all live on a planet that revolves at approximately 1,038 miles per hour on its own continuous orbit through space. We are travelling whether we like it or not, and we only need to decide...where to!

In this format we will look at what is in fact a very complex subject, particularly regarding some of the more technical aspects which are explained in science and quantum physics, and show that actually this whole

process of creating everything you desire in your life, including wealth, success, health and anything else you may wish to include, is not only possible but also a certainty, and one that if understood and practised correctly, is in fact extremely simple to follow.

That is the beauty of this system.....the mechanics of “*how*” it all works are clearly explained, however you DON’T need to understand it fully for it to work!

Look if you’re like me you probably don’t understand how electricity works do you? ...but you know when you flick the switch that the lights will come on...you have faith that this will happen. This is the same, just follow the simple processes as shown step by step and believe in what you are doing. This will create faith....and *faith can move mountains!*

There are a select group of people around the world who use these time proven techniques to achieve everything they want in their lives....and YOU are about to join them. You will be a part of this elite group and your life is about to change forever!

Are you ready for the ride of your life?

.....then lets go!

*“All that we are is a result of what we have
thought.”*

- Buddha (563 BCE-483 BCE)

Introduction

“There is only one journey...Going inside yourself.”

- Rainer Maria Rilke

Life is a journey....

It is the biggest journey that any of us embarks on, and a trip that we ALL must take...No exceptions.

Problem is that it's also a journey that most of us are pitifully unprepared for.

The fact is that none of us are born with a set of instructions for how to make this amazing journey, a detailed map if you will of how to even begin, let alone arrive at where it is that we want to go.

In actual fact you may be astonished to know that many of us don't even know **WHERE** we are GOING in our lives!.....and if we don't know **WHERE** we are going...then how do ever expect to know **WHEN** we have arrived?

“Do you know where **YOU** are going?” I mean really, have you sat down and thought about what you want **your** life to be like, the things you want to have, the relationship you desire, where you want to live, the car you want to drive....now I’m talking about the things that **YOU REALLY WANT!** You have got to dream here.

Do you have a destination in mind, somewhere that you can aim for and receive feedback if you are not on course and make adjustments until you arrive?

If your answer is no then you *really* need to read this book and use the system within as it will quite literally change your life....period!

*“There is no such place as
warm & sunny”*

- Success Engineering

Phil Gosling puts it like this in his book “Success Engineering”.....

.....“ *Imagine going on vacation. You want to buy an airline ticket. You know exactly where you want to go.*

You want to go to somewhere with lots of sun, clean beaches, glorious swimming pools, and palm trees. You want to go to “warm and sunny.”

Try and buy a ticket to “warm and sunny.” You can’t. The ticket agent knows exactly what you want; he probably wants to go there himself, but in reality “warm and sunny” doesn’t exist.

Unless you tell the agent exactly which location you want to go to and exactly the date you want to go, then you cannot get there.

Paradoxically, there are no flights to “warm and sunny” even though most flights go there.”

- Phil Gosling, Success Engineering

The same goes for the flight that you take to reach your destination. With a clear destination mapped out on the route the pilot takes off in the confidence of the journey ahead, however for most of the trip the plane is veering off course. This is due to a lot of factors including wind speed, direction etc.

The fact is that the pilot is using the feedback he receives from the various control instruments to adjust the course of the plane, and he does this throughout the duration of the flight until he lands the plane on a dime at the chosen destination.

It is no different for us in our lives. We have a complex set of instruments within us that we should be using to assess the feedback being received in our lives. It is only through the constant assessment of this feedback that we are able to make regular adjustments to our course until

we arrive at our destination...assuming of course that we have chosen one.

We receive constant feedback through our five senses of sight, sound, touch, taste and smell. This feedback is then passed to our navigation system by the conscious mind (our ships captain) after being filtered through our subconscious mind (our crew) where we then make decisions about where we are in relation to where we want to be, and make the necessary adjustments to our course.

This is why having a destination (or goal) is so vital in the process of achieving success of any endeavour in our lives. Without a destination we have no direction in our lives, and consequently we can end up wandering around or drifting around life's oceans, never really getting anywhere.

Along with this book I recommend that you gain access to the [MindCompass software and program](#), which will provide you with your very own personal satellite navigation and feedback system to assist you in arriving easily at your chosen destination...the "Easy Way."

“Begin with the end in mind.”

-Stephen Covey

I guarantee that if you take the steps outlined in this guide and use the system and software provided that you will be amazed at the events that start to unfold in your life and the levels of success that you are capable of.

You don't yet know how big your engine is or how fast you can go, but you will....and you will be astonished!

You have a choice in this journey, you can take the *slow road*, you know the one I mean, the muddy track full of pot holes, where your wheels are spinning and getting stuck, and there isn't much of a view. It's also full of other travellers, which means there is a lot of congestion, everyone going the same way, it's slow and it's hot and it causes your engine to overheat.....

.....or you can take the *fast lane*, the highway where the road is smooth and clear, the one where you can really open the throttle and make some ground, where there are much fewer travellers and where the view is amazing!...it's the high road, the short cut and it's where you want to be...and you will be after using this system.

“It's never crowded along the extra mile”

-Dr. Wayne Dyer

You see most people do what everyone else does, it's the way we have been conditioned, to go to work, do a “J.O.B” (*just over broke*) watch TV and procrastinate and

call people lucky when they get the things that they want. There is no such thing as luck, and as much as we like to call it that to make ourselves feel better, luck is engineered. We quite literally make our own luck, and you will too once you understand the process.

Most people act like lemmings in that they just follow the crowd and do what everyone else does. If you want to be successful you need to separate yourself from this mindset, before you also end up throwing yourself off the nearest cliff!

If you see a group of lemmings then run in the opposite direction if you want to be successful!

Understand this, around 95% of all the people are stuck on the *slow road*, which leaves 5% who make it to the *fast lane*. You already qualify for this 5% just due to the fact that you are reading this book. This action alone already sets you apart from the other 95%, because you are searching for an answer, for a way forward, and as the saying goes... “*Ye who seeketh, shall findeth.*”

The exciting thing for you to also understand is that it is the 5% who earn 95% of all the money available, and the other 95% of the people who work for them. They realise the importance of planning their journey and following the plan.

There is another saying in life, and that is if you are “*failing to plan*”, then you are “*planning to fail.*”

“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.”

-Jim Rohn

The alternative is to drive around aimlessly in circles, with no direction and no compass. The reality is that this is what most people do in their lives, they roam around with no direction, no goal or plan for it's achievement, and accept what life throws at them whilst at the same time complaining that someone else has the fast car or the money or this and that.

They play the blame game, and in reality there is nobody to blame but ourselves. We are the creators in our lives and throughout this guide you will find out why and how this is so.

As I stated at the beginning *life is a journey*, and as such it is not necessarily about what you have at the end of it that matters, but HOW you make the journey itself. It's about what YOU become along the way, the person you are and the differences you have made to yourself and others.

Never forget to enjoy the views during your travels. It is so important to be grateful and take in all the sights.

“You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.”

- Jim Rohn

Remember to enjoy the whole trip and not just the destination!

Although this book “*analyses*” your life as a *Journey*, it is in fact a complete guide to creating and living the life of your dreams. Providing not only a clear understanding of how everything works and fits together but also giving step by step instructions and a detailed blueprint to achieving the success that you rightly deserve.

“Life is what happens to you while you’re busy making other plans.”

- John Lennon

There have been many books written about personal development and achieving success, riches and everything you want from life. Books like “**Thought**

Vibration” by *William Walker Atkinson*, “**Think & Grow Rich**” by *Napoleon Hill*, “**You Were Born Rich**” by *Bob Proctor*, “**The Science Of Getting Rich**” by *Wallace D. Wattles*, “**Success Engineering**” by *Phil Gosling*, “**The Seven Spiritual Laws Of Success**” by *Deepak Chopra*, “**The Secret**” by *Rhonda Byrne*, and many more.

These are all great books and I heartily recommend them all.

The one thing that all of these great books teach us is that we must first visualise what it is that we wish for to arrive in our lives, and we must learn to think in a certain way.

That way will be shown within this book.

We literally create our lives by the images and thoughts that we hold in our minds, and if we can only hold onto the images of our desires for long enough, then we will create the emotion of having them now which in turn begins the process of manifestation.

It is then that we will start to see the things that we desire arriving into our lives. It really is a kind of magic!

“Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.”

- James Allen

It is with our minds that we create our lives, and when I say “*mind*” I am not talking about that lump of grey matter that sits in your head between your ears...NO...that in fact is our brain which serves as the control centre of our bodies.

The mind is far more complex in its construction and is actually made up of two parts, the conscious mind and the subconscious mind. This is our engine and our driving force, and we need to understand how it really works for us to begin to realise what we really are, along with the enormous potential that each and every one of us have within us.

The “*Law of Attraction*” states that like attracts like, and that what we think about we bring about. This is true for any thoughts be them good or bad. For this reason we must become aware of the thoughts we have and what we feed our minds on a daily basis.

“Imagination is everything. It is the preview of life’s coming attractions.”

– Albert Einstein (1879-1955)

It is the mind that is responsible for the current programs that we are running and the beliefs and habits that control what we do everyday.

Considering that our lives (including the journey that we are currently on) are brought about by what we think about every day, it is vitally important that we learn how to take control of our mind and our thoughts and focus them on what we want to manifest in our lives.

We must learn to focus on the things that we actually want, and NOT as is often the case on what we don’t want.

“We tend to get what we expect.”

- Norman Vincent Peale

You see we *always* get what we think about every time.
“*Ask and you shall receive*”

The problem is most of us are always focusing on what we DON'T want like debt, or ill health or lack. We will always draw towards ourselves the things that match with our dominant thoughts. So if you think more of illness, you attract illness, and likewise if you think more of prosperity, you will attract prosperity. You must therefore choose your thoughts carefully, as this is the “*canvas*” of your life.....and you are the Picasso!

We think in images and for this reason we must visualise what it is that we want to have in our lives. Without an image in our minds we cannot become emotional about the outcome, and without emotion we have nothing. It is your thoughts that cause your feelings and ultimately your feelings that cause your emotions, so quite simply put....

Thought = Creation

***“The mind is like a parachute - it works only
when it is open.”***

- Anonymous

This is so important to remember, and will be explained in detail later, but briefly it is the feelings of emotion that really trigger the process of manifesting the things you desire. If you think of a time in your life when you were in love or really attracted to someone, you didn't have to think much to have them in your minds....they were probably the ONLY thing on your mind at the time. It is this type of emotion and feeling that we want to achieve, and it will be easy when using the [*MindCompass system*](#).

In a lot of respects it is less a case of visualise than *emotionalise*. It is the emotions that really set the law of attraction into *motion* and start the creative process.

I love the story of the reporter who was interviewing *Roy Disney* at the opening of Disneyland in Florida, where he asked how he thought *Walt Disney* would have felt if he could have lived to see the finished park. Roy replied “*He saw it, and because of that you are able to see it today*”Now that's what I call vision!

“If you see it in your mind, you're going to hold it in your hand.”

