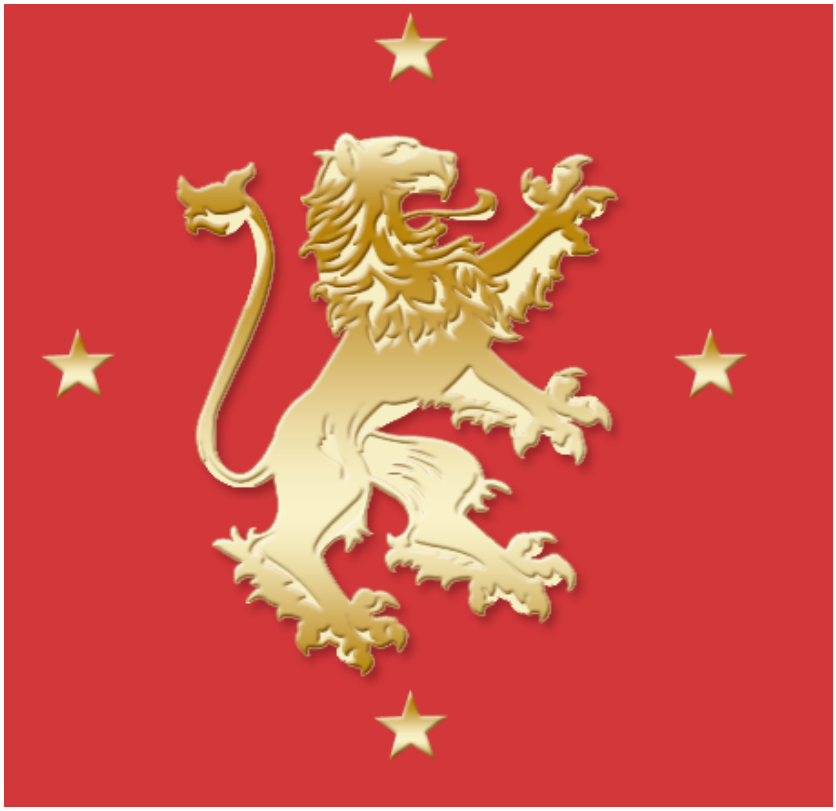
CONFIDENTIAL REPORT:

SCOTT BOLAN'S

8 Steps to Light-Switch Success (and the truth about fear!)



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Powerful NEW States of ENERGY and Skills of the Masters!

The manual you are now reading is a bold and powerful way to increase your happiness, power, resources and skills as a **Warrior**.

The Warrior Mindset is a way of looking at life and operating in it victoriously. It includes the Totality of Life:

1. Your Body
2. Your Mind
3. Your Spirit
4. Love & Family
5. Finances & Resources
6. Relationships - Societal & Cultural

The results you currently have in your life are a result of your programming.

NOW IS YOUR CHANCE to re-program your self to get what you really want!

The powerful techniques in this manual are universally applicable. You can use them to increase your strength, your martial arts and fighting skills, your relationships, etc.

The Light is ALWAYS Available!

When was the last time you walked into a room and flipped on a light switch?

Did the room light up? Or, did the lights say...

“Wait a minute! You’re not good enough! You’re too old, too fat, too skinny, too poor, not good looking enough, you don’t have a college degree, it’s not your karma, etc, so I am NOT going to light up this room for you!”

Of course not. As long as all the wiring is right and being fed sufficient power, the light comes on every time!

The sun rises and it’s light is available to ALL who choose to use it. Some will refuse and sit inside with the blinds tightly shut. This is called stubborn pride. Others will sit in a dark cave. This is called ignorance.

Like the sun’s light and warm available for all, so is success. That’s why there are so many true stories of rags-to-riches and defeat-to-victory, even against overwhelming odds! The person didn’t have “luck”, they tapped into an Energy Source that is readily available for ALL of us!

But it is up to you to flip the switch. That’s fair enough, isn’t it?

Here are the 8 Steps to Light-Switch Success:

Step #1: Cultivate Love, Gratitude and Vision

As corny as this may sound, it is first and foremost and a scientifically-proven fact: those who laugh and love, live longer and happier.

