



Wisdom from bestselling author Joe Vitale

(He is featured in "The Secret")

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	<p>Joe Vitale was having a conversation on the radio (May 2009)</p>
	<p>Even though his lessons were for material success (money), they apply equally to Job Success.</p>
<p>Basic Premise</p> 	<p>The subconscious (or as he calls it, the unconscious) mind controls our destiny, far more than the conscious. We may make all kinds of pledges to remain positive, but if in our unconscious we have the wrong wiring we'll continue to get the wrong results.</p> <p>Say, you want money. And you declare "I love money"</p> <p>But your unconscious mind has programmed into it the belief handed down through generations, "Money is the root of all evil". Then what do you think is going to be the outcome?</p> <p>He quoted his own belief, based on GB Shaw's famous saying, "The lack of money is the root cause of all evil."</p>
	
	<p>According to Vitale, we have to reprogram at a deep level (the subconscious level). If at the conscious level you say, "I love money" but at the subconscious you believe money is the root of all evil, then your subconscious (being 10x larger than the conscious) will ensure that you stay poor. You'll be wondering why is it that you believe in money, and yet are staying poor. Why is this happening to you?</p>
	<p>STEP1: Money is good. It can be used for lots of good deeds.</p> <p>STEP 1A: Take Action - as fast as possible. You have to "do a dance with the</p>

universe" You have to do your part. Simply believing that money is good but not following through is like taking no action.

Keep trying

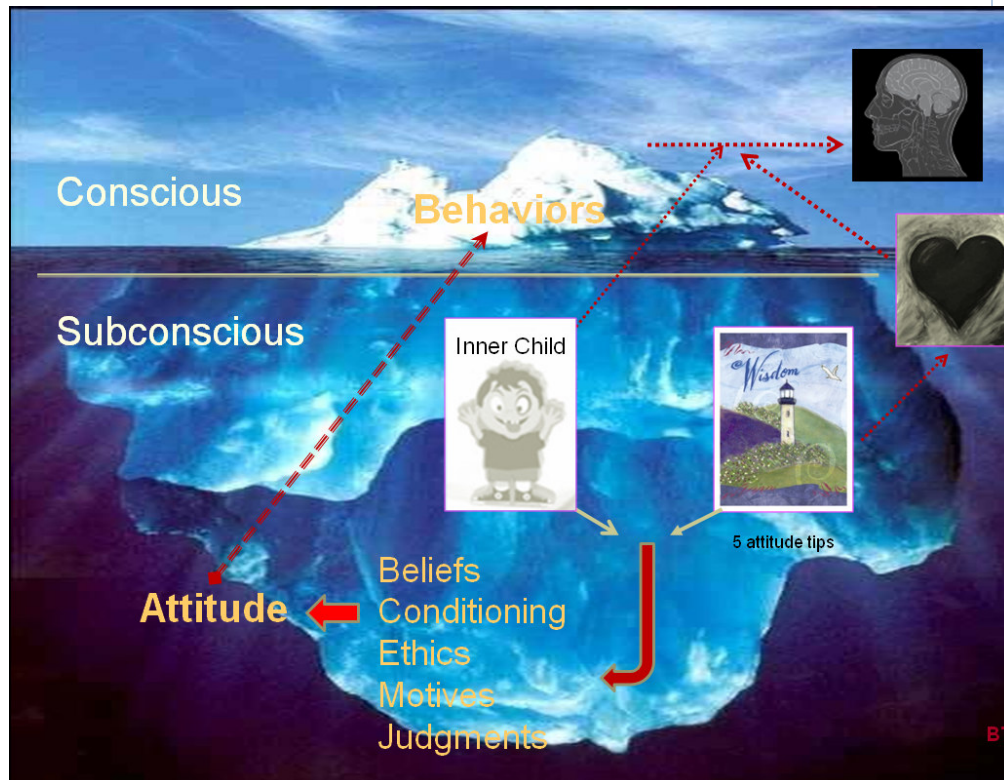
Keep doing it, and even in the eye of failure, keep doing it

What should you do? Answer is given below in 1B.