– Bob Proctor

There are many techniques we can use to create the images and feelings of emotion, like meditation, affirmations and visualisation to name a few, but they can be hard to follow consistently because they are not something we are used to doing.

They are however important in reaching the subconscious mind, which is the area of our mind where they will be acted upon.

The problem we all have is that our conscious minds can often sabotage our efforts before we can get any results, due to past programming and limiting beliefs, and can leave us feeling that it doesn't work...so we simply give up and go scurrying back to our comfort zones. Don't worry if this sounds complicated as this will all be explained fully in a later chapter.

The good news though is that this book provides you with a clear understanding, including a system and software that will literally bypass completely the conscious mind and program the subconscious for any result you desire.

The *MindCompass* System makes it easy to achieve anything you wish, by simply plugging into it on a daily basis.

*“Most people live and die with their music still
unplayed. They never dare to try.”*

- Mary Kay Ash

It is my sincere wish that through reading and using the system in this guide, that you are truly able to make a difference in your life.

Also if this is the first time you have read about the type of concepts that are explained within this manual, that you start to read more and begin to open your eyes to the world that really exists out there. The one you believed in as a child. It's still there, you just forgot about it, and I want to take you on a journey where you will re discover it again.

To better understand the journey we are about to embark on, including how we are going to decide on a destination and put together our roadmap, we should first take a look under the hood of our vehicle to gain some knowledge of how everything functions under there....I know I said you don't have to know how things work....but it never hurts to have some hands on knowledge and skills does it now....just in case we ever get lost or break down.

So if you are ready, let's begin on our journey.....

“Take the first step in faith. You don’t have to see the whole staircase. Just take the first step.”

- Dr. Martin Luther King, Jr (1929-1968)

Chapter One

Understanding the Mechanics

“Asking is the beginning of receiving. Make sure you don't go to the ocean with a teaspoon. At least take a bucket so the kids won't laugh at you.”

- Jim Rohn

In this section I want you to become familiar with how your engine works and is able to take you from where you are to where you want to be quickly and efficiently.

If we think of our mind as a guidance system, it is easy to understand the process. As with any guidance system we must first start with the end in mind.

We need a destination or goal that we can set our guidance system to, which will enable the use of our

personal compass. As we have already discovered, it is not possible to start out on a journey until we know where we are going. That is unless we are happy to wander around aimlessly and lost! I'm guessing here that this is not what you want 😊

“Without vision we perish”

- The Bible

Ok, so becoming clear on where we are heading is the first thing we need to get organised...so how do we do this and why is it important?

Well if you think of how a GPS works in a car, boat or plane, it is basically a positioning device that takes its current position from the information it receives from many satellites at different co ordinates. This information shows where the vehicle is at any given moment, with pinpoint accuracy.

The system works on constant feedback between the equipment, the satellites and the observer. Any deviations from the current course can be adjusted as they happen and with continued observation and adjustments the destination will finally be reached. Even any diversions

can be overcome by the system automatically re plotting a new course to the destination required.

Once the destination has been chosen the GPS system will work without fail to get you there. If however NO destination has been chosen, then all you will get is a roadmap that shows you where you are, but with NO instructions for getting anywhere!

This is unfortunately where most people find themselves. They are completely unaware that although they are hopelessly lost and at the mercy of the elements, stuck on a rocky road, adrift in mountainous seas or being tossed around in turbulent skies, that they actually have all of the navigation equipment that they will ever need to find their positions wherever they may be, and chart a course to a new destination of their choice...and at any time in their lives. It is NEVER too early or too late to make a change.

“The winds of life are always blowing....It is the set of the sails, not the direction of the wind that determines which way we will go.”

- Jim Rohn

It really is no different with our lives and the way in which our minds become involved in the process.

One thing we need to remember here is that life is life and we will all face our challenges on the journey we decide to make.

There will be ups and downs, setbacks and diversions that we will all encounter on our route, and this is to be expected. All we must remember is to hold onto our vision of where we wish to go and keep focused on it regardless of anything that appears to stand in our way.

Our inner guidance system will find the way to adjust our route to keep on course if we just maintain the faith and belief in our arrival.

***“The steeper the mountain the harder the climb
the better the view from the finishing line.”***

- Anonymous

Many people think that life is just a haphazard series of events that simply occur, and that we react to on a daily basis. Well this is just not true and it's really time to open your eyes to this myth and to see the reality that is out there. We are *co-creators* in our lives, and nothing is haphazard at all!... everything is not as it seems....welcome to the land beyond the "*looking glass*"...the "*matrix*" if you will....It's time to *wake up* to the real world. ☺

“All our dreams can come true....If we have the courage to pursue them.”

-Walt Disney

We are both the receiver and the observer in our personal navigation system. What I mean by that is that just like the satellite navigation in a vehicle we receive feedback, but in our case it is through our minds and it is received not from multi positioned satellites, but from a higher source altogether!

It is in the area or explanation of a "*Higher Source*" that we all seem to differ, and where many problems of belief seem to surface.

Let's take each of them in turn to see if there are any similarities.

The Higher Source

Before I start to discuss the different names people choose for the *higher source* that we all have access to, it should be realised that this book is in no way religious nor is it trying to favour one belief over another.

“That deep emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God.”

- Albert Einstein

You are free to believe in whatever it is that you wish, however it is clear that there are powerful forces at play here, and you will need to understand our connection to these unseen forces, along with the laws that govern them as they literally mould and shape our lives.

You must ultimately decide where you feel comfortable here.

One thing that mankind has always done since time began is have a relationship with a *deity* that is bigger

than ourselves. We pray to one *God* or another or place our trust in the *Cosmos*, *The Universe*, *Infinite Intelligence*, *Cosmic ordering* or whatever other name you may wish to place on this higher source. Even the infamous Genie in *Aladdin's Lamp**, was just another way of putting a name to this larger than life higher source.

I believe that there is one *universal mind* and we all choose to call it by many different names.

“All power is from within and therefore under our control.”

– Robert Collier

** (The popular story of Aladdin's lamp tells the story of the Genie that grants the owner of the lamp three wishes. In the original story however, there were actually NO LIMITS to the number of wishes. The Genie would simply reply “Your Wish Is My Command” and grant you every wish you asked for. We ALL have access to this same magic, we just need to know how to ask the universe...our personal Genie!)*

Whatever you wish to call this source, it exists and of this there is no doubt. It is this very source I shall refer to as the ‘*universe*’ that acts as the satellites in our personal navigation system. It provides us with our insights and acts as our inner guidance system.

The final part is that you are again the observer, and it is your job to look at the results you are receiving to make sure they are in line with your desired end result. If they are not then adjustments should be made to keep on the chosen course.

“Its time to start living the life you imagined.”

- Henry James

Before we move on it is also worth pointing out how the great divide between science and religion is virtually non-existent today due to work in the area of “*Quantum Physics*.”

You see for hundreds of years science has always sought to disprove the existence of god and other religious or otherwise unseen forces. Science has always had an attitude of “*We’ve got to see it to believe it.*”

It is ironic then that through the study of quantum physics, which in layman's terms is the study of ever decreasing particles, that particles eventually become so small, that they only exist if we actually observe them!

Through quantum physics we have realised that at the quantum and sub atomic level that nothing is actually solid at all. Everything is really just energy and information, and the only difference between you and a tree for example, is the energy and information content along with the different vibratory levels of the two.

***“Without faith, nothing is possible. With it,
nothing is impossible.”***

- Mary McLeod Bethune

When you think about it, the car that you drive, the house that you live in, the clothes that you wear and ultimately YOU, are really just a mass of energy and information vibrating at different levels.

The fact that we think we are solid is just an illusion, as is so much of the wonderful world that we live in. Interesting isn't it....

Well let me tell you something more interesting still and this one really breaks down the barriers between science and theology....

In theology the universal power is known as “GOD”.

If you ask a theologian to describe God, they will probably reply with *“Something that always has been and always will be, can never be created or destroyed, is unseen and omnipresent and always moving into and out of form.”*

Now ask a Quantum physicist, “What created the world and the universe?” and he will reply “Energy.”

If you ask him then to describe energy, he will probably reply with, *“Something that always has been and always will be, can never be created or destroyed, is unseen and omnipresent and always moving into and out of form”*.

Do you see....it’s the same thing!!

We are simply **energy**, and as such we cannot be destroyed. Energy can change form, but it can never be created or destroyed.

As such YOU are energy in its purest form. You have always been and always will be. Now I don’t know about you, but I find that a comforting thought. ☺

The simple fact is your thoughts are also an energy impulse, and as such have the capacity to become manifest into their physical reality. Thoughts actually are things.....and for this reason it is vitally important that you learn to direct your thought in positive ways that only move you towards your chosen direction.

*“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your
destiny.”*

– Anonymous

Thoughts really can change the way that we feel and this in turn affects our emotions, which effectively changes our total physiology.

Why do you think that polygraphs or lie detectors, are used in discovering the truth in situations where required. Because through just the asking of a single question your thoughts can start to change your physiology, your body temperature, breathing, heart rate, muscle tension and

more. Thoughts affect every cell in your body. If you can learn to do one thing, then learn to think good thoughts...always!

“The outer conditions of a person’s life will always be found to reflect their inner beliefs.”

- James Allen

We are spiritual beings having a human experience and not as most may think, physical beings having the occasional spiritual experience.

What this means is that on a quantum level we are not really separate from the universe at all. We are not separate bodies that have no connection, but are in fact always connected to our higher source.

Remember the saying “*No man is an island*”..... well clearly as we are all connected with each other in some way or another, any notion of any of us being an island is actually impossible.

"Everything you have in your life, you have attracted to yourself because of the way you think, because of the person that you are. You can change your life because you can change the way you think."

- Brian Tracy

Chapter Two

Creating the Roadmap

“Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn’t have it in the beginning.”

- Mahatma Gandhi

To create the roadmap to our destination, we must understand the different processes that plot out our course, and how they interact with each other.

Life revolves around universal laws, one of those being cause and effect. This means that for every action there is

a reaction. The action can be a physical one or merely a thought. Indeed just the simple action of thinking can have a profound effect on how our lives develop.

Thoughts then are "*things*." They like every other force in the universe are subject to universal law.

To better understand why the way in which we direct our thought is so important we first need to understand another law.

The Law of Attraction

The film "*The Secret*" has brought this ancient natural law into our awareness and into mainstream culture, and you may well be familiar with the concepts.

It is however important to have a full understanding of the law of attraction and how it relates to our journey and the creation of the roadmap to our destination.

“You are what you think about all day long.”

- Dr. Robert Schuller

Whatever thoughts you think will attract to you thoughts of a similar nature. Like literally attracts like. The type of

thoughts that you have will seriously determine the type of life you live.

The law of attraction states that everything is in a constant state of vibration, and that includes us.

Think of a radio for example. If you want to reach a particular channel like 96.4FM, then you're not going to pick up the signal for that channel at 99.7FM. I think you'll agree it's never going to happen is it. So you must tune in exactly at the correct frequency to receive connection to the chosen channel. You need to be on the correct wavelength to get the desired result.

