



**WHAT YOU
"DON'T"
KNOW
"WILL"
HURT YOU!**

"We need to find out what real education is, understanding comes from correct information regarding ourselves, once realized we can say we have seen the light and can move forward with courage knowing that what we see is not real, we really do create our own lives whether we realize it or not, fear is learnt and it cripples us in moving ahead, there are no limits we are infinite."

SAMUEL BENTA

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The author does not claim that techniques and information in this book will change the reader's life; the author strictly reiterates that it's the individual's actions upon the information presented that will determine his/her results.

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ACKNOWLEDGEMENTS

I would like to thank my parents Leroy and Jasmin Benta for making me and bringing me into this world of opportunities and for always being there for me when it was needed. My three wonderful brothers: Leroy, Eric and Leyton. Marjorie Ernestine Benta, my grandmother R.I.P. The funniest and most influential musical man I've known Tony Adez, may you also rest in peace and harmony. How can I forget my long-time friends Arnold and Ian? We have known each other for years on end and I will always commit to helping you both shine.

I can never forget where I came from in school so a big thanks to the teachers that invested their time in me at Vicars Green Primary, Copland Community School, and West Thames College. Angela, the mysterious woman across the road who inspired me to write this book in the first place, you will be blessed as this book will bless others.

Save the best till last, I thank the overall creator of this universe for his patience, forgiveness and everlasting understanding to put up with me with all my wrong-doings and especially for allowing me to comprehend the laws that govern every person, event, thing or circumstance.... The **Omnipotent** GOD.

INTRODUCTION

It is no accident or chance that you are reading this right now. You were meant to come across this book because it was time for you to read it. Have you ever said to yourself that you want to be successful? Or you want to become someone big no matter what you do? I'm sure lots of these statements have come out of your mouths at some point of time in your life. There are some of you that don't really know what you want to do with your life; some of you just live day after day like a normal routine without any kind of direction to where it is you are going. I have written this for you so you can understand a bit more about yourself and how powerful you truly are. We tend to look around and see other people shine and think to ourselves we can never be that big, I can't do that, I can't afford it, or my personal favorite it's who you know. Let me start off by saying that the most important person you need to know is YOURSELF, because once you know this then you will take more responsibility in your life. Knowing yourself is an ongoing process of unfoldment of what is already within you to be the greatest version you can be.

I want to share with you some important information that will dramatically change your life if you desire to. This is information that you won't be taught in school and most likely will not be taught by your parents as they may not have been taught themselves. I have tried my best to write this as simplistic and straight to the point as possible for everybody to **comprehend**. Do yourself a favor whenever you come across a word you do not understand, please look it up in a dictionary and make sure you understand its meaning before you read on otherwise nothing else will make sense to you. I have highlighted certain words in red and put their definitions at the back of this book to make it easier. I have included pictures where necessary as they say a thousand words.

Take a look at your hands right now; really take a look at them. Analyze it look at it closely. Can you see the detail? Can you see the lines? Can you see the veins? Have you ever questioned why you are designed the way you are? Have you ever given thought to why you have 5 fingers and not 4? I'm not a palm reader, I could have asked you to look at your feet but it

wouldn't be convenient especially if you are sitting on public transport at this very moment. We take our bodies for granted and just accept them as "normal" which is true however you are a magnificent being above all creation. You are above all animals because you can create things with your wonderful mind. Take a look at the sky right now. Have you ever wondered why night comes after day or why there is a moon and stars? What is their purpose? Why do we have four seasons? Some people do not give these things any thought.

Think about it... for generations, people are born and people die but very few people are remembered. I'm sure you have heard of men such as William Shakespeare, Albert Einstein, Vincent Van Gogh, Isaac Newton, and the list goes on and on... These men have been gone for years but will always remain alive today in educational establishments because they brought to the world something great that left an impression on all of us. Did you know that you have the potential to be just as big as these historical giants? The question I should ask is do you *believe* you can be someone just as big? Whoever you are who's reading this, you may be tall, short, fat, skinny, black, white, Asian or whatever... you can have it all and live the life you want! Why? Because YOU said so!

I want to talk about YOU. Who are YOU and why are YOU here? If you look at every job role there are thousands! You have gymnasts, painters, carpenters, actors, singers, dancers, athletes etc. Look at what your amazing body can do. We are all unique and have something to offer this world. I'm sure you have many talents that you are bursting to show everybody, but there are many of you who are very talented but do not have the confidence to push forward so you choose to **conform** to be classed as "normal" to suit society and give yourself and others excuses for why you can't do it. Many of you don't know HOW to achieve what it is you desire so you make no attempt at eventrying.

We live in a world of television, radio and Internet. Once upon a time we never used to have such a thing. Everything around you is a thing. Look around you right now and tell me something that someone did not think of. Look at what you are wearing, the device you are reading this book from,

and the shoes you have on... someone thought of it and made it. You never really gave that much thought did you? You just went out and bought it because it either looked good or because everyone has it. Are you a bit more aware now? Time and time again I ask people *“can you tell me something that was never thought of?”* And they remain silent or there are a few that say to me, the trees or water. I totally understand their response but believe me when I say trees and water are a creation just as you are. Everything has a part to play in this wonderful experience called life.

Before reading the remainder of this book I want you to put the word impossible aside, remove all skepticism and be open minded as I explain to you why you CAN have what it is you desire regardless of what everybody says to you. My intention is for you to become enlightened and be more confident to go out there and do what it is you love and make better choices. You have a choice to believe or not believe what it is I'm about to present to you. As I recall there was a man who did say *“To be or not to be...”*

WHO IS SAMUELL BENTA AND WHY SHOULD I READ THIS BOOK?

Who am I? Well my name is Samuell Benta. I was born and bred in London UK with mother and father and 3 siblings all brothers. I'm known as an actor, writer, director, producer, public speaker, life coach just to name a few but there is a lot more to me than that. Other than my physical features and my Jamaican/Antiguan heritage I am no different than any of you. I have a heart, liver, kidneys, brain etc. If you think about it those are organs that you'll find in a dog, but what makes me differ is my mind and choices. From around the age of 21, I started to become curious to why things were the way they were in life. I knew there was something about me that was special and that I deserved the best. I was fed up of having a normal job where I was working at a desk answering telephones. It was boring and my life was wasting away (*not that I'm disrespecting or putting down those that do these jobs*). It wasn't for me so I quit and was then on the pursuit of self-discovery. My search began in books; I wanted to research the greatest people that ever lived, the people who made a difference to the world whether it was a writer, inventor or any occupation.



From reading up on these people I asked myself the question what made these people so different? How did they become so popular? Why did they become so popular? Why they are still studied up to today? I had a burning desire to be the best I could be so after endless books, CDs, DVDs and seminars, I started to notice a change within myself. I felt myself becoming more confident the more I focused on studying these people. There were lots of times I would lock myself in a room and passionately read for hours because of the **zeal** and enjoyment I had. What I discovered was that these historical figures tapped into something higher. They all believed in a higher

existence than us humans. There are many names for it; Universe, divine power, higher energy, but the most commonly used name is GOD. Now before you switch off on me you need to hear me out. These were the greatest that ever lived and contributed to society massively. This book is in no means of making you believe in anything you don't want to. I am merely just explaining the similarities into the beliefs of these great people. Before I started my path of self-discovery, I was ignorant to the idea of anything other than us dominating this world but as I allowed myself to be open minded and accept new information my whole outlook on life changed.



Never have I been so curious and left unsatisfied with what I know now at the age of 29. I have not stopped studying myself, and never thought the day would come when I would be so fascinated with nature and wanting to know why, why, why and asking questions to how

things happen. How does a person become successful? Is there a formula? Is there assistance from a higher source that helps us? The questions never ceased. The whole reason I have put together this book is to help you understand yourself more than you think and encourage you that nothing is impossible. I want to be real with you and provoke you to think and ask yourself if you are happy with your current results. I can help you if you want to be helped. I'm no expert at what I want to share but with what I do know is that it can transform your life. This information did not come to me by chance but by years of **diligent** seeking for understanding.

Why should you read this book? Interesting question but the choice is yours; this book is merely a compilation of what I have learnt and understood over the course of 9 years. I know that what I'm about to present to you will

NEVER be taught to you in school, and I know how important this info is if you ever want to have an increase in understanding about how you work. I offer this to you, as I believe you NEED to know about how you work so you know you and your responsibilities to having **abundance** in every aspect of your life. The key word here is “choice”. **Persevere** to the end of this book and do not give up until you have finished reading it. I promise you will feel more expanded after it.

This book is for the confused, the hurt, the lost, the curious, the inspired, the hungry, the homeless, the drunk, the drug addict, the murderer, the bully, the bullied, the poor... Are you ready to receive? Are you ready for change? I hope this helps you as it has helped me....

THE AVERAGE DAY

Open your eyes remove the sleep from them and rise up. Are you feeling alive or groggy? Do you know what today is? It's another day of either opportunity or failure. You go downstairs to the bathroom and brush your teeth and have a shower. Now it's time to fix breakfast and if you have kids you'll most probably sort them out and drop them to day-care. You are going to head to work, school, college, or university whichever is your chosen route. You spend roughly 8 hours in those establishments and then now it's time to go home, however you are stuck in rush hour traffic and it takes probably an hour to arrive to your house or pick up your kids from nursery.

Ahhh sigh of relief home sweet home! Oh wait... you need to make dinner, you put the kids to watch TV and go to the kitchen. The second scenario; Home sweet home, let me go onto Facebook, or do my homework, or play computer games. Couple of hours pass and it's that time where it's a date with yourself and the couch because it's soap time. Let's discover people's miserable lives and see who's sleeping with whom and who murdered the villain. Episode over lets watch a bit more TV and then either bath or not. Bedtime now and you're either looking forward to tomorrow or not.

The next day, open your eyes remove the sleep from them and rise up. Are you feeling alive or groggy? Do you know what today is? It's another day of either opportunity or failure. You go downstairs to the bathroom and brush your teeth and have a shower. Now it's time to fix breakfast... does this sound like someone you know? Quite a lot, maybe you have just read your life. Ask yourself; is this really what you want? Is this really what you were born to do? Yes we all need school I'm not going to lie, we all need to know our times tables and adding, subtracting etc. Not a lot of us know where we are going in the long run. If you are a university graduate who is reading this then you may be struggling to get that job which you studied so hard for. You might say it's so hard to get a job. Then what do you do, you probably find any job you can get and eventually your degree meant nothing to you.

Let's really think readers... from when we were little kids to where we are

now we were told we had to go to school, get good grades and get a job, for some of you this worked, for most of you it didn't. Some of you may be working in a profession that you don't like but it pays the bills. Some of you might actually like what you are doing, its "*good pay*" you say so you get comfortable and stay where you are. BEING COMFORTABLE IS A DANGEROUS PLACE TO BE! Your days are most probably no different than any other day. Are you comfortable with that?

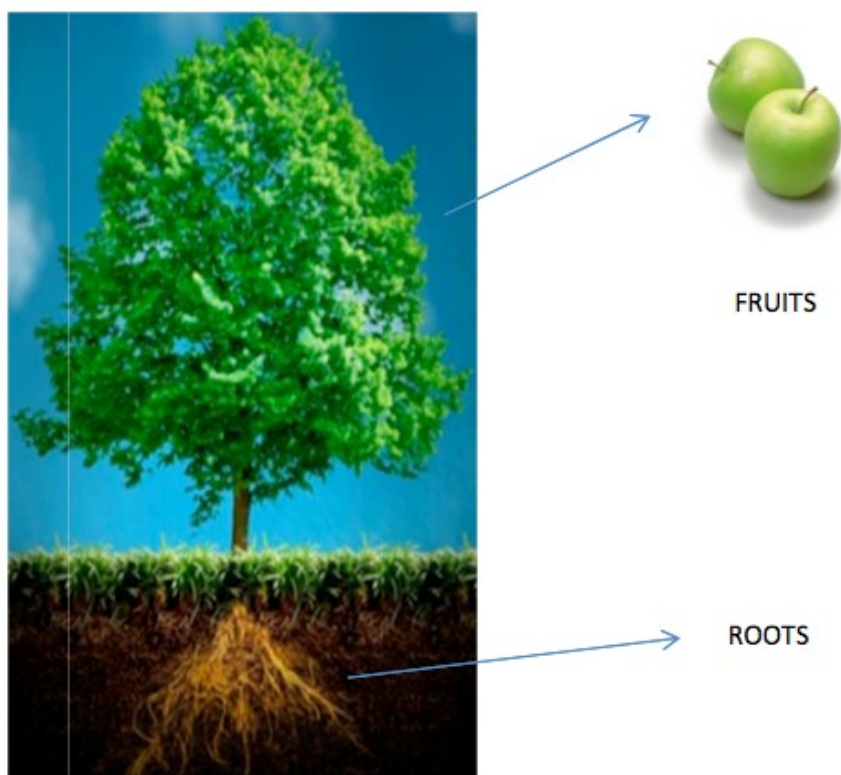
Are you looking for a way out? Do you *believe* there is a way out? Have you ever heard anybody say "*only you can make it happen?*" "*Only you can make yourself successful?*" We hear it all the time and it's great that people can say that to us, I totally agree with the statements but hardly anybody explains or shows us "how" it happens, "how do we become successful?" I'm going to show you how and it all begins with you and what you are. Notice I never said who I said "what".

You know everything there is to know, you just need to remember. So much is going on in the outside world, the media etc. We are surrounded by a multitude of different beliefs, opinions, and suggestions that it is complete mind chatter. What do you believe? What's right to you? Look at your life right now and if it's not the way you wanted it to be ask yourself... "*Are you right?*" We all have something great in all of us, there is **dormant** power in you waiting to be tapped and activated. You are here to serve the world with your talents and live a happy abundant life. Be humble and remain as a student when reading the remainder of this book.

THE TREE OF LIFE

When compiling bits of information for this book I was baffled as to where to start so I thought by using the tree of life as a symbol and **metaphor** to what is going on in our heads. I've used pictures to help you visualize what I'm saying. I'm sure I don't need to tell you that we think first before we do anything. Some of us are not even aware of this; we simply react out of instinct foreverything.

Take a look at the picture below:

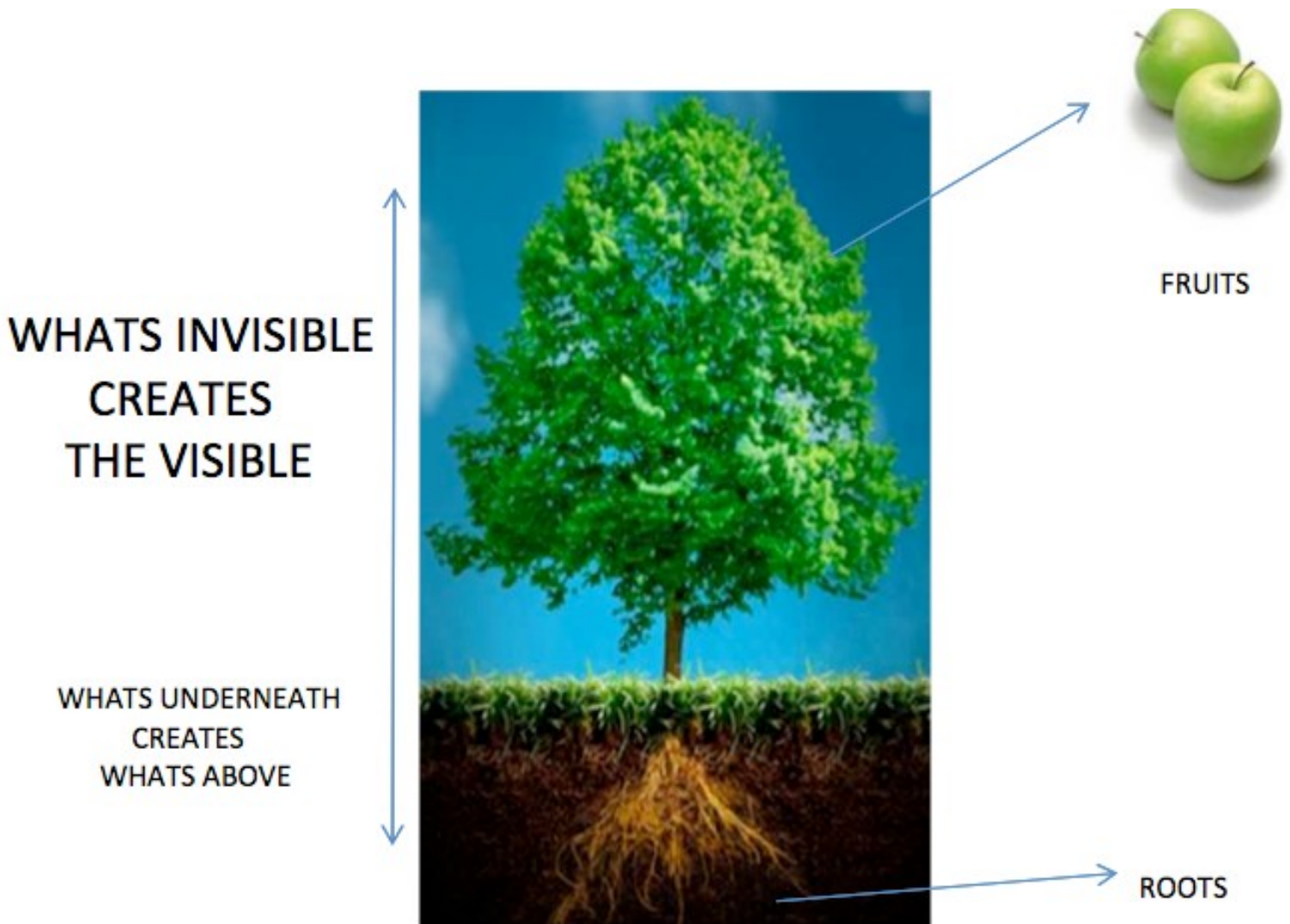


Here you have a tree. We all know that a lot of fruits grow on trees; if you look deep down underneath the soil we will find roots. In terms of creation, this is where it all started for the tree. It was a seed that was planted; it sprouted into roots and grew as a tree. So is it fair to say that what's underneath the ground creates what's above the ground? Yes.

