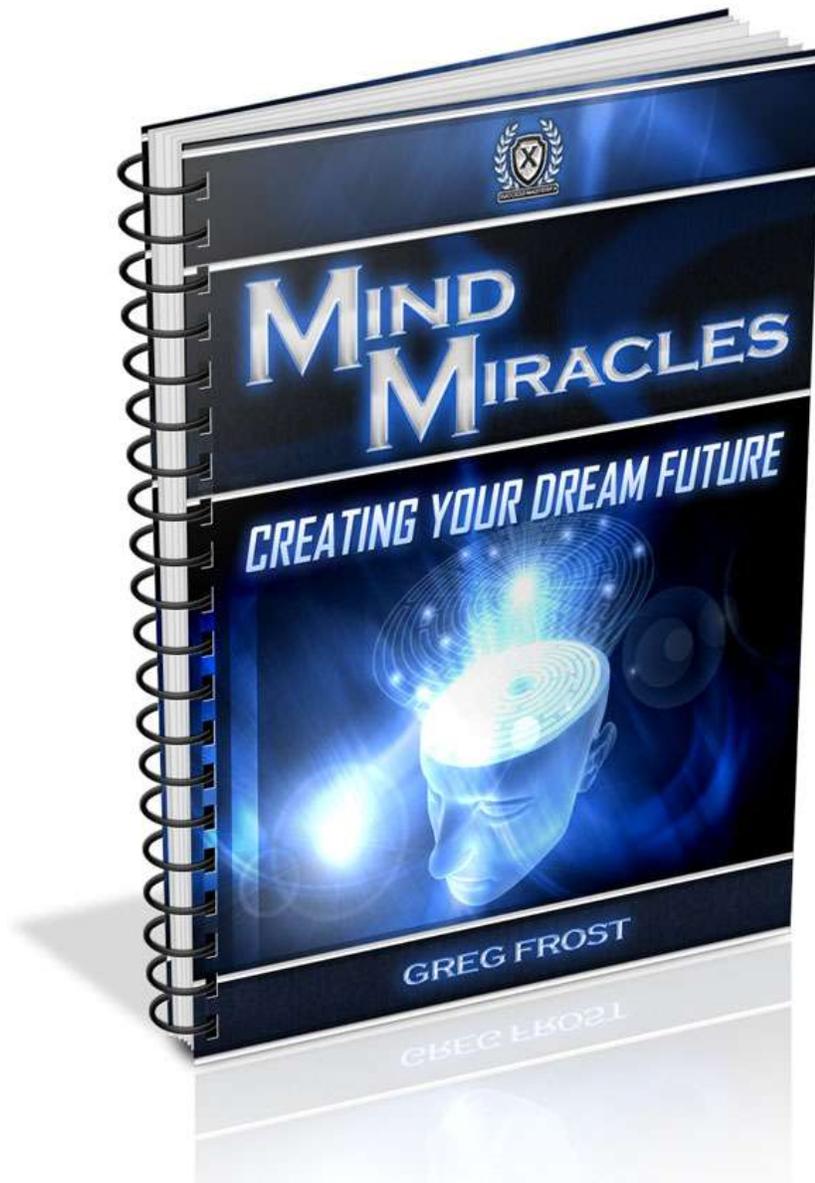


Mind Miracles

Creating Your Dream Future



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Published by Greg Frost

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About Greg Frost



Greg Frost is a bestselling author and self improvement coach who has helped thousands of people worldwide achieve their dreams. He believes that it is “Choice, not chance that determines destiny.”

Born within a middle-income family, he has struck out on his own and achieved great success in his relationships, career, health and life. His dream is to touch and improve the lives of at least 10 million people worldwide.

You can find out more about him and his other products at:

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Introduction

Dear Success Seeker,

It is to my understanding that you have downloaded this report because you are interested in improving your lifestyle and achieving success in your life. Well I would firstly like to congratulate you for taking the first initial step forward by downloading this report. By doing this, you have already set yourself apart from 96% of the other people worldwide. You have taken action, and because of that. You will succeed.

