

YOUR Health is the ONE thing you can CONTROL! It begins with YOU!

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By Ryan

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Three steps to your Personal Transformation:

- 1) Awareness and Perception
- 2) Law of Cause and Effect
- 3) Law of Accumulation

These categories are what you need to understand in order to be in total control of your being!

Most go through life never reaching their potential because they never take control of all their faculties or abilities.

This information is designed to help you gain complete control of your life!

So lets get into it

- 1) Awareness and perception.

In order to be in complete control of our self, actions, and ultimate success – we must learn to expand our awareness of what is around us.

FACT: there are certain states of mind that enable us to learn more information, retain more information, and be more aware of our environments

This state of mind is open to all of us; however, most people never call it to action.

In other words we just don't look... The problem with that is if we are not using our resources... we are virtually blind! Or at least vary limited.

Most of us look at the world through a tunnel vision... really blinded to what is all around us.

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CAMERA

E.g.: Imagine having a really nice camera...problem is that it is always stuck on the highest zoom! You can see a limited amount very detailed. However, you ignore the majority of what is around you...

Here is what I mean

ACTION: Focus on a point... (Pick a point, any point) stare at it intently. Don't move. Stare and Focus all of your energy into that point!

That is a great quality that we can focus so intently on one thing – but...

Keep starting at the point... but while staring... try to notice what is to the sides of the point... sides of the room... keep going. All the way and you will realize that you can even see the people sitting right next to you while still focusing on the point!

That is what is called your peripheral vision...

Every leader that I know has the ability to use both their focused vision, as well as their peripheral.

They can be laser focused on a task at hand while simultaneously keeping an open mind to other situations and opportunities...

This is what I mean by awareness...

The first step to taking charge of our lives is to broaden your vision of what is all around you all of the time...

Once we are more AWARE of what is going on, we can then start making progress on expanding our perception! It's when we do this that our transformation of self begins

Why do we get control of our perception?

We must learn to see all vantage points! All angles, all sides...

You cannot really be in control of your thoughts if you have limited thoughts!

E.g. Lifecycle?

Hit a threshold... what do you do. Some might stay quite... I say find a new lifecycle.... A new challenge and new ideas and compound!

Just a change in perception!

What about your greatest strength!

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What is it? It is only strength.

I bet if you thought about it, your greatest strength when taken to an extreme could be your greatest FAULT!

E.g. TITANIC!!!! Unsinkable!!!! Got rid of lifeboats... turned up speed!!! What happened?

Most people are inside the box thinkers... even though it's almost a cliché to say thinking outside the box, most people don't! Why not. Most don't change their perceptions

Control of self comes from learning to shift your perceptions to all vantage points!

E.g.: at one point everything strange that happened on this planet was an act of god!

Then Isaac Newton came around and said no – everything happens because of universal laws!

The problem that people run into when trying to shift their perception is that most people think that their perception is reality!

Is it?

Is what you perceive always what is real! MATRIX!

Perception may be your reality.... But there is a difference between reality and actuality?

Once you can understand that what you perceive is only what you think is there and may not be what is actually there! Now you have the foundation to understand the next law!

Cause and effect!

This is a universal force of nature

C → E

You are always on one side of the equation or another!

Either you assume causes for everything you do, or you are the effect!

E.g. my organization won't listen to me!

What side are you on with that statement? Are you a cause?

No.

What if you decided to be at cause and say that the results that I get from my organization are a direct

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response from my communication skills and ability to move them into action!

Our communication is always a result of that information we put out, not what is heard on the other side. If our message is not communication clearly, we should strive harder to improve our ability.

Now you are at cause.

It always easier to blame something or someone else with a result that you don't like.'

But if you do that you are no longer in control. You are not a cause.

Another e.g. how many of you run into "circumstances in life"....

What do you usually do?

Most blame others.

Many of us may have had that situation just recently, you always have two options:

You can blame the people around you, the weather, the events, the situation or whatever else and see how your circumstances are everybody else's fault but your own.... basically admitting that you are no longer in control of who you are and what you do!

Or you can choose to be a cause for your present moment! Personally, if a circumstance comes to me, I call it a challenge, and I think this was presented to me for a reason. I look at what other's use as reasons not to excel, and see them as challenges to test my mental toughness and emotional intelligence to see what I deserve, what reward may be just on the other side of that obstacle!!!