If we look at trees now we wouldn't even give thought to what was underneath we would just look at it and say, *"That's a tree"*. We wouldn't

say “oh, that’s a tree and there are deep roots underneath which determines how the tree will stand”. Do you the reader understand me? We wouldn’t say that because we can’t see the roots, they are invisible to us.

Lets look at the picture again:



So there you have it. What’s invisible creates the visible. The roots are hidden underground and create the tree. The tree is what we see and is what produces the fruit. This is how nature is right? We plant seeds and they grow to produce a tree, which in turn produces fruit. This can go for any kind of tree or plant, or even as babies when they are born they were once inside the womb hidden and then they are born on the outside where we can see

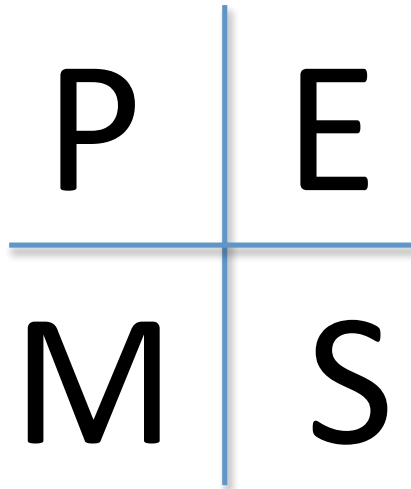
them.

Most people live on a very **superficial** way of life only based on what they see ABOVE the ground or in FRONT of their eyes. I am going to show you how we as humans are similar to a tree. We are no different to nature, we are part of it. There's a huge part of us that exists that we are unaware of but controls every action we do and word we say. Do you the reader understand everything I have just told you? If not don't worry we will dig a little deeper.

I remember when I was in school all we learnt about the human body was how many bones we had, and we had **snippets** of information regarding our organs, a little info on our blood but that was just about it, we then had to move on to a different scientific subject. Very little time was spent on knowledge about ourselves... I wonder why... What we are not taught in schools is that we live in more than one **realm** at the same time.

THE 4 REALMS

Some of you might think, “*What on earth is this guy talking about? Realms! it sounds like a computer game*”. Bear with me as I give you a better understanding. Take a look at the diagram below:



We live in four realms simultaneously.

1. PHYSICAL
2. EMOTIONAL
3. MENTAL
4. SPIRITUAL

PHYSICAL

What most people don't understand is that your material world is your PHYSICAL, your OUTER WORLD i.e. you open your eyes and see everything around you; this is what we are most familiar with. It is everything “above the ground” do you remember the tree? It's visible. Everything you see is a “result” of something or someone that made it. Have you ever heard someone say to you something along the lines of “*by the fruit of your actions you will be punished?*” The key word is “fruit” as it's a result of the tree. Can you the reader read behind the lines?

EMOTIONAL

Emotions are something we feel; we have all had a range of emotions throughout all of our experiences. I won't get into a talk about this much but I'll touch on it a little. Have you ever felt so angry you wanted to smash something or fight somebody? Something triggered "inside" of you and you felt the experience of an angry emotion all over your body. The key word here is "inside". Yes, this emotion was inside of you, you felt it but it wasn't a physical thing like your hand. Emotions are intangible they are in you and not outside of you. You can express an emotion that will make you do something which coverts or crosses over to the physical. An example of this would be to be angry with somebody and physically hit them or feeling lust for somebody and physically having sex with them. It is very important that we learn to control our emotions; I'll talk more about this in a later chapter.

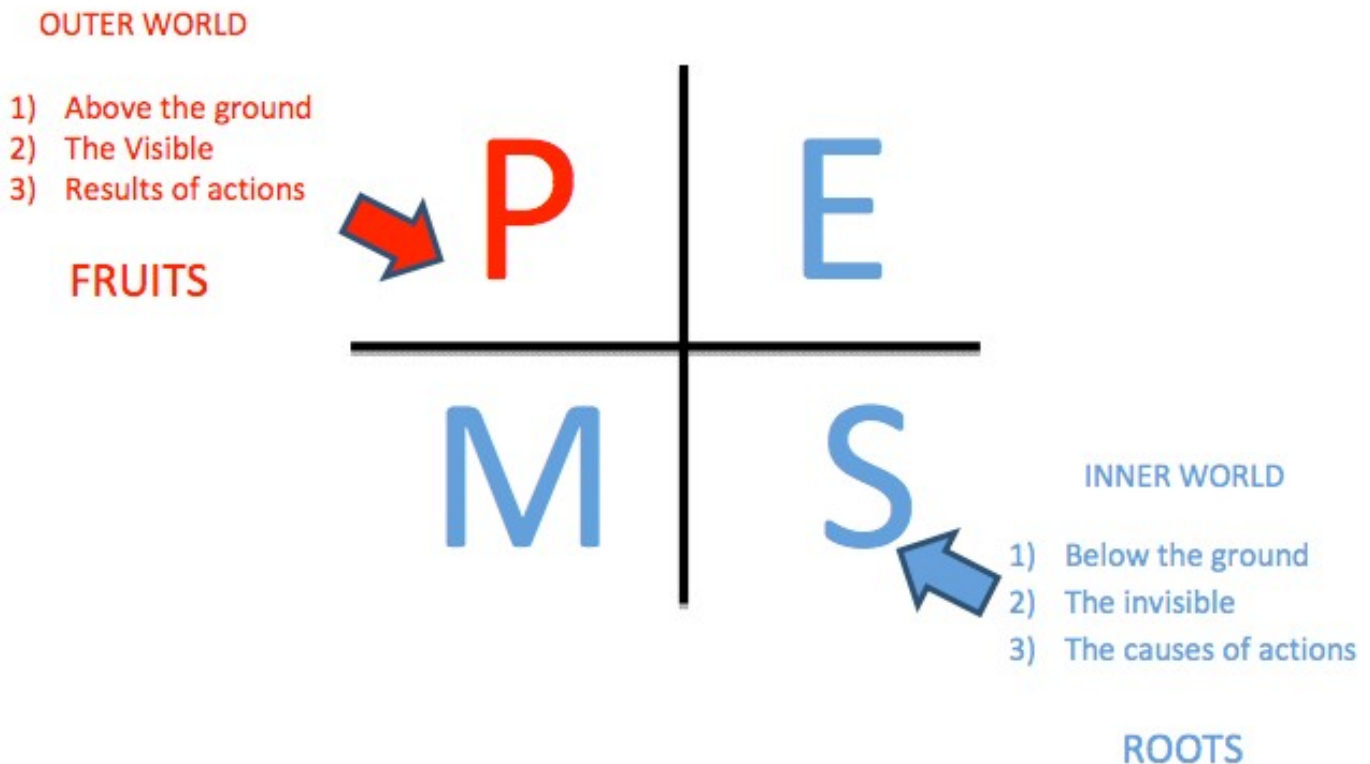
MENTAL

This is an area of study that we know little or nothing about. We take the word for granted but do we actually know what it means? We understand that mental is something to do with the mind "inside" our heads and that's pretty much it. However what you will discover is that the mind at its deepest unconscious level is not in our heads at all. In fact it's our whole body if you break it down to the cellular level. Unless you are a psychologist or scientist you will most probably remain ignorant to this word called "mental". I mean ignorant in terms of "not knowing". I have to tell you that the enormity of this realm is unlimited in terms of information. It is huge and I cannot explain in this book everything about it due to the amount of info but I will explain as much as I can. I am not looking to overload you in a way that you will switch off. You can look at many videos on "the mind" on YouTube and Google.

Whatever you do, do not think of the McDonalds logo!

What happened? You just thought of it didn't you? A picture of the logo popped up in your head, or an experience or memory of McDonalds flashed before your eyes just as you read the word. You don't physically see McDonalds but you saw it mentally. Is it fair to say that you saw it in your "INNER WORLD?" Do you the reader understand where I'm going with this?

Let's go back to the tree. Remember we talked about the roots being under the ground and that the tree was above? Let's look at you. Your body is above the ground you can see it, but your emotions and mind is below the ground, it's inside of you where you can't see it but you feel it. Do you see the similarity with the tree and us? Now let's put this information in the diagram.



If you look carefully at the diagram, you will see that the inner world is a lot larger than the outer world. I have highlighted the inner world the color blue and the outer world as the color red. Why is this inner world a lot larger? Notice that I have left the SPIRITUAL blank for now as it will be explained as I talk about this wonderful thing called the mind.

We all have a mind and there are two parts to it, a masculine and a feminine side. There is a conscious mind (masculine) and a subconscious mind (feminine). We know that we have an inner world and that it's not a physical thing that can be touched. I'm sure you all have had a moment when you daydream or you think about something that happened previously, or something you imagine is going to happen. All this is done in your mind.

Before I move on I want to **reiterate** the subject of the mind is so huge and still being studied by scientists today. I will only provide you basic information. If you desire to know more I highly recommend personal study by reading books, or researching on the Internet. I have provided a reference to certain books at the back of this one.

THE SUBCONSCIOUS/UNCONSCIOUS MIND

I thought it be best that I start off with the subconscious mind or (unconscious mind) which is also known as your emotional mind. From what I have discovered this thing we call the subconscious is what determines what happens to us in life whether its good or bad... let me explain... All actions we perform with our body stem from the mind. We think a thing first and then we do it. The question is why do we do it? What makes us do it, even if we don't want to? And more importantly how do we change it if we don't like it? This subconscious mind accepts any information you give it and will produce what you present to it.

The Hard-Drive

I want you to think of your computer, let's say for example you type up an essay and save it and then switch off the computer. Now switch it back on, you can easily load up the essay and see what you had written before. The essay was saved on your hard-drive. Our subconscious mind is no different than the hard-drive of your computer... in fact it is better than your computer. From the moment we were born our minds have been constantly active recording information from the outside and stored in our subconscious. There is no limit to how much information we hold. We are unlimited; we are not like hard-drives where you have 2GB, 8GB etc. It's like a huge library holding everything you've experienced in your life. The **ironic** thing is, most of us would not even attend a library unless we needed to find a certain book for studying, not knowing that we are a walking library of experiences...

We think in pictures as we have already discovered when I asked you to not think of the McDonalds logo. It's impossible to not think of it because the word is attached to a picture, and depending on what the word or picture is there could also be an emotion and experience attached to it as well. I am going to make you visit your own human library... I do not know you reader, but I am guessing you've had a bad experience with a certain someone in your life, maybe there are numerous people... did that person/people just pop up in your head? How would you feel if I asked you to keep that image in your head for about two minutes? Depending on the **severity** of the experience you had with that person, an emotion would **emerge** and you

would probably get angry or start to get upset and cry. Emotions are controlled by the thoughts you entertain.

Who was your first kiss with?

- . 1) One of two things has just happened... either the person just popped up in your head automatically OR you had to think for a moment, search through all the pictures of people you've kissed to locate the image of that very first person.
- . 2) Now you are thinking of the actual experience you had, or if you're not, now you are. You remember where it happened, when it happened and probably what else happened that day **prior** to you doing the act.
- . 3) Depending on the experience, you will either smile or not want to think about it as it was not so nice

What kind of music do you like? If you like rap/rnb, what artists pop up in your head? Can you hear a certain song playing in your head now? We can remember songs so easily, even if we have not heard them for years! We will remember the beat and the lyrics and then we will probably start singing that song. We would probably even picture the music video in our heads. Let me take you a bit further back... When we were babies we were taught to identify pictures and attach words to them for e.g. cat, dog, spoon, bird, chair... do you get the idea? Those of you that are mothers or fathers who are reading this can understand where I am coming from as you have probably taught your own kids. Do you understand what I mean by you are a walking library of experiences?

We think in pictures! If you are having difficulty studying a subject it is because you do not have a picture that **corresponds** to what is written in the text book. That is why certain subjects baffle you in school because you don't understand what the teacher is saying or not understanding what you are reading because there is no picture to attach it to. If there is no picture we experience what we call confusion. Anything anybody says to us, we automatically picture what they are saying because as they speak words, we are automatically attaching pictures to their dialogue. Believe me when I

say, whenever you are confused, it's because you do not have an image or chain of images that link to the information being presented to you by someone. I will not go further into this but the whole point was to show you that you "remember", and that pictures and experiences are saved in that wonderful hard-drive called your subconscious and don't worry... it can never be erased unlike these material computers that break or accidentally erase and you can never find the information and you need to start again. Did you just picture a time where your work got deleted? Nothing compares to your subconscious. I will explain more about this in the chapter "*Moving forward with NLP*".

Beliefs/ Habits/ Paradigms

I'm going to move onto beliefs, but I shall get more into detail regarding this when I move to the chapter of law of attraction. I just want to note that when I say the word belief I am not talking about religion. I am talking about the word itself. People tend to hear the word belief and immediately think religion (remember what I said regarding pictures, words are attached to an image?). Belief is the psychological state in which you hold a **proposition** or premise to be true. Do you understand this? Let me explain it a bit more in detail.

If you are a female reading this and you've had bad relationships, you might believe that "all men are the same" or "men only want one thing". How many times have you said that or heard someone else say that? Probably quite a lot, this is an example of a belief. Let me give you some more examples: "I can't afford it", "we don't have enough money", "I am so broke", "money doesn't grow on trees", etc. A belief does not just represent money but it could be about anything. Beliefs are so powerful that any action or decision you make will be based around that belief or point of view. Your beliefs are the foundation of your thoughts just like a blueprint is the starting point for a builder to build a house. Your action is the building, your thoughts is the blueprint. Do you understand?

All your thoughts stem from what you believe. The problem is, a lot of us are unaware of what our beliefs are. They are so deep down in our subconscious mind that we automatically act according to it. When we experience

anything, it leaves an impression on our brain that in turn will be recorded in our subconscious as “experience”. We will remember the sensation around that experience whether it’s good or bad, which will determine whether or not we do it again. Let me ask you this... Why do you listen to a certain song over and over again? It’s because you like it right? Why do you like it? Was it the lyrics? Was it the beat? To your knowledge you would say “yes”. The more we repeat something over and over again it will become a habit and the more we keep up the habit, the deeper the roots will grow deep in the subconscious. I’ll speak more about this later when I show you another diagram.

Paradigms. This is the beast that will keep you where you are, the decisions you make and what makes you make excuses for not doing or doing certain things. A paradigm is a multitude of habits and ideas. A paradigm was created in you right at the point of conception when you were formed in the womb of your mother. Your parent’s beliefs were genetically transferred to you to a certain extent. This is why you may speak and act like your mum or dad. This is why you may have a similar personality to your mum or dad. Your mum’s way of thinking or your dad’s way of thinking could subconsciously be your way of thinking which you may be aware or unaware of.

