

Andreas Boskugel

You can do it!



Guide to fulfilling your dreams now

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Boskugel

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Contents

1. Foreword
2. Introduction
3. The law of attraction
4. No exceptions?
5. Is the world fair?
6. Is the world a bad place?
7. What is right and what is wrong?
8. Is my body subject to the law of attraction?
9. The truth about willpower!
10. Don't you have to work hard to be rich?
11. How to change the content of your subconscious!
12. How to clean up your inner self!
13. Is it really sufficient to just order from the universe once?
14. How do I create belief?
15. Virtuous exercises
16. The perfect vision
17. Persistence

1. Foreword

I, Andreas Boskugel, was at one time a poor sod.

I was an alcoholic and a chain smoker living off social welfare. My girlfriend was fat, ugly, aggressive, dumb and mean. She cheated on me and talked very negatively about me behind my back. My life was a living hell.

Then about 25 years ago a book about the law of attraction fell into my hands. I'm still very grateful that I understood this book so quickly.

I then devoured every book I could find about this law. I began to truly love the law of attraction but noticed that there were frequent contradictions, which many – also very famous authors – often repeated. Since then I have been working on a concept which doesn't merely reiterate the different statements and representations of the law of attraction, also known as the law of resonance. Instead I began to truly think things through logically and to document these ideas.

The power of this program is that it is completely unimpeded by traditional moral thinking and qualified opinions. When you look at the world you will notice that there are people who lead “amoral” lives who are nonetheless happy, healthy and wealthy, and others

who are considered to be “moral” but are nevertheless sick, poor and unhappy. So, following particular morals, traditions or a religion is not the real way to achieve success in your life.

I am convinced that these teachings, which have resulted from my research, have the potential to fundamentally transform your life.

I've taken this path myself! I've done exactly as I describe it here! Today I'm as fit as a fiddle, very rich, truly happy and free of every addiction! I live the life of my dreams – every day!

Boskugel

2. Introduction

Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they form your character, watch your character, it becomes your fate.

Every person I know would openly agree with this sentence as it makes real sense and at the same time bypasses various ideologies. Almost every person with at least some common sense simply has to agree with this sentence, no matter what religious or political persuasion. Everyone understands that without any words, thoughts cannot be formed, that without thoughts, actions cannot be taken, no matter how small they may be. You can't even go to the bathroom without consciously or unconsciously thinking about it beforehand.

It's therefore all the more surprising that hardly anyone understands the full consequences of this statement, for this statement can be shortened by leaving out the middle, then you are left with:

Watch your thoughts, they become your fate!

Far fewer would agree with this statement; they would tell you about how others are to blame and how difficult they have had it and that they can't do

anything about the turn of events in their life, it's only that they ended up with the wrong partner, and took up the wrong profession, etc.

What happened? Everyone agrees with the first sentence, but hardly anyone with the second one, even though they are basically the same sentence, the second is simply abbreviated. Due to its length, the full statement basically softens the real meaning:

Watch your thoughts, they become your fate...tells us in seven words a truth that feels like a resounding slap in the face of our life:

I alone am responsible for what happens in my life!

Most of us are brought up with “worldly” ideas. Hardly anyone has been lucky enough to be confronted with profound truths when growing up. So almost every one of us is brought up on beliefs about how difficult life is, how unfair the world is, that you can't have everything because coincidence, luck and misfortune decide whether you lead a happy life or one which you wouldn't even bestow on your worst enemy. And most of all, we learn that others are to blame for everything that happens to us!

If someone has led a rather modest life, with some ups and downs, then this person usually has a whole slew of excuses ready about why they have not led the life of their dreams. Of course, others are to blame: the

parents, the spouse, the boss, politicians, the difficult times, coincidence, luck and misfortune. It is only ever others or invisible all-powerful responsible parties who are to blame, or banal leftist ideology is used to detract from their own failure.

It's exactly this attitude which people then pass on to their children, who as a result only have a small chance of developing better, more independent and responsible thoughts. A child is a blank slate who has nonsense written on it by their parents and this influences them so much in their childhood – because it is more or less the foundation of the mind – that only a few have the strength to overcome this influence.

You have this strength and that's why, no matter where you are in life:

You are a winner! Because you are here now!

I've often been criticized for my views, criticized by so-called “moral people”, who have replaced their common sense with leftist ideology. The criticism that I have received opened my eyes to the fact that many people still have a great deal to learn when it comes to understanding how the world operates.

Many just can't detach themselves from the medieval paradigm which dictates that matter exists and you have to somehow deal with it. That is, however, an

extremely shallow approach that claims that I only believe in what I see. This is not only a very shallow, but also a very facile, view.

Everyone believes in a number of things that are invisible whether it's radio waves or gamma rays. People turn on their televisions as a matter of course and make phone calls without thinking about the invisible rays which are in use. It's normal and fits in with their world view. But the love of a person can also not be seen, nor the energy of a thought which you produce on a daily basis. This energy is nevertheless there, and – in accordance with its quality – affects your life. It's simply a scientific truth, which continues to be deliberately ignored because acknowledging the law of attraction is not possible without a paradigm shift in your life.

Of course, you can't acknowledge the law of resonance and then continue to claim that others are responsible for your life. So moral people and mainstream physicists will continue to pretend that quantum physics doesn't exist as it just doesn't conform to their world view. But it isn't until a person has accepted the truth that they themselves have created – through the content of their subconscious, that they will gain the freedom to be, have and do everything that they want to be, have and do.

As long as others and coincidences or an ill-fated life or an evil-minded God are made to blame for what happens in their lives, people will not be able to open up to their God-given gifts.

So they will continue to judge, denounce, prejudice, envy, hate, deny, etc. But in the process they will become ever greater victims who feel inferior. And this is exactly what will cause greater hate and resentment.

My critics formulated their objections something like this: This is a cold inhumane ideology that completely disregards cooperation and compassion.

This opinion is based on my insistence that every person has created EVERYTHING that occurs in their lives because it is merely the universe's response to what THEY THEMSELVES have radiated! This means that a sick person has also created their own illness, just as a victim of violence has created these course of events themselves, otherwise they would not have entered their life, in fact, COULD never have entered their life, according to the law of attraction.

And now many people who don't understand this law believe that it is beneficial if I pity the victim and condemn the alleged perpetrator. By doing so, however, I am strengthening the victim's opinion that

they are helpless and as a result they will create even more of these undesirable situations.

At this point I would like to stress that of course it is right to help a person in an emergency situation and to show your compassion if they need it. But there's a difference between, on the one hand, pitying someone by singing in the chorus of those condemning the alleged crime and, on the other, helping the person by comforting them and revealing the true cause of the events as being the power of their thoughts.

Not until people recognize their own responsibility and are blessed with the knowledge that every event in their life was self-created will they be capable of leading the life they long for. If everyone internalized the law of attraction, they would no longer be able to create envy, hate, jealousy and other highly destructive emotions. Why should you feel hate or envy when you know that every event in your life is something you attracted or created yourself? Imagine a world free of envy, hate, jealousy – in this sort of world neither criminals nor war would exist.

Weapons do not kill by themselves, it is a person's hate that does this and a belief in scarcity, a belief in limits that leads to this crime.

Many of my colleagues will tell you that you should change your thoughts in order to change your life, but

I say that's not possible. No one can leave the house in the morning thinking completely differently than they did the day before. That's because your thoughts are essentially influenced by your subconscious. So, someone with a poverty mindset will have completely different thoughts when, for example, they see a beggar, than someone who has a positive attitude towards money. You have to change the content of your subconscious to even be able to think different thoughts!

It has been scientifically proven that the subconscious radiates 50 times stronger than the brain, so it is your job to change its content.

Clear step-by-step instructions on how to do this is what you'll find in this booklet.

3. The law of attraction

What exactly is this ominous law of attraction?

This law is based on the scientific findings that a thought is a physical measurable occurrence which must cause an event.

In quantum physics it has clearly been shown that consciousness is required to create matter. If consciousness is not present then only a “flood of offers” is recorded. Not until consciousness is present do these offers change into matter.

It is essential at this point to understand that the whole universe is made up of vibrations. Everything is vibrating. There is nothing in the universe which doesn't vibrate. This book is also vibrating, every color, sound, smell, as well as every event and every piece of matter vibrates. Your thoughts are also vibrations, are measurable energy. The law of attraction forms occurrences and matter from the vibrations of your thoughts, it allows other people with similar vibrations to enter your life and people with other vibrations to exit it (“birds of a feather flock together”). Since really every thought must have some sort of effect, there is no such thing as a trivial thought.

It's important to note that you do not vibrate according to your present thoughts, but to the content of your subconscious! Your subconscious stores every single thought, every single feeling over the course of your whole life! This is a huge amount of information. It is your “being”, it is who you are: you emit these vibrations out into the universe which responds to them on a one-to-one basis. The first law of thermodynamics says that energy can be neither created nor destroyed, it merely changes its form. Every thought is quantifiable energy, which obviously cannot simply “disappear”, but is changed into a corresponding occurrence.