You often here people say that they were on the same *wavelength* as another person, or someone else had a bad *vibe* about them. You see we talk in terms of attraction all the time. We already know what it feels like to be in resonance. We just need to fine tune the process.

“Our minds become magnetized with the dominating thoughts we hold in our minds and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts.”

– Napoleon Hill

So what do I mean by *resonance*?

Well if you imagine two pianos side by side, and someone plays the middle C on one of the pianos only, then the very same middle C string on the other piano will start to vibrate also, even though it remains untouched.

The same effect can be seen with a tuning fork. If you filled a room with them at differing frequencies and strike one only, you will discover that all tuning forks that are tuned to exactly the same frequency will begin to vibrate also. This is called *resonance*.

In both of these cases the exact same frequencies are automatically resonating with each other, and this is where you will be amazed.....

....You see up until now you have been vibrating at a certain level, and attracting people, events and opportunities into your life that are an exact match to the frequency of vibration that you have been transmitting.

Well in the same way that a radio cannot pick up the signal of a station unless it is tuned in at the correct wavelength.....neither can YOU!

You can only receive vibrations that match your own vibrational frequency.

“What you are so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and coloured accordingly.”

– James Allen

The fact is that there are ideas floating about out there that will make you a millionaire literally overnight, and you have been receiving them every day of your life. The problem (*and it's not your fault*) is that until now you have not been at the same wavelength or frequency to receive them and therefore to you these ideas simply didn't exist.

Someone who is more in tune to these higher frequencies will see the ideas as insights or flashes of inspiration in

their minds and act on them. This isn't about being smarter than anyone else, but purely about getting into tune with both yourself and the universe.

Once you start to put into practise the instructions within the [MindCompass system](#), you will start to vibrate at the same frequency as these ideas and they will literally be jumping out at you from the woodwork.

Honestly, you will be waking up in the middle of the night with the most amazing business ideas, and any one of them could make you wealthy beyond your wildest dreams. It will be like a whole new world of possibilities.

*“Sooner or later, those who win are those who
think they can.”*

– Richard Bach

We only attract those things that are at the same vibratory level as ourselves....good or bad.

So let's take look at both the negative and positive thought processes and the results that they produce.....

Negative Thoughts

Negative thoughts will affect you in a negative way, and long term negative thinking is as toxic to your body as poison.

Negative thoughts can weaken your whole immune system and create tension, stress and general dis-ease in the body. That's what "*disease*" actually is when you think about it, it's just a body that is not "*at ease*" with itself.

Negative thinking can also create an acidic environment within you which can actually increase the incidence of cancer and other life threatening illnesses. (It has been medically proven that cancer cells thrive in acidic environments)

“A man who is swayed by negative emotions may have good enough intentions, may be truthful in word, but he will never find the Truth.”

- Mahatma Gandhi

Negative emotions and thought create negative vibration, which in turn attracts even more of the very same negative vibration, people and circumstances back to you. It is a self fulfilling prophecy, unless you decide to make the change.

Thinking in a negative way can only be destructive. It will not help you to move forward in your journey, and in fact will only serve to hold you back forever in misery and mediocrity.

“Every negative event contains within it the seed of an equal or greater benefit.”

- Napoleon Hill

Removing negative thought and habits from your life is of the utmost importance on the road to success and wealth.

You can achieve that with the use of positive thoughts and actions, along with the daily use of the simple “*MindCompass*” techniques.

Positive Thoughts

Positive thoughts have a totally different affect on your vibratory levels. When you send out positive thought waves you are aligning yourself with positive energy vibrations and in doing so will feel more vibrant, centred and at ease with everything around you. You start the process of attracting the positive experiences into your life and in doing so will begin to move effortlessly towards your goals and ultimate destination.

Thinking in the positive sense will help to break down any old negative habits that are holding you back from the things that you really want. Positive thoughts are powerful.

“It has been proven now scientifically that an affirmative thought is hundreds of times more powerful than a negative thought.”

- Michael Bernard Beckwith

You are what you think about the most, and your life will therefore mirror the types of thoughts that are always most dominant in your mind.

The trouble is that although we know that we need to keep a positive attitude, many of us are running our lives on negative self talk that has been brought about by old habits and beliefs.

The problem with this is that we are creatures of habit and many of these negative thoughts and self images of ourselves have been derived from previous experiences in our lives, maybe helped along by reinforcement from previous teachers, our parents and other friends and acquaintances.

We may have accepted these limiting views of ourselves for years and now they have become internalised, and a part of us. In effect they have become our “*comfort zone*.”

The “*comfort zone*” has become the graveyard of many a dream. The reason for this is that it is where you *feel* safe, where life appears to be normal. It is for this reason that we all run back to it if we feel threatened or overwhelmed.

***“Everything you want is just outside your
comfort zone.”***

– Robert Allen

It also acts like a thermometer. For example if you have not prepared yourself for wealth and don't yet have a wealth consciousness, then go and win the state lottery of say \$5million, your thermometer is going to start to overheat.

Immediately your subconscious mind is going to get to work on bringing down the temperature, to keep you within your comfort zone.

It could do this by making you spend recklessly, or gambling, or making bad business decisions. Rest assured though that if \$5million takes you way out of your comfort zone, that you will not keep hold of the money for very long!

Why do you think that so many people who win large money prizes and are unprepared for it, have lost it all a year later? Their subconscious mind has brought them back to their own comfort zone by getting rid of the money that made them feel so uncomfortable!

It is very difficult to move forward whilst at the same time being pulled back by the emotional baggage of the past. We therefore need to get rid of the old limiting habits, thoughts, feelings and behaviours and replace them with positive thoughts and expectations if we are to succeed on our journey.

“Success is a journey, not a destination.”

- Anonymous

If you think of having two glasses, one half filled with red wine, and one half filled with water. What will happen when I pour the water into the wine?

I will have a glass of diluted red wine that is a slightly paler red than before and tastes bad!

Ok, what I'm getting at here is that if you want to create a clear substance from the wine, it is no good just pouring water on top of it. You first must empty the wine from the glass. Then when you pour in the water it is clear!

It is the same with ourselves, we must first remove any bad habits and negative patterns from our minds, before we can re program our minds with the positive, and start the creative process.

Limiting beliefs can be changed through positive affirmations, visualisation, and other techniques. The *MindCompass* system will make removing these old paradigms, and creating the new positive vision a very simple and effortless process.

Before we look fully at the *MindCompass* system and how to put it to work for us we need to fully appreciate the way it all fits together and the other processes involved.....

"To accomplish great things we must first dream, then visualize, then plan... believe...act!"

- Alfred A. Montapert

Chapter Three

The Navigation System

"You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind."

- Dr. Joseph Murphy

To understand how we can become connected to our higher selves and start to attract the things we desire into our lives, we first need to understand exactly how our personal GPS* connects with the universe and how to set the co ordinates for our destination, along with how to use the feedback we receive to keep on course.

(*Global Positioning System)

Our connection with the universe is made through our conscious and subconscious mind.

The Conscious & Subconscious Mind

We know that our personal navigation system is in fact our mind, and that the mind is made up of two parts. We now need to understand exactly how these two parts, both the conscious and subconscious minds work together in relation to the laws of the universe, to quite literally create the life that you are asking for.

"All the resources we need are in the mind."

- Theodore Roosevelt

The Conscious mind

The conscious mind can be said to be the *Captain of our ship*. It is the part of us with reason, and the part we use to make our everyday decisions. It is the logical part of us and has a sense of awareness as it sees our perception of the world through our senses of sight, sound, taste, touch and smell. It recognises people, places and conditions; it also contains our *will*, our *free will*. The conscious mind

thinks and it is the place where we direct our thought into *action*.

“The key to success is to focus our conscious mind on things we desire not things we fear.”

-Brian Tracy

It is the part of our mind that accepts and rejects ideas. We are free to make our choices, but it is the decisions that we make with our conscious minds that ultimately decide the outcome of our lives.

We must therefore learn to only direct our thoughts to the ideas and actions that will be beneficial to our dreams and goals.

The conscious mind controls all of our voluntary functions like walking and moving our bodies around, talking and all other thought induced activity and action.

It is not multifunctional though, and in that I mean that it can only focus on one thing at a time. It is only possible for the conscious mind to truly focus on one task at any given time.

“You affect your subconscious mind by verbal repetition.”

- W. Clement Stone

The conscious mind provides the *will*, but it is the subconscious mind that provides the *power*.

It is the correct combination of the two that result in our “*willpower*.”

The Subconscious Mind

The subconscious mind is a different entity altogether and is more likened to our *ships crew*, and vastly more complex in its function.

It is often known as our universal mind and is unlimited in its potential. It is through our subconscious mind that we connect to our higher self.

It is our internet connection if you like to the universal power.

“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.”

-Earl Nightingale

The subconscious mind does not *think* at all, it simply **accepts** and **does**.

In regard to multitasking, it can manage this with ease and does so regularly.

An example would be learning to drive a vehicle. If you have done so, you may remember how confusing everything seemed to be at first, and how you always appeared to need more hands and feet than you had.

Learning to drive is a perfect example of how difficult it is for the conscious mind to do multiple things at once. It was only after time as the actions became learned and internalised that it became easier, until it was second nature. Nowadays you can do probably do a multitude of things whilst driving (*although I don't recommend it*) and not even consider the act of driving itself. This is because it has become a subconscious action, and is almost automatic....on *autopilot*.

You may have also had an experience where you have driven for miles on a familiar route and upon arriving at your destination, you suddenly realised that you couldn't actually remember making the journey at all!

You may have been deep in thought about other things, and as such your subconscious mind had taken over.

It would have alerted you to a car braking in front or other situations in which your responses were needed, otherwise it would have done what it had been programmed to do, and that is to take you to the desired destination.

Well, that's exactly how everything occurs in your life.... Your subconscious mind is in control. It is constantly moving you towards the destination that it believes you wish to go to!

This happens whether you have told it to or not, so even if you have not created a goal you are *still* on your way to somewhere.....

“If you don't know where you are going, you'll end up someplace else.”

-Yogi Berra

Your actions and behaviours are always following the instructions given to it by your subconscious, even if you aren't aware of it. In exactly the same way your body followed its instructions when you were driving the vehicle...

"Turn left, turn right at this intersection" ...the whole journey made from start to finish without "consciously" thinking about it.

As you wake up to the idea that you're subconscious is taking you on a journey, you also begin to realize the importance of being certain that the destination that you ultimately choose, is one that you *really* want to arrive at!

"The subconscious mind makes no distinction between constructive and destructive thought impulses. It works with the material we feed it, through our thought impulses. The subconscious mind will translate into reality a thought driven by fear, just as readily as it will translate into reality a thought driven by courage or faith."

- Napoleon Hill

We do not have to think about when we breathe or regulate our body temperature or any automatic bodily functions, as these are controlled by the subconscious mind. The subconscious mind can also perform unlimited actions at the same time and all absolutely effortlessly.