Paradigms control what you’re thinking. You are a product of someone else’s habitual way of thinking. School has you programmed to believe, if you can repeat something then you’ve got it, that isn’t so because you can repeat stuff but the paradigm controls the behavior. Yes you may remember times-tables and $1+1=2$ but I’m not talking about that. School didn’t teach you how to alter a paradigm to change behavior; they would just punish you and expect you to change... I.e. you say you will stop smoking, you stop for a while, you’re alright for two weeks then you go back to smoking. Is this familiar with some of you?

You may have had a moment in your life where you so badly wanted to start doing something different. You start it for a short period of time and then you quit, for e.g. you may have wanted to take up karate lessons, you got started and then you switched off after about a couple of weeks. You then

made up excuses to why you weren't doing it anymore. This is your paradigm! It is controlling you and keeping you to where it was comfortable for you. I'll give you an example of myself: Ages ago I wanted to bulk up in the gym, I was so excited and told myself numerous times that I was going to keep it up. I was in the gym, I was eating and I noticed great improvements within weeks. Around the eighth week, the amount of work in the gym was starting to slack and I came up with excuses to why I wasn't doing much. I did fewer exercises, fewer weights and then I stopped going to the gym. I convinced myself that I would be alright doing press ups at home, so I did these every day, then it dropped to every two days and then eventually it stopped.

My eating went back to how it was usually and now I'm back to square one. This was my paradigm! It held me where I was "used to". It wanted to keep me in my comfort zone. Do not be fooled by this statement as it separates the winners from losers, the motivated from the demotivated. Strong will power is what is needed to work through these paradigms to get them to shift, or by the easier quicker use of NLP (*more will be discussed in the chapter "Moving Forward with NLP"*). The whole idea is to create new habits using repetition that will form a new paradigm and then you have reversed the situation. The key word here is "repetition". Scientists have gone on to say that it takes 30 days to create a new habit. Our brains receive an impression from the first act, then repeated acts develops new neuronal connections and every time that act is repeated the connection and wiring of these connections get stronger, and thus creates a synaptic connection/habit. This is actually a lot of hard work if you think about because it is on you to persevere with your will to be disciplined, that does no way mean that this is bad I'm not saying that. With the use of working with NLP techniques you are able to change habits within minutes, I shall discuss that later, I'm sure you will be pleasantly surprised.

THE CONSCIOUS MIND

The conscious mind is the masculine side of your mind. This is also known as the intellectual mind. In other words you are aware you reading this material right now. You can see everything around you. Your current knowledge is what you know. This aspect of the mind is where everything begins because it's where you think. This is where you originate ideas. What I mean is when you consciously make decisions it happens in this section of the mind.

Whatever you eat, drink, watch, touch is not necessarily a conscious decision, what you tend to gravitate to is what you are habitually used to. You have the ability to accept or reject certain information that enters your subconscious I guess you can call it the bouncers at the door of the club, it decides who's going in. Remember me telling you the subconscious is the feminine aspect of the mind? Well the conscious mind makes the decision of what enters the female. Take a look at this picture:



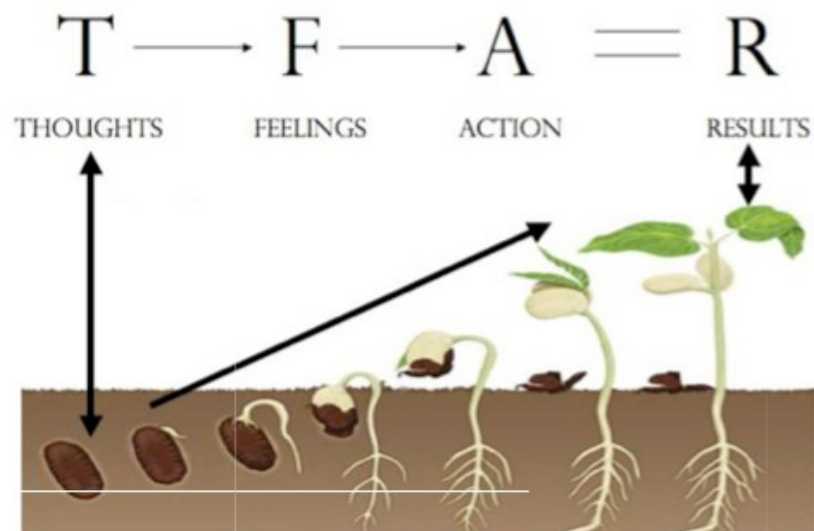
I'll bet you haven't seen this picture before? Let me explain... notice that the conscious mind is smaller than the subconscious? If we think of a male impregnating a female, the female would produce the baby. Male and female must work together to produce a baby, women cannot get pregnant alone. If you look at the sex of some animals the female would always appear larger. These are animals that are physical, but I'm talking about the mind it's the same principle but it's invisible, *more about this in the chapter Universal Laws – Law of Gender.*

Whatever you consciously project onto the subconscious, it will produce a result. What exactly do we project onto the subconscious? Its thoughts and ideas! Thoughts originate in the conscious mind, which either gets rejected or accepted. If accepted it gets passed down to the subconscious which believes what you project onto it, why? Because the subconscious believes anything you project onto it. It doesn't know right from wrong and it doesn't judge. Only the conscious mind has the ability to judge. Let's get more in depth.

We've identified that we think in pictures and that words are attached to pictures. We are constantly thinking whether we know it or not. If you are having trouble in any area in your life, you are responsible for the results! Are you offended? It wasn't my intention but I will be real with you. You are responsible for the results in your life whether they are good or bad. Ignorance is what your your problem is, we do not know about ourselves which is why we get ourselves into so much trouble.

I'm talking every aspect of your life whether its relationships, finances, or health. I am going to show you a scientific formula below which is immutable and cannot be broken which could probably change your life if you choose to study it further.

THE PROCESS OF MANIFESTATION



This is the process of **manifestation**. Everything begins with a thought. The thought dictates how we feel, and how we feel will control how we act. How we act will produce the result. In this picture you can see a picture of a seed planted and it sprouts and grows through the soil producing a flower.

Thoughts are seeds, we already know that thoughts are invisible hence the reason they are in the soil in the picture. They are in the ground where we cannot see them, but they operate exactly like a physical seed. Ask your science teacher and they will tell you that all seeds have a gestation and incubation period. There is a period of time before the realization of a planted seed. It's like our thoughts there's a period of time before the physical realization of an idea.

Everything we see around us started in thought, and is now a physical thing to be realized. It was created in the conscious mind first as an idea then it was projected onto the subconscious which produced the result and then it was realized outside. Remember the tree? It started with the seed, the roots, the tree and then the fruit. It's a process. It's the same process with our thoughts.

A moment ago I mentioned that we are responsible for the results of our

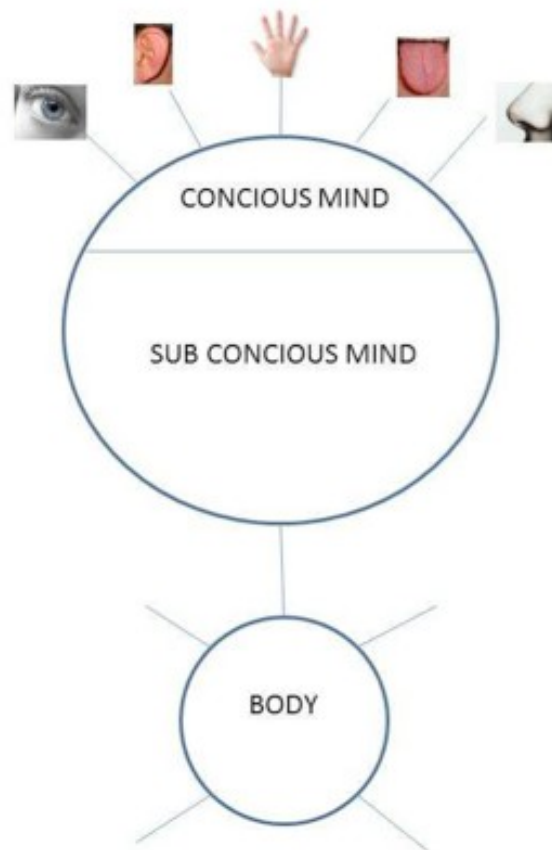
life. Look at the process of manifestation at the results. We tend to always look at results and complain about them and we tend to blame people, events and circumstances for the outcome. We are either living in ignorance or knowledge, to some extent we are living in both. There are things we know and there are things we don't know. If we do not know the process of manifestation, we're in trouble because it is this process that governs our lives. If you are having a bad relationship right now, it can get better if you use this process correctly. Let's say for e.g. love is dying in your relationship and you are losing interest in your girlfriend or boyfriend. Did you know that you are responsible for the outcome of that relationship? We tend to wait around and expect people to change to suit us. This is not right. It's in violation of many universal laws, which we shall discuss later.

The result of your relationship right now, if you are not happy, you can change it by using the process of manifestation. We tend to fight the "results", but there is a process. It starts with thought; we need to "think" of a different approach in order to "act" differently to get a different "result". Stop waiting on he or she to make the first move because you may be waiting a while. We tend to leave a relationship when we don't get what we want. That is lazy and selfish. Attitudes need to change and that attitude can only change when you know the correct information about yourself, and this will then give you the realization that you are literally responsible for changing your results.

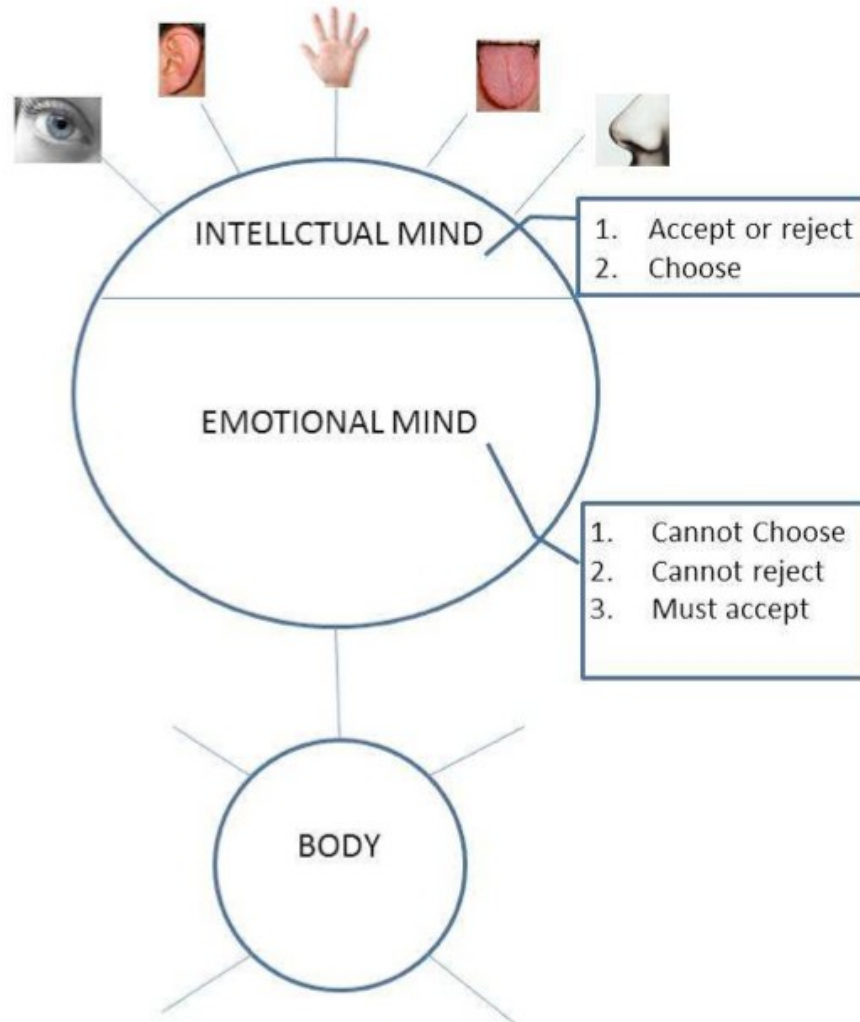
Think about this for a moment... who taught you how to kiss? Who taught you how to have sex? I doubt it were your parents! You learnt how to do this from getting the idea from an outside source, most probably from TV, movies or friends. Why have I mentioned this? It's because it's a powerful example to use in terms of where do you get your ideas? Did you create the idea or did someone give it to you? Let's go back to beliefs, where did they really come from? Are they someone else's or your own? We could be subconsciously living the lives of someone else's ideals without realizing it.

We need to ask the question why we believe what we believe. Where did the source of information come from? Where did it originate? The further back we study the more to the truth we will uncover.

What does the mind look like? There is no image as it's not a physical thing to see but I will draw you a picture to help you best understand based on the information I have already given you. We think in pictures so we need a picture to operate with.



If we imagine this picture, as a stick person with a very big head, the top half of the head is the conscious mind and the bottom half is the subconscious. The lines on top of the head are like little antennae that pick up information through the 5 senses: see, hear, touch, taste and smell. In reality that's how we are living now, everything we do is through our senses whether consciously or subconsciously, and this is where we can be misled if we do not have the right information, ideas, and concepts. Who is making your decisions? Who does your thinking for you? We are constantly receiving information and suggestions from people all around us. If you are watching the news on TV, you'll be hearing all sorts of dark, negative information and we can choose to either accept or reject that information with our conscious mind. In the chapter *"Moving Forward with NLP"*, I shall be showing you another example that breaks the above picture down in more detail to help you understand.



The problem a lot of you experience is accepting any and everything from all sources leaving you confused. What makes you think that what you see and hear is the truth? We are constantly getting into fights and arguments by choosing to believe what we receive and we don't even think to investigate. The fact that we fight means we are not using our mental faculties effectively as are feelings make us do wrong to others, but we can control that thinking from the correct knowledge and understanding of ourselves.

What we need to do is consciously work on improving and developing our higher mental faculties. What are they you might ask? There are six higher mental faculties and we all use them to a certain degree.

The six higher mental faculties are:

Perception

We constantly perceive what is going on around us. We are interpreting everything. Have you ever had an argument with someone and said something for the person to say *“that’s not what I meant you’ve gotten it all wrong?”* This is an example of perception, you believe you are right from your point of view and the other person believes they are right from their point of view. There are always two sides to a story and neither is wrong or right, it’s what works that’s what counts. You may perceive an experience to be bad when in fact it is neither bad nor good depending on your perception. Can you the reader understand what I am saying? Nothing is good or bad but your thinking makes it so. Its **polarity** there is two ends to the pole. I may dip my foot into a pool of water and perceive it as hot, but you may do the same and perceive it as cold. Who’s to say who’s wrong or right? It’s a matter of perception. The more we study and understand ourselves and the way nature works, the larger our awareness will expand and what we perceive will be a lot more nearer to the truth. We will react less and respond better because we have a deeper understanding on this word called perception.

Will

The will is our ability to concentrate. It’s the ability to hold one idea on the screen of our mind to the exclusion of all outside distractions. Have you studied with a lot of noise going on around you with people talking? You are using your will power here. If we are determined at anything you can be sure you are using your will. It’s will power that allows us to keep on going regardless of obstacles that get in our way. Some examples of people who have had strong will power are Adolf Hitler and Napoleon Bonaparte. They may not have been the best role models but they had such a highly developed will that it influenced a mass majority of people.

Imagination

We have an excellent imagination. Everything begins first here with this wonderful thing called imagination. In order to make something we have to imagine it first. Children are excellent at using their imagination but as we

get older we tend to use it less creatively. If I said to you to imagine yourself sitting on a camel and riding through the Sahara desert, you'd be able to do it as you read these words. In fact when you read any way you are using your imagination, read a storybook and you'll see a movie playing behind your eyes. *More to talk about this later on the chapter of law of attraction.*

Memory

We have an excellent memory! We just haven't been taught how to develop it. In reality we should be able to recall anything we want in seconds. That's not the case with a lot of people though. How many times have you heard someone say "I can't remember" or "I've got such a bad memory?" Probably quite a few. This isn't so, we have an excellent memory, which can be developed just as if we were going to go the gym and start pulling weights to develop muscle.

Intuition

Intuition is our knowledge (Inner voice). It's what we understand to be true, or what we use to judge right from wrong. I'll give you a test. Study as much as you can about yourself and nature and your intuition will increase and understanding will deepen where you can read people like a book. Where others are complaining about their lives and their issues and not understanding why it keeps on happening. You understand secretly. If intuition is our knowledge, ask yourself, has your knowledge got you the results you want? Remember this, what you reading here are new ideas, which will benefit you if you keep studying, expand your knowledge and understanding, which will expand and deepen your perception. A harsh truth for all graduates... did your knowledge and hard work get you your results that you wanted? Did you get your dream job? Yes or no? If no, then I ask you to expand your intuition, which will give you more options and alternatives.