Actually the term “law of attraction” is not appropriate because it does not attract: that would mean that it is taken from somewhere else. The “law of creation” would be a more fitting term. How can you attract illness? That would mean that the cancer or gout is pulled to you, it implies that it comes from somewhere and is now no longer in that other place, such that another can no longer have it. But also in this case there is enough for everyone because you have created this illness! Just as you have created love and thereby situations which are loving and very pleasant to you. These are situations you create; if you were to attract these, others would receive less love because you already have most of it. This is of course not possible. If this were the case, then it would also

have to apply to all areas, including wealth and poverty. Wealth and poverty, health and disease, love and hate: those are all just vibrations that you alone create with your daily thoughts!

The thoughts you create produce a feeling with certain vibrations. Your thoughts and your feelings are an inseparable unit, which then create an occurrence and your world is then created that matches your thoughts.

It's no different with wealth: you don't attract it, instead you produce it with your "being". Your thoughts about wealth create wealth in the external world. If this wealth had been attracted, it would have to be pulled away from elsewhere. Many people might not understand this since they believe in limits. But surely we must agree that today in Western civilization more people live in greater wealth than they did 300 years ago and far fewer in desperate poverty than at that time. Even though people on the political left deny it, the times of real poverty as was the case 200 or 300 years ago when people were starving or dying from a lack of medical attention, have long since disappeared. No one in the industrial countries is that poor anymore.

Even Africa is on the way to experiencing more wealth; travel to Mombasa, and you will see many people with mobile phones and their own cars. In Asia

the rise in the standard of living is even more noticeable.

In the dark past people would have called today's Western lifestyle paradise! This paradise, which they could only have dreamed of at that time, has existed for a while now. Food in great abundance would have been paradise on earth for peoples of the past. So, great wealth has simply been created! It was created by people using their thoughts. And this is exactly the way you produce your wealth as well, which means no one else has to become poorer.

If someone became poorer just because someone else had just become richer, then someone would have to become ill just because someone else had become healthy. We create every single situation in our life ourselves. And even if everyone thought about wealth, it would never be used up. In our universe, energy is endlessly available and is turned into matter by means of our thoughts. Albert Einstein has given us a wonderful formula: $E=mc^2$, which says that not only can matter be converted into energy, but also energy into matter. As it has been proven that an endless amount of energy exists, this also means that there is an endless amount of material goods available at any time. These goods are produced by the vibrations your subconscious emits.

Sometimes when I watch other people and see everything they are fighting against, I ask myself why. You never have to fight! Fighting itself already implies a lack of belief that you will get what you wish for.

The only fight that you should fight is the one against yourself. And that's not a fight either, at least not when you concentrate solely on improving the content of your subconscious. That is the only activity with a legitimate guarantee for success! Things will gradually change and everything you have ever longed for will effortlessly flow into your life!

What is wealth? Do you think that Bill Gates has 700 million 100 dollar bills in his cellar? His wealth is electronic numbers in an electronic account.

If Bill Gates would now start to think constantly about poverty and at the same time experience a great fear of loss, then the value of the Microsoft shares would drastically drop. He could lose billions within a few weeks. Others who own a lot of Microsoft shares but who don't think of poverty would have already – out of an impulse – dropped these shares. This could be seen in the case of the German millionaire Maschmeyer who sold his AWD (one of the largest financial companies in Europe) shares – based on an impulse – directly before the financial crises began. If you don't think of poverty, then you can't experience

it. If you don't believe in fraud, then you won't experience it. You yourself are the creator of every single situation in your life.

Knowing this is so powerful, so ground-breaking, so earth-shattering in a way that no other statement ever was. You think that the discovery of the wheel was significant? Or the discovery of electronics or the internet? No way! The most important knowledge for you is that you alone can create everything that occurs in your life with your thoughts. You have created it yourself! Be honest: you don't need to know anything else in life. Why do you need to know the capital of every country? Or the names of the first 20 US Presidents? That's useless knowledge which at most would help you in a quiz show. But what's the use of stuffing your head with such useless data? These days any normal person can go online at any time and find all the knowledge that mankind has accumulated over time.

So why burden yourself in this way? If you know that all you have to do is persistently change the content of your subconscious, then you have all the knowledge you need for a truly wonderful life.

4. No exceptions?

It's really important to understand that the law of attraction is a natural law!

Natural laws always apply.

If you take an object and let it fall, it will fall downwards and it would have done the same a thousand years ago and it will do the same a thousand years from now. It will always fall downwards without exception.

Gravity doesn't care what you let fall, whether it be a wooden toy or a baby. The same is true of the law of attraction, there are no exceptions. It makes absolutely no sense to attach it to any ideologies or religions espousing what is right or wrong.

A scientist would never think of associating the laws of thermodynamics or gravity with any ideologies or religions.

The law simply is and will bring you the manifestations of your thoughts, regardless of whether someone else judges what you manifest as right or wrong! Regardless of whether the manifestation is good for you or destroys you. The law of attraction

doesn't care because it is just a law which has neither morality, nor personality nor consciousness!

So, you should always think and talk about things and events that have the potential of making you happy! Think and talk about things that you want, instead of what you don't want!

You should ignore proverbs like “one in the hand is better than two in the bush” and think instead, “I want the two in the bush in my hand and I will achieve that.”

According to the law of attraction, it is completely unnecessary to accept any kind of limitation. You yourself are the one who creates every situation in your life. In your world you are the sole creator. In your world you are literally God. That may sound to some like blasphemy or nonsense, but it is neither. You are the creator of your life! You already are! So you don't need to learn to create like a magician does. You were already born as a powerful creator. Instead you merely have to direct your thoughts to whatever you want and remove your thoughts from whatever you don't want.

There are many people who believe that ideology trumps the natural laws. But that is complete nonsense: gravity, for example, is not interested in whether a saint or a criminal falls down a flight of

stairs. Gravity isn't capable of being interested. It is simply the way it is. If you live in harmony with the law, then you can enjoy running, bicycling, swimming, mountain climbing, and ballooning.

On the other hand, if you don't act in accordance with this law, you will constantly be experiencing scrapes and bruises, and in photos you will always be the one in a cast or a neck brace.

It is no different with the law of attraction! It has absolutely no tolerance for ignorance!

Many people who don't understand that there are no exceptions to the law of attraction get upset about other people, hate them or judge modern life, others' egoism, politicians, the financial system, etc. They believe that they are right because they think that their opinion and their ideology are superior to anyone else's.

But the law of attraction will bring into your life exactly what you radiate, no matter how right you believe you are! You may feel as right as can be, negative thoughts create negative results, that's the law!

Ideology is simply an opinion! Actually everyone believes that they are right, no matter what ideology they follow! And basically they are right about that:

there are no right or wrong opinions, they are just points of view.

That's why you should remain above ideology and radiate love for the things that you like, praise, enjoy, observe; also speak about what you like, and what you believe is full of harmony and love.

Then even more love, harmony and happiness will flow into your life.

We all know that hate is the most negative emotion people are capable of. Consequently, it is very easy to categorize people into those who are good and those who are not as good based on who feels the most and who feels the least hate. Oddly enough, people full of anger, jealousy and resentment believe that they are the good guys and judge, for example, marijuana users and depict them as bad people even though these people might be full of harmony and love towards nature and all their contemporaries.

I tell people you are good when you feel no hate, when you don't criticize anyone and you don't fight anyone!

Let's now look at this from a less ideological viewpoint and from a practical one instead. What is your goal? You want to lead a wonderful life full of happiness? Doesn't everyone? But not everyone manages it! However, this is not because the Creator

has categorized people into good and less good, but because God has created a rule. And this rule says that you always get what you concentrate on! Paying attention to something, strengthens it! What will you get if you claim others are villains? Basically you are focusing on what you think of as bad and disdainful. How can you now experience the good fortune that you long for? You must understand this simple logic! God's law is not complicated; it is so simple that even a young child could understand it. Align yourself with what you like, you love, you enjoy, with what brings a smile to your face, with what captivates your heart and what you appreciate! If you do that, you will always feel good, truly good and all your wishes will come true.

The fact that the law has no exceptions is the most important and perhaps the most difficult aspect to understand. But how will knowing the law of resonance be helpful if every triviality causes you to judge others, which merely proves that you have not really understood this law. You will recognize someone who has a profound understanding of this law in its entirety by the wonderful life they have created full of wealth, happiness and harmony.

After reading this book, you will have the theoretical knowledge you need to reach that sort of understanding. Everything derives from the internal

world. The external world is simply a result of the internal one, that is, its reflection. That is quite a difficult lesson, as everyone who looks out into the external world cannot immediately confirm that. This is because almost everyone – even a real pessimist – believes that they are truly positive thinkers. Every sourpuss will tell you that they are just being realistic, but they will never realize that they only ever see undesirable aspects, even though they could just as well notice positive aspects and still be labeled as realistic.