Yes a hateful spiteful bastard can also be a “success” for a little while, but then he gets cancer or crashes his car or somehow self-destructs.

True success is impossible without love. I do not mean romantic love or puppy-dog love. I mean love for yourself and love for life. Only then can you truly love others.

I also mean the love that is GRATITUDE. Gratitude quite literally unlocks the floodgates of heaven. Love and gratitude are your direct connection to the divine and infinite.

Think about it right now: it feels good to give someone a gift, right?

But doesn’t it even feel better when they say “thank you!” and they are truly grateful?

Absolutely! In fact, it inspires you to want to give MORE!

Look at it this way:

Have you ever noticed when you’ve given someone a gift, even if it was something small like giving a kid some ice cream, if they didn’t say “thank you” it was kind of annoying?

I bet you told yourself “just see if I give them something again!” This is NOT selfish giving by any means. You’re not giving to get acknowledgement. You’re giving out of love.

Yet when you receive gratitude, you want to give more. It’s just a natural energetic response.

Life itself is the same way!

We often don't realize how much we have to be grateful for. It's gratitude that opens the floodgates of heaven to rain down blessings upon you.

Yes, it's gratitude that **allows** the universe to give you all that you desire.

This isn't some "feely-goody" quotation, but a simple statement of fact. Why is that?

Because it's gratitude that increases your positive, magnetic attractor energy. In other words, it "makes your energy **stronger**. It sets you in a state of "**receiving**"

When you are grateful, truly grateful, you become "open to more." It's a funny thing - when someone is really grateful to you, it makes you feel good, doesn't it? It makes you want to give them MORE.

Whether we know it or not, we all want to feel good about what we're doing. Gratitude makes the giver want to give more. It's that plain and simple.

So be grateful for EVERYTHING. Even the bad stuff that happens in life? Yes!

It makes you stronger. By overcoming it, or even if you don't, you can still become stronger, you learn more, and through that you grow.

How To Get Gratitude and Use it Like a Success-GPS!

The next time you start feeling down or feeling defeated, look around at the things you like until you find something to get happy about.

Then, don't let that go. Keep that gratitude right there behind your eyebrows and temples, like an inner light, and SEE through it.

Starting at that point, you will soon find yourself honing in on more abundance and greatness like a built-in GPS!

I've been fortunate enough to be grateful at a young age, even though coming up in a turbulent home environment.

And I was never jealous of other's success. When others prospered, it just meant to me that prospering is more and more possible. I was actually grateful for others' success, as crazy as that sounds!

And somehow by doing that, by being that way, it opened up the floodgates of heaven for me. The Giver loves giving to the grateful.

Think deeply on this until you truly understand it.

The Very Root of All Success

Do not take this lightly, it is a success principle that is universal and timeless.

When we're motivated by Love and Gratitude, we Create.

When we're motivated by Selfishness and Ego, we only Consume.

Consumption can bring about destruction, simple mediocrity or maintenance at best.

But Creativity is the very Root of Wealth and Success!

Think about it: the creator of Home Depot makes LOTS of money... not the cashier.

The creator of a song, the song-writer - makes royalties for years! The singer (if he didn't write the song and doesn't own the publishing) only gets paid for his performance once!

The creator of McDonalds (Ronald McDonald?), the Creator of Disney (Walt Disney) went on to make HUGE money for decades to come, for themselves, their heirs, their stockholders ... not the people who flip the burgers or sell the tickets to the rides!

Are you getting it?

Creativity (not "work") is rewarded by wealth. This does not mean you can be a lazy artist. You'll sometimes have to add some sweat to your creations to bring them into the real world.

And when you COMBINE Creativity with a Vision... that's when the magic really starts to happen! It's what I did, and **you can** do the same thing.

Step #2: Cultivate and Protect YOUR Energy

Ultimately, everything comes from the Spirit, in the form of energy.

When you look at a building, it was first in the mind of an architect. It was more than an idea - he was somehow in-spired.

The Hawaiians call it "Aumakua", the Chinese call it "Chi", the Japanese call it "Ki" and in the West we call it "Spirit". Most cultures all have a name for this, the spiritual stuff that is inside you. It is the stuff that causes and connects everything.

It is where all things come from, including your success!