The subconscious mind is not logical, it is where our emotions come from, and therefore it is very important that we understand fully how to master this part of ourselves. This is because it is with thought filled with emotion that we will create our dream life, including all of the wealth and success that we can wish for.

The subconscious mind can be likened to a 4 year old child, in that it will do as it is instructed without question. It does not ask questions but simply obeys any order given to it. It operates only in the present tense, and will accept any thought that the conscious mind chooses to relay to it.

Now herein lies the problem, you see the subconscious mind will accept any suggestions whether they are good or bad, and it will also act on an instruction in a very literal way.

This is where most people make the biggest mistake when trying to focus on creating wealth for example.

"The mind is a dutiful servant and will follow the instructions we give it."

- Zig Ziglar

They might list getting out of debt as a goal that they wish to achieve. Well the subconscious mind will focus on the dominating thought in this request which is in fact DEBT, and guess what will happen?.....you'll get more of it!

You see you must focus on the things that you WANT for this to work, and NOT as most people unwittingly do, focus on the negative or what they don't want.

As I said before the subconscious mind is like a 4 year old child, and as such it will act on your requests without question, but you MUST be very specific about what it is you are asking for.

Another example would be to tell your subconscious that you want to *"drive a bright red Ferrari"*.

Well apart from not being a specific enough description for your mind to work with to create any emotional value, your subconscious mind could manifest a situation where you end up working in a garage and get to occasionally drive a Ferrari around the compound!

Now I would guess that is probably *not* what you meant when you made your request, you thought of *owning* a Ferrari, but you weren't specific.

You asked to “*drive*” one and your request was manifested...literally!

“It is only through your conscious mind that you can reach the subconscious. Your conscious mind is the porter at the door, the watchman at the gate. It is to the conscious mind that the subconscious looks for all its impressions.”

- Robert Collier

If you want to *own* something, then be sure to state that desire carefully in your request.

Once again your 4 year old subconscious mind will give you **exactly** what you ask for.

Remember the saying.....“*Be careful for what you wish for as you may just get it.*”.....Be warned!

The conscious mind accounts for only about 5% of our total brain activity, with the remaining 95% of it being used by our subconscious mind.

Try to think of your mind as an iceberg, with your conscious mind being the tip of the iceberg or the part of it that you can actually see. The other 95% of the iceberg lies beneath the surface and that is your subconscious mind!

The conscious mind resides in the time zones of past, present and future, whereas the subconscious mind only lives in the present. This is why it is so important to phrase every request to the universe in the present tense. This will be explained fully in chapter five.

“The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment.”

- Earl Nightingale

The conscious mind has a fairly short term memory, whereas the subconscious mind however has unlimited

memory, in fact it has been said that it can remember everything you have ever seen or done, and it is only our recall that is a problem. That is probably why, under hypnosis when the conscious mind is bypassed, that a previous event or experience can be played back and recalled in vivid detail as if it had only just happened, including all the feelings of emotion that were associated with it.

We know that we receive insights from the universal force through our subconscious mind, and many great artists, musicians and inventors from across the ages have attributed their creativity to being nothing more than receiving the ideas in a dream or a moment of reflection.

*“You create your own universe as you go along.”
- Winston Churchill*

With the subconscious mind we have only begun to scratch the surface of the power that is available to us.

Our navigation system is easy to use if we set the destination correctly so let's see how to do that next.

You need to create the destination that your navigation system can plot a course to...

So let's start to create this roadmap on the following chapter.....

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

- Mark Twain

Chapter Four

Choosing a Destination

“Life's a voyage that's homeward bound.”

- Herman Melville

OK now we are getting to the part where things get exciting.

What do we mean by destination?

Well it's that place that you ultimately want to get to in your life, in every level. In your finances, health, relationships, material items....Your destination is made up from your personal GOALS!

The roadmap you need to create consists of your goals.

It is your goals that serve as your compass co-ordinates and your points of reference on the journey to your ultimate destination.

Your goals should be ALL of the things that you can think of that you want to have in your life now.....Go crazy here and make up a list of everything that would make you happy...and don't hold back ok!

This is not about being sensible or realistic, this is about being creative and using your imagination.....remember what it felt like to be a kid and really dream BIG!

The universe doesn't care how big your dream is, and it won't restrict you in anything that you desire....*only you can do that!*

"Shoot for the moon.

Even if you miss, you'll land among the stars."

- Les Brown

This is where your conscious mind can hold you back, where your thermometer can kick in and lower the temperature by sabotaging your efforts...be on the guard

for this and don't let any negative thoughts enter your mind.

All you need to do in this process is “**Ask**” for what you want, “**Believe**” that it will come to you and imagine in your mind that you already have it in your life. Then just wait to “**Receive**” it. It really is that simple!

Keep it simple, you don't have to reinvent the wheel here...this stuff works if you just do the things that need to be done. This is the reason that I have put together the [MindCompass system](#). The guide is *only* for you to understand how the process works, as the system and software do ALL of the heavy lifting for you. You MUST use it though, and have “*faith*” that what you are asking for will come into your life. 😊

It makes no difference to the universe if you take water from the ocean with a thimble or a pipeline as there is abundance out there, and plenty for you and me.

*“Out of Abundance he took Abundance and still
Abundance remained.”*

-The Upanishads

You do not need to worry that if you are getting more, then someone else is getting less. The universe does NOT work in that way and you certainly don't have to walk over another person to get more than them.

The process is a simple one.....

You must only hold in your mind an image of the things that you wish to manifest in your life, and by this action alone you will have started the creative process of bringing these things into existence.

The difficulty is in holding these images for long enough and with enough emotion to really set up the vibrations that will begin attracting everything to you.

You must first see something in your mind before it comes into your life....

...for example, if you think of everything around you right now, at this moment, the house you are currently in, the vehicle you drive, your furniture, clothes, TV, phone, laptop computer, trains, planes and anything else.....

They ALL started off as an idea in someone's mind. They literally came from "nowhere" and originally had no form. Everything and anything that we can think about that is in existence today has come from that "*inner space*" of our minds!

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."

- George Bernard Shaw

You literally think in pictures, and I can give you an example.....**PINK ELEPHANT!!**

What did you picture in your mind? Was it the *word* Pink Elephant? I'd take a guess it was an *image* of a pink elephant. That is because we think in pictures and always have since we were cavemen drawing pictures on the cave walls.

The use of images and "*visualisation*" are extremely powerful in the creative process, as it is only through the constant replay of these images that you will generate the feelings and emotions of having them now. It is ultimately these "*emotions*" that set up the vibrations that start to attract everything to you.

You must emotionalise your goals for it is only in this state that you will raise your vibration level and draw that which you want to you. Feeling excited about receiving it

is also important, as it shows you have belief in its arrival. It is ultimately our *states* that create our world.

"Mind is the master weaver, both of the inner garment of character and the outer garment of circumstance."

- James Allen

“*Being*” wealthy is just that, it is a *state* of being. Being happy is a state of being also. You cannot “*have*” happy, you can only “*be*” happy. It is a state that you become. To “*be*” wealthy is no different. You decide if you want to be happy or not, and in the same way you have the power to “*be*” wealthy. Once you decide to be wealthy and act in that state, it is only a matter of time until it will come to pass in your physical reality.

The interesting thing to understand is that your subconscious mind also works in the background on finding the image you have chosen.

For example if I tell you to make it your intent to have a “*Blue Feather*” come into your life within the next 14 days, then almost certainly a blue feather will manifest itself in one way or another into your life. Your

subconscious mind will not only send out the vibration for the blue feather, but it will also be working under the surface to find it for you.

It's a bit like when you can't remember the name of a particular music or the singer and you try really hard to recall it but with no success. Finally you give up, only for the name to jump into your mind hours or days later completely out of the blue! Your subconscious mind never stopped looking for the answer. This also demonstrates how you don't always get your answer immediately, but only when the universe is ready to give it, as there is usually a time delay from asking to receiving that which you ask for.

Similarly you could be thinking of someone, when the phone suddenly rings and they are on the line... Cue the "Twilight Zone" music...

“The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you, and you don't know how or why.”

– Albert Einstein

The pop group “*The Beatles*” wrote a song about this with “*Let it be.*” If you listen to the lyrics, they sing of “*There will be an answer...let it be*” meaning wait and the answer will come. You see none of this is really a secret at all!

We need to feel emotion when we think of our goals, because it is emotion more than anything that will really start to attract the things that you desire to you. Emotion is a strong energy vibration and without it a goal is just “wishful thinking.”

“Those who cherish a beautiful vision, a lofty ideal in their hearts, will one day realize it.”

- James Allen

Don’t make your goals small either, as these are the things that should excite you, that really get you juiced up.

Your goals should be written down in detail, almost as if you were constructing a shopping list. However with this list you are giving your order to the universe. Try to be really specific in detailing exactly what it is that you want to attract to you. If it is money, then how much exactly

do you desire, if it is material goods think of colours, textures, smell.... you need to get all of your senses involved here.

Go for a test drive in your dream car, if there is a certain house that you wish to own, try and visit it, if not write down everything about it you can in as much detail as possible, including pictures of the house, furniture, gardens, carpets, swimming pool, hot tub, artwork, location, literally anything that you wish to own in this house you must include.

This is a great way to really feel what it is like to have these things in your life, and remember the feelings.

"For me, goals are my road map to the life I want. They have helped me accomplish things I once thought were impossible."

- Catherine Pulsifer

You must also always refer to a goal in the present tense. If you remember, your subconscious mind only lives in the “*present*.” Therefore you should write out a goal in the present tense and with as much detail as possible, to

increase the emotional response, by the image it creates in the mind. Examples are:

"I am wealthy."

"I own a Black Porsche Carrera S4 with grey leather interior and yellow disc brakes." (Try to visit the showroom and at least sit in the car. Get the senses involved. Smell the upholstery, sit in it, hold the steering wheel, and imagine it as yours.)

"I own a 5 bedroom detached house" (then proceed to detail what you want your dream home to be like, using all of your senses)

Continue with this process until you have satisfied the goals in all areas of your life like, health, finances, business, travel, self image, relationships and more.

Add as much detail as you can in your description to create an image in your mind.

"Goals give you a compass in order to direct your path through life. Goals focus your thoughts and actions on areas that have precise purpose and meaning."

- Catherine Pulsifer

If you look at a car and say “*One day I’ll drive a car like that*” then you’re thinking of that goal as something you will have in the future, and as you are only ever present in the “*now*” will never attain it.

You must think of everything you want to have as in the now, in the present moment as if you already possess it.

Remember you are creating your dream life here, exactly how you want it to be.

There are NO limits so *get* creative. You’re not at school anymore, and nobody is going to tell you to *be realistic!*

Have fun with this ☺

Once you have these details in place, your subconscious mind will start to work on filtering the opportunities and events that will direct you to those chosen goals....and them to you.

“To reach a port, we must sail—Sail, not tie at anchor—Sail, not drift.”

- Franklin Roosevelt

Goals are the points of reference on your journey as well as the destination itself. They act as the settings for your personal GPS system and as your journey progresses provide valuable feedback to ascertain your position on the roadmap.