People already believed that there wasn't enough for everyone when the world had a population of only one billion. In the meantime there are 7 billion of us here and wealth is steadily rising. This fact alone proves that the scarcity fairytale is simply not true.

Now many think that there's not enough money available for everyone to have enough of it. This is a fallacy. Worldwide there are more than 1000 billionaires. At no other time have even that many millionaires existed, but today there are over ten million millionaires: there was a time when there were not even that many people populating the earth.

Actually it doesn't matter how much money is in circulation. Let's imagine someone withdraws money from an automatic teller machine. Then this person goes to a hairdresser and pays for their haircut with a

10 dollar bill. This same bill is given to the hairdresser in the evening as part of her tip money, who then goes to a café with a friend and pays with this same bill. The café owner pays one of the waitresses with this bill who buys flowers with it for her mother. The florist then gives this ten dollar bill to her gardener in order to purchase new flowers who in turn buys something else with this bill. This chain can be endlessly tracked: it's always the same bill. When the bill is old it is taken out of circulation and replaced with a new one. In this way the bill has an interminable life span and will be spent a million times. Seen from this perspective, endless amounts of money are available.

You should remember this the next time you think about financial scarcity in your life. If that truly is the case then it's due to your thoughts and the resulting contents of your subconscious.

The media typically portrays rich people as greedy. I personally think that is nonsense! Imagine you are urgently waiting for a phone call, you are in fact hypnotizing your telephone to “ring!!!” You are greedy for this call. But that is exactly when your phone won't ring! It will ring when you start thinking about something else. It's the same with money: if you are extremely greedy, then money won't flow.

Therefore a rich person can't be greedy, it's more likely that poor people are greedy!

As I've already said, the law of attraction is absolute. You cannot continue to think, as you always have, in terms of guilt and judgment, etc. and view the law of attraction as a side dish. Either this law exists and you have created everything in your life, or it doesn't exist and everything is subject to coincidence and external acts. Either the world is flat or round, there are no compromises in between! Just as there are none between conventional thinking and the realization that the law of attraction exists!

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5. Is the world fair?

What is fair? Why is there so much misery in the world?

The world is fair – it couldn't be any fairer than it is. What could be fairer than the world giving you back exactly what you have radiated into the world?

Think about it as much as you like: there is no greater justice!

You get 100% of what you yourself have emitted.

If you want something else, then you will have to emit something else.

It's so simple, anyone can understand this! No one is that dumb, that untalented, that underprivileged, that weak, that young, that old, that black, that white, that poor, that rich, that sick or that healthy!

What in the world could be fairer?

Misery exists for one reason only: because people who live in misery, trap themselves into this situation by constantly thinking about their misery!

Visit poor people in poor countries: you'll constantly hear the words "We are simply poor and there's nothing we can do about it." This is deeply anchored

in their minds; the only hope they have is that a rich Gringo will come along and do something for them. Many have made “we are poor” into their life mantra and are almost proud of it! There is no difference between individuals and whole populations. Those who take responsibility for their lives are doing well. Those who give up this responsibility to others are not doing as well!

These people should quickly learn the law of attraction so that they can free themselves from their self-imposed misery.

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6. Is the world a bad place?

Is the world really as bad as everyone says?

If you watch the news you might believe that: 8 killed in an attack, 35 died in a war, 10 killed in a killing spree. Endless discussions focus on how bad everything is. Millions of television programs, radio stations, newspapers and websites around the world report ceaselessly about this, then scapegoats are sought, found and condemned. Endless chatter is lost on what people don't want and how everything will become even worse! Nationwide debates are carried out about what is right and wrong.

But are you aware that there are over 7 billion people in the world? If you assume there is a life-expectancy of 70, that means that on average 100 million people die per year! That means 270,000 people every day.

Have you ever thought about that? It's something completely normal and belongs to the natural course of events.

But then a plane crashes, and let's say 150 people die. The whole world is then in an uproar! Even though worldwide 270 thousand people die every day, these 150 people are now bizarrely the object of a great deal

of focus. Around the world there are thousands of radio stations, thousands of TV programs, thousands of newspapers and thousands of websites. Every radio station broadcasts this news once an hour for about two or three days, then again one or two weeks later when the black box is located or the real reason for the crash discovered. So the tragedy is reported over a million times.

This news goes around the world a million times. That means that it is sent, printed, discussed and analyzed in talk shows. In addition, fear and panic is stoked, guilty parties sought, security lapses revealed, scapegoats sought and condemned.

This is an unimaginable wave of attention. In addition, unrest in an African country, three deaths on the Israeli border, a demonstration in Russia. Regional stations and newspapers also report on a robbery, a car that was set on fire, three traffic accidents, the divorce of a local politician, a b-list actor being admitted into a drug clinic, a broken shop window and all sorts of other miserable gossip about the private lives of minor celebrities, which is nobody's business anyway.

And almost everyone is already convinced that the world is coming to an end. Nobody talks about the courage of a little boy who saved a cat from drowning, no one talks about a student who is

studying hard at home because he has a vision of becoming a great scientist. No one talks about the old man who for the love of his body jogs through the local park; no one talks about the young woman who swears eternal love to her first boyfriend; no one talks about the young man who listens to his pregnant girlfriend's belly and feels irrepressible joy at the imminent birth of his child; no one talks about the student from Indonesia who has a job as a cleaning lady because she doesn't want to live off the state.

It is this unrelenting attention to the negative that makes many people believe the world as a whole is becoming ever worse!

It's easy enough to explain why everyone believes that life is getting increasingly worse and in the past everything was better.

One obvious reason for this is that many people believe life was better in the past, so the opposite, that today everything is worse, must also be true. But think about it! First, those are blissful childhood memories of a "perfect world" when most have no responsibilities: children don't have existential worries; parents keep their children in blissful ignorance. Most children feel protected and cared for and don't worry about the future. They are carefree. Even if the parents are poor, they will play on street corners without a care.

Secondly, you know that if you look back at the past only good times remain in your memory; this is God's gift to us. Even if there were difficult times, most only talk about the good times.

This remains with us and the past difficulties pale in comparison. So, if you only have good memories of the past you are tempted to believe that at that time everything was good. And you will focus most of all on what is undesirable in the present. These days the media almost exclusively broadcasts the undesirable things in the world in real time, in high definition to “every corner” of the earth. But it only does so because of the existing demand they are filling. And so the reason for the idea of a bad world has been clarified. Strictly speaking the world is as good or bad as the sum total of the thoughts of its inhabitants.

I believe the world is becoming ever better!

Who would choose to change places with those who lived in the dark times of the Middle Ages? Or during the era of feudalism? In the times when disease wiped out large numbers of people, when war ravaged whole continents, people worked 60 hours a week for next to nothing and every third infant died in its cradle? I think no one would truly prefer that.

Death is just a natural part of life!

Never in the history of mankind has a single person managed not to die. Even Albert Einstein, Mother Teresa, Elvis Presley and Napoleon Bonaparte didn't manage to elude death! Dying is the most natural thing in the world. Of course, it's not pleasant if someone's life is taken due to violence, but the more attention you pay to this, the more violent deaths there will be. Paying attention to something strengthens it!

Now it is, of course, up to every person individually where they want to focus their attention. How is it helpful to hear everyone else's opinion about the crash? Who benefits from doing that? Will the victims be revitalized as a result? Do you become happier by viewing negativity? Will someone else be happier? Anyone in the world? On the contrary, you duplicate and spread negativity, and set negative thoughts into your subconscious, that's all.

I like to use this metaphor:

The world is a giant garden and you're standing in the midst of it with your recliner and can decide to place it where you want.

1. Over there is a stone garden with enticing smells, next to the flowerbed, sun, butterflies, a bubbling fountain, and birds singing – simply heavenly!

But you can just as well go elsewhere:

2. Over in the corner is a dunghill with insects and right next to that a cesspool: it smells horrible, like manure and rot, bugs are buzzing around you; it's really awful!

It's completely up to you where you want to focus your attention: you can keep watching the news with the horror stories of violence and decadence and join in the chorus with your colleagues or neighbors and sing about how terrible everything is and what awful things others have been doing yet again, and, of course, not to forget the refrain of how everything is going to get even worse!

But you could just as well focus your attention on things that you like, enjoy and make you happy.

It's all up to you!

Of course, the opposite is also true: The worse you feel, the more occurrences you will experience that will make you feel even worse.

7. What is right and what is wrong?

What is actually right and what is wrong?

It seems that criticizing is the favorite pastime of most people in the world.

Generally you could say that criticism is showing others their mistakes – in things, behavior, events or decisions. In my opinion about 1 percent of criticism is justified. Justified criticism is, for example, when a mathematics teacher corrects a test. In arithmetic $5 \times 5 = 25$ is a true fact. If the student has a different result, then he or she has not yet understood the applicable laws and should be helped through constructive criticism to understand them.

Any criticism I make that is not based on the laws of nature is therefore only an interpretation through the filter of my own personal opinion of what is right or wrong, appropriate or inappropriate, natural or unnatural, good or bad.