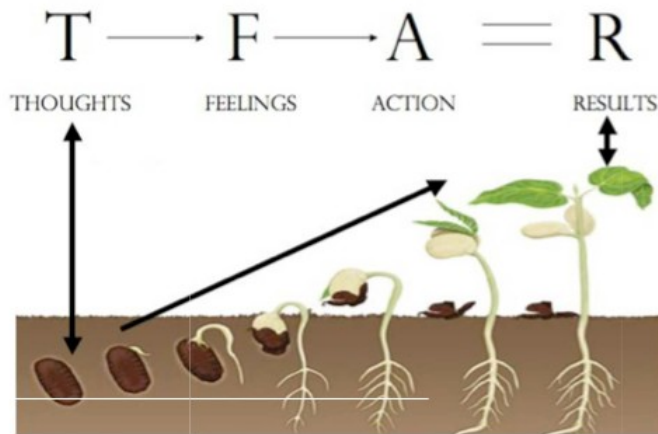
Reason

Reason is our thinking. It's what is also known as our rationality. You may think smacking someone is rational. This is true to you; you actually believe this is right. This is your reason. This is the faculty where thinking comes from one idea to a related idea. But more specifically, it is the way rational beings consider explanations concerning what's true, false, good or bad. This is where our paradigms come into play; remember what I said a paradigm was? It's a multitude of habits and ideas, so how you think has an effect on how you will behave in any given circumstance. Perception also determines how we think, all faculties work together. They are intertwined and work together in **synchronicity**. Have you ever taken the time to consider why one thought leads to another, and who decided it was the correct sequence? We are all unique and process information differently. Either way we have the power to choose how we think.

All a bit too heavy for you? Or are you enjoying reading this? You will know the truth when you hear it. We already know everything there is to know, it's just we have forgotten. I have touched on the conscious, subconscious and our mental faculties; now that you know what they are you should do yourself and the world a favor by developing them to the best of your ability. I have to mention again that you are an amazing creation and you were made to create.

You're actually creating your own lives as you go about your days. It is important for us to spend most of our time on what is we want to produce. We think in pictures as you now know, and the mind works with pictures all the time. Be honest with yourself when I ask you this question, "What do you constantly think about?" You may not even know, because most of us aren't aware that we are thinking. We literally just go about our days doing actions as we see fit. We listen to music, watch TV, have a gossip, and hang with friends talking about all sorts, not paying attention to what we are planting in our mental soil. Remember the process of manifestation? I'll show you the picture again.

THE PROCESS OF MANIFESTATION



Thoughts are seeds. We are influenced by people to a certain degree depending on the strength of our mental faculties. If we do not learn about ourselves and the way the universe is governed we are doing ourselves a huge disservice. If our intuition does not get fed the right knowledge we can easily be swayed by people's opinions and accept anything that comes to us, we will worry, get depressed and upset and live in fear.

If you picture your mind like a house, you would know that a house needs to be stable, secure with a roof so rain doesn't get in, and strong enough so that the wind does not blow it down.



With the right knowledge comes correct understanding, which leads to wisdom resulting in a more courageous, confident person. Is that the person you want to be? I'll tell you right now that there is **NOTHING TO FEAR IN THIS WORLD!** Ignore what they say on the news, do not accept negative information. Move away from negative company. Seek for knowledge

wisdom and understanding. The fact that you are reading this right now is not by chance like I said in the introduction. This is the starting point of a great life for you as something inside of you awakens.

It is mentioned by scientists that we only use a tiny percentage of our brains. We have **infinite** potential! There's no end to how good we can be at what we do. Look at what we have accomplished as humans. Take a look around you, everything was created by someone! Someone thought of it! YOU yes YOU can DO and BE what you want. It is promised to you, and I'll help you by introducing you to laws that govern our being and everything around us.

You may have noticed about yourself whilst reading that there is a side of you that likes what you are reading, and on the other hand there may be a little resistance with certain points raised, this is understandable as right now your thoughts, values and beliefs are quite varied. You are in the process of rewiring your brain, as your thinking changes so does your decision making. If your thinking weren't already changing you would not be reading this book. I want you to forget about your hardships, they do not serve your current thoughts. I know what its like to pick up a book and get excited and think to yourself "is this the one that is going to bring me change?" How many books have you read on the subject of personal development? Are you one of these people who are classes as personal development junkies, that read and have a collection of books stacked up?

What do you do after you have read these books? Are you inspired to take action? Do you feel motivated for change? If the answer is yes than that is amazing, the author did a good job. However the author can not make you take any action. Its all good to read these books and you may have the positive intention to change, you may even take action, which is great but most people have the habit of not finishing what they start, and there is also the case that because they don't see the results they want, they give up (remember the process of manifestation), you cant see under the ground. In a later chapter, I will be explaining how we can change habits, and I don't mean by repeating an action for 30 days... I'm talking about using certain techniques that will make you habits permanent within *minutes* ;) Let's move on to the next chapter.

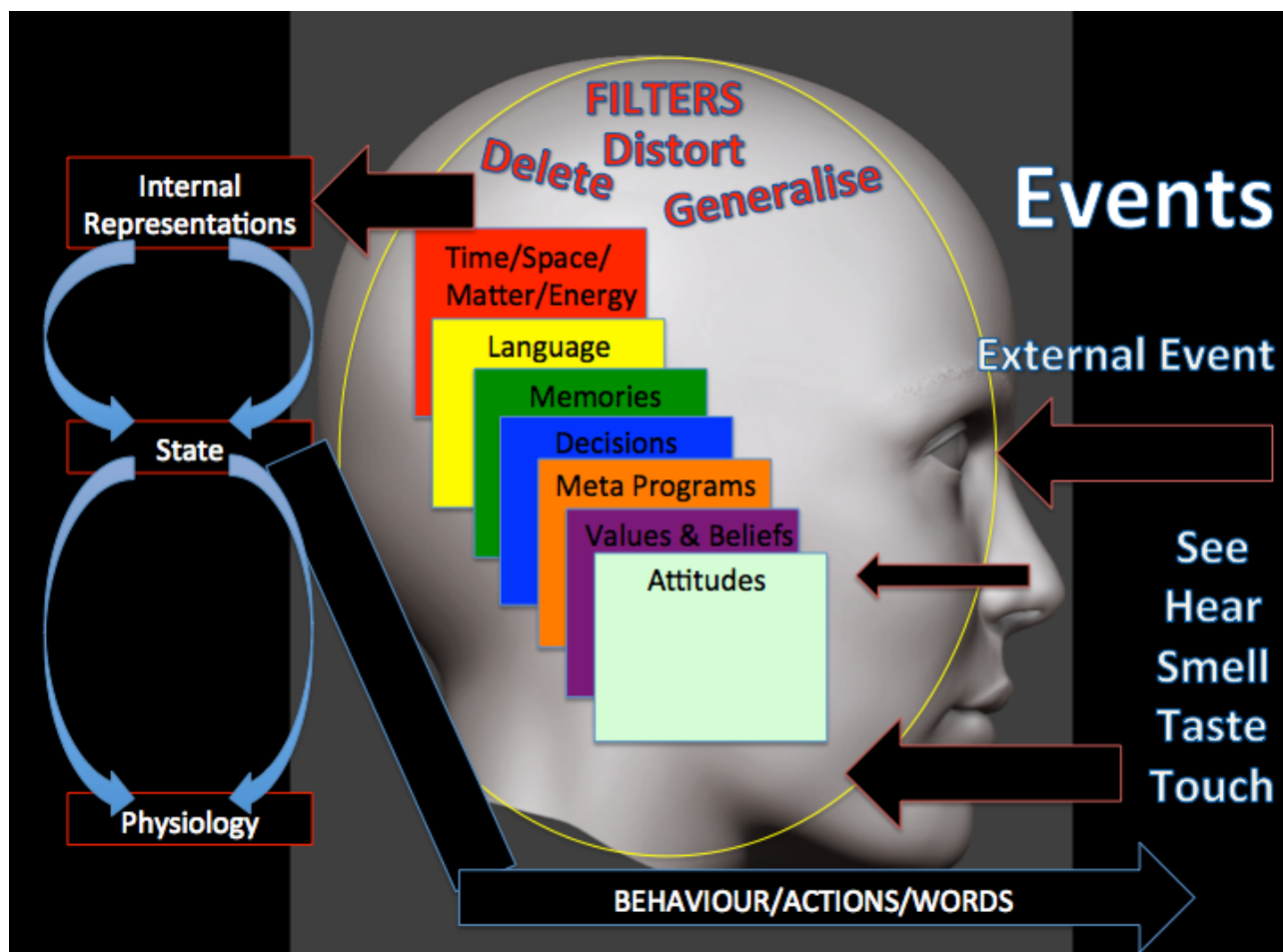
MOVING FORWARD WITH NLP

"Samuell you have mentioned NLP in previous chapters, what is NLP?" NLP means Neuro Linguistic Programming, in other words NLP is how to use the language of the mind to consistently achieve our specific and desired outcomes... *"What does that mean?"* NLP is an instruction manual for the mind, its spirituality thrown into a process. Most of you may have read a lot of literature on spirituality and/or gone to many retreats, I am in no way knocking these at all as I myself go to them too, however with NLP there are techniques one can learn which can totally transform another's life. Ask yourself how many books you have read on how to transform your life, probably a lot depending on who is reading this right now. What I have found with some of them is that they rob a person of their individual responsibility. As you may have discovered through reading this book I am more of a person who is all about *lets get to the root cause* rather than putting a plaster or band aid over a cut of the issues you have. NLP is also great for the use of language and how words are used to destroy people's problems, yes, that's right! Words can be used to destroy people's problems!

Even on my 9th year of being on the path of self discovery I have always been wanting to find out a specific process of eliminating past baggage mentally so I can be as efficient as possible. I noticed with myself that I got hype reading personal development books and then took action and then over a period of time I digressed and went back to the old self of behavior. It left a pattern in my life that I hated and I needed a permanent change for consistent successful results in all areas of my life. I hate it when I see so many people who want a better quality of life, they have the best intentions however it seems like they are pushing a huge boulder up a hill and then it keeps on rolling back down. That's because although they consciously want to move forward, they have unconscious beliefs that are so buried deep within the psyche and conditioning of the cells of their body that they keep back sliding, its like having one part of you that wants to move forward and the other half saying no you are not (conscious and sub/unconscious conflict).

Another thing I would like to add is that you will encounter certain individuals who think they know NLP but they *don't*, they may have read a book about it but they are not qualified at any level to talk about it. They did not go on a course and achieve a qualification where they have learned techniques and how to deal with a client to help them move forward. It's the individuals who fast-talk about

NLP that gives it a bad name and I'm personally sick of it because it leaves a bad reputation and builds a public perception that NLP is like some sort of *poofy woo woo stuff* that is out there. NLP is a scientific process that can heal someone's life. You can change the thinking of an individual, you can change their habits, remove their limiting decisions and beliefs and phobias at an unconscious level. You can install new habits and strategies within a person so they can be the person they want to be. You have thousands of decision-making strategies running through your mind everyday, everything you do is based on a strategy. Wouldn't it be great to know what is going on inside yourself and how you can create harmony within both parts of your mind and have the habits, traits and qualities of an effective, successful person living an abundant life following their dreams? Well I am here to help you and will discuss more about how I can do that in the 'Samuell Benta as YOUR Life Coach' section, but for now lets talk a little about the NLP communication model and how it relates to the stick man we talked about in an earlier chapter.



This may seem like there is a lot happening all at once, that's because there is. Your wonderful internal computer is processing so many bits of data per second without you having to consciously think about. You don't need to monitor your breathing, heartbeat, blood flow, hair growth etc all this is done automatically unconsciously without you having to think about it. Remember back to the stickman and the five senses? See, hear, smell, taste and touch, this is how we receive information outside of us, and as you can see from the diagram it goes through and automatically gets filtered through our own perception based on the label or meaning we gave to the outside event. We will delete, distort or generalize it, which then leaves us with an internal representation giving us our emotional state, which then changes the physiology of our body resulting in behavior, actions and words. I want you to take a close look at the diagram and notice how many things are happening inside your side all at once, these are all internal decisions that are being made before you do or say ANYTHING! I will now take a section of that diagram and break it down further to give you a better understanding.



I took a section out the drawing as I'm aware that these parts may have intrigued you. You already know by now that you think in pictures, and when we think of these pictures we attach meaning to what we see, hear, taste, smell and touch. You know that you are a walking library of experiences and we catalogue all of this. Your unconscious mind is the librarian who knows where all the different books are for different subjects you have catalogued during your life time. The aim is to build rapport with the librarian and make it your best friend. What we do in NLP is we locate each and every one of these categories and we modify, amend, delete and move around the

sub modalities so that we can change the meaning we give to our internal representations. Think about it, everything that happens in your life you give

meaning to, even though the meaning you give it, isn't even what it is! We have had so much misinformation that everyone is labeling experiences and things as they see fit, can you even wonder why everyone sees things differently and there are so many conflicts and arguments. With NLP we can change meanings and realign you so you can be whole, and the things that annoyed you before or disliked, you will see them differently and more importantly act and behave differently. It would be worth talking about the prime directives of your sub/unconscious mind at this point so you know a little more about why you would want to be in harmony with it. We talked about it being the fertile ground in which seeds were planted didn't we? And whatever was put there was going to grow. Now lets talk about the prime directives and see for yourself whether you see the reason why you may want to be in alignment with it:

The prime directives of the unconscious mind describe the function and purpose of it. There are in fact twenty but I shall talk about the 10 main ones:

- 1) Stores Memories
- 2) Organizes all of your memories
- 3) Represses memories with unresolved negative emotion
- 4) Presents repressed memories for resolution (to make rational and to release emotions)
- 5) Runs the body, has a blueprint for perfect health of the way your body is now and for perfect health of your higher self
- 6) Preserves the body
- 7) Is Symbolic, uses and responds to symbols
- 8) Takes everything personally
- 9) Works on the principles of least effort
- 10) Does not process negatives

Can you see how important and precious your mind is? Wouldn't it make sense to be in unison with it? The purpose of me including some information about NLP in this book is only to touch on the subject to bring it into your awareness, and I'll explain why in the chapter "*Samuell Benta as YOUR Life Coach*".

Isn't it shocking how much information we were not taught in school? Just think how far advanced you would be now and how much trouble you could have prevented yourself just by knowing this information from a younger age. This is why I am so passionate about getting this information out there. I don't know who will resonate with me but what I do know is that this book will reach the right people at the right time in their lives. Some of you reading this may never have heard of me and that's ok because by the law of attraction you have attracted this book into your life as the next piece of your puzzle. In the next chapter we will be looking at Universal laws and their core importance in your life. I stumbled across these earlier on my journey and after I have explained them I show you an example of how these laws have helped me in my life so you can see how they actually work. The beauty about these laws is that you will notice how they work with your being.

UNIVERSAL LAWS

This is the section of the book where you will either be fascinated or skeptical, the choice is yours. Remember what I said about the conscious mind? You can accept or reject or neglect what I'm about to say. I ask that you do neither, and examine the ideas and new information and then choose for yourself. Only a fool would not examine an idea... Do you want to know why people are skeptical? It's because a new idea challenges what you currently think to be true. Ask yourself, is what you think to be true getting you the results you want? If not, please open your mind and investigate.

What I present to you now is not my own made up concepts but can be proven by top scientists today. This information is what schools, colleges and universities will never teach you. There are many political reasons behind this, but I do not write this book as a means of preaching or telling you how ignorant you are but as a person giving you the key to living an amazing life.

“The natural laws of this universe are so precise that we don't have any difficulty building spaceships, we can send people to the moon and time the landing with the precision of a fraction of a second... these laws must have been set by someone...” – Werhner Von Braun

This universe moves in such a precise order and as we gain an understanding of that order, we can move our thoughts and actions into harmony with it and live a fulfilling life. What are universal laws? First let's define the word universal, there are many definitions of this word but I want to emphasize on the definition: Of, relating to, extending to, or affecting the entire world or all within the world.

From what you have read so far this book I have I have talked about your “inner world”? You are a spiritual being inside a physical body, but your body is inside of a huge universe. Everything is connected.

