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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

4 Magic Words To Use Daily

By Michael Pollock

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As a powerfully creative individual, you have two incredible tools that form the foundation of your creative power. Whether you're aware of it or not, you're already using one of these tools to create everything you currently experience in your life – good and bad alike.

Begin using these two tools together, and you'll harness a creative force within you to manifest your heart's desire. Before you can do that, however, you'll need to use the 4 magic words I'll share with you in a moment. First, let's talk about the powerful tools to which I'm referring.

The tools are attention and intention.

Attention is defined as:

"Concentration of the mental powers upon an object."

You use attention any time you concentrate your thoughts upon something, whether it's an object or just another thought.

A simple law of the universe says wherever you focus your attention, you also focus your creative energy. In other words, what you think about, you create in your experience.

The second tool, intention, is defined as:

"An aim that guides action."

Intention is the aim, the object or the reality you want to bring into your experience.

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Intention is "the object of your desires."

When you focus your *attention* on what you want and make it your *intention* to create it, you take hold of a creative force that can literally move mountains.

Alexander Graham Bell spoke of this force when he stated the following:

"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in

that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."

The 4 magic words that position you to use this creative force is your own life are...

"What do I want?"

Sounds simple, right? It is. But it's not always easy to know what you want.

Further, when you do actually decide what you want, you face the challenge of asking for and receiving it.

Even further, you've faced those times when you actually got what you wanted, only to discover it wasn't as great as you expected.

You end up just accepting and tolerating whatever life throws you, whether in the form of your career, your mate, your income, your living environment, etc.

Then, of course, in our state of "tolerating life," the more we focus upon what we don't want, the more of it we experience.

In the words of fitness guru Susan Powter...

"Stop the insanity!"

"What do I want?" Begin using these 4 words each day. As Stephen Covey says, "write it down, asterisk it, underline

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it." If you ask it, the answers will come. Keep asking until the answers do come.

See, you will always get something, even if it's only more of the same. My good friend and fellow Coach, Bryden Manning talks about "Christmas morning relationships."

As a child, when you awoke Christmas morning, you knew you'd have stuff under the tree. But if you didn't make a list of what you wanted, there's no telling what you'd get.

It works the same with every area of your life. Every day is Christmas morning. You'll always get something. Have you made your list yet?

"What do I want?" Just say it outloud with me.

"What...do...I...want?"

If you have a hard time with this question, consider taking a class or work with a coach. It's too important a question to ignore any longer. It's your life, after all.

Start today. Say it..."what do I want?"

To the extent you get clear on the answer to this question, to that same extent can you focus your attention on it and make it your intention to create it.

I'll leave you with the simple and direct words of Walt Whitman, who said "claim your own at any hazard."

It's your life! Make it great.

Michael Pollock is a popular on-line writer and PersonalCoach. Visit his website at <http://www.successfulifecoach.com> to learn how you can design a life that's Inspired, Power-Full and Prosperous. You can also subscribe to his popular weekly newsletter "It's Your Life!" by sending a blank email to ItsYourLife-subscribe@topica.com.

Magic Happens

By Julie Jordan Scott

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Those are the words in an advertisement on the television screen when I walked into the living room yesterday. I was doing my usual morning routine of getting the children up and out of the house so Katherine would arrive at school on time.

Usually the TV is not something I notice. My normal words are, "Turn off the TV before you leave the room."

Two words on the screen stopped me in my tracks.

More common was another saying that tells us "Something Negative Always (my translation) Happens"

I noticed a few specific details of this advertising.

1. It was provided by a company whose mission includes creating the most universally positive experiences for people who participate in their products and services. The company? Disney.
2. It made the statement as pure truth: obviously it is a belief they are sending out to the world. They translate this belief into something tangible each and every day to consumers who are ready and willing to share in their vision. I have many personal experiences where Magic HAS happened at Disneyland, while watching a Disney movie, listening to a Disney soundtrack, shopping in our local Disney store.
3. The statement is supported by creating the context for Magic to happen consistently, as I illustrated above. They don't just say that Magic happens, Disney actively creates magic.

So how can we share this vision, not only in the arena of amusement parks, resorts, cruises, and other entertainment venues?

We can actively create a space for magic to happen in our lives. We can support our context with the firm heartspaced belief that magic is already happening all around us. Taking action towards magic continually makes more magic.

Sure, you could choose to have a "Something Negative Always Happens" mindset. Wouldn't you rather have a "Magic Happens, and I am the Personification of the Magic Wand" mindset?

Try it out.

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Magic happens.

Passion Activator: Where in your life would you most like to apply some magic today? Take a moment to decide what the context will be, what first step you can take to create the space, and what beliefs you will need to shift to support you in your magic creation?

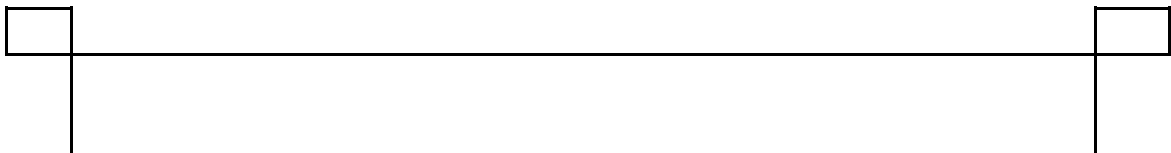
You WILL experience significant change when you commit to this process and create your own magic!

Activate your passion!

Julie Jordan Scott is a Personal Success Coach who left her career as a government bureaucrat and built a successful business in less than six months. To subscribe to her newest ezine, Daily Passion Activator, the Little Ezine with the Powerful impacts, send a blank email DailyPassionActivator-subscribe@yahoogroups.com or via web: <http://www.5passions.com> to subscribe today.



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