You will find proven techniques within “Mind Miracles” report to aid you in your journey towards finding success and fulfillment in life. Without further ado, let’s get started.

The power of your mind is much greater than what one can ever think of. The power of imagination, if used correctly, can even bring about life-changing experiences into our lives for a better future.

There have been countless examples of the manifestations of such power that you may or may not have noticed around you. One particularly noteworthy case study would be a 36 year-old woman by the name of Jane, who is single and holds a routine day job. Each day after work, she came would come home and head straight to her room, avoiding any social events whatsoever. Shying away from friends and invitations to parties and the like, she lived the life of a hermit, and refused to participate in any form of social interaction. Also, one peculiar occurrence was that she could never stick to any one job for a substantial length of time, and she ended up going through 5 similar jobs in just under a year.

The one predominant problem she had was what one could almost consider as paranoid delusions. She was of the opinion that she was not as well-endowed as she should be, and that her features were, in her own words, “unattractive”, “ugly”, and even “downright hideous”. She firmly believed that anyone she encountered would make fun of her “inadequate” features and talk behind her back about them, imagining them saying hurtful things about her and laughing about it all without her knowing.

By medical standards, her features, while prominent, were not remarkably uncommon statistically. Such prominent features are not rare in today’s society, so her claims of having “hideous” features were substantially unfounded. Similarly her claims of not being as well-endowed as she should be (based on her comparison with the average woman) were also baseless. She had proportions that were common among women her age, but she was fully convinced that she lacked the average woman’s proportions.

Eventually her overactive imagination ran so rampant she ended up pushing away concerned family members who had been trying to help her with her insecurities, somehow convinced that she brought shame upon the family and they shunned her for her looks.

Despite her family’s continual efforts to convince her otherwise, it had come to the point where her mind had been set firmly on the belief that she was, in her own words, “a hideous, disproportionate freak”. Seeking medical help, Jane’s family enlisted the help of a psychiatrist. It was determined from the initial diagnosis that the one factor that had been responsible for her years of unhappiness was her strong imagination.

Several sessions followed thereafter. She was taught the difference between creative imagination and destructive imagination, and with the help of both her family and her

psychiatrist Jane was finally able to realize the truth of her issues, and began shedding her negative beliefs. After a year of therapy, she managed to build for herself a more positive self-image by applying concepts of creative imagination to her daily life.

As you can see, imagination can be a very powerful tool that can shape how we live our lives. In the following chapters, you will discover just how you can use the power of imagination to turn your life around for the better.

Creative Imagination

What is creative imagination? It might sound profound but it is not; it is actually part of our daily lives. Our decisions for action or inaction are not due to our “will” but the creative imagination in our automatic mechanism. Scientific studies have shown that humans will always act and react conforming to what he or she imagines to be true about himself or herself. This is the basic and primary law of the human mind pre-coded into every individual.

The manifestation of the law is even more evident in hypnotized subjects. For instance, if a hypnotized individual was told that he is trapped in a giant freezer, he will start to shiver and feel cold as if he is physically there. Not only that, goose bumps will develop even if the actual surrounding temperature is at room temperature. The reason for using hypnotized subjects is that these subjects will believe totally in the hypnotist’s words and change their behavior accordingly whereas non-hypnotized subjects will know that they are only imagining and the scenario is not happening in for real. This belief actually helps to amplify the effect of the imagination in hypnotized subjects.

Similarly, an experiment was conducted on college students who are wide awake. They were told to imagine dipping one of their hands in freezing water. Temperature readings were taken for both hands and it showed that temperature for the “freezing” hand does drop during the experiment.

In essence, your mind cannot differentiate between “real” experience and “imagined” experience. It is only responsible for providing appropriate responses to the experience. Hence, by imagining positively, you are actually producing positive responses that contribute to your success.