I am a cause! I am in control. I choose to perceive and respond do different things!

You see once you understand that YOU can choose how you perceive things... from what vantage point you want to view.... Then you we realize that you are a cause for everything in your life. You can always be in control.

You see most people never do this.... people are so predictable!

When we say something wrong... what do we do? We Blame, Mimic, deny and justify!!!

Most people will do this. You can't go around changing people. You simply must learn to control yourself.

A unique realization: When you decide to change yourself, you in fact change your environment!

How?

If you take a different viewpoint - you change your perception of reality. Your perception is what you perceive as real. Therefore by changing yourself you change your world!

So don't ask for your environment to change... That's in EFFECT

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Ask for you to change... now you are a cause!

You are either affecting your environment or your environment is affecting you! Which is it?

The catch is, sometimes you don't want to be a cause. Sometime it's easier to blame... to stay inside the matrix!

That is what personal transformation is all about!

Is this too philosophical for you? Well let's substantiate this argument with empirical science!

If our perception is not actuality... What is? Actuality really lays the 2 million pieces of information that your brain is processing right now!

What?

Science has proven that at any give moment, you are be bombarded by 2 million BITS if information at a time.

Some of them you recognize.... See, smell, feel, hear, taste.

MOST YOU DON'T!

Here is the thing... your human neurology cannot take in and process 2 million bits of information at the same time.

It has been proven that the avg human brain can only take in approximately 134 bits at a time!

That 134 out of the 2 million that are all around you!

All day long. Our subconscious mind deletes, distorts, and generalizes all of these bits until it narrows it down to 134 bits!!

The system that does this is called our RAS... Reticular Activation System...

This component tells our mind what to seek out! It's our filtering system so we don't walk around on information overload all the time!

Right now as I am writing to all of you. There are 2 million bits of info all around us. Each of you is picking up your own 134... that is your perception! Each of you right now is seeing a different movie in your mind!

Another example: Look around the room...picture a color (e.g. BLUE). Shut your eyes and focus on BLUE and open your eyes and look around and notice how much BLUE is in the room. all different shades...

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What? We now programmed our subconscious to pick up that bit!

How about anybody ever buy a new car! You never see them until you buy it, then what happens? Why is it that the cars were never there and the world just copied you! They were not a part of your unconscious mind; therefore, they were just among the other 2 million bits that got sorted out!

Pretty amazing, isn't it?

So the obvious question is what determines what 134 bits we pick up!

Ever hear of the law of magnetism! We attract what we put out! Here is why that is the case... your mind chooses the 134 bits that harmonize most with your unconscious mind!

In others words. What you perceive, or your so-called reality, is a direct result of what is going on in your own mind!

E.g. you ever notice how 2 people can have the same situation occur and have two completely different responses! They have different bits.

How many of you have those days when you wake up on the wrong side of the bed... and EVERYTHING GOES wrong? Why?

Do you see how this works? That is what I cringe on is when people think negative thoughts! Because you are shifting your perception to attract a negative 134 bits!!!

"If you really new the power of a negative thought, you would never even think about having one!"

Therefore, by understanding that it is scientifically proven that we only pick on 134 out of 2 million bits and that we are only in command of what bits we pick up, then we are perpetually at cause for our reality!!!

So the main question that you have to ask yourself is what 134 bits are you picking up?

What reality are you a CAUSE for creating for yourself!

Your reality as it is today is EXACTLY what you shaped it to be.

So if you are having success and you are happy and content, congratulations, you created that for yourself.

And if you are not successful (in your mind) and want things to change – then you must change! Become more aware... shift your perceptions and be at cause for your reality!

You choose your reality.

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So now that we understand cause and effect and how we are truly at cause of everything that happens in our lives.

Lets take one last step...

Not only is this relevant for what we filter and how we perceive things, it is also tied into what actions we initiate and the results that they get!

Who here before this event, believed in Karma... or have heard the statement that "everything happens for a reason!"

What is this case?

Same philosophy here: for every cause that you initiate – other people are going to react or create an effect!

This philosophy has been around forever... its part of the universal law!

Do unto others, as you would have others do unto you!

What goes around comes around.