A journey without a destination is undirected and haphazard. You will drift around aimlessly arriving at random places, some good and some bad. Eventually you will become totally lost or run out of fuel.

A life without goals is no different. As I said before, most people live their lives as if they must accept what is thrown at them.

You now know better than that. 😊

Escaping the Comfort Zone

As we looked at in a previous chapter, one of the areas you must break free from is your *comfort zone*.

The problem with your current comfort zone is that it will contain a whole host of beliefs that have become a part of you. The truth is that a lot of these beliefs and habits are now holding you back and have been based on unfounded negative beliefs you have picked up along the way.

“Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs.”

– Dr, Maxwell Maltz

You will need to remove these old limiting beliefs and habits, to make way for the new positive ones that are in alignment with your goals. (*Remember the story of emptying the glass of wine before you can fill it with water*)

One of the most damaging aspects of old negative paradigms or habits, is that they tend to reinforce each other through providing the person experiencing them with the same limiting experiences over and over again, due to the same thought process, which create the same beliefs and habits, which produce the same actions and ultimately the same old results.....**GROUNDHOG DAY!!!** (*If you remember the film with Bill Murray*)

Most people will run back to their comfort zone if they feel overwhelmed or fearful, or generally out of their depth. For example if a person feels that they are not

good at speaking in front of a group of people, and they constantly feed their mind with self talk of negative comments, such as “*I can’t speak in front of groups*” or picture themselves making a mess of their speech, getting it wrong and experiencing the feelings associated with this, then they are ultimately starting the creative process and drawing this very same situation to themselves. It is in fact a self fulfilling prophecy, and you must break through it.

***“Move out of your comfort zone.
You can only grow if you are willing to
feel awkward and uncomfortable when you try
something new.”***

- Brian Tracy

You see how it can work against you. The more you allow these limiting beliefs to surface, the more your mind will focus on these same limiting beliefs and reinforce them. This type of limitation will keep you a prisoner in your comfort zone forever!

It’s time to make the change and break free.

You MUST focus your mind always on thinking, talking and acting in a positive way and specifically about the goals and destination you have that are in line with your journey. Sometimes this may mean that you have to *fake it* before you *make it*. Remember though that your *childlike* subconscious mind does not know the difference.

If however left unchecked, the comfort zone becomes an endless loop, and it needs to be broken.

“If you put yourself in a position where you have to stretch outside your comfort zone, then you are forced to expand your consciousness.”

- Les Brown

One of the best ways to achieve this is through the repetition of positive affirmations. That is why you first need to establish “*what*” your goals are. These same goals, which should excite you, will now be used as the basis for your personal affirmations.

It has been established that the only way to remove negative limiting beliefs is either through repetition of positive affirmations or shock. Since shock is NOT the

direction you want to head in, you should concentrate on affirmations.

Your subconscious mind is a goal seeking machine, and will literally seek to find whatever you feed it. The secret is in “*what*” you feed your subconscious mind and how.

Using affirmations is a great way to get the correct positive information into your subconscious mind. Affirmations can affect the mind if repeated and internalised often.

One of the most famous affirmations ever used in self development to date, was created by the French psychologist Émile Coué, with "*Every day, in every way, I'm getting better and better.*" This works even today, and one of the reasons for this is that it is written in the present tense.

"You are what you are and where you are because of what has gone into your mind. You can change what you are and where you are by changing what goes into your mind."

- Zig Ziglar

Affirmations will work best when they are personalised to you and your goals, written carefully and in the present tense. (Remember that you want to “own” the things you are asking for and not “*borrow*” them, so be specific in your requests.)

“Every action and feeling is preceded by a thought.”

– James Allen

The problem with reading affirmations is that they take time to repeat twice a day or more, and they are also picked up by your conscious mind, which can be a problem.

You see your conscious mind won't necessarily “*believe*” what you are trying to feed to your subconscious mind, as your goals may be way out of your current comfort zone. This can cause your conscious mind to actively try and sabotage your efforts.

The best way to avoid this happening is to completely bypass the conscious side of your mind and deliver these important and life changing affirmations directly to your subconscious mind.

This is done with the use of “*subliminal*” messages.

“If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us.”

- Jim Rohn

Subliminal messaging is an extremely powerful way for you to program your mind for anything you wish to achieve, and it works by transmitting written text, audio or video recordings directly to your subconscious mind, without the conscious mind trying to filter anything out.

What happens is that the “*blind*” subconscious mind simply cannot tell the difference between something imagined or real, and this means that it will accept the information as “*real*” and act on it accordingly.

We will discuss fully how this all works, including the special software that you have available to you within the *MindCompass* system within the next chapter.

Many successful people also recommend using a “*Vision Board*” to build images of your goals and desires that can be reviewed regularly.

“All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.”

- Brian Tracy

There is a great story about vision boards in the book and film *“The Secret”* where millionaire businessman and author *John Assaraf* explains how in 1995 he started to create a *“Vision Board”* where he would take images of what he wanted to achieve or attract, like a car or a watch or anything that he desired and place them on this board.

Every day he would sit in his office and take time to look at the board and start to visualise. He would then start to imagine things as if he already had them, which in turn created strong emotional feelings for the things he desired.

He went on to move three times over a period of five years, and it was when he was unpacking boxes after moving into his house that been renovated for a year, that

his son noticed the vision board and asked what it was. It was when he looked at the board that had been packed away for five years that he realised to his amazement that he was now living in the **exact** same house that had been placed on his vision board five years earlier.

He realised at that moment the power of the law of attraction and *visualisation*. You see even though he had locked away the images for years, his subconscious mind had continued to move toward this reality.

“Vision is the art of seeing what is invisible to others.”

- Jonathan Swift

Create a vision board of your own, and again go wild with this. This is after all how you want your life to be, so make sure you fill it with the things that you would like to receive and review it daily. Start to visualise as you do this and imagine that you have the things you desire right now, feel the emotions of having them now. Remember also to feel gratitude for the receiving of these things, as this creates belief and faith in their manifestation.

*“The vibrations of mental forces are the finest
and consequently the most powerful in
existence.”*

– Charles Haanel (1846-1949)

The *MindCompass* system also contains software that will create a personalised vision board on your computer which will submit images of your goals and desires directly to your subconscious mind. This alone is very powerful.

Well now you understand the importance of having a destination and goals, along with how to set your goals in the correct way to start the creative process.

The next step you need to know is how to go about planning your journey....

This is where the [MindCompass system](#) is fully revealed to you, along with complete instructions of how to use it to create the life of your dreams. This is where you will finally understand how easy this can all be, if you take the time to put this powerful system into action for you.

Read on.....

“The world is but a canvas to our imaginations.”

-Henry David Thoreau

Chapter Five

Planning the Journey

Using the MindCompass© System

“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins.”

- Bob Moawad

Now is the time to plan your journey. This requires that you become familiar with the *MindCompass* system and the technology behind it.

You have learned that you are governed by your existing programs. It is these “*programs*” that have been created through your belief system, which in turn has been formed through your previous life experiences.

The problem is that these experiences and limiting beliefs are literally charting your present course in life and must be changed for you to move forward!

You see realistically most of us are really only “*conscious*” for a small amount of time each day, as most of the time it is your “*subconscious*” mind that is in the driving seat. This means that although you “*think*” you are in charge, it is really your subconscious mind that is “*calling the shots.*”

“God gave us two ends. One to sit on and one to think with. Success depends on which one you use; heads you win -- tails, you lose.”

– Anonymous

If you think about it, much of your day is probably a re run of all the other days before it, and in most cases you are not consciously thinking about what you are doing.

Generally most of us are running on autopilot of some form or another.

All decisions you consciously make are based entirely on your inner memories and reactions to similar events, and much of the time your response is automated.

The secret to making a real and permanent change in your life is by altering the way in which the program is running in your subconscious mind. This is where we house our deepest beliefs and our subconscious mind directs our lives based on our previous beliefs and “feelings.”

“You’ve got to win in your mind before you win in your life.”

– John Addison

Our subconscious mind is constantly providing us with feedback, and directing our behaviour towards any given situation.

The problem however is that it is based purely on existing programming, that over a lifetime will contain a lot of limiting fears, self defeating habits, feelings of inadequacy and a whole array of other inappropriate responses that will either restrict us or otherwise be in conflict with whatever it is that is desired.

*“Whatever you can do, or dream you can,
begin it...Boldness has genius, power, and
magic in it.”*

- Goethe

These very limitations have been formed (*quite often in early childhood*) by your subconscious creating an image of yourself based on past negative situations and comments, which are very often spoken by well meaning teachers and parents. Comments like “*you’ll never be good at.....*” Or “*you don’t have the confidence to....*” These can be internalised and become a part of your belief system that the subconscious mind then refers to in making decisions about current situations.

It is for this reason that although you may “*think*” about “*giving up smoking*” or “*losing weight*” or “*creating wealth*” or indeed bringing any kind of positive change to your life, that you will unfortunately be taking yourself out of your “*comfort zone*” as established by the old belief patterns currently running in your subconscious program, and your requests will subsequently be ignored by your subconscious mind.

“A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown.”

- Denis Waitley

You will almost certainly fail from the very start due to an ill informed set of limiting beliefs and habits that **MUST** be changed in order to succeed!

Your subconscious seeks to protect you by keeping you within the confines of your “*comfort zone*”, but in order to move forward you need to remove these old patterns and habits to make way for the new positive beliefs and habits to grow and take root.

You can be sure of one thing here, if you are in conflict with your subconscious “*guidance*” system.....You **WILL** lose!

You **MUST** bring your conscious *desires* and your subconscious *directives* into **alignment**; otherwise you will become “*doomed*” to failure, as any conflict between the two will always see the subconscious win.

Therefore thoughts of attracting wealth, if the subconscious does not support them, will NOT work! This is why so many people are trapped within the infamous “*Business Opportunity*” loop. They simply don’t understand that success starts from within them, and NOT (as a lot of so called *gurus* will have you believe) in jumping from one business opportunity to the next!

There is a solution however, and that is the purpose of this whole system, to easily align both the conscious and subconscious minds to work for and not against you.

“The subconscious mind is more susceptible to influence by impulses of thought mixed with "feeling" or emotion, than by those originating solely in the reasoning portion of the mind.”

- Napoleon Hill

The subconscious is the vast warehouse of our minds. It is from where we pull our resources. It governs us in all levels of our life from our heartbeat and breathing, to our beliefs, habits and actions.....BUT it is also like a 4 year old child that will follow instructions without

question, thinks predominantly in symbols and images and cannot differentiate between something real or imagined and a truth or a lie.

“It is only through your conscious mind that you can reach the subconscious. Your conscious mind is the porter at the door, the watchman at the gate. It is to the conscious mind that the subconscious looks for all its impressions.”

- Robert Collier

So how can we take control of this “*child*” and reprogram ourselves for success?

We do this by using a technology that completely bypasses the restrictive and thinking conscious mind and provides a direct connection to the all important subconscious.

This technology is known as “*Subliminal Programming.*”

The *MindCompass* system has been created to provide a quick and easy way to program your mind for success and wealth through the use of “*subliminal programming*” techniques.