When you are in communication with your Spirit, it will give you the answers to anything you ask of it. So knowing this, where do we start? We start with ENERGY.

Everything is made of energy! - money, trees, cars, sex, people, ideas and concepts, they are all the product of energy.

Even a piece of wood has energy in it, and a vibration. This is not some esoterica new-age concept, it is a scientifically proven fact.

Have you ever noticed when an angry person walks into a room you can feel it, even if they don't say or do anything?

Energy is constantly being broadcast all of the time - whether we know it or not, whether we like it or not. But now that we KNOW it, we can USE it to our advantage!

Always cultivate and protect your energy. Want to know "HOW"? Here's how:

Remember the Golden Rule: "Energy First, Last, and Always.."

Always ask yourself "How will this effect my energy?" in any decision.

It may be what type of work you're doing, the friends you're associating with, the decisions you make and how you spend your time.

What you're eating, what you're thinking, what you're reading... all are effected by this decision and the question that proceeded it.

By being mindful of the "Energy First, Last and Always" rule, you will always make optimal choices that empower you ... instead of making choices that drain your energy.

Can you remember a time when a person or situation was not good for your energy, and they always left you feeling drained?

Now do this: imagine if you had FIRST asked the magical question...

"How Will This Effect My Energy?"

.. and taken the honest answer and used that answer as the basis of your decision...

How would things have turned out differently? Life would be a lot different, wouldn't it?

As of right now, you can use this powerful tool at will. And so life from now on will turn out a lot differently.

it's called "Life by Design instead of Life by Default"

Is that useful to you?

<u>Step #3: Move with Intention, Power and Purpose.</u>

Your Intention is your purpose combined with power. Like a fire-hose, it can blast away obstacles, put out the fires of problems, and magnetize people places and circumstances.

Here's what you need to do to learn how:

Stand up. Notice how you are naturally standing and what you are first thinking about. Walk to the door and walk back.

Did you do it? Good. Now do this:

Imagine a King's Cape on your back, and a golden cord that comes out of the top of your head and pulls you towards heaven.

Really do it!

Imagine how it feels and anchor in the feeling.

Now look out around you with this cape and cord, stand tall and confident, and move **intentionally with Power and Purpose**, walk to the door as a powerful, purposeful being, and walk back.

Did you do it? Good. Notice the difference!

You'll probably have noticed yourself moving a little slower and more intentionally.

No more walking hurriedly through life like the rat on a treadmill. In-stead, you will now move gracefully with your King (or Queen's) cape and with the full power of intention. Take your time! Haven't you ever heard "the hurrieder I go, the worrieder I get"?

Walk through all of life this way wherever you go... you will radiate enormous confidence and magnetic power... and people and the things you want will be more attracted to you.

Did you know that you can also use your Intention, Power and Purpose in everything you say, do and think? This also includes your breathing, sitting and thinking.

Awesome, isn't it?

Remember this acronym: BEST

"BEST" is an acronym for Body, Emotions, Speech, Thought.

So now you can ask "what's *best* for me?" and you'll always have that acronym to guide you to only make **empowering choices**, asking yourself "how will the effect my energy" and keeping intention, power and purpose in your body, in your emotions, in your speech and thoughts at all times.

By using this mindfulness and intention, you can cultivate perfection in your Body, your Emotions, your Speech, and your Thought. True success!

From now on, you will always pause slightly before you speak, and your speech will *have the magnetic power of intention.*

So will your eye contact, your body language, and your thoughts...

Isn't it about time you did this in your life? Well now you know "how." No more excuses!

You can always remind yourself of this anytime you need to - simply slow down, breathe deeply and visualize the King's or Queen's cape.

Step #4: Cultivate Balance-in-motion (retain the center)

Look at how we normally operate: like mice on a treadmill, we hurrying and worrying about on automatic. Would you like to take back control? Here's how:

First we need to understand that we have been physically, mentally and spiritually *pronated.*

"Pronated" means that we are over-extended and off-balance. This throws off our gravity center, and thus our power, off-center and puts it in a vulnerable state.

Think about this: how much time do you spend leaning over...

... a computer at your desk?

... your car's steering wheel?

... your plate of food?

... the dinner table while you talk?