An example of a universal law that you have been taught at school is the law of gravity. You've heard of Sir Isaac Newton. We all know that if we run off a cliff we will fall off. We know if I throw something up it will come down. This

is a law, but its invisible we cannot see it. The only visible law we can see is the police force or court system, but these are man-made laws. Universal laws are God laws. Laws, which cannot be broken and will either reward or punish you. These laws are what govern every person, situation and circumstance. They are not new laws that have been invented. These are laws that have always been here since the beginning of time.

LAW OF VIBRATION & ATTRACTION

The law of attraction is as simple as like attracts like. Like energy attracts like energy. We think in pictures. The images you hold in your mind are what you attract. You are a walking magnet. Everything that's going on in your thinking is what you attract to you. I'm sure you walked into a room and felt a bad vibe off people; you didn't want to be around them did you? You weren't attracted to them. Whatever you focus your attention on, you attract. A thought repeated consistently is what shows up in your life, whether it's good or bad. If you are constantly thinking about bad things that have happened in the past, you will attract likewise now and in the future. Everything that comes to you in your life, the people you meet, and the events you go to, the situations you get yourself into, the weird circumstances you find yourself in...You attracted! This may seem a bit mystical to some of you who are reading but I'm not asking you to believe me, I'm only presenting to you information and if you choose to study it further I promise you will notice changes in your life.

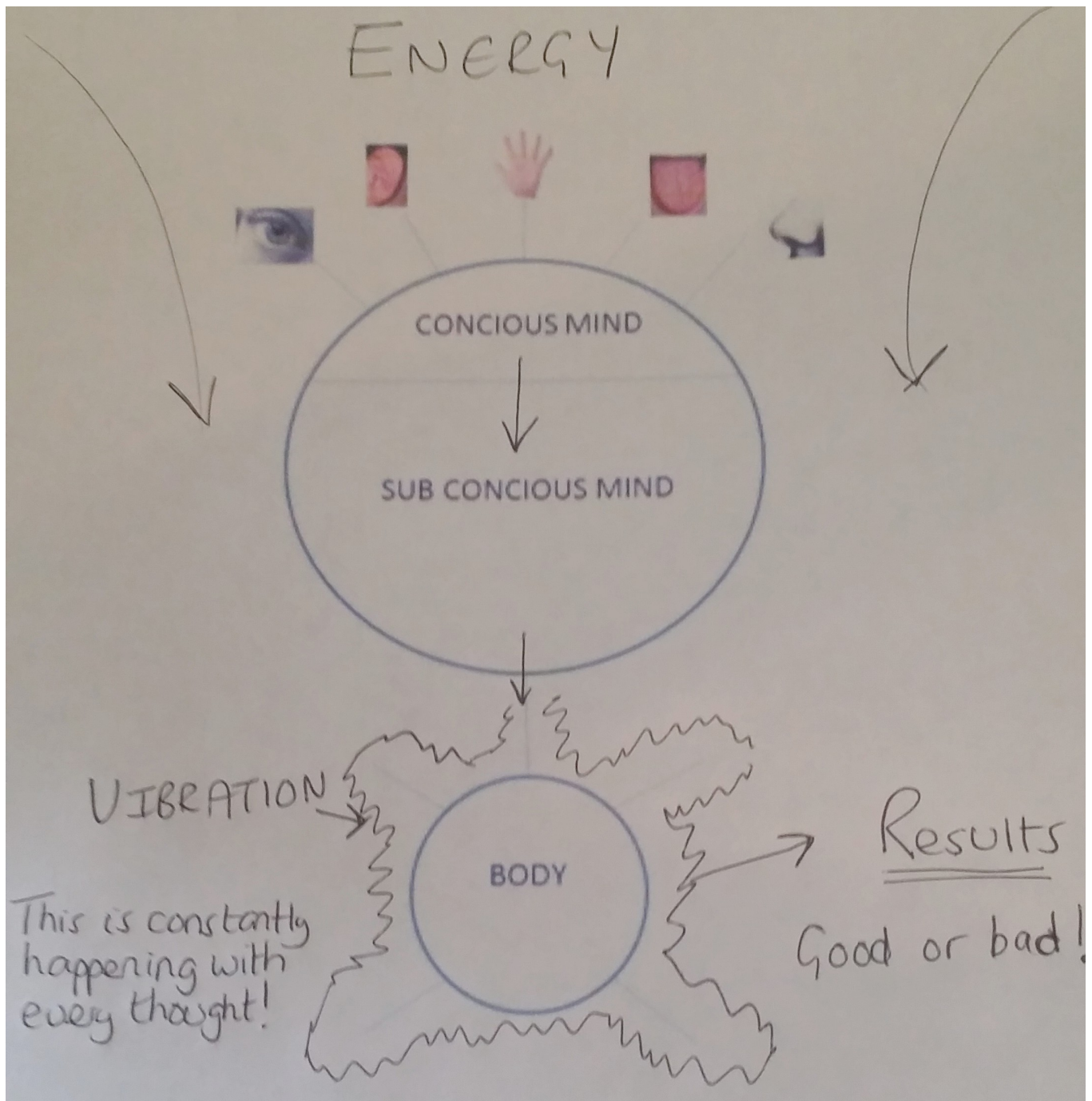
We talked about the subconscious mind producing your results, but how? Did you ever ask that question? The mind is not physical, if a thought starts in the conscious and projects onto the subconscious this will determine the vibration we are in and dictate what we attract. The thoughts you think travel and affect this whole universe to suit you. I'll give you an example. Have you ever thought about someone and then that person rang your phone, or you saw them in your travels. You created this! Yes you did, it was no accident. Thoughts are things! Think back to what I said about beliefs, your actions and viewpoints will be based around your beliefs, this creates your reality! If you think you can't afford things you will not attract wealth and prosperity, you will only attract poverty and mediocrity. The type of

people you meet and situations, circumstances and events will support what you believe. Whenever you think about things you don't want, did you know that you are magnetizing what you don't want to you? You are creating your own hell! Focus on what you want! Attraction is the result of the vibration you are in.

If you have a great idea of something that you want to create and you get so emotionally involved in it. It will set up a vibration in your body and you will attract everything you need to make that idea become a reality. I will talk about my personal example in the chapter the laws at work. "Everything moves, nothing rests". This quote from Albert Einstein is to state that everything is in constant motion, everything is a frequency and at a rate of vibration. Nothing stands still although you may perceive it to. If you take a look at your hand underneath a microscope you will see that it is moving at a very rapid rate of vibration.

Things around you may appear solid but they're not. They are moving so rapidly that they appear still to the naked eye. Have I just mind boggled you? If we go back to the law of attraction I said that what we think about we attract. The thoughts or images we entertain are what causes an emotion in us. This feeling is what determines the rate of vibration that our bodies will vibrate. We are magnets so the rate of vibration will dictate what comes into our life. If you're at a low vibration you have a bad feeling, if you are at a high vibration you have a good feeling. Vibration is the foundation of the law of attraction.

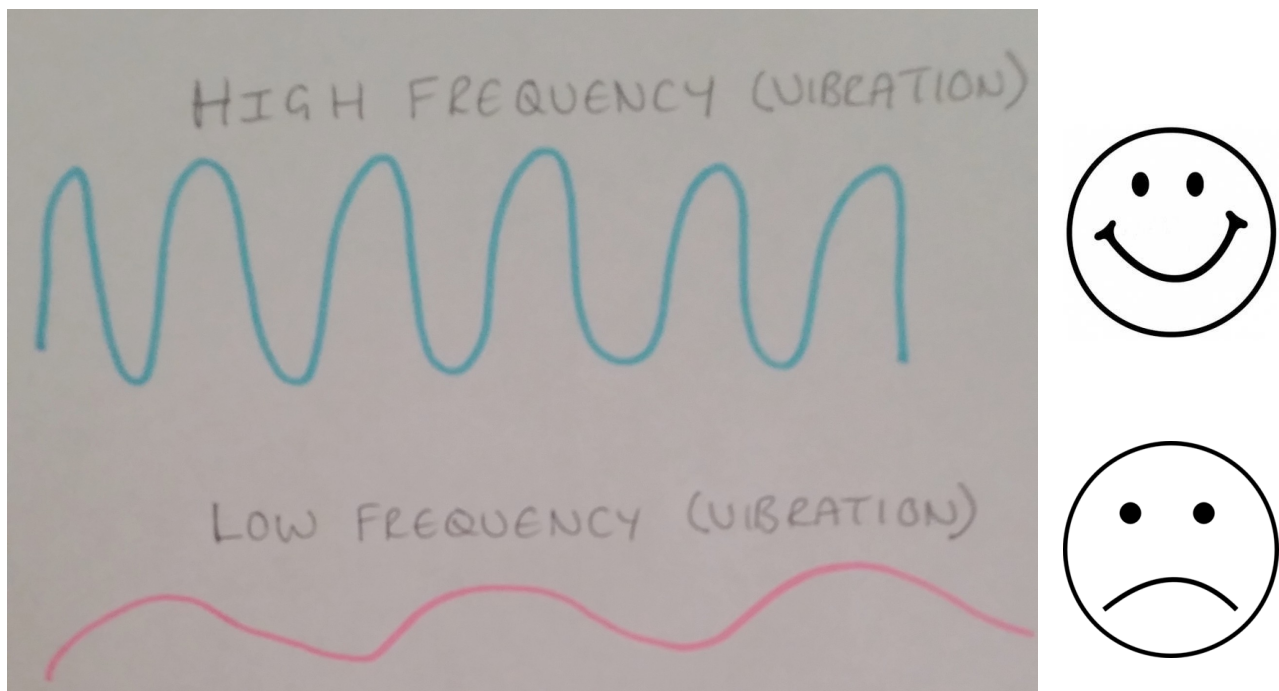
FEELING IS VIBRATION!



Study this further and you will be intrigued...

Change your feelings (vibration), you change what you attract. Samuel how do I change my vibration you may ask? Good question, you change it by changing your thoughts, but not just your thoughts, it's a bit more complex than that. The aim is to change how you "feel". Feeling is emotion (energy in motion) and when you emotionally entertain an idea, it will alter the vibration causing you to act differently, thus changing what you attract.

**YOU ATTRACT WHAT AND WHO YOU ARE IN HARMONY WITH,
YOU SHARE THE SAME THOUGHTS AND FEELINGS AS THOSE
YOU ARE IN HARMONY WITH.**



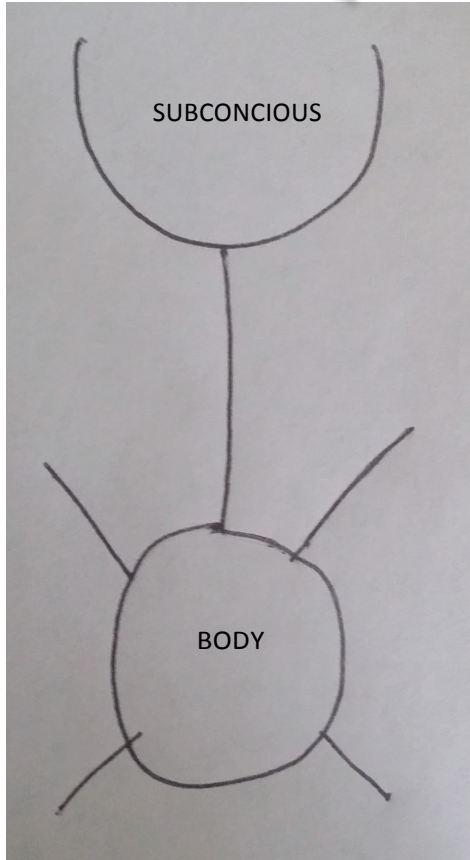
There is a myth in the world that sad and hard times are normal, THAT IS A LIE! Abundance and happiness is your birthright. Anything else are false ideas, beliefs and concepts that you accepted to be true and you are vibrating at that frequency, so by law you must attract sadness and hard times! The universe is unconditional. Perception comes into play here because no one or nothing can make you feel a certain way except for how you choose to view (perceive) what has happened or been said to you. Your

intuition, which is a compilation of false or true ideas, is “judging” the experience you are having.

THE PROBLEM IS NOT OUTSIDE OF YOU, IT IS THE THOUGHT (SEED) THAT IS EVALUATING WHAT IS HAPPENING WHICH IS THE PROBLEM, NOT THE THING OR PERSON!

Sorry guys but once you get this engrained in you it will save you so much stress, your thinking is the problem. If ideas are subconsciously accepted it MUST be a manifested reality for you. It was your CHOICE to ACCEPT the idea! Remember the stick figure person with the big head? That’s you now, but that wasn’t you when you first came here. When you were born you had no conscious faculty developed... so your subconscious was wide open!!! Open for any and everything to be downloaded straight into it. Good or bad! Ask yourself:

What was the environment like that you lived in from birth to the age of 6?



← NO CONCIOS FACULTY DEVELOPED

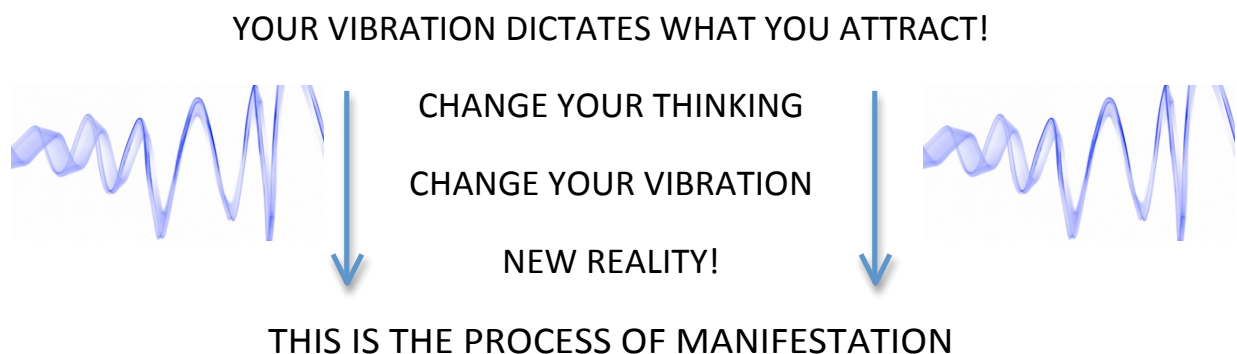
What were your parent’s beliefs? What statements did you hear over and over again? Did you grow up in riches or poverty? Did you grow up in a healthy environment or a sick environment? Were you around motivated winners or demotivated failures? What foods did people in your environment eat, what did they feed you? What programs did you watch on TV? The list in endless but the lesson here is absolutely profound, all thoughts and information went straight into your subconscious and has a major impact on how you operate NOW!

Who would have imagined that a single thought from birth to the age of 6, would determine whether you were going to fail or win in life? Can you the reader see what may be holding you

back? Can you see why you may not necessarily know why you do what you do? Where do your ideas come from? Who fed you what you currently believe? Take a close look at kids and their parents... you may have heard the saying *“the apple doesn’t fall far from the tree”*. Children will only do what the parents do, children will believe what the parents show them or teach them (irrespective of quality), why? Because the subconscious is wide open and can only ACCEPT what it is given!

The amount of times I have seen mothers take their children somewhere and their baby is sleeping and there is music playing where the lyrics and statements that are being said is not what a baby should be around, the fact that that baby is sleeping, it is absorbing everything in the environment including the songs that are being played. It’s the same with having a child sleeping during parents watching films and TV, all that content goes straight into their child’s subconscious and they have no idea! Why because parents don’t know this information that is being taught here! Who can blame them? Their parents didn’t know either and it is a repetitive cycle that generations have gone through for years and years.

People wonder why they struggle moving forward and they blame people or circumstances, but if you look at everything you have just been taught it stems from thought, the question is when was that thought planted? *Most probably from birth to the age of 6...* I have personally on my journey been dissecting my thoughts and spending hours finding out why I do what I do? What I don’t do what I want to do? Now I spend a lot of time changing my paradigm and reprogramming myself for success and riches, so I can break the chain so my children do not inherit my ignorance and previous ancestry ideas of lack and failure, and the famous “I cant do that” attitude.