If it's a result of my own opinion, it is by definition not transferable to the opinion of another, because by definition it is just my own opinion. Any criticism of another person's lifestyle comes from the false belief, or rather from the dogma, that there is a right and wrong way to live. False assumptions are the reason

for all conflicts that we find on this planet! Starting with the smallest family argument, up to the wars between whole populations or religions! Why does one ethnic group hate another? Only because their traditions and customs are seen as inappropriate. Why do religious zealots have something against people who don't take religion as seriously?

It's only ever about what people see as right and wrong, but in actuality this criterion should only ever be associated with your own goals. If you want to buy something to eat, it is of course right to go to a grocery store and not to a car dealer; if your fuel tank is empty, you should drive to a gas station and not a tree nursery.

But these statements are based solely on logic. Most ideologies are based on the idea that the world needs to be improved, and to uphold that, you are supposed to fight for a better world in the name of justice. Taking the law of attraction into consideration in this case, you come to a very simple conclusion: those people fighting for a better world will always be doing so, no matter what direction the world takes. It's simply not possible, can never be possible for everyone to concur with all circumstances in the world for the simple reason that everyone is unique and not wired in the same way that a herd of animals is. Since everyone is very individual, it's not possible,

and also not necessary, that we are all of the same opinion.

Why do people in Europe look to the Middle East and criticize their lifestyles there? Why do people from the Middle East criticize the lifestyles of those living in Europe? The world is just the result of the thoughts of 7 billion people. It shouldn't be better or worse than it is because that is not possible. Would someone call a supermarket "bad" just because there are things there that they dislike or are disgusted by? They also contain unhealthy items which could kill some people, which could trigger an addiction, etc. Does that make a supermarket "bad"?

No, it's merely a reflection of the habits and desires of individuals in that region. Unsold items will disappear from the shelves, popular items will be given more shelf room. Walk into any supermarket, look at the selection and you'll find out what the people in that region prefer.

It's the same with the rest of the world thought up by 7 billion people. If you believe that alcohol is not good, then you don't need to buy it, but why judge those who do like alcohol? Do you think there is too much violence on television? Why is there so much violence on television? Because it merely reflects the demand of the population in that area; the ratings clearly influence what will continue to be shown and what

will be broadcast less or not at all. Nobody forces you to watch it. By not doing so, you are taking a step towards having it viewed less. The world is perfect: it has everything on offer: to each their own! If the Creator had wished that we all want and love the same things, then he would have created us to be more like sheep.

But he has given us the freedom to decide on our own what we want and like. Choose what you want, always focus your attention on that and you will observe how more of this enters your life. If, on the other hand, you focus on things that you don't like, then those things will enter your life much more: it's your choice. So think, dream and talk about things that you would like and you will lead a life that others envy. Don't focus on the things you don't want; realize that those are creations, manifestations of other people and you don't have to like them. But just as you wouldn't walk through a supermarket and complain about the things you don't like or are disgusted by, don't bother about those things in other areas of your life either. Your reward will be a wonderful life.

8. Is my body subject to the law of attraction?

Some people know the law of attraction but don't understand it in its entirety: that's why they claim that illness is the exception to this law. But why if you attract an occurrence in your life, should it be any different when it comes to illnesses? All sages agree that the law of attraction is a universal law which everything in the world is subject to; also from a quantum physical viewpoint, it's not clear why certain occurrences should be excepted. Why should an illness be an exception? If everything in your life is subject to this law, there is then no chance that health or illness operates outside this law, it is quite simply not possible.

Many well documented stories of patients recovering from incurable, deadly diseases just by believing in their recovery support and prove this theory. By examining this phenomenon more closely, it's clear that this is a moral issue: understandably, the politically correct stance is that whoever is suffering should not be burdened with the responsibility of their illness as well and they therefore can't have done anything to cause their illness.

This is what Bärbel Mohr (a successful German author) claims in her video “Cosmic Ordering”: “The

question arises again and again whether sick people are to blame for their illness. I don't think that they are: our body is a product of our lifestyle and the unresolved traumas of our ancestors. We are guilty as a whole population of the last millennium, but not as individuals. However everyone is born with a key to free themselves of this.” This is a clear statement that ordering something from the universe works, but not when it comes to your health.

Whatever you believe will happen, does happen!

This woman obviously did not find the “key” and this wonderful person had to depart from us so soon because she believed that she was not able to have any influence on her disease.

Bärbel Mohr died of cancer at the age of 46 and her publisher Konrad Halbig said, “We are distraught and can hardly believe it. No one lived more healthily than Bärbel.”

In light of the law, this makes complete sense. If you know the law of attraction, but you don't believe that health is affected by thoughts, and that instead ancestors from the last millennium are to blame, then you must feel a sense of helplessness in this area. You can try to compensate for this sense of helplessness by leading a “healthy lifestyle”.

Let's compare this with someone who never concerns himself with his health, and instead has led an excessively unhealthy life: the rock legend Ozzy Osbourne, whose alcohol and drug use is practically legendary. According to some, he's been on a number of "total binges" in his life: those were times when he spent weeks holed up in his hotel room and did little else but smoke, drink and take cocaine. Even when not "totally binging" he'd regularly consume four bottles of hard liquor and enormous amounts of cocaine every day, while at the same time smoking marijuana and taking over 40 prescription pills. He himself claims that he can no longer count the number of accidental overdoses he has survived. This man is healthy and at 65 he's fitter than ever. There are a number of other similar cases in the rock scene, like Keith Richards or Lemmy Kilmister, who have smoked all their lives and consumed alcohol and drugs of all sorts, but have nevertheless remained healthy and fit enough to give concerts and even go on world tours despite their advanced ages.

Conventional medical researchers are studying diseases ever more intensely and wonder why these diseases have not decreased. You cannot create health by studying disease. It makes no sense whatsoever. You must concentrate on health if you want to become healthy, or else see health as a gift from God and live the way you want: that's how Ozzy has done

it. In the end it is your thoughts which influence what happens in every cell in your body.

I will attempt to show this by means of a simple example.

You are walking with a friend through a shopping mall. A normal looking man walks past you and you glance at him. After a few moments you realize that your friend is completely beside herself. Her face is pale and sweaty, her hands are shaking and her knees weak. When you ask her what's wrong, she tells you that that normal looking guy you passed was her first big love and that she'd been with him a long time and not yet gotten over the separation.

If you now examine her behavior, you will realize that she did not consciously create this reaction. She didn't want to become pale and sweaty, nor did she want to go weak in the knees.

This occurs as follows: most processes in our bodies happen unconsciously; your unconscious mind controls your heartbeat, your breath, digestion as well as the hue of your skin, your knees and your sweat glands. Other than your skeletal muscles, it controls everything in your body, literally every single cell.

If you think this process through to the end, you will see that in the truest sense of the word

EVERYTHING that your body does can be ascribed to your own thoughts. Truly EVERYTHING!

Your subconscious is simply determined by your thoughts, that's why she had those reactions: she consciously programmed her subconscious to believe that the man was someone very special. Of course you can't give your subconscious a command that it will immediately carry out, such as "Please make me pale now," that would be play acting and wouldn't work. But the effect of many years of programming can indeed bring this about.

Your weight

If there was a law that said that people who eat a lot are fat and those who eat less are slim, then that would have to be true all the time and everywhere. I know people who eat a lot and are fat and I know some who eat a lot and are very slim. I know people who eat a little and are fat. So – and this is absolutely logical – food consumption cannot be the primary cause of how fat or thin you are.

Your continuous thinking creates pictures in your subconscious which become inexorably true. Imagine a fat person: for years he hears himself say: "You are too fat." Probably already as a child he heard "Don't eat so much, otherwise you'll get fat." Now he is fat, and if he goes on a diet, then that is a general attack

on his self-image of “being fat” and his subconscious will do everything to defend it and continue to optimize his hormones, drive down his metabolism, create cravings, etc. He has no chance of losing weight unless he begins to visualize a new image for his body, an image of being slimmer than he presently is.

Your thoughts permeate all your DNA; your DNA is found in every cell in your body. It is your DNA that sends your thoughts out into the universe. If you now think “I am too fat”, then your thoughts permeate your whole body! Your DNA is in every single cell! So now every single cell in your body knows that you are too fat and it will react accordingly. When you then go on a diet, you don't lose weight and at some point you go to a doctor who tells you that you have a sluggish metabolism. And so you think you are too fat because you have a sluggish metabolism. And soon you believe that you are too fat but it's not your fault because you have a metabolism issue.

If you thought of a slim healthy body, your cells and therefore your body would react differently and you would be slim! Who is responsible for your sluggish metabolism? Of course, your subconscious which gives commands to all your cells. And the content of YOUR subconscious is solely determined by your thoughts. Your body has to somehow produce this

“being fat” that you think of daily and that you have created.

If you think this causal chain through, back to its source, you will always come back to your own thoughts.