You're probably beginning to notice just how often you really are physically pronated.

Most people go through their whole lives pronated - not only physically, but mentally and spiritually as well.

Here's a simple exercise that can demonstrate the power of this:

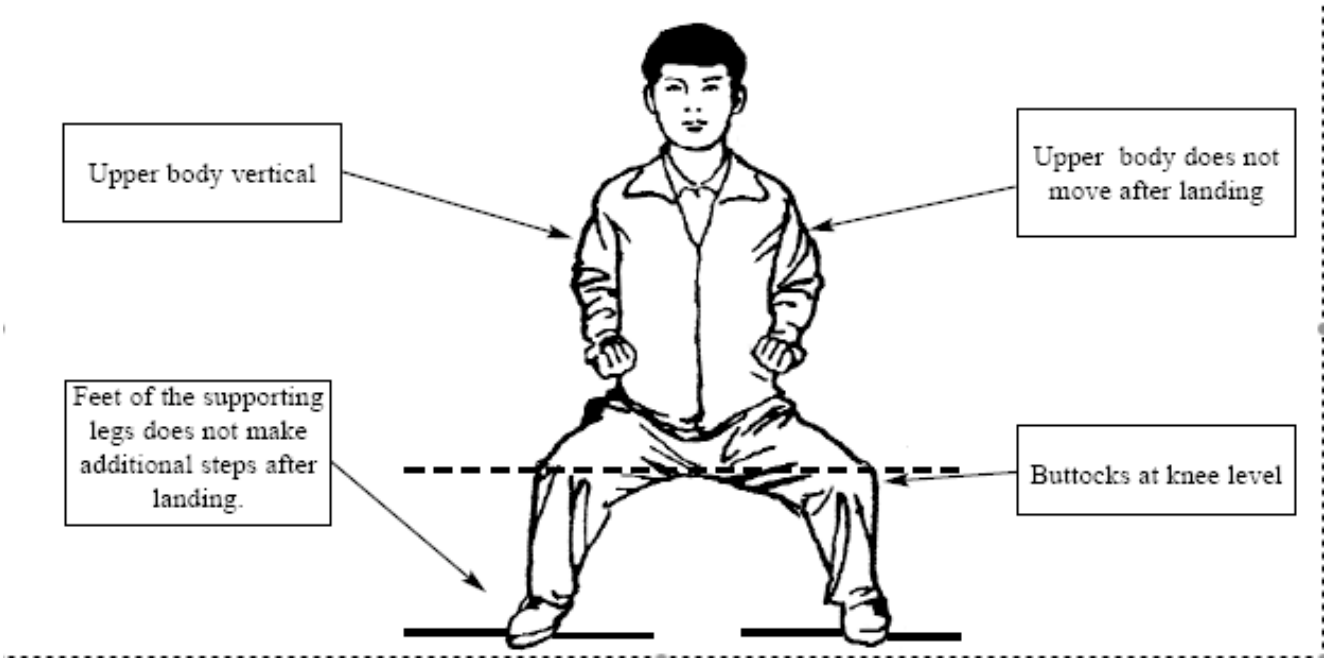
Stand still and lean forward as far as you can without falling. Now try to walk across the room (safely) while still leaning that far forward. Can you see how awkward it is, and if you hit even the slightest bump, you'd go flying or fall?

And that is what happens when we are pronated in life. For example, if you're pronated financially and you hit a "bump" of missing a paycheck or losing a job, boom! Down you go.

In fact, this is the very reason for the housing market crash. Too many borrowers were *pronated.* In fact, pronation is such a common thing that we as individuals and as a society have a pre-disposition to it. We must consciously return to mindfulness, balance and uprightness. Can you see how doing so would make a fantastic difference in your life, and in the lives of those around you?

Here's a drill you can do to get your center back and be in balance:

1. Take a Horse Stance:



2. Breathe slowly down into your abdomen, well below your belly button

3. Slowly breathe out and relax your mind by picturing your favorite color, like a pure blue sky.

4. Now while in your Horse Stance, use the Warrior/Scholar Kenpo salute - your fist is the Warrior, your open hand is the Scholar. Your open hand covers your fist.