Why We Behave the Way We Do

The human brain is designed to provide appropriate reactions for situations and problems encountered in the environment. To illustrate, a normal, ordinary man requires no pre-thought or contemplation of his next action the instant he sees a hungry and rabid predatory animal coming at him.

The automatic, instinctual response to run is triggered by fear of the animal. It then causes adrenalin to be released and also heart rate to rise accordingly. Body functions not required for escape are temporarily shut down and all resources are channeled to the muscles for running.

Chances are, we would have already been taught that at some point in our lives, perhaps in high school, but the reason for quoting this example is to illustrate one very important point. The brain is not only responsible for generating appropriate responses to the environment; it is also responsible for collecting information on the environment. The automatic response to run instinctively when encountering a predatory animal is commonly mistaken to be due to an emotion (fear), instead of a mental thought.

In fact, it was actually a mental thought - information received from the environment and assessed by the forebrain that triggered the emotion. Hence, the actual cause of the man's decision to run is the mental thought or perception by the brain that the animal is chasing after him.

Basically, nerve impulses are sent to the brain by our senses and the brain processes such information to create an idea or mental image. Individuals then react accordingly to the

resultant idea or mental image. The mental images may or may not be representative of the real world at all, but these are what your brain perceives and will proceed to react to.

To further prove the point, suppose the predatory animal that man had seen is actually an actor in a costume of say, a tiger. Let us then assume that the man had been somehow conditioned to think and believe that all tiger costumes were the equivalent of the animal. How do you think the man would have reacted?

The man who might not have been aware of the circumstances would have “imagined” the costumed actor to be a real tiger and reacted the same way. In both cases, he reacted based upon what he believed and imagined to be true about his environment. Hence, whether or not our reaction is appropriate to the situation is what the brain imagines or perceives the external conditions to be.

Imagining Success



By understanding that our actions, emotions and behavior are all affected by our mental images and beliefs, we can definitely alter our lives by changing merely our mental images using creative imagination.

With that, we can even kick bad habits like procrastination or addiction that we have to enjoy a more fulfilling and successful life.

Imagination allows us to practice or simulate new routine or behavior which we might not attempt in reality. Some of the reasons may be lack of time, fear of change in lifestyle, fear of being laughed at etc. However, since our mind cannot differentiate between real and imagined experiences, if we visualize ourselves doing a certain act, it is almost the same as doing the act itself. The following cases will illustrate the point more clearly.

In an experiment conducted by psychologist R. A. Vandell, subjects were divided into two groups. The first group was assigned to practice throwing of darts physically whereas the second group was assigned to practice throwing of darts mentally by pure imagination. The experiment was done on a daily basis and spread across several days. At the end of the experiment, the results showed that the second group had actually improved their aim as much as the first (but with only mental practice).

In another similar experiment, published by Research Quarterly, participants were invited to assist whether mental practice will improve scoring for basketball free throws. The participants were split into three groups. The first group was assigned to practice shooting free throws physically everyday for 20 minutes during the experiment. The second group was also assigned to practice shooting free throws, but in their minds for 20 minutes daily. The third group did no practice at all over the course of the experiment. Scores were taken on the first and last day of the 20-day experiment for all the groups.

Final results showed that the performance of the group without any form of practice showed zero improvement and the group that practiced shooting free throws physically everyday obtained a 24 percent improvement in their score. However, what was amazing is that the group that merely practiced shooting free throws in their mind had a 23 percent improvement in their score.

Just imagine that, a 23 percent improvement in their performance just by imaging and practicing it in their mind. I'm sure you can start seeing the possibilities you can achieve with this simple exercise.

Improving Sales with Imagination

Charles B. Roth introduced an entirely new idea that had helped salesmen increase their sales from 100 percent to as high as 400 percent. It was published in his book, "How to Make \$25,000" a Year Selling".