Why are you too fat? Because you have a sluggish metabolism. Why do you have this? Because certain organs (intestines, thyroid, etc.) are too slow or don't work effectively. Why are they too slow or not effective enough? Because your subconscious has commanded it to be so. Why did your subconscious command this? Because you yourself program yourself daily through your thoughts! The same is true if the answer to the question “Why so fat?” is “Because I eat too much.” “Why do you eat too much?” “Because it tastes so good and I can't stop myself.” “Why does it taste so good? Why can't you stop yourself?” Because your subconscious has commanded it to be so. Why...? Because you have thought it this way, who else could have created your appetite if not you yourself? It really ALWAYS comes back to your daily thoughts and the resulting content of your subconscious as the cause!

Visualize your slim body; imagine getting on the scale and it showing you your dream weight; imagine your colleagues congratulating you or asking you with

astonishment how you managed to lose weight so easily!

Your subconscious will record this image and will unerringly bring it to fruition.

Boskugel

9. The truth about willpower!

Who hasn't experienced their own weak willpower forcing them to take actions that they don't want to? Many books have been written about this; people have philosophized about how human it is to follow “inappropriate impulses”. I've noticed that even people who know about the law of attraction talk about this as if it were an inherent part of our lives. To do something that shows our weak willpower makes us likeable and human. A human weakness makes us seem congenial to others because then we can show our own weaknesses as normal and lovable. Sometimes it's really strange what people come up with just so as not have to think about that which not many others realize either. My definition of weak willpower is as follows:

Our weak willpower is the part of our subconscious which doesn't correspond to our actual wishes.

Let's say that an overweight woman would like to eat a salad for dinner. Her brain tells her that it's the right thing to do. But suddenly she has an enormous craving for pizza or a burger. She then fights with herself and decides on the fast food! She thinks up good reasons for this and promises herself that tomorrow she'll only eat salad the whole day. As she

orders her unhealthy food she is sure that she will succeed in carrying out her resolution the next day. She believes it! Her subconscious makes her feel certain for a short while! When she finishes her meal she suddenly knows that her plan for tomorrow will fail. She then feels guilty and tells herself, if only I had eaten the salad instead!

What happened? Her subconscious was stronger than her rational mind. The imprint is always stronger! The subconscious simply supports our brain and sabotages our decisions as a result! First her inner self supplied the appetite and the good arguments for a believable change in plans (a salad day tomorrow). When the unhealthy food was consumed, the subconscious had carried out its plan and took everything back again (changes of plan, beliefs)! If the subconscious was a person, you could accuse it of swindling her, lying convincingly in order to get its own way.

This is commonly chalked up to a weak will. In this way a “someone” is created who can be blamed for unwanted changes to any plans. Giving up your responsibility for occurrences in this way will of course not lead you to your goal! That's why you don't have to change your thoughts, but your conditioning, that way destructive patterns will simply dissolve.

I think that this is a good example of how people are not able to change their thoughts. First of all the content of your subconscious must be changed.

I think that you can identify situations in your life in which your brain fought against your subconscious and lost. Maybe you also let your weak willpower get the upper hand.

Could you have acted differently? No, otherwise you would have done so!

Weak willpower means doing something that your mind didn't want you to do, but the inner impulse was stronger than you. It is the discrepancy between your will and your impulses. These impulses are your imprints! People are not particularly strong or weak-willed. They are simply either a person who thinks about where they want to go or who thinks about what's going on now or, in the worst case, where they don't want to go.

The word strong-willed is nonsensical, no one is ever strong-willed or weak-willed!

If 51% of the content of your subconscious focuses on desirable things, you will win, but it will be a struggle. If it is only 49%, it will be a struggle, but you will lose. So, the more you feed your subconscious with desirable content, the less you'll have to struggle.

The inner voice is the opposite of weak willpower. This highly-praised inner voice, which you are always supposed to listen to, is the desirable content of your inner self that guides you.

So, if you are overweight and the inner impulse leads you to a bakery, that is your weak willpower, but if it leads you to a vegetable stand, that is the highly-praised inner voice which you are supposed to listen to.

Many claim that the inner voice is your most important guide! Despite being such a widely-held belief, I don't agree with this notion!

If you think about this intensely and observe other people, you will realize that the inner voice or the call of your heart are just impulses that arise from your subconscious. So, one person who is negative about money and has a scarcity mindset will be led by their inner voice in such a way that they will remain poor. When Steve Jobs was diagnosed with cancer in 2003, he also listened to his heart and didn't allow himself to be treated by the world's best doctors. Instead for 9 months he tried alternative methods of healing, acupuncture, fruit juices, and nutritional supplements from the internet. The founder of Apple took on this fight against the illness the way he had done for decades as a very successful businessman and inventor: he swam against the tide. Why did he do

that? Because his inner voice told him to! He had been very successful being different, and thankfully we have his great innovations as a result of this mindset! It affected his subconscious and he believed that it was definitely better not to follow old traditions.

“Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.” Steve Jobs, 2005 Stanford

In this case pure intellectual thinking or listening to his doctors and his wife would have been more appropriate.

What is intuition? Intuition is your own inner voice and this is based on the content of your subconscious! If these are unconditionally aligned with health, happiness and wealth, then follow your inner voice. But if they are not, then this voice can lead you to poverty, unhappiness, even to your death!

The quality of your inner voice always corresponds with the quality of your subconscious!

Conclusion: If Steve Jobs had not listened to his inner voice, but his doctors instead, he would likely still be alive today.

“He probably felt that he should have had an operation much sooner” and “He definitely wanted to speak about how much he regretted his decision” his biographer, Walter Isaacson, later said.

But this terrific inventor, businessman, visionary and millionaire, Steve Jobs, could not act differently because his subconscious was formed this way. In this way I want to show you that your inner voice is not necessarily valuable even if the whole world claims it is. Your inner voice is simply an echo of the imprints of your subconscious. If you improve yourself internally, then your internal voice will be ever more valuable and it will truly make sense to listen to it.

It is often said that you should always do what feels right.

Rhonda Byrne and Esther Hicks also wrote in their world bestsellers that if you listen to your feelings, then you will always be right. I'm not sure if I'm allowed to contradict these two greats of the self-help world, but I will simply do so.

The reason is that it's not always true that whatever feels good is also truly good for me. Let's now try to completely omit opinion, religion or ideology when distinguishing between “good” and “not good”. In “The Secret” Jack Canfield said that feelings are merely a feedback mechanism of whether my

thoughts are helpful or not helpful. This is indeed true, but now you have to decide: a feedback mechanism based on what? On my heartfelt wishes or on the wishes created by my upbringing, my culture and religion?

Whatever I feed my subconscious with, will basically influence what feels good or bad to me!

The best way to recognize the validity of this statement is through an example.

Person A and person B, both young men, have heartfelt wishes to become rich. They have both seen examples of it on television: big villas, several sports cars, beautiful women, parties, a distinctive circle of friends and everything of the finest quality.

Only one of the two was raised in a middle-class family, not really rich, but materially quite well off who saw wealth as something worthy of pursuit. The other young man grew up in a poor communist family.

The young A was told that if he worked hard he could have anything he wanted in life. For him it will feel good when he dreams of wealth.

Young B was told from the cradle onwards that rich people are bad, that they take others money, that they'll walk over dead bodies and won't stop at

anything to get what they want and should be stopped at all cost and that money is evil and corrupts character. If B now notices a heartfelt wish to become rich, this will not feel good to him at all. On the contrary, he will feel bad and guilty! But that doesn't at all mean that it would be better for him and that he would lead a happier life if he remained poor for the rest of his life

The same could be true, for example, of a healthy red-blooded young man who has “enjoyed” a highly religious upbringing. He feels strongly attracted to the opposite sex and wishes he could have many different sexual partners with whom he could live out his fantasies, but his upbringing and imprint are diametrically opposed to this. On the other hand a drug addict feels good when he shoots up and an obese person looks forward to the feasting he can do at Christmas. They all have one thing in common: that the content of their subconscious influences them to feel bad when they think of their deepest wishes or feel good when they think of something that deep down they would like to give up.

You don't feel good or bad when you have certain thoughts or take certain actions because they are good or bad or because they are good or bad for you; it's only because your inner self is imprinted in this way and you have these beliefs.

If you think or act in accordance with the content of your inner self, then you feel good, if you think or act in opposition to the content of your subconscious, then you feel bad. A fat person has “being fat” anchored in their subconscious, so they feel good when they think and act (eating a lot) out “being fat”. If they were to think about fasting next week, they would feel bad (that's why they don't do it), and all this even though they would like to be slim. If you continuously change the content of your subconscious, your life can – in every way – only become better. That is the law!

Boskugel

10. Don't you have to work hard to be rich?

Every, yes, really every change in your life can only happen by changing your subconscious and this only occurs by changing your thoughts.

That means you can only have more money if you expand your conscious in the direction of “more money”. This expansion can only occur if the content of your inner self changes. If you don't do this and you merely change your actions, your cash flow will not change. This analogy can be extended to all areas of your life.