5. Now you will turn the salute downward so that your fist touches your navel, about 4 inches below your belly button (right in the area where your belt buckle would be)

This salute is **your personal power-anchor** to remind you whenever you need it - to have both the **Strength of a Warrior** and the **Wisdom of a Scholar**.

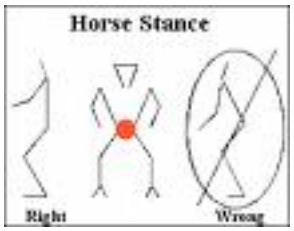
You can do it almost anywhere for instant power, and no one will even notice! Simply stand with your feet apart, put on the King's cape and Golden cable, hold the downward Warrior/Scholar salute and breathe slowly into your abdomen.

It will appear as if you are standing in a relaxed position - and you will be - and you will also be anchoring, protecting and cultivating your energy, power and balance!

"Remember This..."

You can take a "Mental Horse Stance" as well, and in all things you will never lose your emotional and mental balance. Can you see how this will help you in all of your affairs?

Consciously remind yourself to take the sitting horse stance, particularly when you are eating. Bring the food to your mouth. Do not hunch over your plate. Only animals put their faces to their food. Humans bring their food *to* their face!





Remind yourself to straighten out, and even lean back to adjust the balance when you are driving or working at a desk. And even when you are walking!

Stand straight again, and this time with the King's Cape and "Inner Horse Stance"

Then when you hit a "bump" in life, you'll simply skip a step and move on gracefully.

That's quite a difference, isn't it?

Step #5: Broken Rhythm / Spontaneous Action

Calibrate, calibrate, calibrate!

An olympic pistol shooter will shoot a target, and then adjust to hit the bulls-eye.

A champion boxer will make a few probing jabs to calibrate your patterns of movement and response time - and then, bam! He delivers the knock-out punch.

Bruce Lee called it "The Broken Rhythm method"

You see, every thing and every one has rhythm, a tempo, a vibration. You can calibrate this tempo, and then quickly break it and assert your own tempo. The time it takes is only according to intuition. It can be half-a-second, or any length of time.

This is also what is meant by "changing with change is the changeless state."

I'll give you an example:

Picture a train moving down the track. How do you stop the train? Do you stand in front of it and yell "halt!"? Of course not. The first thing you do is run alongside of it. Now you are **matching** it's tempo.

Then you hop onto the train. **Now the train is carrying you**, and you are not expending energy. Now you can climb up to the conductor's cabin and pull the brake, thus **breaking it's temp and asserting your own**.

Make sense? Once you understand this...

Everything in life is like a moving train that can be stopped and re-directed

Not by standing in front of it yelling “halt!” But instead by embracing the nature of change, which is nature’s way.

By embracing the nature of nature itself - tempo and cyclical change - and acting in spontaneity, you will not only survive, you will thrive!

YOU are also like a moving train. Your habits, your programming, everything you are experiencing in life are “moving trains” that have their own momentum. Start to NOTICE you own rhythms and tempos and change them intentionally. Play with them. Soon you will begin to notice that with this method it’s easy for you to change in whatever way you’d like.

Then as an experiment, start to NOTICE the rhythms and tempos of other people, and change them.

The more you practice at it, the better you will get, and it really is a lot of fun!

There are many ways to do this using your **body language** and **voice inflection and tempo.** You will *be amazed* at just how easy and powerful this really is!

Next time you are speaking with someone, start nodding your head slowly as if you are nodding yes. Notice that they will do it too.

Same thing with a smile. Smile at someone and see if they smile back. Then stop smiling and look serious. Notice that they will look serious.

Speed up your speech a little, or slow it down, and notice the other person will follow suit.

If a person is mad at your or speaking fast and loudly, you probably were used to raising your voice too... up until now.

Now that you “know this”, you’ll do just the opposite! You will relax when others are tense. Match their voice for just a second, and then begin to bring it down.

This even works on a room full of people!

If you go to a room full of people and confidently say “everyone, we need you to go into the next room please” and open the door and walk intentfully towards the next room, the majority of the people will follow you!

Spontaneous action means you can act at will and change at will, instantly. It is a way of breaking the rhythm and doing the unexpected.