“Subliminal perception is a subject that virtually no one wants to believe exists, and -- if it does exist -- they much less believe that it has any practical application. . . . The techniques are in widespread use by media, advertising and public relations agencies, industrial and commercial corporations, and by the Federal government itself.”

- Wilson Bryan Key

This is an extremely powerful way to obtain fast, positive results because it is channelled directly to your subconscious mind, and in turn removes all resistance from the conscious mind.

The benefit of using such a system is that you only need to give a small amount of attention to it on a daily basis for it to provide you with massive benefits, as most of it is done without any thought on your part.

The [MindCompass system](#) is the only complete mind programming system available anywhere. It has been designed as a full immersion system where you will be using as many senses as possible to channel your desired messages to your subconscious mind, where they will be

acted upon. It uses text affirmations along with complimentary audio and video for a complete experience.

The *MindCompass* system combines both subliminal technology along with goal setting to achieve maximum results in programming the subconscious mind for success and wealth.

*“Whether you think you can or think you can't -
you are right.”*

- Henry Ford

What is Subliminal Programming?

Subliminal programming has long been known as an extremely effective form of delivering positive messages directly to your subconscious mind, without being rejected by your critical conscious mind.

Subliminal messages can be delivered through videos, music and displayed on computer screens during working hours, to be absorbed effortlessly into the subconscious. This can be likened to reading affirmations daily without

any conscious effort, but at the same time gaining all of the benefits.

James Vicary reportedly carried out an experiment in 1957 at a cinema, where he used a “**tachistoscope**” to flash the words “*Hungry?.....Eat more Popcorn*” and “*Thirsty?.....Drink more Coca-Cola*” for 1/3000 of a second throughout the duration of the movie, and subsequently the sales of both Coca-Cola and Popcorn increased by up to 70%!

“The secret of achievement is to hold a picture of a successful outcome in the mind.”

- Henry David Thoreau

Not surprisingly other advertisers quickly jumped on the bandwagon and started trying to add this subliminal persuasion to their campaigns, until the US and other countries finally banned their use in all forms of advertising. They were just too powerful a persuader for comfort and in the wrong hands could be used in a negative way.

Although “Vicary” later refuted his original claims, the questions that it has raised have never faded.

Subliminal messaging when used correctly and positively can be extremely beneficial in changing old limiting belief patterns and quickly replacing them with their positive counterpart.

Subliminal messaging comes in many forms, and the *MindCompass* system has been created by combining many of them, and even though the main focus of the system here is on “*wealth creation*”, subliminal messaging itself along with the *MindCompass* system, can be used to achieve any goal you desire.

“The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment.”

- Earl Nightingale

For example Wealth, Success, Partners, Health and anything else you could possibly ask for can be attracted to you using this system.

Your beliefs and habits (*inner pictures*) are controlled by the subconscious, and are the creators of your thoughts

and emotions. These in turn also dictate your actions, which are followed by your experiences and finally your results. The subconscious is therefore always looking to align our *inner* picture with our *outer* reality.

The “*secret*” to everything therefore lies in changing your “*Inner Pictures*.”

Affirmations can and do influence your subconscious. The problem is that they are time consuming and can be hard work. You have to fight your conscious mind to accept the new beliefs of success, wealth and happiness you are trying to give to your subconscious mind and this can lead to failure and a retreat to the comfort zone.

For example if one of your affirmations is stating that you are currently receiving \$5,000/week income, when in fact you are actually receiving \$500/week, then your conscious mind will struggle to allow the suggestion to even enter into your subconscious mind. The problem is that there is too large a misalignment in the desired outcome and the actual one, causing it to be rejected by the conscious mind.

“Do what you can, with what you have, where you are.”

- Theodore Roosevelt

Remember this is the way your conscious mind thinks...*logically!*

The only way to easily and effortlessly attract everything you desire into your life is simply to “*fake it before you make it.*” Your subconscious mind doesn’t know the difference between real and imagined, so if you can constantly affirm your desires in words, images and any other way that will reinforce the belief that you have them already...then the rest is easy. You will have started the creative process, and your subconscious will set to work on attaining your desired outcome.

Let’s take a look at the system you now have access to, and find out how to set it to work for you to evoke the law of attraction into action;

“You affect your subconscious mind by verbal repetition.” - W. Clement Stone

The MindCompass 2.0 System consists of:

- **[MindCompass Guide](#)**

The step by step manual you are reading now.

- [MindCompass Subliminal Software Tool](#)

The *MindCompass Subliminal Software* will make it easy to change any area of your life, without any conscious effort.

It requires absolutely NO psychotherapy, NO meditation, NO reading, NO hypnosis and NO conscious thought whatsoever. It is easy to use. Just install the *MindCompass Subliminal Software* directly onto your computer and choose a subliminal program to start using.

Do you want to create wealth? Run that program.

Do you need to lose excess weight? Run that program.

You are not required to do anything else other than relax, work as normal on your computer and allow the *MindCompass* software to start flashing these powerful, empowering messages onto your screen. You won't even see them, but they will immediately begin reprogramming your mind to accept the new beliefs and habits that will attract everything you desire to you...Effortlessly!

- [MindCompass Subliminal Video Series](#)

The *MindCompass Subliminal Videos* series will literally program your mind for success while you do NOTHING!

The *MindCompass Subliminal videos* are easy to use, and as you watch, instantly start the transformation process.

Featuring:

Video 1 - Enlightenment

Video 2 - Self Mastery

Video 3 - Social Mastery

Video 4 - Manifest Your Desires

Video 5 - Unbreakable Self Confidence

Video 6 – Manifest Money, Power, Sex & Love Instantly!

There is no need to read and repeat affirmations over and over again, in fact there is no need to DO anything, as instead the *MindCompass Subliminal Videos* use subliminal messages embedded into video images, which are also delivered directly to your subconscious....again using this method, you effectively completely bypass your critical conscious mind and allows messages of Wealth, Success, Health, Love, Power and more to enter your mind without obstacles, where they will be acted on.

Your subconscious mind will pick up these positive messages and internalise them, which in turn will start the transformation of old limiting beliefs and paradigms into new empowering beliefs and habits in weeks rather than years!

You simply let the videos do the work while you relax. And in as little as 5-10 short minutes a day they will quietly erase all the previous negative thoughts, beliefs and emotional habits you've picked up over a lifetime... and replace them instead with their positive and empowering alternatives...

The only real effort required on your part is to spend 5 – 10 minutes a day quietly watching the videos, enjoying the images....nothing more.

- [MindCompass Binaural Beats Audios](#)

Binaural beats are a special recording method where sounds are produced in a way that can put the brain into states that are usually only attainable through meditation. The great thing about them is that they can be used quickly to achieve states such as being in the “*zone*” or deeply relaxed and specifically in the highly receptive “*Alpha*” state. It is in this state that the mind is most open to the subliminal suggestions within the audios.

You have several audio recordings included in the MindCompass system that have been fully mixed and optimised. Just relax and listen while the subliminal messages are delivered directly to your subconscious.

Binaural beat recordings are not suitable for everyone and should NOT be used whilst operating equipment.

Warning: DO NOT listen to "binaural beat" recordings within 30 minutes either side of operating any equipment, machinery or vehicles. Certain "binaural beat" recordings can possibly make the listener relaxed, sleepy or in a drowsy or meditative state, dependent on the different frequencies at use.

Health Warning: DO NOT listen to any brainwave entrainment recordings (binaural beat) if you are or ever have suffered from EPILEPSY, or any serious mental disorders, or are pregnant, are susceptible to seizures, are photosensitive, use a pacemaker or are under the influence of any type of drugs. Brainwave entrainment recordings and binaural beats should only be used by individuals over 18 years of age. Do NOT use if you intend to stay awake.

- **[\\$5K/Day Subliminal Video](#)**

Watch this incredible subliminal video once a day, and seriously increase your income!

You MUST be comfortable with money and the idea of having it in abundance in your life, in order to attract it. This video will effortlessly program your mind for wealth and abundance and start the attraction process without any effort from you.

- **The Good Life Subliminal Video**

This video works in the same way as the 5K/Day subliminal, and focuses not on money but the things that money can provide you with.

It is not really the money that we are trying to manifest in our lives, as it will only give us a pile of paper.

What we really desire is what the money can give us, the lifestyle, power and prestige, along with the FREEDOM to enjoy them.

It will program your mind to accept the good life that you rightfully deserve, and is yours for the asking!

- **Gratitude Subliminal Video**

This video will install an attitude of gratitude that is so important in the creative process.

You see it is vital that you are grateful for what you already have in your life as this creates the positive vibration that will generate more things to be grateful for.

It is said that the fastest way to manifest things is to be grateful for them, even before you have them in your life; this video helps you be grateful and get into a higher vibration in order to attract even more things and circumstances to be grateful for.

- **[Dream Accelerator Software](#)**

Create a “Vision Board” on your computer screen. Simply install the software, upload images of your goals and desires, as you would with a physical vision board. The software will display the images one by one subliminally onto your computer screen. Quick and simple!

- **[Ultimate Success Library](#)**

A complete collection of some of the finest self improvement books of ALL time, including:

- *Acres of Diamonds*
- *Think and Grow Rich*
- *The Science of Getting Rich*
- *Thought Vibration*

...plus many other timeless classics.

- **[Law of Attraction Screensaver](#)**

A computer screensaver with fantastic images and quotes form the law of attraction to inspire you on a daily basis.

[Click HERE To Access The MindCompass 2.0 System](#)

How to Plan Your Journey

The next step is to put everything together to create a daily plan of action that you will follow.

1. Create your goal list.

It is with these goals that we will not only chart our ultimate destination, but also our checkpoints on the route. You see the smaller goals that you achieve along the way will help to keep you on course and at the same time increase your confidence in the success of this system. They will act as feedback to your navigation system, letting it know that you are on track.

“It is not the mountain we conquer but ourselves.” - Edmund Hillary

Once all your goals have been organised, we just need to add them to the *MindCompass Subliminal Software*. The software comes with a wide range of preset affirmations for many different areas like Millionaire Mind, Lose Weight, Super Self Confidence, Self Esteem and many more. You have the facility to add affirmations of your own to the software also. Remember when adding these affirmations that they must be written in the ways we have described previously. That is they must be written out in the present tense, positively and without mention of the things that you DON'T want to manifest.

For example:

“Money comes to me abundantly and from multiple sources on a continuous basis”

“*I am* growing more confident every day”

“*I earn* \$20,000/month from multiple sources”

...and NOT:

“I will be **debt** free within 2 months” (focusing on debt, so will get MORE debt!)

“I will earn *more* money this year than last year” (well how about \$1 more!) It's just not specific enough

I think you get the idea by now.

“Obstacles are things a person see when he takes his eyes off his goal.”

- E. Joseph Cossman

Once ALL of your goals have been listed and added to the subliminal software, you only need to watch at least one video once or twice a day, and run your subliminal software in the background on your computer at all times when you are using it.

Use the other software and audios where and when possible to increase the intensity of your exposure to these new positive affirmations.