True change always originates from your subconscious; there's no other possible way. Thoughts become things; what happens externally to make your thoughts become reality shouldn't concern you.

Whatever you believe will happen, does happen, not whatever actions you take!

Many wise teachers agree that you shouldn't concern yourself with how your wishes come true. You should simply believe that they will come true. Many claim, however, that you definitely have to take action, but this is not true. It is completely illogical: you're not supposed to worry about “how” but at the same time you're definitely supposed to take action? That is

absolutely contradictory. If you feel compelled and inspired to act, that is, you feel an undeniable urge to take action, then do so. But if you don't, then relax; it is completely unnecessary or even counterproductive to force yourself to act, just because everyone around you says that you must be diligent.

People who talk like this don't understand the law of attraction. Only once you have truly internalized it, will you be able to distance yourself from this paradigm of having to work hard.

“No pain, no gain”: I too had to listen to this nonsense as a child, but by studying the law of attraction, I came to understand that it is only those who have not understood the causal aspects of our thoughts who profess this.

This was noticeable in the 2012 US election campaign.

The wife of the presidential candidate, Mitt Romney, was criticized for never having worked due to having a rich husband. It was seen as a flaw that she had never worked hard. She even defended herself, claiming that she had worked very hard bringing up five children. But I say: Whoever works hard is flawed since they are apparently not intelligent enough to understand the law of the universe and put it into practice.

Honestly, why does anyone work hard? By definition, those who work hard have to do so to make up for the intelligence that they lack. Even if you ignore the law, this statement still remains true. A person with an especially high IQ, for example, doesn't need to study as hard at school. They simply absorb knowledge effortlessly. Those with a lower IQ have to compensate with greater effort in order to get the same results as the other person with the higher IQ. And this thread can be pulled further: a person with a higher IQ will effortlessly learn a profession that pays well. They will either work in the sciences, be a lawyer, a banker, a plastic surgeon or a high ranking civil servant. Those who are less intelligent will learn a trade. And it is exactly these people who will be portrayed as virtuous because they work so hard to support their families, and the others will be seen as evil because they never worked hard, yet nevertheless became rich, even though – and this is a very non-idealistic viewpoint – they are actually the better ones.

As just mentioned, I don't mean this in an idealistic sense, but very matter-of-factly, as would a machine or an alien. If you buy a computer, the better one will be the one that can more effectively fulfill the tasks you ask it to, the one that can “think” more quickly and efficiently. You don't spout nonsense like “But the weaker computer has to work so hard, it is more diligent, and is therefore the better one”- that would

be completely absurd! However, people are more inclined to respect those who work harder to achieve something than those who achieved their success with less effort.

This is an indication of how very much religion still plays a role in our world.

It is the very basis of Christian dogma that hard work is something admirable, and those who don't work hard, but are nevertheless rich, are viewed as freeloaders, imposters, charlatans or thieves. This viewpoint is often the basis of a purely material world view, that is, that only through work can something be created. So, something of substance can only be created if I move something physical with my hands. Yet this old fairytale just isn't true: it is a falsehood! The rich Church and the old feudal lords told the poor peasants that they would only go to heaven if they lived in blessed poverty and worked hard.

Material and circumstances only arise through consciousness; this has been clearly proven by physicists. If you think about wealth and your subconscious vibrates at the frequency of wealth, then you will also have wealth in the material world. It will be there without having to make a great effort. If you tune your radio to a particular station, then your radio will receive without it having to consciously make an effort. It receives all the stations just as effortlessly,

no matter what music is playing, whether it is absolutely awful or very beautiful. And it's no different with your own frequency. If you think about poverty, you will effortlessly bring poverty into your life. If you think about wealth, you will no longer have to work hard, even though it is wealth that you want rather than poverty. It is your beliefs that dictate that you have to make more of an effort to be rich than poor, and whatever you believe happens does indeed always happen. Wealth and poverty are just different vibrations of the same thing! Whether you emit poverty or wealth vibrations, it requires the same effort, but with very different outcomes!

I always think it is slightly embarrassing when very successful people talk about how you have to take action. Usually they contradict themselves. For example T. Harv Eker says (in the video "The Teachers of 'The Secret'") that everything is created by our thoughts, but elsewhere he then talks about how you need to take action because he's never seen a bag of money fall into a meditator's lap. Also the pop legend, Dieter Bohlen (the most successful music producer in Germany), wrote in his book "Demolish, don't Renovate" that you have to work like a galley slave if you want to be successful. I have just finished reading another book of his, which is also a sort of biography. To be honest, I can't find any part of the book that depicts him as working, let alone like a

galley slave. In addition, he describes how he came up with a number one hit, which also won the Eurovision Song Contest, while in the bathroom. After that he put it together while sitting at his piano for five minutes. This sort of number one hit usually earns several million euros. Of course, I don't know what Dieter does in the bathroom, but it doesn't sound at all like work to me, instead Dieter Bohlen has an excellent wealth consciousness and for this reason wealth flows to him effortlessly.

Even in schools, diligence is valued instead of intelligence. If a student is diligent the teacher is inclined to grade them higher than they would a lazy student who achieved the same amount, even though the lazy one must clearly be more intelligent to be able to achieve the same without any effort.

Of course intelligence is no guarantee for wealth. There are plenty of intelligent people who belong to the lower classes. But diligence is also not a guarantee for a life of plenty; there are enough very diligent people who live in bitter poverty.

However, a positive attitude is the guarantee: you will never meet a truly positive person with a wealth consciousness who stays in poverty for very long, nor a person who mostly thinks of scarcity who lives a life of fulfillment. The quality of the majority of your thoughts will have the greatest influence on your life.

A person with a positive attitude can also experience difficulties temporarily, just as a person with a poverty consciousness can briefly live a life of plenty. The biggest part of your life will take place where the content of the subconscious is!

If you study the law, you will realize that it is always your thoughts that allow you to have success. If you believe you have to work hard for that, then success will only come to you as a result of hard work. But it is your belief that you have to work hard for money which will be confirmed.

If someone works hard, that implies that they believe that they aren't valuable enough to get what they want. That's why they work hard: to become worthy of what they long for!

Actually it is absolute nonsense to act before your subconscious is convinced of your intentions. Your result will only ever correspond most of all with the content of your subconscious. Once again:

Your results will only ever correspond with the majority of the content of your subconscious!

So it is completely logical that your main task is to change this content.

Once you've rewritten your subconscious, then the occurrences in your life will change accordingly.

So, if the majority of your content is called “poverty”, how will you attract wealth through hard work? In fact, the opposite conclusion is true, if the majority of your content is called “wealth” then you can't experience poverty, even if you are not prepared to work hard!

Basically you can't escape the manifestations of your thoughts.

That means a person who constantly thinks of wealth, visualizes wealth, will inevitably become rich, even if they avoid all types of physical work. That is simply the law!

In the same way a person who constantly thinks of poverty, visualizes their poverty, will never become rich, even if they work hard every day!

11. How to change the content of your subconscious!

Everything I have ever done in my life ...

...was good, right and at that time the only possible action for me to take!

I know that for many people this is not acceptable and seems totally egocentric, like wishful thinking and as if it were completely devoid of reality.

But I would like to encourage you today to think about this carefully, and first of all from your own perspective.

Let's first consider the actions of your past which you see as wrong from today's perspective.

So you look back and think: I should have done it differently back then...

But now you try to remember exactly.

Could you have done it differently?

Of course I wasn't there but I would claim very definitely that you simply couldn't have done it differently! It simply wasn't possible because you believed that what you were doing was good, right or, at the very least, necessary!

You were simply not in a position to do anything else!

I know that this all sounds very confusing because people have told you differently all your life: your parents, your teachers, the media. Every day you hear how people acted incorrectly. But if you think about it carefully, you will see that I'm right; logic is on my side. If you accept this fact then your life will become ever better because you will be free of the very bad habit of judging and damning yourself!

We can prove this claim by going back to a time when you once arrived somewhere late.

This is easy and quite universal: everyone has been late at some point in their lives.

Let's say you planned to meet a friend. You got ready, looked at the clock and noticed that you still had some time to do something else. In that time you did indeed do something else. When you finally took off for the meeting you realized that you were not going to make it on time after all.

Now you could feel guilty and tell yourself: I should have left earlier! But be honest, when you looked at the clock you thought that you would have enough time!

You thought you still had enough time!

You should simply realize that that is the way it was!
It is rather simplistic to think: I should have...

At that moment you thought it wasn't yet time to leave! For this reason you couldn't act! Of course you know sayings about other topics such as: He should have for once thought of...

Have you ever thought about how illogical this is?
How should he have thought of something when he at that moment didn't think of that?

The moment a person says: I will do that! He does not have the chance of doing it any differently.

Another example: imagine you are at a restaurant and you have ordered a meal you love, but it doesn't taste as good as you expected and, feeling disappointed, you tell yourself: I should have ordered the special!
Do you realize how nonsensical this regret is?