I remember once asking very lovely lady to go out with me. She kept politely refusing, but I could sense her positivity. She was just used to saying no because her super-model looks got her these type of invitations all the time. That was her "pattern", her "rhythm" and she was simply responding according to it.

So I walked over to a window and opened it (we were on a ground-level floor) and I said "if you don't go out with me, I'll jump!"

She laughed hysterically and said "Yes! I'll go out with you!" This was the beginning of a wonderful relationship - all because I had the intuition to break the tempo and assert a new one.

Keep in mind I had **sensory acuity**. I would not have done this if I did not first sense positivity in her *energy*.

It's easy to sense people's energy when you look at them through a **non-attached mind**.

When you are attached to your desires, you actually put out a "pushing-away" energy.

When you are attached to you own desires and belief systems, you see people and circumstances as YOU are. By being non-attached, you can see how they REALLY are. This is what is meant by the term "perception is projection"

Now that you understand this, you will see the world VERY different - as it actually IS!

And thus you'll notice yourself **intuiting opportunities** that you didn't see before. Life can be a dream when you use Sensory Acuity and apply the "Broken Rhythm Method". Now these tools are **yours** to do so!

Step #6: Get FEAR out of your life for good!

When you see weakness, defeat and decay in society, in yourself or in others, it almost always comes down to the inability to confront a medium that is feared.

Through training in the Martial Arts or Higher Spirit/Mind Mastery Arts, and studying their core principles and philosophies, we can learn to confront that which we fear.

Most mistakes are caused by fear, which manifests itself in stress, nervousness and a lack of knowledge.

Bruce Lee wisely pointed that out when he said

"consciousness of self is the greatest hindrance to mankind."

Sheer will alone will not overcome fear, although will can be a useful first step. Ultimately, to find the "peace which passes all understanding" you're going to have to "gain the flow" of the "intuitive unconscious competent." What does that mean?

"Unconscious Competent" means you don't have to think about it. You are unconsciously competent in many things now - riding a bike, driving your car, tying your shoes, typing at your computer, etc

You can gain that ability in all of your affairs in life and anything you fear at all. Yes, anything. Remember, anything you fear becomes your god.

As a kid in Sunday school, you may have heard the commandment "thou shalt have no other gods before me" So, you could look at it this way: if you're fearing something other than God himself, you're "sinning" (causing harm to yourself or others), albeit unintentionally.

No matter what your beliefs are, this truth applies. Here is the way to end fear:

Stop fearing *right now* by
relinquishing your attachment to the outcome

The moment you do, what you were fearing loses it's "lordship" over you.

That's a way to end fear instantly.

It also makes you a much more dangerous and effective opponent in any field, because when you're not afraid of losing, winning becomes easier. Does that make sense?

Bruce Lee says it this way *"You must be like a rag doll. No fear. No anxiety. No doubt can enter your mind. There is no time to regret once a fight has started. You cannot change your mind or question yourself in the face of action. Do not be concerned with escaping safely! Let him smash your flesh, and you fracture his bone. Let him fracture your bone, and you take his life. Lay your life before him."*

It does not mean to foolishly and frantically throw you life away. It means you are focused, committed, and *unattached to the outcome* so that are **powerful** and **effective.**

Do you see how you can apply this philosophy to win the battles of daily life?

Fear is the only thing standing between you and whatever you want to accomplish in life. Now that you know this, you can

BE AS BOLD AS A LION!

Self-consciousness is another word for self-doubt, which is a form of fear.

And fear is your enemy's greatest weapon against you. It's also the greatest obstacle between you and anything you desire. I must repeat, so you'll always remember:

The way to get rid of fear, permanently, is to train your mind to give up your emotional attachment to the outcome.

What I mean by that is - have you ever noticed the person who has perfect relationships acts as if he couldn't care less? But the guy or gal who is desperate couldn't get a date to save their life.
You could say they has lots of money, but in fact that is rarely the case.

Have you ever noticed that someone with money tends to make more money? But the guy who's broke tends to constantly be broke and struggling to get by?

The desperate guy in both situations is emotionally attached to the outcome. He "needs it too badly."

Thus, he is sending out an energy that is actually pushing away what he wants.