In his book, he referred the idea to "role-playing". It is basically imagining yourself in a wide variety of situation where you have clients asking the questions you least expect. You will then try to formulate the best possible response to the questions. How does it help?

In sales, the most important moment is when a potential customer raises his doubts or objections. If you are able to address every objection confidently and promptly, you are already increasing the chances of closing the sales significantly. Hence, by mentally "rehearsing" the difficult situations you might get yourself in when doing sales, you will not be intimidated by the client's objections and appear less confident even though you have not encountered such situation before.

"Practicing" in the Mind Improves Performance

C.G. Kop, a renowned authority in piano teaching, recommends that all pianists should "practice in their heads" and all new composition should first be played in the mind before even playing on the actual piano keyboard. Artur Schnabel, a world famous concert pianist, disliked practice and seldom practices at the actual piano keyboard. When queried about his minimal practice but stunning performances, he replied, "I practice in my head. "

Alex Morrison, well-known golf coach in the world, has developed a system called “Seven Morrison Keys” to improve one’s golf with only mental practice. The fundamental behind the system is such that one must have a clear mental image of the desired result before it can be done successfully. According to him, the mental side of golf represents 90 percent of the game, physical side 8 percent and mechanical side 2 percent.

In his book, “Better Golf Without Practice”, he illustrated how he managed to improve the golf score of this man called Lew Lehr with no physical practice. He merely demonstrated the correct posture and went through with him “Seven Morrison Keys”. After going through the “Morrison Keys” mentally for five minutes daily for several days, Lehr was able to improve by shooting 9 holes in an even par which was something he could not achieve for years.

Similarly, other professional golfers who applied his system were reported to have been able to reduce 10-12 strokes off their scores.

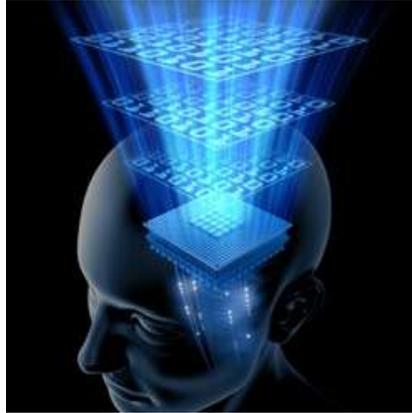
Ben Hogan, one of the greatest golfers in the history, was reported by Time magazine that he will mentally rehearse each shot just before making the actual shot. The imagination was vivid such that he could even “feel” the club striking the ball and “see” himself performing the perfect shot.

Johnny Bulla, a professional golfer, wrote an article about how mental images can help you to make the perfect shot. According to him, mental images are much more important than having a correct posture.

He highlighted that most professionals have one or more serious flaws in their posture but are still able to perform as well. Why is it so? In Bulla's eyes, if you can visualize the end result vividly ("see" it in your mind's eye that the ball is travelling in the direction with the strength you wanted it to) together with the confidence that it is going to happen just as you imagined, your subconscious mind will take over to make appropriate adjustments.

Basically, you can have poor standing posture or gripping style but if you are able to project that mental image together with high level of confidence, you can still make a good shot.

The Real Secret of Mental Imaging



Despite common misconception, mental imaging is not a new discovery in the recent years. Back in 1800s, Napoleon had already been using mental imaging to his success. Before Napoleon even went onto an actual battlefield, he had previously been using mental imaging to “practice” soldiering for years. It was said that the notes Napoleon made in the years before going into a battle could fill four hundred pages if printed. The notes contained all about how Napoleon imagined himself as the commander and deploying his troops with precise mathematical calculations.

Mental imaging has sometimes been regarded by people as “magic” due to some of the incredible results it has brought to those who knew how to harness the power of such technique.

Modern science shows us that the so called “magic” is actually due to the normal operation of our mind and body. Basically, the human brain, nervous system and muscular system are regarded as a complex mechanism whereby all three components will adapt to feedback information from the senses and correcting the input automatically so as to achieve the goal.