You made your choice because at that moment you thought it was right, it was therefore the only action you were capable of!

And this can be the case for any situation in your life!
Even in circumstances which you are still ashamed of today. You did what you did because at that second

you thought it was a good decision otherwise you wouldn't have done it!

This is also true of occasions when you have verbally abused someone; even physical violence counts!

At that moment you thought it was the right thing to do. It could be that a few seconds later you already felt sorry because you saw the consequences of your actions!

Do this as often as you want, go into your past and think back to those situations; if you are truly honest with yourself, if you make an effort to give up old clichés and caring about strangers' opinions and to simply see things without bias, then you will realize that there is no situation in which you could have done things differently!

Anyone who denies this is caught up in a thought pattern which doesn't allow objectivity due to their upbringing and programming.

Even a reflex action or emotional outburst couldn't have happened differently, since this was done on the basis of your imprint.

And this doesn't mean that one person is better or worse than another. Everyone does what they think is right. It's just that some earn more approval than others or more criticism than others, and these are

merely expressions of opinions. One view is not more correct for this reason, just because more people share it.

So, if this is true for you, then of course it must be true for others as well. I know that this is a difficult lesson, but others – just like you – have judged their actions to be good, right or at least necessary at the moment they did them, otherwise they wouldn't have done them.

Boskugel

12. How to clean up your inner self!

Understanding the previous chapter is an absolute requirement for forgiving! Because not until you have internalized the fact that every person only does whatever they themselves see as right or necessary, will you be able to give up your negative feelings toward others.

Basically it's always the same process, by forgiving you cancel the negative content in your subconscious and by visualizing you make it positive.

To my mind, forgiving is the most important action that a person can engage in in order to decisively improve the circumstances of their life. I believe that no matter how many techniques you use, you will still not experience true success if your heart is full of hate and hostility towards others and shame towards yourself!

Let's say you didn't have a good childhood and were hit and teased at school. As a 40 year old you won't think about this every day. Nevertheless a great part of your subconscious is poisoned and radiates negativity. This is like radioactive material: you don't notice it, but it destroys from the inside.

If your PC is infested by many viruses, then all of its functionality will be affected. Most of the programs will run slower or not at all. The more viruses there are on the hard drive, the more difficult it is for it to operate smoothly. The same applies to your life: the more hate, anger, resentment and other negative feelings of injustice, guilt or inadequacies you have stored, the more incomplete you will believe your life to be. It would be very helpful for your existence if you realized that these emotions must disappear from your inner life in order to permanently change your life into a wonderful existence. Often you don't feel this resentment as it is deeply buried within, but it is nevertheless there and causes damage!

Many try to change the outer circumstances of their lives by manipulating people to their advantage.

That is like applying perfume instead of taking a bath in order to save time.

Just as there is no substitute for personal hygiene, there is also none for cleaning your subconscious.

In a garden where weeds are allowed to grow uncontrollably, beautiful flowers will not be able to thrive.

As long as your inner self is a battlefield full of negative emotions against others, as well as feelings of shame towards yourself, your external life will not

function. Not until you create harmony in your heart, will this also spread to the rest of your life. You have also learned in your childhood to condemn “the bad”. You have learned to gloat when “bad people” falter.

Many people say that they don't feel hate towards anyone, but you still hear them talk about what should be done to those who have gone astray. Some talk about using physical violence against such people or even capital punishment. The wish for vengeance is a sure sign of hate, even if you see your demand as completely justified and you avoid the word “hate” because you were taught that you shouldn't hate. Just because you choose a different word, do you believe that makes it any better? Hate is hate, no matter what you call this feeling. And if you wish for someone to get a life sentence or even to be executed, that is nothing less than hate! It is your hatred, it belongs to you alone and is in your heart, nowhere else! The object of your bad feelings has less to do with this than you realize. For this person also has friends who like him, some who even love him, so he can't be the reason for your resentment.

If hate is only internal, then of course only you yourself can remove it.

Forgiving is systematic soul detoxification and eliminates hate.

Only the weak commit to eternal revenge and animosity. They are too powerless to overcome feelings of hatred. Forgiving is a sign of mental strength! That is something to consider if you feel hatred towards others. If I forgive, then I am the winner because negativity has been removed from my mind!

Of course you can insist on your opinions being correct, but an attitude of “my opinion is right!” is usually not very effective when dealing with others. That only increases the confrontation and no one reaches their goal. If you decide you want to be the bigger one, then forgive your opponent and in the process you'll achieve your goals and, best of all, you'll be free of all hate and resentment!

Can you imagine that a person whose heart is full of criticism, anger, bitterness and animosity is able to experience radiant health and live in a joyful relationship? Or would you like to have that sort of partner on your side? Many believe that if they forgive, then they should be recognized by the person who they are forgiving, as the person they are forgiving has not earned it. But this is actually something you should be doing just for yourself.

I would like to remark that the one being forgiven usually doesn't even notice. You don't have to start

spending your free time with them or ever tell them that you have forgiven them.

You should not expect the other one to feel regretful and to apologize to you. Regret and atonement are terms that imply guilt. But how can new pain, eg, through penitence, cancel out old pain? That means that there were good and bad actors in this situation. And this in turn means that there must be generally accepted right and wrong actions. Thinking this way would mean that everyone should try to be the same so that everyone would finally be “right”. That would mean conformity in all areas of life!

I can't imagine that most religious people would be prepared to leave their religion and to convert to a new denomination because another is a “better” or “truer” religion. The same applies to political stances and private life plans, and also to wishes, needs and opinions of different individuals.

Of course, you can criticize others and scorn them if you want, but in the process you yourself will not reach your goals!

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. - Buddha

Practicing forgiveness is very simple:

Simply take a piece of paper and begin to write:

I have forgiven myself and every other person in this world completely and absolutely; I have forgiven everyone for everything!

After you have written this sentence down the first time, close your eyes and return to any situation in your past. Take, for example, the school classroom. You go there as an adult and return to a classmate of that time who you didn't particularly like. You go to him and say something like: "I never liked you in the past. I'm sorry about that. I forgive you for everything you did that triggered this feeling."

Or something like this, the exact wording in this case is not important, it just has to sound right to you. After that you go to the next one that you didn't particularly like, etc. So, always write this sentence once, then close your eyes and go to a person and forgive them.

If you can't find any more from your school, then just go into the teachers' room or to the school yard and continue the process there. Usually your subconscious shows you people who you can go to and you should forgive; it will happen completely automatically and will cause no strain.

I suggest not taking on any acute cases. So if a colleague made you terribly angry today, don't include them that evening in the forgiving process because much more recent emotions than will be in play. You will then get yourself angrier, which won't be beneficial. Always begin with the older cases from which you have already gained some distance.

You will also be led to downright difficult situations from your past and might have to relive them again. This can – no, actually will – be awfully painful, but you should give everyone involved your heartfelt forgiveness. Now acceptance will come into play which was discussed in the previous chapter. The person was just the way they were, and you were just the way you were.

They did what they did because they believed it to be right or at least necessary! Often it is the ending of romantic relationships which bring about especially intense accusations and negative feelings. During the forgiving process, you must recognize that this ex-partner simply behaved the way they did and had their reasons for doing so: it was okay! After all it was you yourself who chose this ex-partner! It was your choice. Surely you have also ended a relationship at some point and also had your reasons! Even if others couldn't understand your reasons, you behaved as you did because you – in accordance with your

subconscious – couldn't behave in any other way. Your ex-partner experienced the same; it's okay. Maybe you will experience the same a few months later while in the process of forgiving and you notice that it has become a neutral memory. And that is exactly the intention: old memories associated with negative feelings are still within you and even if you only very rarely feel them, they are nevertheless in your subconscious and affect your “being”.

By writing this sentence it will follow you like a mantra, like background music; often it endures a while after this exercise is over.

It's important that you carry out this exercise very consciously; that means the radio, television and PC must be turned off: only you, your pencil and your piece of paper! If you don't like total silence, put on some relaxing music.

Writing this is considerably more intense than if you were to simply think it: doing it this way involves thinking it, writing it, seeing it, saying it quietly to yourself, hearing it, as well as your hand feeling it. This strengthens it immeasurably.

If you do this every day, you will notice that unconsciously you will often be led to the same person or situations. That is not a problem. A single imaginary handshake or pat on the back is not

sufficient. This is like a very dirty item which you can't only wipe once to make it shiny, but countless times are instead needed.

As simple as this exercise is, it is the strongest tool to manifest a wonderful future, provided you carry it out intensively, constantly and persistently.

Boskugel

13. Is it really sufficient to order from the universe only once?

Almost everyone has heard the claim that you only need to order what you wish for once and soon after it will appear in your life. This claim is found in the world bestseller “The Secret”. Just order once, as in a catalog, and it will come to you.

If that was the case, then truly every person in this world would be healthy, happy and filthy rich. Yes, even the homeless person on the park bench would immediately order a million and a wonderful woman.