The one who has all the money, the beautiful women, etc, is putting off a *different type of energy that attracts rather than repels.*

And although when reading the above situations one wouldn't think of fear, in fact they are both fear-based situations.

The desperate person unknowingly is afraid of not having the money, afraid of not having an attractive mate, etc.

So afraid in fact that he is attracting that which he fears.

And thus the wisdom of "consciousness of self is the greatest hindrance to mankind." It applies to every area of life.

So you may be thinking "how do I start if I don't have what I want to begin with?"

Simple! Train your mind to let go of your emotional attachment to the outcome, and Be as Bold as a Lion. A Lion isn't afraid of you. He isn't afraid of losing. He doesn't even think about it. He just attacks, instinctively. Go for what you want in that way.

Kick the ball out ahead of you and chase it, and *stop thinking so much.*

I'm not saying to be careless and foolhardy. I'm saying use this information to

"develop the Lion's Intuitive Instinct and replace your self-doubt with it."

If you look deep enough, you'll find self-doubt affecting everything you do. But as of right now, it doesn't have to be that way any longer. Simply *Look Within*.

When you focus outside of yourself - on others, on the economy, on the elections, etc etc, you are abdicating your responsibility to something other than the greatest gift you were given: Choice.

You can choose to react to people, situations and circumstances. Or, you can choose to remain in your center, knowing that you were given authorship of your life. Will you use it, or abdicate it to excuses and external forces?

Focusing on things that are beyond your control is a waste of time and energy. Focus instead on things that are within your control - your choices. Choose from this place.

Remember when the mind stops on the enemy's sword, you will be taken by his sword. Do not let the mind stop any longer. Flow freely, knowing that circumstance is not your master.

Knowing that, how could you fear anything or anyone on this earth?

Step #7: Lose Your Mind!

I am about to share a powerful skill with you now, and one of the most important and powerful skills you will ever possess.

And it's absolutely free. Is that fair?

I want you to read this, and then go someplace quiet and sit and do this drill.

You will notice INSTANT transformation!

When you are alone and somewhere quiet, do this:

1. Find a quiet place - no phones, no noise, no other people.

2. Sit comfortably and relax.

3. Close your eyes.

4. Take a nice deep breath. Go ahead. Ahhhhhh

5. Now totally relax and empty your mind, be totally without thought. If a thought comes, don't grab it and don't try to push it away, just let it float away.

Go and do the above list and then come back and read the rest of this, okay?...

Do not read further until you have done the above exercise.

If you try to read further without doing the exercise, you are cheating yourself of a very profound and liberating experience.

So go ahead and do the exercise now...

...Welcome back!

How long did you last? Did you start to squirm, giggle or think about something? Did you start to get caught up in thoughts, concerns or desires? Don't be surprised if you only lasted a few seconds... most folks barely get that far at first. Here's why:

In every moment we're not asleep, our minds are caught up in chatter, impulses, anxiety, and morass of a million-thoughts-a-minute.

In that sense, we're "asleep" even though we're awake and walking around doing things.

It's a state of perpetual hypnosis called "the busy mind."

And as long is your mind is "busy" or "occupied" your self-awareness is low and thus your power and effectiveness are severely limited and diminished.

The mind controllers, manipulators, energy vampires, people-programmers and powers in dark places know this well, and use it to control you in every way to enhance their profit and power.

It could be a world power, a manipulative girlfriend (a "people-user"), a business competitor, or the teacher at your kid's school installing doubt, fear and stupidity while maintaining a fake smile.

Once people are infected with it, it's self-perpetuating. That's why people defeat themselves almost all of the time.

99.9999% of the population is caught up like this, which is the EXACT reason there are so many problems in the world.

After all, how can one be aware with a mind full of noise and stimulus-response programming? But now that you "know this" you can control your own mind and response to stimulus...

... ANY stimulus...

... including your Desires and Impulses...

... if you can TRULY quiet your mind at will, then you will not be controlled by others or circumstances, and your awareness will multiply and expand...

... and you'll able to intuit opportunities and solve problems.

This is called "living at cause." It's that simple.

If you don't guide your mind, if you respond to Desires and Impulses like Pavlov's dog, unable to quiet your mind at will, you will be controlled by others and circumstances...