What you put out is what you get back.

All of these are quotes around the law of accumulation...

Once you decide to become a cause for everything in your life... you have to be careful with what you put out there!

Again, that's why this is a step in your personal transformation!

If you stop and consider all of your action and ask what could the effect of that action be... then you should live a long a prosperous life!

If you put your actions with integrity, honesty, good heartedness, and if you are responsible, disciplined, and focused, if you are committed, persistent, and congruent... then all of these causes will generate a desired effect!

However, the opposite is also often true. And this is where you have to be careful because being a cause, or being in control in your life allocates you a lot of power and freedom to shape your reality.

With great power, comes great responsibility.

The law of accumulation just states that what you put out will continue to come back.

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Therefore, as long as you do the correct things long enough... over and over – you will get your desired result.

You see successful people are not successful by chance! They are successful because they deserve to be. Just as you will deserve to be financially free when you hit that point.

Successful people are successful not because they are extraordinary people, but because they put enough good actions out there that they got there due in return... that's it!

Do you want to learn to command the law of accumulation in your favor? I hope so!

That is the third phase of personal transformation!

I felt compelled to share this information because how to take control of your life and situation was a thought that was put in my mind years ago.

Also, at that time was the launch of our organization!

I hope that the information that stemmed for me wanting to learn to be in control of my situation can help you in your journey and your personal transformation...

Just expand your awareness, shift your perceptions, and see all vantage points.

Decide to be a cause to everything in your life.

Command the law off accumulation in your favor.

By doing this you are in control!

You will write your own check in your business. You will write your own check in life.

You take the only variable in your business and not only make it good, but decide to make it great!

So next time someone says, "are you going to retire? Are you going to be successful? Are you going to beat the system? What's your guarantee?"

You can stand tall...look them directly in the eye, and without a flinch, without a stutter, say "I have a guarantee... my guarantee is me!"

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Your Greatness Begins With The Tiniest Of Waves

By Josh Hinds

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Everything begins with the smallest of gestures — I think it's for this very reason that many of us never get around to reaching the points in our life where we'd like to be.

The timing just never seems to be right. We never have quite enough money for our undertaking or venture. We convince ourselves that we're not smart enough to go for our master's degree, or go to go back to college... To this I can only say one thing — HOGWASH!

My friend, the simple fact is that if you wait for "just the right moment" before you undertake any significant venture you're likely going to be about where you are now — still waiting. Why is that?

Because as most anyone who has gone before you will tell you, there is rarely a "right time" to set out in search of ones destination.

Sure, there are variables that can come into play. For example, if you're dream is of starting a home business, yet you rely on the day to day income that your job provides the last thing you'd want to do is to simply quit that job. However, what's stopping you from starting and working it around your existing career? Then as your business takes off you can choose (or not) to move fully into your business and phase out your old job.

What if it's not a business you want to pursue? What if it's the farthest thing from a business? No problem! The same general rules can be applied to just about any undertaking.

Your own creativity and thought's will narrow down the details. Simply taking those first awkward steps can literally set in motion a whole string of events that end up propelling you forward.

Things begin with an idea, but your action, no matter how small it may appear at first — gives fuel to the fire and eventually determines how successful your outcome. Remember, the biggest of fires starts with the smallest of embers.

While it may be true that you have no control over your beginnings. With enough courage to undertake and learn new skills we can indeed take control of our outcomes. We have no choice as to whether we're born into poverty or wealth, but at least to some extent we can determine if we'll stay there.

This doesn't mean that it won't be one heck of a fight to leave such humble beginnings if that's what we want. However, one need only look at the countless examples of those who started from much humbler beginnings then you and I, yet achieved far greater things then life would have believed possible.

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Look at such examples not in awe, but rather from a point of view that you are as capable of greatness as your fellow man or woman. Set out on your path today with the knowing that greatness is within you. The objective is for you to figure out how to best bring it out... To your success, Josh Hinds

Written by Josh Hinds of <http://www.GetMotivation.com> Sign up for my ezine at <http://www.GetMotivation.com/ezines.html> Josh is also the co-founder of <http://www.AudioMotivation.com> – which includes an abundance of self-improvement resources as well as exclusive audio interviews with leading experts in the areas of motivation and personal development.



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