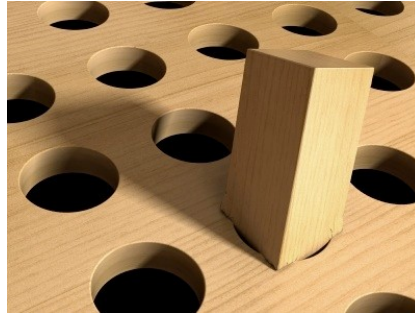
LAW OF POLARITY

This law is something we touched on when we talked about perception. There are always two ends to a pole. Everything's an opposite. There are two sides to everything. We have a left and a right, an up and a down, a hot and a cold, a good and a bad, poor and rich, do you get the picture? We cannot have one without the other. Everything just is! It's all one thing, just a different degree of vibration. Nothing is wrong or right, there are two sides to a story. If you picture a thermometer in your mind, tell me where hot starts? You can't can you? Your hot might not be my hot, your cold might be my hot, and so there are two sides to the story.

If you look between each unit on a thermometer these are the different degrees, if you check the temperature of water, the water does not change it is the same, only a different degree of temperature or vibration. Can you see how this law links with the law of vibration? There's always another side, you cannot have a right without a left, there's no inside of something if there wasn't an outside, you cannot have an up with no down, everything just is. This last example may empower you when things get a little rough in your profession or study. If you say you can't do something there MUST be a way you can do it, why? That's the law of polarity. Unless your paradigm is making you think you can't...

What is making you think you cant? Its your old conditioning and this is what cripples most of us, We were taught to fail so when a new idea comes to pass, we may easily reject it if we do not see that it "fits" into what we think works or is classed as "normal". People sense of what's possible comes from what they think is possible, and what they think is possible comes from the information they receive to tell them what is possible, if you suppress the knowledge of what is possible, you suppress their perception of what is possible, and they will laugh in the face of the truth and say it's impossible, when actually if you understand to a greater level than the mainstream allows you to understand, you really not only realize its possible but it's perfectly logical...

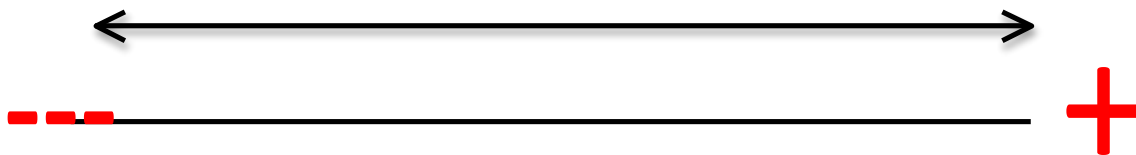
Do you want an image? Do you remember as a child playing with a cube box with different shaped pegs (square, triangle, circle etc)? Try banging a square peg (new idea) into a circle hole (your current knowledge), it doesn't fit does it? So what would you naturally do? You would reject it or make excuses saying, *"I cant do that!" "This isn't for me", "maybe next time", "its impossible that cant happen"...* do you get my drift reader?



IGNORANCE

KNOWLEDGE

(Different degrees of Understanding)



Ignorance and knowledge are on either ends of a polarity scale, they are polar opposites. This is so simple but very misunderstood to a lot of people. When we put this law into perspective, we'll find out that it can have such a positive impact in people's lives as it will encourage them that it doesn't matter what may appear "negative" in their lives, there must be something "right" with it. Or if you "cant" do something there must be a reason you "can" do it. This is very useful in business and relationships.

LAW OF CAUSE AND EFFECT

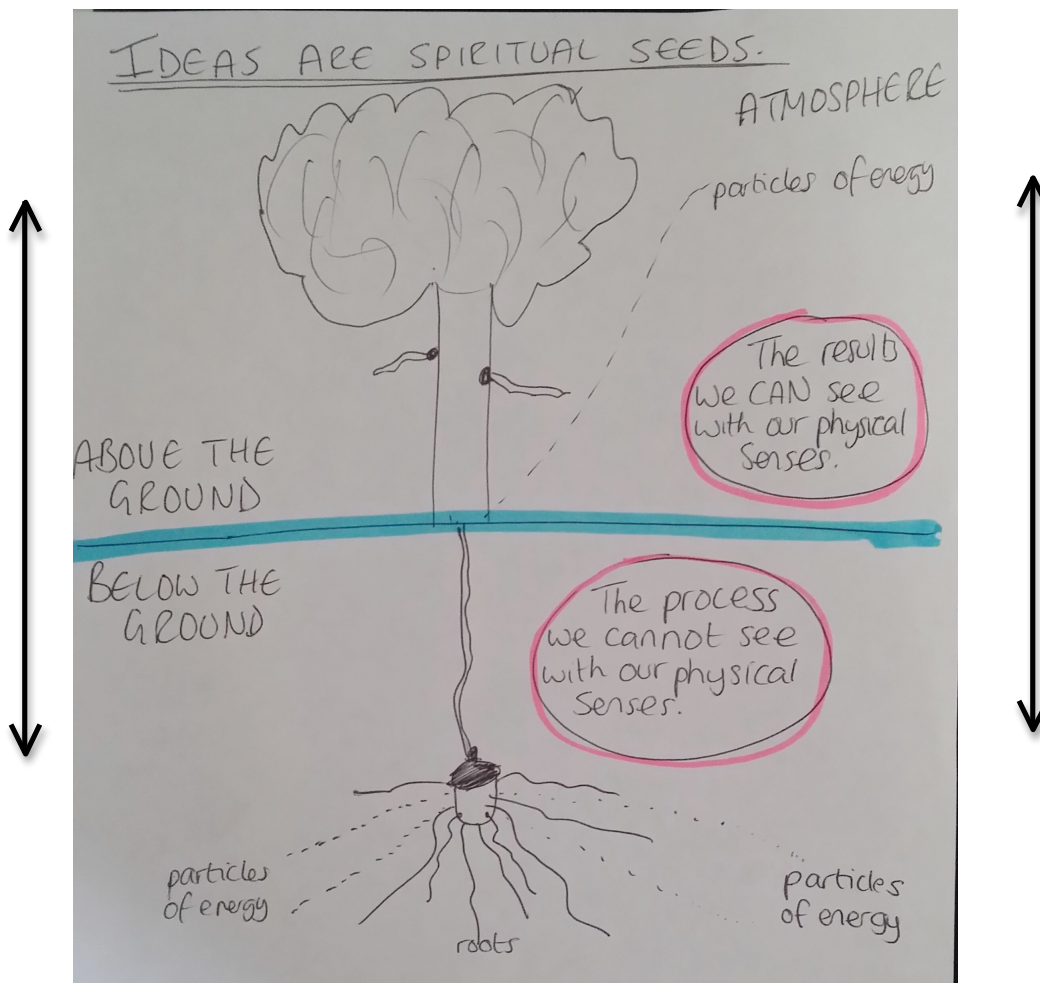
This law just about sums up everything! This relates to Newton's law of action and reaction. Everything in life has its exchange. There's a cause and an effect and every effect is a cause. We are responsible for the causes that we put out; the effects take care of themselves. If you think back to the process of manifestation, it just about sums up cause and effect. Your thought is a cause, making your feeling an effect, this feeling is then a cause within itself, making the effect your action, and this action is then a cause that produces an effect for your result. Do you get the idea?

Everything is in constant motion, constant exchanges, and this law can be used to our advantage once we are aware of it. We are constantly causing and receiving the effects daily, I'm sure you have all heard of karma. It's the same principle; as you sow so shall you reap. Like causes produces like effects. Do good onto others and they will do good onto you and the same goes for the reverse. You may do someone wrong and think you'll get away with it but by law you must receive the effect whether it's the same day or next week. The good or wrong you do to somebody may not necessarily come back from those whom you serve but it must come from somewhere because that is the law. A problem with a lot of people is that they expect effects without putting out causes. In relationships we tend to wait for someone else to suit us (the effect) rather than we make the first step by giving (the cause). Your results in your life right now are in exact proportion to what you have caused. No one is to blame but you. Do you the reader understand this? My intention is not to annoy you but to awaken you to the realization of your responsibility in your life.

This is such an important law to understand, especially for those of you who are an example of a person who starts something and because you don't see results, you quit. Understanding leads to faith and with faith you will persevere. Remember the process of manifestation? Your big idea is a seed, it will become a reality if you allow it time to grow, but the problem most of us have is that you don't see results or anything happening that you class it as failure and you quit. This is so profound because we never question when a baby will be due because we "understand" there's a "process" before we

see the result. It's the same principle. The key word here is "understanding". Anything is possible.

Take a look at a more detailed pic below of an acorn planted in the ground, *excuse my drawing as its not my forte or strongest point for drawing lol.* Instantly and automatically it will attract particles of energy in the soil for it to grow, *baring in mind that the acorn is very specific,* an entirely different seed could have been planted which would attract different particles of energy, because different seeds are on a different frequency or vibration, so it will attract like energy for its particular vibration.



The acorn is a CAUSE and EFFECT within itself; it has a particular pattern that it must adhere to for its growth. In other words it will attract what ever it needs from the earth for its enfoldment. If you add water on top of it, more

and more will cause the acorn to expand and it will start to shoot roots and eventually it will burst through the soil into the atmosphere where it will attract more energy from the outside, until eventually it has a trunk, branches and leaves and the whole thing.

This is metaphoric to our thoughts and ideas, it doesn't matter what quality of idea is in the soil it has an effect within it (good or bad) and it's only a matter of time before it is manifests. I mentioned in an earlier chapter that we don't see the process underneath, so if we didn't have this knowledge we wouldn't know if our ideas are working or not, so because we are impatient we would quit and therefore abort our ideas and say the classic phrase *"it didn't work"...* *We as humans create the ideas and it becomes a nucleus and action taken and focus will make the nucleus expand and grow until eventually when it is time for it to be manifest it will show itself. DO NOT GIVE UP ON YOUR BIG IDEAS, DO NOT GIVE UP ON YOUR DREAMS, IT IS COMING!!!*

LAW OF RELATIVITY

All universal laws are related to each other. This law will help you to always look for the good in your situations. Nothing is ever good or bad but your thinking makes it so. If you are going through a difficult time, you can relate it to somebody who is going through something worse and be grateful that your situation is not like his or hers. It's all about comparison, no one is either poor or rich, it just is. Nothings too big or small, it just is. Your subconscious mind accepts anything you project onto it. It doesn't judge as we have already discussed, it doesn't know right from wrong or big from small. Everybody does something better than you but you must do something better than them. You can be poor and have better relationships or you could be rich with less healthier relationships. If you use this law correctly you will always be in a constant state of gratitude. I'll give you an example, let's say you are a singer and you compare yourself to a top class celebrity, you're not making it look good for yourself whereas if you relate yourself to someone less vocally developed than you, it makes you look better. Can you reader understand this? You can always build your self --- esteem by using this law correctly. You make your situation seem what it is

by virtue of how you use the law. Can you see how perception comes into this too? Start now by building a positive image of yourself and hold it in your mind and use the law of relativity to keep you feeling good and in a positive vibration. I must warn you though, don't just merely read these words. There's a process where you can train yourself by using your will power to concentrate on the image you want to feel good about it. *More on this in the chapter "Exercises"*.

LAW OF PERPETUAL TRANSMUTATION

Let's think back to the discussion of the mind where I showed you a diagram of the stick figure with a big head and showing the 5 senses above it. Everything we see, hear, taste, smell and touch together with our emotions is the manifestation of energy in various levels of vibration... Don't worry I'll explain, we all know we get energy from food that we eat. Each type of food has a different vibration and level of energy. Even the quality of information we accept from people, talks we get into is energy and it flows to and through us. Everything is moving in this universe and we move with it. The universe has its existence in an ocean of motion, "change" is energy's only attribute and because of it comes all that is apparent to our material senses. It cannot be destroyed. Energy is in a constant state of transmission and transmutation. It is the cause and effect of any and everything. In other words everything is constantly moving and changing. Energy "just is". Thought energy is non- physical and energy is spiritual.

Look at the word "emotion".

E = MOTION

The "E" stands for energy, which equals motion, so energy is in motion. When we talk normally about emotion, little do we really understand it; we class emotions as angry, happy, sad etc. Whatever the emotion is its energy. Remember polarity? Happy and sad are at either ends of the pole, the lower the vibration the sadder you feel, the higher the vibration the happier you feel. Whatever the ideas are in the subconscious mind causes the emotion

and it propels you to move and act out and in effect create the result. In other words think back to the process of manifestation, this is exactly what the law entails. So as it is with the universe where everything is constantly in motion.

Non-physical forms of life are always moving into physical form. Thoughts are non-physical and when projected onto the subconscious mind, move to the physical where we do and act out the thing that was thought of. Do you the reader see behind the lines of what I am saying to you? Can you grasp it?

LAW OF RHYTHM

Rhythm is in everything, everything flows in and out, back and forward, up and down. When there's an advance there must be a retreat, something must rise when something sinks. Picture in your mind a weighing scale. If you put one weight in one end of the scale it will sink which will mean the other side rises. This law governs your mental, physical and emotional states. You at times feel good but then there are times you feel sad. It's like swinging a pendulum moving to one end and when it's ready it will swing to the other end. You wouldn't know what a good feeling was if you never experienced a bad feeling and vice versa. Our reason gives us the ability to choose our thoughts, where we can escape the swing of the pendulum to make us feel bad; we can choose to shift our thoughts to maintain a happy positive vibration. This is the only law that you can escape the effects of by the use of using your reason mental faculty.

Remember its all a perception. We have been conditioned to think that this thing called "life" happens in a linear straight forward fashion. This is not so, because everything is in constant change which is changing how we are to operate in our lives. Once upon a time there was no social media but yet we have had to adapt to it through change. This has had to remove us from a paradigm of thinking while we keep up with the rhythms of this law. Look at every successful person, each person is a law unto him/herself which is why there is no set route to achieving whatever it is that we want. We as a people are connected, not separated. We are all working together whether we know it or not. Everyone has a part to play. There's an intelligent

synchronicity that is in constant motion in relation to your thoughts and ideas. Have you ever been in a situation where you had an idea, didn't know how you were going to achieve it but then something *strange* happened where you met someone who could help you or you discovered a piece of literature to read to aid you? These are only a couple of examples out of an infinite range of possibilities that the universe will make available for you. This is a good example of explaining the non-linear way of life where the ebbs and flow of RHYTHM will assist you.

LAW OF GENDER

I have to keep bringing the picture back to your mind regarding the process of manifestation. I'm sure by now you know this process deals with every aspect of your life. This law is one, which finally closes the cycle and completes the circle of the seven laws I have presented to you. It clearly shows you that the invisible creates the visible. Understanding of this law will empower you and misunderstanding will make you quit what you start. So let's look at the positive only and help you to understand. We have already talked about the masculine and feminine **duality** aspect of the mind; hence the law is called gender, where creation happens once we have projected ideas from the conscious mind onto the subconscious. We know that thoughts create reality.

Look at this scenario: Jane set out to do something where she had her goals written out and she started moving in the direction she intended. After a while she got discouraged because she wasn't seeing any results, so she quit. What happened? She was unaware of the creative process, unaware of the law of gender. It takes time for ideas to become a reality. There's a time frame, remember all seeds have a gestation and incubation period. She didn't know that it was in creation; she didn't see the results in physical form, didn't see how it was going to happen so she quit. The answers she needed would have shown up for her but she decided not to go along with it anymore. What did Jane really need **KNOWLEDGE AND UNDERSTANDING OF THE LAWS!** Remember, you cannot force a baby to grow you have to wait nine months, but you are aware that it is in progress... do you understand? For any of you who want to go out there and do something,

and work that powerful thing called the mind, if you have an idea and take action then it will be a reality, but bear in mind the law of gender. It takes time.

THE LAWS AT WORK

Ok so we've discussed the laws and the mind, let's see how these laws work when we put it to use. All laws work in **conjunction** with one another. I am going to show you a real life example of my own, explaining how everything comes together when you use the laws and act according to a true purpose.

December 2010 I had an idea that I wanted to create my own TV show, I had never done it before but I knew I wanted to do it. **THROUGH HAVING KNOWLEDGE OF THE LAWS** it gave me confidence to step out of the box and do something different. By being an actor you get tired of waiting around for your agent to call you up with auditions and I knew I wanted more, I wanted to have something I could call my own, something I created that gave opportunities to other actors as well as help boost my name in the industry.

I woke up one morning and I said to my little brother that I wanted to create my own show, I didn't know what but I wanted it to be funny. He told me that I should do it but I had no idea how to start. The next day I paid a visit to my friend Arnold and we sat down with a sheet of paper for brainstorming. I was clueless as to what to start with so he said I should write a show about my life. I remember remaining silent and thought that it would be a great idea. After a couple of hours brainstorming I left confident knowing that with the notes we came up with I could come up with some characters. I wrote down a goal and said by April 21st 2011 I would be in production. I didn't know how but that was my goal, I had something to work towards.

