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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!

How To Get Everything You Really Want

By Alan Allport

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Have you ever wanted to have a source of power on tap whenever you needed it so that you could be in control of every life situation? Have you ever wanted a source of power that you could tap into to bring you everything in life you ever wanted?

I'm sure you answered yes to both the above questions – am I right? Well, if you did, I have some great news for you. You already possess that source of power!

What is this source of power? Your mind, or more specifically, the subconscious part of it. All of the limiting beliefs that prevent you from having the life you really are supposed to have come from the conscious part of your mind. The subconscious is perfectly willing for you to have anything you desire if you only ask it in the right way.

The problem for most of us is that we consistently program the subconscious negatively and therefore attract to us all of the things that we really don't want. To fulfil your true potential what you must get into the habit of doing is programming your subconscious positively.

Now, there are all kinds of products, systems and software on the market designed to allow you to access and program your subconscious the right way – you'll find the best of them reviewed, discussed and offered for sale at my Inspirational Source Website (see the link at the bottom of this article). I certainly urge you to check out and experiment with these sources, but let's not get blinded by science or hocus-pocus here. When you strip away all of the so-called 'secrets' and 'new discoveries' whereby the purveyors of this, often expensive, gadgetry try to convince you that without their wares you won't succeed, what you're left with is a simple, universal process that anyone with a modicum of perseverance can put into practice and achieve any and all results they could possibly want.

And, it's your lucky day because I'm going to lay before you this exact, simple process that is at the heart of all self-improvement programs that have ever been devised by man – and you don't need any special equipment to put it into practice!

How To Get Everything You Really Want

So what do you need to do? First of all relax. Relax completely. This is essential. You must try to get away to a quiet place where you won't be disturbed by intrusions or noise. You can sit in a comfortable chair or lie down, whichever feels best for you.

Close your eyes and relax. Relax every part of your physical body. A good way to achieve this is to tense up all of the main muscle groups one by one and then let go the tension. E.g. clench your fist and then open your hand and release the tension, then do this with the rest of your body, limb by limb.

Once you have relaxed physically it's time to relax mentally. The best way to do this is to think of a place that is peaceful and serene. For example, close your eyes and conjure up a picture in your mind's eye of a sunlit meadow and imagine lying down in the warm grass with gentle sounds of nature all around you. Or a secluded, sun-kissed beach with the sound of waves gently lapping the shore and

seagulls calling as they fly overhead could be your idea of the perfect idyll. Whatever it is, imagine it as vividly as you can and relax into the good feelings this process engenders. By the time you've done this you'll be in the perfect, relaxed state for the second part of the process.

So how do you use the relaxed state you're now in to achieve everything you could possibly want? By using self-suggestion. Just decide what it is you want and phrase it in simple, positive sentences.

I'll give you an example. A common lack for a significant number of us is self-confidence. If this is something you could use an improvement in, mentally say to yourself (or speak out loud, if you'd prefer):

'From now on your self-confidence will grow at an ever-increasing rate. You have boundless self-confidence to draw upon whenever you need it. You are happy with who you are and have a tremendous feeling of self-worth. You know that you have within you all of the power and confidence to achieve everything you desire. From now on you will handle every life situation with perfect ease and confidence'.

You can phrase new affirmations for anything that you want to achieve. Just make sure that they are positive in tone (NEVER have negatives in there – don't phrase them around what you don't want, or want to get rid of, phrase them around the positive qualities you wish to manifest). Just use the above as a model.

The more you use the above technique (and I would advise you to get into the habit of using it for at least fifteen to thirty minutes a day – preferably twice a day – morning and evening), the easier it will get. If you have the perseverance to make this technique a part of your life it really will bring you everything you desire.

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Alan Allport is the Webmaster of <http://www.inspirational-source.best-gen.com> where you will find lots of inspirational and motivational articles, product reviews and news. Also check out Alan's Weblog at

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