Write out your main goals on a small card and keep this with you at all times. *(This is powerful, as the simple act of writing your goals down has already started to make them a physical reality. They have come from the invisible in your mind and are now visible in physical form on paper!)*

Do not share this information with anyone else, but refer to it often to magnify this image in your mind of what it is that you wish to manifest in your life.

“People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine.”

- Brian Tracy

It is through the use of this system, along with your written goals, belief and faith, that you are ultimately going to completely change your current level of vibration to one that is attracting everything and everyone you will need to achieve ALL of your goals, and become wealthy and successful in your life.

If you have understood everything in this guide up until now, and had no previous knowledge of these concepts before, then it must almost be feeling like “*common sense*” that when these laws are respected and the correct directions are taken, that success in any endeavour is almost a given for anyone that cares to pursue them. This is certainly the truth, although you may be surprised to learn that only a very few people ever decide to really search this for themselves.

You should be excited to know that YOU are one of the few, and that your searching has led you to this place. I

truly want you to find the success you desire in your life and the abundance you rightfully deserve.

You are now aware of how this all works. You must only start to put it to work in your life with the help of the [MindCompass system](#).

Let's find out next how we can stay on course throughout our journey, with the use of our feedback.....

"The world outside of yourself is an exact replica of the world within yourself. You cannot change what is outside unless you first change from within."

- Wallace D Wattles.

Chapter Six

Staying on Course

“By losing your goal, you have lost your way.”

- Khalil Gibran

As you progress along the route of your journey, following the roadmap you have created, there will be times when you will find yourself drifting off course, and moving away from your chosen path and the direction of your destination.

In a vehicle this movement away from the chosen path would be picked up by the satellite navigation equipment and other onboard instruments.

In ourselves we detect this type of deviation from our goals as “*feedback*” in our emotions. It is our “*feelings*” that tell us where we are on our journey, including if we

have moved out of the fast lane and found ourselves lost again in the back roads.

The feedback system is a really simple one, as there are only really two types of feedback....Positive and Negative.

Positive feedback comes from reaching the checkpoints along your route and achieving the smaller goals. It is when your vibratory level is at the correct frequency and you are attracting the things that you want into your life. This type of feedback is recognised in the body as “*feeling good*” with inner peace and a good vibe.

Generally if you use the *MindCompass* system correctly, this is the state that you should be experiencing regularly. There is no need to make any adjustments to your course when you are feeling this way, as events will be working in your favour.

“Be vigilant; guard your mind against negative thoughts.”

- Buddha

Negative feedback is where you will instinctively know that you are not currently on the correct heading. It is

where you will be experiencing difficulties in reaching your checkpoints, where things just don't seem to move in the direction you want.

Lack of results and money, along with inner conflict, are a sure sign that you are not at the correct vibratory levels to attract your desires.

This will be felt in your body as *feelings* of unhappiness, stress and a whole range of negative feelings, none of which are going to keep you on your chosen course.

Negative feedback does have a positive element to it however, as without it you would never know if you were actually heading in the wrong direction.

You see it is only with negative feedback that you receive valuable information and feelings that let you know you are doing the wrong thing.

"Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You cannot travel within and stand still without."

- James Allen

We experience negative feedback within our physical bodies in the form of “*pain*”. Without pain we would not know when our bodies are in trouble.

For example if you were to place your hand on a hot plate, it would be the pain of your hand burning that would make you remove it....quickly!!

If it didn't you would cook your hand!

It is clear then that negative feedback is therefore an extremely important factor in protecting you also.

It is only after negative feedback that you will alter your direction and make the necessary adjustments that will bring you back on course and in alignment with your goals and destination.

Negative feedback is for that reason more valuable than positive feedback, because it keeps you focused on doing the right things, and ultimately on the correct course.

"The positive thinker sees the invisible, feels the intangible, and achieves the impossible."

- Anonymous

If you keep in touch with your emotional states and therefore your personal guidance system, through any feedback you receive, you will always be able to alter your course to the correct co-ordinates before you have wasted too much time and journeyed too far from your chosen route.

The [MindCompass system](#) has many navigational instruments included to help in guiding you towards the life of your dreams. You only need to listen to your feedback and learn to understand when it feels *good* or *bad*, and then make the necessary adjustments (if any) to keep yourself moving in the right direction.

Remember, there is always a start to a journey, and a finish. We must only decide where we are going, when to start our journey, and make sure that we are following our roadmap by listening to our *inner guidance* to stay on our chosen course.....that's it!

“So many fail because they don't get started - they don't go. They don't overcome inertia. They don't begin.”

- W. Clement Stone

Take Action

Remember also to ACT on any ideas or insights that may come to you through your personal guidance system.

Your feedback will come to you in the form of dreams, insights and inspiration.

This is the way in which the universe is answering your requests....so be vigilant and look out for these signs.

“Footprints on the sands of time are not made by sitting down.”

- Anonymous

You see in using the *MindCompass* system, you have started the creative process, and your level of vibration is now attracting opportunities to you that are in resonance with your new vibratory level.

You are now able to see the very same opportunities that previously you were “blind” to.

You must take action when these ideas come to you though, as these could well be the very ideas that will

eventually cause everything you desire to manifest into your life.

I always remember the story about a great flood that had taken place. One man was waiting at the window of his property as the water level was rising and a boat passed by, “Jump on board and we will take you to safety” they told the man, for him to reply, “No, the lord will provide for me” so they moved on without him.

Later another boat passes and the man is now on the roof, with water all around, “Jump aboard and we will take you to safety” they called, to which he again replied, “No, the lord will provide for me”.

Later a boat passes yet again and asks “Jump on board and we will take you to safety” once again the man now up to his neck in water replies, “No, the lord will provide for me”, to which end the boat moves on and the man unfortunately drowns.

Well he arrives at the gates of heaven and says to God, “I have worshiped you all of my life, why did you then forsake me”, to which God replies “*Forsake you.....I sent three boats to pick you up, what more do you want!*”

You see the moral to the story here is that you have to take ACTION. Ideas and inspiration WILL come to you,

and that is the universe giving you answers, but you **MUST** act on these ideas.

This is your part in the deal; it is with your mind that you start the creative process and your body that you carry out the actions that will manifest the desires. *“Ask and ye shall receive” “Seek and ye shall find”*

In the next chapter we will learn the importance of enjoying the whole journey, and **NOT** just the destination...

“I have learned that if one advances confidently in the direction of his dreams, and endeavours to live the life he has imagined, he will meet with a success unexpected in common hours.”

- Henry David Thoreau

Chapter Seven

Enjoying the Views

“Gratitude”

“Of all the attitudes we can acquire, surely the attitude of gratitude is the most important, and by far the most life changing.”

– Zig Ziglar

John Lennon once wrote in the song “*Beautiful Boy*”, that “*Life is what happens to you while you’re busy making other plans*”.

You don’t want your life to be like that, you want to savour every moment of it. Learn to enjoy the journey of life everyday by living in the “now”.

After all the past is gone, the future is only decided by what you do now, in the present. Maybe that's why it is also called a “*gift*.”

“The future depends on what we do in the present.”

- Mahatma Gandhi

You must learn to enjoy every part of this great journey, and not only the destination that you wish to arrive at. Otherwise you may miss out on all the other magical moments in your life also.

Much like being on a long journey by land, you will want to stop and take in the views from time to time, to breathe the fresh air and experience the whole trip. You wouldn't simply want to fall asleep and wake up when you arrive at the destination or you would miss all the great landmarks along the way.

It is the same in our lives, and is only whilst we are actually on the journey itself that we learn all about ourselves and experience everything, so always try to be present in the “*now*” and really experience this truly amazing gift called “*life*.”

After all what good is a pile of “*money*” or material wealth if you no longer have your health.

Learn to become balanced and enjoy the whole journey.

The best way to do this is by creating an “*Attitude of Gratitude.*”

Learn to be grateful for all of the people and things that you currently have in your life. Feel grateful for the senses that help to guide you, including the eyes that are enabling you to read these words, along with the good that is already in your life.

“What we think about & thank about.....is what we bring about.”

– The Secret

It isn't wrong to want more, as growth is only natural, but always be grateful for what you already have. This is a very important and often overlooked part of the process of the law of attraction.

Being grateful for whatever is already present in your life will automatically send out a positive vibrational frequency to the universe, and start to attract more things

to be grateful for. Like many things you can do this a self-fulfilling prophecy; however this is one you want to keep doing on a continuous basis.

Make it a habit to carry a token with you everyday that reminds you to be grateful for everything that you have. It can be a simple pebble or a crystal, or anything that reminds you every time you reach into your pocket or bag, of all that you have to appreciate in your life, right now!

A simple exercise like this not only increases your vibrational levels but also creates a positive field of energy that in turn will draw more of what you desire to you.

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

- Brian Tracy

Another good way to show gratitude, is when you write out your goals on a card, to start with “I am so happy and *grateful* now that.....” and fill in the blanks with what it is you desire, and in the present tense. For example, “I am so happy and grateful now that....”*money comes to me easily and abundantly*” or “I am so happy and *grateful* now that....*I am at my perfect weight*” and so on.

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

-William Arthur Ward

In having an attitude of gratitude you are acknowledging the existence of your higher self, and in doing so on a daily basis you are strengthening your belief and faith in everything that you wish to manifest into your life.

You will notice over time that your energy and focus have become much more positive as you have become increasingly aware of how blessed you already are, and in this observation take the time also to acknowledge all of the changes that are happening to you.

“When you are grateful fear disappears and abundance appears.”

- Anthony Robbins

Acknowledge when you receive the extra cheques in the post, or you get the parking space you asked for, or the right people just seem to always be there when you need them.

These things will start to become more and more common in your life as you practise being grateful. Acknowledge their happening and give thanks for them, and you will also be acknowledging the universe for the good it is providing for you.

What you will find is that there aren't actually any coincidences at all, but that whatever is appearing and arriving into your life is always in line with your requests.....every time!

Our lives are magnificent, we are all unique beings, we have this fabulous world to explore and learn from. We have so much to experience, and we are co creators in the process of manifesting anything in our lives.

Just the simple fact that we are here at all, is in itself an absolute miracle. Look around you....you already have so much to be grateful for.

Start to live every day with an attitude of gratitude, and you will experience more joy than you can ever imagine.

“Joy is an attitude; it is in the presence of love – for self and others. It comes from a feeling of inner peace, the ability to give and receive, and appreciation of self and others. It is a state of gratitude and compassion, a feeling of connection to your higher self.”

- Anonymous

Chapter Eight

Arrival

“Do or do not. There is no try.”

- Yoda

So what happens when you are coming to the end of your journey? What do you need to do on arrival at your destination?

First of all you have to acknowledge that you now share membership of an elite group of individuals who are prepared to do more than simply stare at travel brochures and dream of the distant lands they would like to visit (*or in the real world, set your goals and create a plan for their achievement*). As you now know, without “action” this is just called “*wishful thinking.*”

You are different, you are prepared to take **action**, you are planning your journey and all you now need to do is follow your plan and your success is guaranteed.