As illustrated by previous examples, one must first have a target or goal in mind to achieve. It must be clearly visible in the mind's eye before you can even achieve that goal. When you have a goal that you can see clearly in your mind's eye, the "success mechanism" which comprises of the three components will take over and work towards that goal. The mechanism works in the background in your unconscious mind which does the job better than what you can do by conscious effort.

This leads to a very important point in mental imaging. Often, people have goals and work very hard towards it but still fail in the end. Why? The most common explanation might be that one is too highly dependent on his conscious mind and effort to achieve the goal rather than letting his success mechanism take over so that the sub conscious mind can take over to direct him towards his goal. As such, the man might be too tensed up and not relaxed enough to allow the sub conscious mind to perform.

Another one of the reasons might be a conflict between the goal and what the mind is seeing. For example, a man has set a goal to start up a successful business with all his savings accumulated over the years. However, his mind is always filled with fear of losing his savings and "sees" himself losing all his money in a failed investment decision.

What is happening here is that his conscious mind is working towards the goal of a successful business but the sub conscious mind is working towards a flawed business decision which will lose all his money. By having the mental image of losing everything, the man is actually "rehearsing" for the situation whereby he loses everything. Consequently, the man will be more "experienced" and "capable" of dealing with a failed business. As we always do things that we

are good at, it is rather foreseeable that the mental image will become a self fulfilling prophesy and lead the business to failure.

Although positive mental imaging is important, it is not everything. Constant effort is still required for one to attain his goals. Goals will not be realized if one just concentrates on visualizing himself achieving his goals as clearly as possible but without taking any action towards it. This is akin to “daydreaming”. Only when conscious effort is combined with sub conscious effort then the power of imagination can truly be released.

Mental Image of Yourself

Each and everyone of us will have a mental image of ourselves. The image can be projected as a confident, shy or outgoing individual who may or may not be reflective of our real self. Regardless of the accuracy of our own mental image, it is crucial to any change in our personality that we are looking to alter. Before an individual can make changes to his personality, he must be able visualize himself in his new personality. Why is this so? Again, by having a mental image of your “changed” self, you are “rehearsing” the lifestyle of a “changed” self in your mind which helps in the actual transformation in your personality.

Edward McGoldrick, founder of an early treatment center for alcoholics, uses this technique to help alcoholics kick their habit and lead a normal life. Everyday, he will get his inmates to shut their eyes and visualize that they are leading a life without alcohol. In the visualization, they will see themselves to be happy and sensible individuals without alcohol in their lives. By employing such technique, Edward McGoldrick is able to cure alcoholics with a much higher success rate as compared to any other treatment centers.

To illustrate the effectiveness of the technique, below is a medical case study on forty-five mental patients conducted by two psychologists, Dr. Harry M. Grayson and Dr. Leonard B. Olinger. The patients were first asked to take the standard personality test. After that, they were asked to take the same test again, but this time visualizing themselves as a normal person who is not suffering from any mental disorder. The results from the second test showed a 75 percent improvement relative to the first and also some of the patients were observed to make significant improvement in their condition after the study.

The success of the study can also be attributed to the changed mental image of self in the process. By doing the second test, the patients are actually required to imagine themselves as normal and sane before they can answer the questions. Such imagination causes them to think “normally” and thus helps in the improvement of their condition for them to start behaving normally.

Once again, from this case we can see that the power of imagination can even help mental patients to achieve a higher rate of recovery despite the common belief that mental disorders are harder to recover from due to the nature of the disorder.

Projecting an Accurate Mental Image of Yourself

As you can see, mental imaging can have a huge impact in changing a person’s life. But this does not mean that by creating an inaccurate mental picture of yourself being all powerful and mighty will lead you to that end result. What mental imaging does is more of having an accurate mental image of yourself and realizing your potential to the fullest. It does not advocate inaccurate portrayal of yourself that is vastly different from your “real” self.