I knew the show I created had to be a hit, it had to be great. All I needed was a great script but I was unaware of how to go about doing it. One thing I can say I am very grateful for is the Internet because you can find anything you want on there. I was researching how to go about writing a script professionally because I did not want to write it on Microsoft word. My

whole attitude was to do everything the best of my ability so I looked up scripts from shows that had already aired and saw how the layout of their script was. They were all different but I knew I had to start somewhere so I chose one layout and began searching for some free scriptwriting software. *For those of you that are interested in writing there is free software for scriptwriting called Celtx It's amazing!* YouTube is great as there are video tutorials for everything, I watched a short 5-minute tutorial on how to use Celtx and I was sorted. Starting off a story was such a challenge and I was having trouble. For a week nothing had been written and I was very concerned. How on earth could I start off writing a show?

One evening I was on my way to a seminar and I was on the bus and my brother text me. He said that my friend Ian had text him saying for me to call him. When I did we had a chat and he said that he was writing a script for his friend... I had known Ian for years but never knew he wrote scripts. This was the LAW OF ATTRACTION and CAUSE & EFFECT at work! We arranged to meet up one day so he could see where I was at with the idea. After spending a few hours with him we had come up with a plan for the first episode. I got straight to writing and about a week later I had written the first episode. The question was, now what? What was the next step? I didn't know.

A week went by and I attended another seminar to see what was going on in social media. Someone approached me and recognized my face and introduced themselves to me. He asked me if I knew a person called Tony Adez in which I replied "yes". (Tony was a long-time friend of mine who used to record my music; sadly he's no longer with us). We got talking and he said that he saw Tony years ago editing my show-reel that's how he remembered my face. We exchanged details and I told him about what I was doing and he had a look at my script and said to me what I needed was a plan for future episodes. This is what I was lacking, a plan of how the show will pan out for the first series! I was meant to meet this person through the LAW OF ATTRACTION to show me the next step in the process. Can you the reader see how everything is being "linked" to help me along my way?

I woke up one morning and was inspired by a thought to do a video

presentation of my idea and put it online. This was so random but I knew that nothing was by accident according to knowing the laws. Spirit gave me an impression to take action on this presentation. I personally love doing video presentations they are fun. I thought this would be a great opportunity to let people know what I was doing and hopefully attract people that wanted to get involved. Without wasting anytime I got out my laptop and loaded up PowerPoint and thought carefully how to construct the necessary slides to explain in detail what I was looking to do. As we think in pictures, it was wise to use pictures in the presentation so after looking at images on Google I found pictures of how I visualized the characters. I learnt how to use Adobe Photoshop to cut out the people in the pictures and combine them together through a lot of trial and error of course. After successfully completing this I knew that I wanted to record my voice narrating the presentation. I downloaded a free screen recording software and recorded myself talking about the project and stated at the end the type of people I were looking for and put my contact details on there.

A very *spooky* thing happened, the moment I had completed the presentation, my phone rang. It was the guy I met at the seminar! He asked me where I was at with my show and I told him about the presentation, he then suggested that I post it on a website called filmmakersunited.com. I used my intuition and went along with it. 24 hours later a woman contacted me on the site saying my idea was very interesting. I had a look at her profile and saw a link to a website called starnow.co.uk. I never knew what this was but after some research I discovered that I could post on their site for free. It was this action, this CAUSE that had such a massive EFFECT. After posting it on the website, I had people contacting me every day via phone, email and Facebook wanting to get involved. In total I had over 10,000 views and over 500 applications, I was so overwhelmed! People wanted to write, direct and act in the show.

I was not thinking about money, when I posted online my intention was to look for people who wanted to help me and experience the making of the show. I had posted that I was looking to do a 3 minute teaser. No investors had contacted me even though I contacted them but I didn't let that stop me I had to keep moving forward. Throughout these contacts I met a lovely

woman called Simone who was very talented in so many areas. She had worked for a television company and she knew how to link characters and their relationships and create episodic ideas. She surprised me when we met by showing me stuff she had written. The presentation I did had such a great effect on her that she automatically connected with these characters. After a couple of weeks of knowing her I said that she was going to have a higher role in this whole production. Throughout the experience so far I had to stand in awe at the awesomeness of the LAW OF ATTRACTION, and CAUSE AND EFFECT.

A young writer from South London contacted me saying she wanted to be a writer for the show, I will not mention her name here but for the purpose of this book I will call her Denise. She was 18 years old and was fired up to be involved in the process. She helped write an episode and this girl was brilliant! She too connected with the characters and brought a youthful aspect to the project. We made a plan and said that I would write the 1st, 3rd, 5th, 7th episode and she would write the 2nd, 4th, 6th and we would both collaborate on the 8th. An unfortunate thing happened and Denise went AWOL. I never heard from her again and wasn't able to get through to her phone. I never let that stop me I kept on going and said I would write the 8 episodes myself. What happened was as time was getting on I had to keep asking Denise for the 3rd episode so I could move on, I knew she had college and had started a drama school and I must have pestered her too much which resulted in her switching off on me. I sat back and realized that I had CAUSED this EFFECT, I forgave myself and took responsibility and continued. A lesson to be learned...

A lady from West London called Carolyn emailed me showing her interest as a production assistant, I was intrigued by her approach when I met with her. She showed me a side where I had never experienced before when she spoke about areas of the industry that I had no knowledge on. Through Carolyn I met her friend called John who had a production company and said he would like to film the teaser! I was over the moon and was so grateful to the universe that this was actually happening for me. John was in his last year of university and arranged for me to hold the castings in an office at his

Uni. I called up the shortlisted actors on the Starnow website based on their look and asked them to come down and audition. A range of different experiences came through the door and I met some wonderful people. After 3 days of casting I had trouble deciding who the characters were going to be for the teaser.

So, I had done the auditions and now what I needed was a location for filming. Simone was kind enough to allow me to use her flat for one of the locations but I was lacking a house for the main location. I sent a text to everyone in my phone asking who could lend me their dining area for a day. I had a few replies, I looked over a few houses and one of them in particular was great. There was one house that did appeal to me; I went round there to have a look. The owner of the house was a friend of a friend and he asked me what my show was about and after telling him he said that his wife was in another country for two weeks and that I could use the whole of his house to film not the teaser but the whole episode! LAW OF ATTRACTION. Can you the reader see the power of positive thinking? You will attract positive events and circumstances. I now had a location, film crew and possible actors; the next step was to hold a workshop for the actors so I could select who was going to get the role.

I used the owners house for the workshops and what a great and exciting day it was, I felt so happy that I was doing something I love by acting on an idea and taking the action necessary to see its fulfillment. A few days after I was going through the camcorder looking over the workshop that was filmed and I had a clipboard out and noted down all the actors that took part, I was taking notes but I found it so difficult to choose who was going to get the role. I called up Simone and she came round my house and we viewed the footage together. After a huge debate we finally decided who the selected actors were, now it was time to tell the actors. Rehearsals were needed before the filming so we could make things easier on the day if actors knew exactly what to do. On the day of the rehearsal, one of the female actresses walked out! I was perplexed and confused, after having a conversation with her she was angry the fact that I had another girl there as an understudy. She didn't want the role and told me to give it to the other girl. My response was very positive as I refused to let this pilot go down the

drain. The standby ended up getting the role instead.

I had a phone call from Carolyn out of the blue three days before filming and she said to me that we had no equipment! I was perplexed because I thought it was all sorted. No. The person who was looking after all the filming equipment had gone away and there was no access to the equipment for a few more weeks. I'm not going to lie readers I was disappointed because Carolyn told me she had it all sorted and I trusted her with the role given to her seeing as I was occupied with so much other areas. I said to her to sort something out and that I had other things to be looking into. By being the person in charge of your own production, you are responsible for the outcome of the whole show, even though Carolyn was responsible for the crew, I had to step in and do an emergency advertisement online at mandy.com for a cameraman and sound recorder.

This required money so I had to speak to my parents and conduct a Dragon's Den with them to ask for money to advertise and pay the crew. They happily invested and I found a solution to the problem within the same day. That evening I called Carolyn and asked her was there any development she still said to me that there was no equipment. At this point, I told her that I had already sorted it and found a completely different crew to film the pilot. The first day of filming was April 22nd. Remember when I said I wrote down a goal stating that I will be in production by April 21st? Well it came true! Carolyn was late and a couple members of the crew didn't like the way she conducted herself and neither did I, it was like she was making all the decisions without confronting me first.

After that day I sent her an email and said to her that members of crew didn't like the way she came across etc and I put in my personal views in a professional manner and she replied saying she didn't want to be apart of the production anymore knowing that people were thinking of her in that way. Her response was her choice, with the LAW OF POLARITY she could have taken the email in a positive note to amend her ways but she took the negative end of the pole and decided to opt out. I understood that I was responsible for her response, which was an EFFECT from my email, which was the CAUSE. However I kept on going and ended up directing the pilot

myself thinking positive. Carolyn quit on the day of filming which was a lot of pressure for me as I was now in the mind of an actor/director.

To cut a long story short I felt like a master of my life during the process because I was consciously creating my life and watching the miracles just happen in front of my eyes. I was walking by faith and not by sight. The more the good came my way the more confident I was and the more fear went out the window. Readers I need you to understand that there is absolutely nothing to fear. When you are on purpose and passion the universe will make things work for you but you have to keep taking action. I'm not saying the ride was easy, believe me there were challenges and obstacles that I had to overcome. I had a director not show up, a writer who went AWOL. A filming location being denied to me in the middle of filming, an actress walking out of rehearsals saying she didn't want to be apart of it anymore, a cameraman turning up late and having my footage for two weeks without being contactable! This was only a few of the obstacles but I will not name everything, as I'm not looking to bore you with this story.

The bottom line is from reading this story could you see the laws at work? Could you see where things started to happen as I carried on going forward? Could you see the creative process of PERPETUAL TRANSMUTATION? The next piece of the puzzle showed up every step I took. It was a scary but exciting journey and it's a journey I am still on up to this point in you reading this book... The question is now, what are you going to do and how are you going to use the laws to your advantage?

GOALS AND GRATITUDE

We need direction, like actors need direction from a director. There must be a point of focus, a destination for where you are going in your life. If there is no direction you aren't going anywhere. As you've discovered from reading about the laws... it's all on you! Everything is cause and effect. What do you really want? Seriously, I never said what do you think you can have, I said **WHAT DO YOU WANT?**

You may look around and see everyone else being the star but you can be too! You can have anything you want! Don't worry what people say! Don't listen to people saying negative comments about you can't have this and that! Just remember you attracted this book and they didn't! Wherever you are right now if you are not happy with your results you can change them. If thoughts create our reality then we all we need to do is change our thoughts then we will attract better things to us. I know this book is a lot to take in and your mind may not agree with what is presented, but you now know that it is not you it is your paradigm trying to keep you comfortable. Once you become aware of this paradigm that's the first step in change because you are now aware it is happening!

This is an infinite universe with unlimited possibilities and opportunities for everybody. Don't think there is not enough of this or that. There's an unlimited source of supply, the job you need is out there, the relationship you are looking for is out there but you need to change first, your thinking needs to change or else you will only attract the same kind of people, events, situations and circumstances in your life. This thing called "money" has us all trapped and living in fear; there's unlimited money out there we just need to make it happen by using our own power. We do have it so start now... What do you want?

Grab a piece of paper, and write a "want" list. List everything you want and be very specific, the universe loves specifics. Start the list off by saying "I want..." then complete the sentence. There's no limit to how much you can write because you can have everything. This may seem too good to be true, but it is true, you just need to study it further. When you have written down

what you want, when do you want to receive it by? Think when you would like to receive what you've asked for by, write a date down but think of realistic goals. Believe you will receive what you ask, and if you don't see any results along the way, remember just wait, need I remind you about the law of gender? Read through my example and you will see that not everything happened all at once there was a process, but do take note that I took steps to make it happen for myself and the answers I needed showed up along the way as I was taking action. Energy in motion remember?

Get out of the thought process that you will wish and hope, you have to will and act to get what you want. Be the cause and the effect will show up... why? It's the law. Above all, show gratitude, be grateful for what you have now because if you are not grateful you shall not receive anything better, use the law of relativity and compare yourself to someone who's less fortunate and be happy. In all things give thanks. Send out those positive vibrations and start to treat people how you want to be treated. Keep doing this then only good can happen to you. Now is the time to write down your life, after all... you do create it... you are the script writer...

EXERCISES

VISUALISATION

Don't think of the McDonalds logo! You just did! How often do you think about what you don't want? You visualize it most of the time. Understand that cinema screen in your head is key to your success because what you focus is what you are asking for, but how many of us pay attention to our thinking? How many of you have ever sat down for 30 minutes, closed your eyes and created a movie in your head of what you want? Hardly anyone does this but if you have understood any of this whole book you will know that this is key to impressing new ideas to your subconscious!

Right now wherever you are if you don't like what is happening in your life you can change it. You need to introduce new ideas and concepts in order to re-write an old script that has been playing out all this time. If you spend 30 minutes a day and put some time aside for yourself to just focus on YOU and visualize the possibilities are endless. Repetition and discipline is key because when something is repeated over and over again for a certain period of time it becomes a habit. Can you the reader see how success in any area of your life can become a habit? You are already a master at this... but at the opposite end of the polarity scale. You can change things!

How to do it

- 1) *Find a quiet place to sit down, switch off your phone, as you do not want any distractions. I'll warn you before you begin this that your mind may throw a challenging experience at you where your thoughts will be racing all over the place. This is a practice, and practice makes perfect. It may help if you have some soft relaxation music for this. I personally use music sometimes. Now what you want to do is visualize the life that you want. Do you want success? What does that look like for you? What does being wealthy look like? What does your ideal life look like? You can have it, trust me you can!*

- 2) *Close your eyes, relax and be your own movie director, there's no limit*

to what you can visualize and neither is it impossible of what you can imagine. Einstein said, "Imagination is more important than knowledge".

Has your current knowledge of life worked for you? Honestly readers ask yourself that question... If not then delve into the realm of visualization where anything is possible and have fun with this.

AUTO-SUGGESTION

How often do you listen and watch negativity being broadcast on the news? How often do you see negativity on the headlines of newspapers? How often do you see adverts or billboards with a message that grabs your attention? This is a form of automatic suggestion. Allow me to explain. You automatically look at these things with no thought, which means its automatic, and the statements you see or hear are suggestions. These will either be rejected or accepted by your conscious mind. Can you see how easy it is to be manipulated if you are not aware of how you think! A simple statement will cause you to act and buy the product being advertised and you wouldn't even realize you were being manipulated. A simple statement on the news will make you believe anything you see or hear. This happens everyday across the globe!

Guess what? You can be your own billboard, you can make your own statements! I do this often and it always keeps me motivated and reminds me of why I do what I do. I write down huge text on a sheet of paper what I want and stick it on my wall. The purpose of doing this is so I see it everyday. The fact that I see it everyday, its repetition means my mind is always looking at it and processing the statement. Why do this? Well remember what I said about thoughts consistently being projected and accepting or rejecting them? This is it, in this case I want to accept them, however because my paradigm may not necessarily agree with the statement this is the reason why I keep on looking at it.

"Make the lie big, make it simple, keep saying it and eventually they will believe it" -- Adolf Hitler.

Even Adolf Hitler knew of this technique and he controlled a mass population, however he misused the technique to make others suffer but we want to use the technique to do well in our lives. Lets say for example you wrote down: "I am a billionaire!" there's a part of your subconscious programming that won't believe what you have written. Do not worry about this, take Hitler's advice "Make the lie big, make it simple, keep saying it and eventually they will believe it". A thought consistently repeated will be believed. Keep on looking at it, Keep on saying it and eventually the belief will create the fact! You can also create a vision board, which is pictures of what you want in your life all put on paper like a montage and stuck on your wall.

It may seem weird to do something like this, but hold on, what did I say about the paradigm being "comfortable?" it's a dangerous place to be and we must do different things to achieve different results.

CONCLUSION

Seeing as everything is a creation, we need to take heed to what actually shows up in our lives. Sometimes we might get into situations that are really horrible, believe me when I say that you created it. You are an energy center and when energy is given out it returns to the source of where it came from (CAUSE AND EFFECT). I cannot stress the importance of taking control of your thoughts and guarding your mind from anything that does not relate to your purpose, vision or goals. For those reading this book that are serious about taking charge of your lives and using this wonderful mind that you have I strongly recommend further study into these laws and further study into the human mind. I have only touched on these laws; more depth is needed to understand.