This is, however, not the case! It doesn't work this way! It never has!

Your subconscious radiates vibrations that are 50 times stronger than your brain!

If your brain says “a Porsche, please” and your subconscious says “I am a poor sod” 50 times louder, what do you think will more likely enter your life?

If you want to have more in your life, then it is YOUR job to fill YOUR subconscious with daily thoughts of the mental equivalent of the events or objects that you want to have!

It is often said that the first million is the hardest. That's because it takes a while to convince your subconscious that you are a millionaire. Once your subconscious is permeated by this idea the next millions flow into your life more easily.

I've just finished reading "The Success Principles" by Jack Canfield. He writes a thousand times that you have to act differently if you want to achieve different results. This is true, but it is also true that no one can change their behavior on command; otherwise there would be no more poor people, smokers, or overweight people. Before you are even in a position to change your behavior, you have to change the thoughts that cause this behavior. But not even that is possible: You can't simply walk out of the house in the morning and think differently than you normally do!

There is a reciprocal effect between your thoughts and your subconscious that can be quite fatal:

Your thoughts characterize your subconscious, but the content of your subconscious determines your thoughts!

It's a cycle that you should try with all your might to break if you want to change your life. Starting with your parents, relatives, teachers, etc. EVERYONE has affected your subconscious before you could defend

yourself against these suggestions. Everyone told you everything you were NOT allowed to do, COULDN'T do, and DIDN'T deserve.

When you began to think for yourself at some point your subconscious was already full of this damaging content which affected your every single thought!

The only thing that you can consciously do is to change the content of your subconscious!

That is the only thing anyone can do! To consciously sit down and force yourself to focus on your intended goals twice daily for 10-20 minutes! On the desired end result! Your subconscious thinks in images, which is why whatever images you input, are much more powerful than every thought! So, shoot a film in your mind of your desired achievements and look at that film again and again! You'll feel really good doing this!

Then and only then will the content of your subconscious change!

Only then will you be sending out a new vibration!
Only then will your thoughts adjust accordingly!

There is no other way to change your life. Jack Canfield did it exactly this way, as shown in the film "The Secret". First he began every day, several times a day to visualize the lifestyle he would have if he

were earning 100,000 dollars a year. That's how it all began, and then suddenly he had another idea (other thoughts) which brought about other actions. But it is very important to understand that it was exactly this sequence that he followed!

So, if you want to change something, first of all begin to visualize the end result and then let your new thoughts lead you to your goal!

The “how” is not something you need to know; the “HOW” will always be created out of the “WHAT”. Leave the “HOW” to the universe to figure out.

Boskugel

14. How do I create belief?

You have to truly believe something in order for it to come true! Who hasn't heard this saying as a child? Everyone says this, even doctors: "If you believe in your recovery, you will become healthy."

It is almost a mantra among success coaches that you have to believe in your success. Psychologists and teachers say that you have to believe in yourself. Jesus said countless times that whatever you believe will happen, does happen. They all tell us this but no one, not even Jesus, tells us how we're supposed to achieve this belief.

"You just have to believe in it and then you will have it!" a child hears and then tries to use some non-existent muscles in his brain, squeezing his eyes tightly trying "to believe".

But how do you actually do this – believe, that is?

Believing is a purely mental act, so squeezing and straining isn't any use. Actually, it's really very easy. Believing happens by frequent thinking; having a thought again and again turns it into a belief; it doesn't matter if this belief is good or bad for you. Think again and again that you will do or have something and at some point you will do or have it! Visualizing

creates beliefs! Why? Your brain reprograms itself; new synapses are created. Let's say that a child imagines everyday getting an "A" in mathematics on its report card. By visualizing, the child could change herself; her brain would be reprogrammed; new pathways would be created, other ones would disappear and, slowly but surely, the child would become excited and ambitious to learn mathematics and would also be able to understand it better.

In terms of the "hardware", we all have the same brain. A few grams more or less do not make a big difference. They are all the same! It all depends on which software you download. The "I can't" or "math is too hard for me"-software or the more useful "of course I can"-software. The more often you say "math is too hard for me", the more difficult it will become because new synapses are also created, in this case the "Math is stupid"-synapses. If you patiently visualize your final goal, your subconscious will install the best possible software. The synapses will then simply link up as you need them to be able to get an "A".

This relates to all other areas of life, no matter whether you want to create your dream body or material well-being. If you want to lose weight, for example, think as often as possible that you already have. Your subconscious will then let your metabolism increase and change your appetite.

Suddenly you prefer vegetable dishes to chips when sitting in front of the television. The reason for every yo-yo effect after a diet is that that person is not thinking of a slim body, but of what they want to lose. It's the same if you think of wealth every day. Maybe suddenly you get ideas that surface from your subconscious that lead you to wealth. If you often think of something, whatever you think will happen, does happen. And in the same way you can build your beliefs in your health by thinking of your health and occupying yourself with health. In this way – bit by bit, every day – you will come to believe in health.

The same applies to your beliefs in good relationships or in love.

Boskugel

15. Virtuous exercises

Many people tell you how simple it is to create a parking space. In some books you can find experiments on how you can prove the law of attraction by attracting a butterfly or a bird feather into your life.

Of course you can create these simple things because you believe in them! Everyone has found a parking space in a city center, everyone has seen a butterfly before! Does this also work with a million dollars? No? Obviously not. First you have to build up the belief that you are a millionaire! Practicing by manifesting butterflies is not helpful! You're just wasting your time by doing that! Believing the law of attraction doesn't improve your life, but rather systematically improving the content of your subconscious does! Your subconscious radiates and the universe gives it back to you in the form of your life!

Clean up your subconscious by forgiving and build your beliefs by visualizing, then you'll manage to earn that one million!

So, the same causal chain applies: through forgiveness negative content will be eliminated, by visualizing, positive content will occur in your subconscious!

That's how you rewrite your inner world, step by step!

It is also important to mention that you should persistently forgive, and visualize your goal; if after one week you are no longer interested in doing this, then it's best not to even start with this process. Do this every day until you feel the changes, then you won't want to stop anyway.

Boskugel

16. The perfect vision

It could happen this way: first you write a script, you are the author of the script.

Now it is important that you know exactly what you want.

Don't allow yourself to be swayed by others about what is best for you. Deep in your heart you know exactly what you really want.

So begin now to write this script. It's fine if this film is 20 seconds long, like a TV ad.

Everything that happens in this film you see from your eyes, from your perspective. You could, for example, see yourself lying in your garden next to a pool. Your dream car is in the entrance. Your dream partner is lying next to you and tells you it's wonderful that you are spending your lives together. A good friend or relative could call and tell you that they are so proud of you for having succeeded in turning your life around so quickly.

In your imagination you turn on your PC, you visit your online bank account and on the screen you see the balance you would like.

See your goal, and only your goal, leave it to the universe to get you there, it knows the best, most comfortable and shortest way there!

You should view this short film at least three times a day in a relaxed state. You should take your time; it will feel good. Try to reach a truly relaxed state. There are good audio programs that can bring you gently into an alpha state.

Boskugel

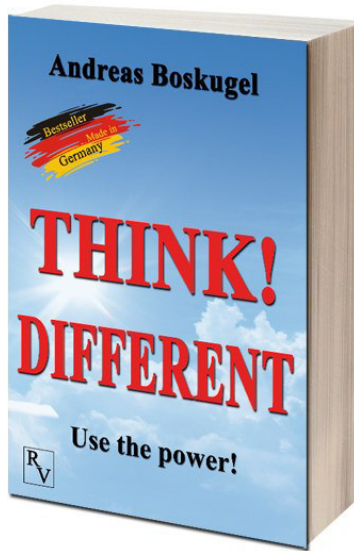
17. Persistence

Persistence is the most important characteristic that you need for this. Not a lot will change overnight. “Reprogramming” your subconscious takes time. It's best if you take a piece of paper and document your own current state. What does your life look like in all areas? Write it down and seal this paper in an envelope. Write the date and promise yourself to implement 100% of the techniques in this book! Consistently, every day! Exactly one year later open this envelope again and I promise you that you will be absolutely amazed by what you see, by how much your life has changed in one year. The changes in your life in one year will likely be faster than others experience in a whole decade.

These were short, but very effective directions about how absolutely EVERY person can improve their life. If this booklet made sense to you and you enjoyed it, then you are ready for the greatest adventure in your life, that is, ready to read “THINK! DIFFERENT”!

Affectionately yours,

Andreas Boskugel



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It would be almost obscene not to read this book if you're looking to succeed! This book goes far beyond the usual bla bla bla found in most books on success. The boundaries of political correctness are openly defied.

The author goes for the jugular!

The book **THINK! DIFFERENT** introduces breathtaking information to propel you to the next breakthrough in your life. With relative ease, you can become an invincible force of nature, where ever you are, whoever you are, whatever you have. It doesn't matter whether it's about your body, your relationship or your finances: in no time at all, you'll have what you've always wanted!

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