Psychologists have found out that most people under-rate or underestimate themselves, thus preventing them from realizing their fullest potential. What about those with a “superiority complex”? As a matter of fact, individuals who seem to have a “superiority complex” are actually tormented by internal feelings of inferiority. Basically, the superior self acts to hide and conceal the inferior self from others but deep within, these individuals suffer from inferiority and insecurity.

How do you determine your “real” self? Perhaps in this case, religion might be better able to provide a better explanation. In terms of religion, history has shown that man was created by God according to His own image. Since God is all mighty and powerful, logically speaking He would not create humans made in His own image to be destined for failure. Dr. Leslie Dixon Weatherhead, one of Britain’s renowned preachers, once said that if one sees a mental image of himself being weak and defeated, he must eliminate that thought immediately because it is untrue.

According to him, God sees human beings as calm, confident and positive individuals and not miserable men who are doomed for failure. Therefore, humans must not see lowly of themselves when they actually has the potential to accomplish great things. Your “real” self is actually someone who is capable of accomplishing much more than what you currently have in mind but definitely not someone whom you cannot imagine yourself to be.

Putting Words into Action

Henry Ford once said "Whether you believe you can, or you can't, you are right."



Basically it means that your success and achievements are determined by your very own mental image of yourself. "Hold a picture of yourself long and steadily enough in your mind's eye and you will be drawn toward it," said Dr. Harry Emerson Fosdick. "Picture yourself vividly as winning and that alone will contribute immeasurably to success. Great living starts with a picture, held in your imagination, of what you would like to do or be."

Everyone has an existing mental image of themselves contributed by experiences, expectations and imagination over the years. In order to recreate your existing mental image to one that is more reflective of your "true" self, you will need to utilize your experience, expectations and imagination.

To begin with, you need to have the discipline to set aside 15 minutes daily for the "transformation". Try to find a quiet environment where you will not be disturbed for the whole period so as to attain maximum effectiveness. Close your eyes and relax yourself totally.

In your mind's eye, you need to "see" your "new" self as clear and detailed as possible. As stated earlier in the chapter, your mind cannot differentiate between real experiences and imagined experiences. By visualizing as vivid and detailed as possible, you are trying to create an imagination that is very close to an actual experience. Since the interpretations of your actual experiences are what you base your beliefs and perceptions on, by employing this technique, it can potentially change your life.

How detailed should the imagination be? For example, you are imagining yourself giving a speech confidently in front of one thousand audiences. You should be able to "see" the smiles and occasional nodding from your audience; you should be able to "hear" the question from the floor; you should also be able to "feel" the cold temperature of the auditorium's air conditioning.

Basically, by making full use of the five senses in your mind, you create a mental imagination that is close to the actual experience. The amount of details is the key to the success of this technique. Whenever possible, imagine the sight, smell, sound, touch, taste and even your personal feelings during the "transformation" and not long after, you might not be even able to differentiate whether some "experiences" are imagined or have actually happened.

During the whole 15 minutes, you may act like a different person from what you were yesterday or even an hour ago. However, that does not matter. What matters is that you are "changed" for the period of 15 minutes everyday.

You just need to focus on what you want to be for those 15 minutes, not yesterday, not tomorrow.

Your “success mechanism” will take over to provide the appropriate reaction not only for those 15 minutes, but also for future situations after practicing for a period of time.

Try it, I’m sure you’ll be amazed with the results.

Conclusion

The power of imagination is truly something that is to be reckoned with. We all have the potential to be more than we are currently. With a little imagination and determination, there is nothing in this world that we cannot accomplish. The best thing of it all is that we already have this very powerful tool in all of us. The only thing that has been stopping us from achieving our fullest potential is the fact that we were not aware of this innately powerful tool and its potential to affect change in our lives. Now that you've been made aware of it, how will you use this knowledge?

If you're interested to learn more techniques and tips on achieving your dreams and desires on a massive scale, I would urge you to take a look at: <http://www.SuccessMasteryX.com>

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