Make sure you purchase the books listed at the back of this one as they will be the next piece of the puzzle from this book. It's not a one off though you consciously need to study a bit more every day. Remember repetition of new information will shift the old paradigm that has kept you where you are up until now. You will know if your paradigm is keeping you comfortable when you start to make excuses for why you are not studying. This should make you aware of the power your paradigm has over you. Strong will power needs to be exercised for changing and transmuting your mind to think and act in a certain way.

You can have it all; you can live a fulfilling abundant life because that is what was intended from the beginning of time. I'm not saying it's a smooth road because it will take time for you to get to a consciousness where you have a deeper level of understanding where you will fear nothing and your intuition will be at a stage where you can literally read people like a book and you will feel like you are living in a completely different world. You will be at a higher vibration and higher state of consciousness where your closest friends and family will notice a change in the way you are. I must warn you some of these people will try their best to sway you from what you are doing by telling you that you are weird etc.

For your piece of mind, people thought Christopher Columbus was insane

when he said the world wasn't flat but it was round, people thought Henry Ford was weird because he had an idea of something the world had not experienced which you now benefit from which is your car. The Wright brothers had an idea to make people experience flying in the sky, they too were looked upon as crazy. Do you get the idea? All these great inventors knew something that was beyond what society class as normal. They knew and believed in a higher existence outside all of us that governs every person, situation, circumstance and event. This book was created for you to help you understand and become more aware of yourself and your responsibility to your life and presence here on earth and to shine a light that there is nothing to fear, you can be the star, you can be the person you want to be, you can do what you want, why? Because YOU said so!

I'll tell you a few things that won't change. Night comes after day... I promise you that won't change, 24 hours a day... I promise you that won't change. You're going to be an extra year older next year... I promise you that won't change. What goes up must come down... I promise you that won't change. The only thing that can change is you and your thinking. So start now!

Is your glass half full or half empty?



We are coming to the end of this book and there are three things I will mention to you. You can either:

- 1) Accept the information
- 2) Reject the information

3) Neglect the information

Due to the gift of free will you can do anything you want, but can I ask you something?

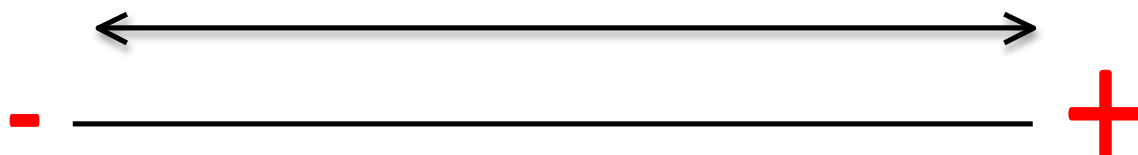
I'm asking you to "evaluate" this information, if you feel it has been of any use to you then study this subject further. What I will say though is that there is no accident you are reading this right now. You attracted this literature into your life and were meant to read this. The spiritual side of you has been prompting you to evolve and you needed this to aid you on our journey. Whether you like it or not, the fact that you have read this book up to the lines you are now reading has been a CAUSE, the EFFECT will take care of itself as the people, events and circumstances of life will manifest to provide you the next piece of the puzzle in "understanding".

I hope you have enjoyed this book as I have put my understanding and knowledge and experience into it over the course of 9 years, I have enjoyed compiling this info in a way you can grasp and visually see what I've presented. We think in pictures, with no picture, there's confusion.

IGNORANCE

KNOWLEDGE

(Where are you in terms of "understanding?")



TAKE CHARGE AND CREATE YOUR LIFE! MIND IS EVERYTHING AND EVERYTHING IS MIND! -Samuell Benta

YOU CAN DO IT BECAUSE YOU SAID SO!

SAMUELL BENTA AS YOUR LIFE COACH

Every successful person you know has a coach. There is a saying, “you cannot see the picture if you are in the frame” Samuell is a Certified Master Neuro Linguistic Practitioner (NLP) Mindset-Life Coach. He is helping individuals achieve their dreams helping them remove their limiting beliefs, phobias, fears and all that is holding them back. ‘Following your dreams’ and reaching your full potential can at times seem impossible. However, a qualified master practitioner will often use a specialist technique to help guide you to realise that the only thing holding you back in life, is yourself, and who is better to help you than Samuell who is a:

- Certified Master Practitioner of NLP
- Certified NLP Coach
- Certified Practitioner of Timeline Therapy
- Certified Practitioner of Hypnosis



Samuell Benta with Master Trainer of NLP Bruce Farrow

His clients have included creative professionals, singers and actors, entrepreneurs, small business owners, public sector workers, nurses, finance and IT professionals to name a few, meaning he has worked with people from all walks of life and coached them through a huge variety of circumstances. He has the skills and flexibility to adapt to a style that is suitable for your requirements as well as specialising in a variety of areas. What areas of your life do you personally need help with?

If you are unsure, relax and look at your life and see what is missing, that will be a great indication of what you may want improvements on, and with Samuell as your coach he is trained to work with you through you on these areas. Think about this for a moment, most successful people has a coach or someone that is working with them to help them become better as an individual and to help them, by holding them accountable. It is very easy to lose your self-responsibility when you on your journey, having a coach can keep you accountable and on the right track.



- The more highly performing is a person, the more they get paid the More successful they are, the more they are rewarded
- Coaching brings the best out of people, sharpens and perfects their already acquired skills as individuals, in teams and ultimately the whole organization
- Coaching can assist in the growth and development of the professionals and leaders of tomorrow and certainly assists tremendously in enhancing productivity, improve job satisfaction and job longevity
- Emotional well-being, awareness of emotions and ability to deal with them makes the difference between career stagnation or even failure and success and achievement, it can make or break a career
- People are paid first for what they do. But as you move up the scale of corporate pay and responsibility, you do less. In business often, the more you do, the less you make. The highest paid people in business are paid for creating and holding in their mind the concept of the organization.

More info on how to have Samuel as your coach and success stories from people who have transformed their lives can be found on

www.SBentaLifeCoach.Com

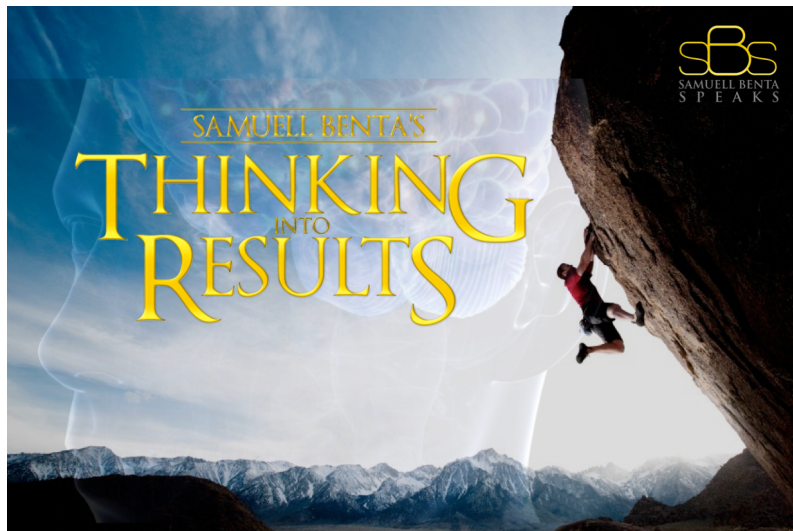
ONLINE CLASSES WITH SAMUELL

With the amazing times we live in, the Internet is a place where people can come together and share information. If you have found anything useful from this book you may find that you may want to take your journey further with Samuell with his online classes. There are many topics that he covers and are an extension from what you have just absorbed. He is consistently producing new classes to make sure that you are getting the most out of YOUR potential. All classes are taught via webinar and are 1.5hrs each once a week for the duration of that particular class. See below for some of Samuell's current classes.

All classes can be found on www.SBentaLifeCoach.Com

THINKING INTO RESULTS (Most popular)

Class Duration 6 X 1.5HR



Do you feel stuck in your life? Does your results seem pretty much the same over and over again?

Thinking into results is an in-depth, knowledge packed interactive class that deals with life changing information that actually works! Why do this class? Specifically put, you have an unconscious mind that is storing information from the moment you were born that is impeding your progress and shaping everything you do in life whether its good or bad. You may

consciously think you are ok, but ask yourself, what are your results? What are your habits? Are they the way you want them to be? If you don't have what it is you want, then there is something hidden within you that is stopping you and unless its changed you will not move any further. Samuell utilizes his knowledge of NLP, metaphysical psychology and universal laws. He artistically breaks down such high class information into easy segments to make you understand piece by piece what you may have been doing wrong and how you can do new things better so you can have the life that you want. How does all this work? By being present and willing to learn and trusting your own unconscious mind to fit the pieces together for you. What if this was the starting point for you to really excel in your life, what could you achieve? That wouldn't be great wouldn't it?

This class was a huge success in 2015 with students from not only the UK but also various states of USA.

SUCCESSFUL YOUNG MEN/WOMEN PROGRAM

Class Duration 6 x 1.5HR



Are you a parent? Then this will be perfect for your child. The course is designed for males and females aged 15 upwards. This informative visual course deals with young men and women and the fundamentals of how their mind works, and gives them a very comprehensive insight into how they themselves can change their own thinking, and gradually break down the current internal limiting barriers, which impedes them from advancing mentally. Raising their awareness and breaking down destructive hypnotic perceptions that keep them captive, they will gain a confidence to step out on ideas that they want to create with a firm conviction that their ideas are possible. Samuell embodies universal principles leaving students with an understanding that success is solely down to the individual and how they think about themselves. This course will not only help the student do better in life but leave them feeling more grounded within themselves, having no blame to the outside world. The course is also designed to bring the student not to see obstacles as problems but to embrace them for their own growth and assist them in having better, healthier relationships and loving themselves. Their world will expand in ways they never thought possible. All men are kings. All women are queens.

THE SCIENCE OF SELF CONFIDENCE

Class Duration 4 x 1.5HR



This visual, comprehensive, innovative course is available for all ages. Before woman and man can achieve anything, they must first believe they can do it. Self-confidence comes from within. Most people go round in life never really achieving anything and they settle for the mediocre normal life. Neediness and dependency stem from a low self-esteem and lack of courage and knowledge about the self. The course is designed to help the student love him or herself more so they can interact better with their environment and eradicating the

fear of criticism, which paralyzes millions of people all over the world. You can rest assure that after this course you will never doubt yourself ever again.

THE METAPHYSICS OF PERCEPTION

Class Duration 10 x 1.5hrs



This course is designed for those who really want to evolve and have the highest awareness possible of them. This course will dive beyond the physical and give students insight to the science of why they do what they do. They will have an understanding that it is their own agreements that shape what they perceive. Samuell tears students away from their old destructive memories so they can see clearly and not be trapped in the past. All is mind and perception is everything, it can make or break all decisions made by individuals on a daily

basis, so wouldn't it make sense to be in the moment?

TV SHOWS/ FILMS BY SAMUELL

All productions were produced, written and directed by Samuel Benta

ALL ABOUT THE MCKENZIES



All About The McKenzies is a Black British Family Comedy centred around Samuel McKenzie, 26, a young father aspires to be an Hollywood superstar but is bogged down by his broken relationship with Annika Lewis 25, struggling to get access to his daughter he doesn't let that stop him from following his dream, on the other hand what doesn't help is his family who have their own little dramas, and being the eldest son he must make an example.

What's a young dad to do? All About The McKenzies is a warm, light comedy show that teaches hometruths and morals in a unique metaphorical fashion. Suitable for the whole family.

www.AllAboutTheMcKenzies.com

PERCEPTIONS



Perceptions is what its all about in life, we live in a world where knowledge is suppressed, if you suppress the knowledge you suppress the perception which means people are operating within certain parameters... The film Perceptions is about young people that live on a council estate, perceived to outsiders as "hoodies". In the face of much negative press and stereotypes two teenagers are inspired by an English lesson at school to use their initiative to change the outlook on the St Raphael's Estate in North London with the

use of spoken word poetry.

www.youtube.com/samuellbenta

Samuell is actively creating new shows all the time and currently up to the date of this book, working on a new online show called NEW PARADIGM, which is a series of videos interviewing inspiring people and following their journeys as to how they got whye they got to and more importantly hearing where they have come from.

GLOSSARY

ABUNDANCE: Having plenty of something, an overwhelming feeling of reverence

AWOL: Absent without leave

CONFORM: Is the act of matching attitudes, beliefs and behaviors to what individuals perceive is normal of their society or social group.

CONJUNCTION: The action or an instance of two or more events or things occurring at the same point in time or space

COMPREHEND: Grasp, mentally, understand

CORRESPOND: Able to be matched joined or interlocked

DILIGENT: Having or showing care and conscientiousness in one's work or duties

DORMANT: Asleep, still for a long period of time

DUALITY: The state or quality of being two or two parts

EMERGE: Move out of or away from something and come into view

IMMUTABLE: Unable to be changed

IRONIC: Happening in the opposite way to what is expected, thus typically causing wry amusement

MANIFESTATION: One of the forms in which someone or something, such as a person, a divine being, or an idea is revealed.

METAPHOR: Something used, or regarded as being used, to represent something else; emblem; symbol.

OMNIPOTENT: Unlimited power

PERPETUAL: Continuing or lasting for an indefinitely long time

PERSERVERE: Continue in a course of action even in the face of difficulty or with little or no indication of success

POLARITY: The state of having or expressing two directly opposite tendencies, opinions, etc.

PRIOR: Preceding in time or order

PROPOSITION: A statement that affirms or denies something.

REALM: A kingdom

REITERATE: Say something again or a number of times, typically for emphasis or clarity

RESUMING: To assume, take, or occupy again

SEVERITY: The state or quality of being severe

SNIPPETS: A small piece or brief extract

SUB MODALITIES: How we encode and give meaning to our internal representations. Changing the sub modalities can change the meaning of an internal representation.

SUPERFICIAL: Existing or occurring at or on the surface

SYNCHRONICITY: The coincidental occurrence of events and especially psychic events (as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens) that seem related but are not explained by conventional means of causality

TRANSMUTATION: To change from one form, nature, substance, or state into another, transform

ZEAL: Fervor for a person, cause, or object, eager desire or endeavor, enthusiastic diligence

BOOK RECOMMENDATIONS

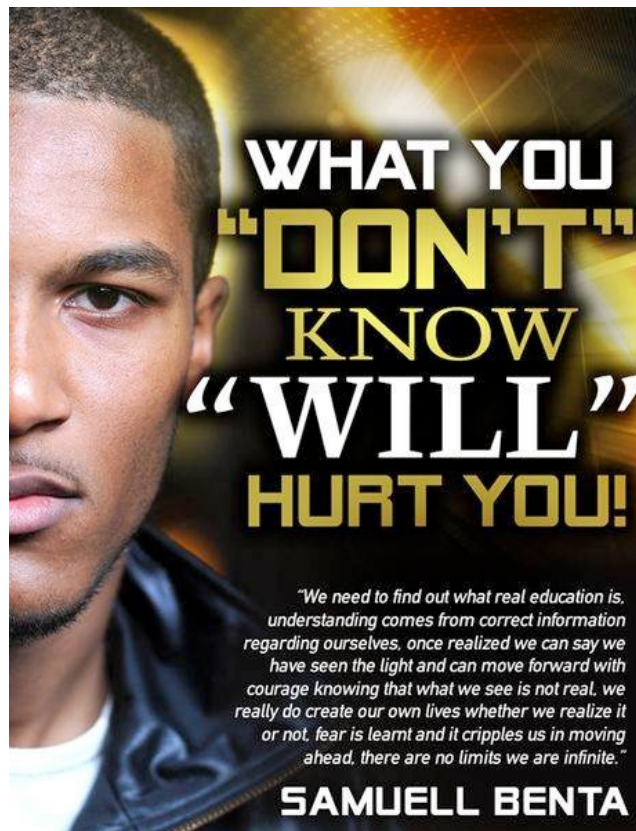
The Secret – Rhonda Byrne

Psycho Cybernetics – Maxwell Maltz

You Are the Placebo – Joe Dispenza

The Kybalion – The Three Initiates

These books will start you off and with the law of attraction; you will attract the next piece of literature.



--Thankyou for Reading--

www.SBentaLifeCoach.Com