...unaware and missing opportunities and constantly being entangled in problems.

That's called "living at effect." It's also that simple.

I have just handed you the tool you need to strengthen your mind-sword and live at cause. Practice it daily and soon you will be able to do it instantly whenever you need to, without closing your eyes, even in the middle of a crowd ... and so begins your walk in new-found *power for success*.

Step #8: Breathe your way to Energy, Power and Persuasion!

When you think about it, the breath is life itself. Just a few minutes without breathing, and we perish. Therefore, we know that breathing is crucially important.
We are born as "belly breathers." If you've ever seen a newborn infant sleeping in a crib, you'll notice their belly rising up and down as they breath - perfectly natural.

But as we grow and "learn" (get conditioned) about the stresses and seriousness of life, we tense up and become "chest breathers."

Chest breathing is a form of restricted breathing and we unknowingly limit our personal power and happiness by breathing in this conditioned way, rather than the natural way.

If your breath ever becomes severely restricted, it instantly becomes your exclusive focus and the most important thing in the world.

Yet if our breathing is not severely restricted, we take it for granted as it gets us by just fine, never realizing we have a tremendous untapped resource that can give us amazing **power and energy!**

Many have learned, even if unconsciously, the power of breath as a weapon and tool in their pursuit of conquest.

Singers, actors and politicians are the most influential in our society, and all of them use their voices powered by breath. A speech wouldn't be very influential if the speaker was panting, grasping and disoriented, right?

The Ninja, Samurai, Kahunas and Ancient Warriors took this even further and used specific breathing techniques to help mold their bodies to be hard as steel in combat, and have minds as peaceful as the heavens when needed.

This also enabled them to be resourceful in mind and body and perform feats that seemed super-human.

Harnessing the power of the breath as the Ninja did can give you an enormous advantage over all areas of life!

Would you like to have these same skills? I will give you a few tips for proper breathing, without getting too technical.

Do not do this while driving, and of course "always consult your doctor before beginning any exercise program." :-)

1. Relax. Yes, I said Relax! If the first thing you do is tense up to prepare to breathe right, you're already preparing to breath wrong. Stand or sit comfortably and Just re lax, okay? Good...

2. Now slowly breathe down into the buttocks. It may sound funny but by doing this you're sending breath down into the area that is sometimes referred to as the "root chakra" at the base of the spine, and on the other side the "tan dien" or "chi center" which is about four fingers below the belly button.

3. Imagine a bottle, where the buttocks is the bottom of the bottle and your mouth is the top of the bottle. Picture slowly filling the bottle from the bottom up to the top. You

see, when you fill a bottle the liquid enters from the top (the mouth) but "fills" up from the bottom of the bottle slowly rising to the top.

4. Now, when you breathe outward, focus that breath as if blowing out slowly through a wide straw. As you do, imagine power and vitality. Picture yourself focused, centered and empowered at the highest, most enlightened level.

5. After a few relaxed breaths in this manner, try it again but this time (still relaxed of course) count to four as you breath in, then when you have a full breath, hold it for a count of eight. And as you exhale, do so for a slow count of four. This is ac cleansing and renewing breath that can have amazing results.

You'll notice a magic working as you try this for a few days. Use it whenever you need focus and energy. **This will also help you be a calm, natural master persuader.**

Consider this: have you ever noticed you've suddenly been short of breath when a situation arises? Maybe you were speeding and all of a sudden a cop is behind you, or maybe you've suddenly met a beautifully attractive person face to face?

Or perhaps you're facing an attacker on the street, a competitor in the ring, or about to give a speech or presentation in front of an audience.

Using these techniques, you'll now find yourself breathing deeper and more steadily, in control of your vessel.

And being in control of your vessel means you master the situation, and not the situation mastering you!

See the difference? You're on your way! Now relax and take a deep breath....

You have now been given 8 steps that, once you understand and apply, will make success as simple as switching on a light! Claim this now. Make it yours now. Carry it with you always. It's called Freedom, and it all starts right here **within you**.

Yours in Light and Wisdom,



PS Join my Mastery Membership and receive a private disc of warrior wisdom from me to you every month! Go to www.masterymembership.com or call 1-800-717-2675