In completing your initial journey, you would have created a roadmap, planned your journey, taken the first step, followed your plan, adjusted your course along the route via your feedback and finally arrived. You will have in the process become a special person, a true adventurer of life!

You will have achieved your initial goals and will now be getting ready to repeat the process with new directives and a different roadmap...

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”

- James Allen

...The funny thing here is that you will find yourself at the beginning again, but ready now for bigger and better things, confident to make an altogether more difficult trip.

I can show this better by explaining how I train in Aikido, and that when I began my training, I only ever wanted to receive my “**Black Belt.**” The thing is, as anyone else who practises a martial art will tell you, is that once you actually reach the coveted “*Black Belt*” you realise that you are only “now” at the beginning. It is now that you *really* begin to understand how everything works!

There is always more to learn. The Japanese have a name for it, “*Kaizen*” which means “*constant and never ending improvement.*” Be sure to put it to practise in your life.

As a seasoned traveller you will know how everything works, you will know some of the pitfalls and how to manoeuvre around them.

The fact is that if you have followed and understood this manual and used the system and the software as your guidance, then you will already know that this stuff works.

The *MindCompass* system has been created to assist in the reprogramming of your subconscious mind for success and wealth, through the use of subliminal messaging techniques.

It includes some of the best information, videos, software and state of the art programs available to assist in creating the life you imagine.

It does not however explain fully the concepts behind quantum physics or science, nor does it comprehensively explain all of the aspects involved in the universal laws.

There are many other books out there that already do this very well, and I have listed my personal favourites at the appendices section of the book.

“Poverty is not an absence of money and things. It is a mindset. Prosperity is not an abundance of money and things. It is also a mindset.”

- Randy Cage

I highly recommend that you study this subject further, understand it fully, put it into practise and make it work for you. Once you succeed, teach it to others so that they may better their lives also.

Read and listen to motivational material often. This is to keep your focus and your spirits up, when the dark shadows start appearing, which at times they will. This is

natural and it will pass. Everyone can experience doubt, and the best way to deal with it is to listen to or watch some empowering material to keep you motivated.

Keep your mind focused on the positive always.

***“People often say that motivation doesn't last.
Well, neither does bathing - that's why we
recommend it daily.”***

- Zig Ziglar

If you have read many books about self improvement or simply study the eBooks you have access to in the “*ultimate success library*”, it will very quickly become apparent that there is absolutely NO secret to creating wealth or anything else in your life for that matter.

It is a simple formula, and perhaps because it is so simple, many people fail to realise its true power.

This simple formula consists of;

- 1. Vision*
- 2. Belief*
- 3. Faith*
- 4. Gratitude*

5. Action

Remember that you create your life from the images that you are holding in your mind. The longer you can *visualise* and *emotionalise* them, the more they are moving towards you.

The *MindCompass* system will help you to hold the images in your mind of the desires you seek, and by doing so help to create the emotions of having them now. If you can live now as if you already have everything you desire in your life at this present moment....then ultimately, in time.....YOU WILL!

You literally “WILL” it into your life.

You must have **belief** that it is coming and **faith** that it will arrive. **Act** on your inner feelings, impulses and guidance and *do* something every day towards your goals. As the “*Quakers*” say;

“Pray.....and *move your feet*”

This is the “*secret*” to achieving anything in life.

There will be ups and downs, and this is inevitable, but if you keep using the material in this system and remain focused, you will not fail.

That I guarantee.

“Never, never, never give up.”

-Winston Churchill

Final Chapter

Conclusion

*“Ask, and it shall be given to you;
seek and ye shall find;
knock and it shall be opened unto you.*

*For every one that asketh, receiveth;
and he that seeketh, findeth;
and to him that knocketh
it shall be opened.”*

- Matthew 7:7-8

We have travelled this far together, and now it is time for you to continue on your journey alone.

Before we part company, I just want to impress upon you the benefits you will also gain in your life by setting aside a period of time each day for reflection.

It is a time during the day when you can sit quietly and just “be”.

Another name for this type of reflection is “*Meditation*”. There are so many benefits that can be attained from just a very short amount of time spent in quiet contemplation that it really is worth trying it out if you don’t already.

It is how you can put yourself into an “Alpha” state, which if you remember is the best vibration for you mind to accept suggestions.

It also acts as your own direct line of communication with the universe, and where you are most likely to receive messages from your higher source.

“Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.”

- Buddha

You must quieten your mind and relax totally to attain the correct conditions.

If you think of a pond that is very still.....and you throw a stone into the middle of it....it will create a ripple that will slowly move across the whole pond. Well in the same way if you quieten your mind, it becomes the pond, and your requests the stone, which creates a ripple across the universal expanse.

This in turn connects you to everything. If the water in the pond becomes turbulent and choppy however, you could throw a building in and it wouldn't make the slightest difference. The same is with your mind if it is busy with hundreds of different thoughts....your message will never get through.

There is an expression in the bible that says, "*Be still, and know that I am God.*" This is only possible when in a meditative state.

"You are never alone or helpless. The force that guides the stars guides you too."

- Shrii Shrii Anandamurt

Meditation quietens the mind and can quickly put you into an alpha state. It helps you to become more connected to the universe and your inner guidance system. It is very simple to practise and only requires that you sit somewhere comfortable where you will be undisturbed for about twenty minutes.

You then close your eyes and breathe slowly in and slowly out. Start to relax your body from your head, and slowly down through your neck to your shoulders, back, stomach, legs and feet, concentrating all the time on your breathe. When you are totally relaxed, start to repeat your requests in your mind and once done just let them be. Your request will have been delivered and now it must be left to the universe to answer. You only need to be ready to “receive.”

There are a number of recordings included in the *MindCompass* system that will quickly and easily bring you into an alpha state for connection with the universe.

Some of these also have binaural beats that have been produced specifically for alpha conditioning.

The *MindCompass* system has been devised as a way for you to create an easy connection with the higher self, and hold the images of the life YOU wish to manifest.

As was mentioned before, it works with anything you wish to bring into your life, as the laws for manifesting money are the very same laws used for manifesting your ideal partner or your perfect weight.

“Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives.”

- Robert Collier

This means that you have in your hands a complete system for the creation of everything into your life. The only thing required from you is an understanding of HOW these laws work together to literally *design* the world that you want to live in.

Remember that manifesting anything you want in your life is an “*inside job*”, meaning that if you want it in your physical world, then you MUST work on it first in your inner world!

This goes for success of any kind. You cannot become successful in any endeavour, unless you have achieved it in the mind first. This is true in my martial arts training also, where we are taught to “win” an opponents mind first, and the body will always follow.

Mind *always* comes first!

The journey of life is a fascinating one, and you should learn everything you can of how to make YOUR life all that you want it to be.

I truly believe that *heaven* and *hell* exist in the here and now, and you can choose on what side you wish to live your life purely by the way in which you *think*.

“We may run, walk, stumble, drive, or fly, but let us never lost sight of the reason for the journey, or miss a chance to see a rainbow on the way.”

– Anonymous

I have lain out before you the basics of the great “*secret*” to life, and you must now decide if you wish to pursue this further.

Nothing here is really new, and never will be. Everything you have read here has been available to you all of your life, it is possible that only *now* you are ready to receive it.

Rhonda Byrne wrote the bestselling book, and film “*The Secret*” after reading “*The Science of Getting Rich*” a 100 year old book by Wallace Wattles, which was passed to her by her mother. The secret was never really a secret at all!

None of this is taught to us at school and most of us are not shown it by our parents. It is a strange reality, but we either stumble upon these concepts by accident, or we are searching and they come into our lives in one way or another. The amazing thing is that all of this information is freely available to everyone throughout their lives, but very few ever find it.

“The present moment is the only moment available to us, and it is the door to all moments.”

- Thich Nhat Hanh

There is a saying that when the student is ready the teacher will appear.

I think that after reading this book you now realise why this is so.....because they are both searching each other.

Once you start the creative process, you start to attract to yourself everything that is in alignment with your vibrational level. It is no wonder that the student and the teacher always find each other in the end.

I hope that I have been of use to you and inspired you to make this great journey with confidence and expectancy.

Use the MindCompass system daily for at least 90 days, and keep a note of your progress. You will be amazed at the changes you will find happening in your life.

As Bob Proctor states, *“Enjoy life, because life is phenomenal! It’s a magnificent trip!”*

“You don't get to choose how you're going to die, or when. But you can decide how you're going to live now.”

- Joan Baez

Now it is time for your trip to begin, so I will finish this book as I started it, with the end in mind.....

.... “Life is a journey, and it is my sincere wish that you make yours an epic. Be the best you can be and fill the canvass of your life with everything that you desire, and in doing so create a journey worth talking about my friend”

“Let your inner compass guide you.”

Bon Voyage

John P. Meaden

“Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you.”

- Jim Rohn

*“I bargained with Life for a penny,
And Life would pay no more,
However I begged at evening
When I counted my scanty store.
“For Life is a just employer,
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task.
“I worked for a menial’s hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have willingly paid.”*

- Think & Grow Rich

Appendices

“Learn to listen to your inner guidance.”

– Sanaya Roman & Duane Packer

>> [Click HERE & upgrade to MindCompass 2.0](#) <<



Resources

Here is a list of some of the books, DVD's, Audios and courses that I have personally used on my journey, and I thoroughly recommend them all:

The “**Ultimate Success Library**” (included in this system and containing 21 classic titles)

Anything by *Jim Rohn* ☺

The Secret DVD by *Rhonda Byrne*

What the Bleep DVD

TNT- The Power Within You by *Claude M. Bristol*

The Magic of Believing by *Claude M. Bristol*

Success Engineering by *Phil Gosling*

A Happy Pocket Full of Money by *David Cameron Gikandi*

The Seven Spiritual Laws of Success by *Deepak Chopra*

How to Attract Money by *Dr. Joseph Murphy*

The Lazy Man's Way To Riches by *Joe Karbo*

The Cosmic Ordering Service by *Barbel Mohr*

You Were Born Rich by *Bob Proctor*

The Power of Your Subconscious Mind by *Dr. Joseph Murphy*

The Success Principles by *Jack Canfield*

Creative Visualization by *Shakti Gawain*

Eat That Frog by *Brian Tracy*

The Monk Who Sold His Ferrari by *Robin S. Sharma*

The Alchemist by *Paulo Coelho*

Ask and it is Given by *Esther & Jerry Hicks*

Chicken Soup for the Soul by *Jack Canfield & Mark Victor Hansen*

Tuesdays with Morrie by *Mitch Albom*

Don't Sweat the Small Stuff by *Richard Carlson*

Rich Dad Poor Dad by *Robert T. Kiyosaki*

Recommended Partner:

[How To Be An Expert Persuader](#) by Michael Lee

It is often said that you can tell the size of a man's wallet by the size of his library, so be sure to make the study of self development a priority in your life. Remember always that your journey is ultimately about who you become during the process.

“Formal education will make you a living; self-education will make you a fortune.”

- Jim Rohn

*“Become the architect of your desires and design
the life of your dreams, built on the solid
foundations of vision, belief & faith.”*

- J. P. Meaden