The mind is the software that drives our brain (which is the hardware)

It is believed that the mind has 2 main components – the conscious and the subconscious (or as some prefer to call it, the unconscious)

The subconscious is the much larger component – it drives our heart, the brain itself, all of our physiological functions, and responds to our thoughts and emotions. In fact most thoughts originate in the subconscious.



Most thought leaders believe the real re-programming that we need to do to change our behaviors (whether that is related to controlling our food habits, or behaviors with respect to money, job, watching TV, insecurity, etc. has to occur in the subconscious).

Being positive on the outside, but negative deep down, where it really counts, is an illusion. Your success in such a scenario will also be an illusion.

But how do you reprogram your subconscious, since by definition, we have no control over it?

Vitale gives a 3 step process that we describe below.

	<p>It is a little like asking, “So how do we know black holes exist?”, since nothing escapes a black hole, not even light.</p> <p>By inference.</p> <p>In the same way, by observing our behaviors, we can tell a lot about our programming.</p> <p>Next, we realize we are manifestations of energy – if we shift our energy our behaviors will change. Think of the very happy and very sad times in your life. Think of 9-11. What was your state of mind? Were you thinking of yourself or your country first at that moment? What sacrifices were you prepared to make in that hour?</p> <p>Think of the birth of a child or your marriage. Were you ecstatic? What was your frame of mind at that moment?</p> <p>Vitale suggests using a technique known as EFT to reprogram our subconscious – using vibrational energy to tap wrong circuits right out of our mind.</p> <p>Music can do that for us. That is why armies used the beating of drums to galvanize their soldiers.</p> <p>And there is another way: Submit to a higher authority.</p>
	<p>Vitale’s next book is "Attract money now", and it will be given away FREE to anyone who registers on his website by that name</p>
	<p>STEP 1B: Next principle: "Whatever you want, you have to first give away" (This is also a Deepak Chopra Principle).</p> <p>Scary, isn't it?</p> <p>If you want money, a test is whether you are willing to give it. If you wish to horde, then your belief is that money comes the hard way to you.</p> <p>So observe how you react to giving away money.</p> <p>(You can give your money to me, to be rid of the hoarding mentality – you are welcome! Always ready to extend a helping hand :=)</p>
	<p>STEP 2: We think we are not worthy of the success that comes our way, deep in our subconscious. Is it surprising then that success eludes us? We shun</p>

	<p>compliments, feigning false modesty.</p> <p>Our limitations come from false beliefs and habits. You have to dissolve these beliefs based on bad assumptions, ingrained biases, etc. Some of this comes from our parents. We engage in poor self-talk: "That will never work for me". "Good things never happen to me".</p>
	<p>STEP 3: OBSERVE both the outcomes and your belief system</p> <p><i>The meaning you give an event is the belief that attracted it to you.</i></p> <p>If you are feeling desperate, say about paying rent, and you don't have the funds for it, Joe Vitale says you attracted the scenario. Your mind attracted the scenario unconsciously.</p> <p>Joe says the first step to success is to accept responsibility to every outcome that is happening to you. If you don't, then just give up, and wait for the universe to do what it wants to you. You relinquish your control in doing so.</p>
	<p>Step 3A: Use the EFT technique. (Emotional Freedom Technique) You tap the ill-formed beliefs out of your system - take a wrong ingrained belief, and just tap it out of the body with EFT.</p>
	<p>Step 4: You turn the problem over to a "higher" authority (spirit, universal force, God, etc.) Just say, "I believe that money is inherently neither good nor bad. Please clear any preconceived notions I carry in my subconscious about money."</p>
	<p>Step 5: How do we attract miracles?</p> <p>Visualize your successful state right now. Ask - Believe - Receive (the principle of the book The Secret in which Vitale's work is referenced).</p>
	<p>www.attractmiracles.com</p>