

SCOTT BOLAN'S



**How to Become
UNSTOPPABLE!
(The 5 Foundations of POWER)**

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Good News: You're *ALREADY DEAD!*

Each and every human being born has a limited number of years of physical life.

Even a healthy hundred years is a relatively short life span.

From the moment you are born, you are headed towards physical death in the future.

Ignorant people will view this as a negative, but in fact it is a rare and precious gift!

It is your best friend. It lets you know that you have a limited supply of something absolutely wonderful, and it lets you know that in every single moment of every single day YOU GET TO CHOOSE how to use it.

You can choose to have the optimum warrior life, and you can get it, not just merely Surviving, but also THRIVING and Kicking Ass!!

This is the life well-lived, living how you want according to your highest vision. A life of power, peace, purpose and prosperity.

If you don't choose this life by design, by default one will be chosen for you by others.

There are many powers out there that want to KILL you, either literally or figuratively, physically or energetically. They want to STOP you! A terrorist or murderer wants to stop you by killing your physical body in any way possible. A manipulator may want to kill your potential by having you serve his cause, rather than your own.

Some want to kill your physical body. Some want to kill your Spirit by making you a mental slave - a rat on the treadmill serving them in some way. Some are deliberate, and some are unintentional, some are well-meaning, and some are purely evil. Either way, the result is the same: wasting your life force and your precious resource of limited time. Stopping you. In other words, "killing" YOU.

Through the development of mental, physical and spiritual skills, the optimum warrior makes himself **UNSTOPPABLE** and impossible to beat, and so he has the very best life that living has to offer. The warrior stays free of all negative forces and harnesses, protects, develops and grows his energy and skills for Survival and THRIVAL in **the enlightened warrior life**.

Whatever you've been told, whatever your experiences have been in the past - don't make the DEADLY mistake of assuming you cannot have the optimum warrior life, because you absolutely can. And anyone who tells you otherwise is wrong. Dead wrong.

STOP BEING A SLAVE!

Years ago in my bestselling Martial Mastery course, I gave lots sure-fire ways to make

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the sale, whatever it is you're selling.. and no matter what you think, you're always selling something. Remember - a sale is ALWAYS occurring - either you are selling them on you or your service, or they are selling you on their 'no.'

If you're turned off by the word "selling", let's say it this way: *Influence* is always occurring, whether we know it or not, whether we like it or not. And it's the same thing in all of life... either YOU are directing and controlling your life, or external forces are directing and controlling your life.

When you optimally determine the course of your life, it's called Mastery.

When external forces determine and dominate the course of your life, it's called Slavery.

And dammit, if there's one thing I hate, it's slavery.

No one should be a slave to anyone or anything!

You shouldn't even be a slave to your own negativity, self-image, weaknesses or limitations. As far as I'm concerned, that's just as bad as being a slave to nazi with a whip...
in fact, it's worse!

Never ever weaken your self, and never allow yourself to be enslaved by others, or by your own limitations.

Take action to empower and strengthen yourself and live the Warrior Lifestyle. By taking action, you cause Motion. And Motion Causes Motion. Like the snowball effect, we get better and faster at something the more we do it, whether it is something empowering or something destructive.

When ***you choose*** a Motion, you are literally creating your destiny - whether you will "kill" or be "killed", whether you will win or lose.

"Choose Ye This Day..."

... Winning or Losing ... Action or Apathy ... Love or Hate

... Courage or Cowardice

... Self-Responsibility or Abdication.

... Freedom or Slavery ... Light or Darkness

Simple choices, aren't they?

Yet they are the choices facing us in EVERY moment. And our awareness of these choices give us our very power. We are DEFINED and CREATED by our *continual choices*.

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The Warrior is the man who determines him self.

He will *choose to find a way to go out and get what he needs to become what he wants and achieve his mission*, regardless of any pre-conceived obstacles such as his upbringing or his economic background.

If he proceeds with the full force of his heart, mind, will, and intention, he will achieve his goal. He is aware he has a choice and so he Optimally Chooses, by design.

He knows that his is going to DIE someday, and that death is his very best friend - it reminds him he is ALIVE right now, and that it is his own life, not someone else's! and so he can optimally choose for himself what to do with it, and does so.

The knuckle-dragging pessimist who knows he CAN'T is also right! He is unaware or refuses to believe he has a choice, and so he chooses also, but by default. And so he never will go out and get it, instead finding comfort sitting in his own steamy pile, joining others who hide their fear behind a mask of cynicism and jargon.

The slave does not consider his life precious and rare and his own to make choices with. And so he can't because he made or allowed himself to be one who can't. Instead, he'll bitch, moan, snicker and gossip about the guy who did go out and get it.

Such is the nature of fallen men, no matter how high their perch.

The good news is, there are countless dreams and goals *you can achieve by empowering yourself with the Secrets of Warrior Wisdom*.

Total Life Mastery

"Total Life Mastery" is the only true mastery, because so many master one area of life - martial arts, physical mastery, financial success, etc., only to have the other areas of their lives waste away in neglect, apathy and ignorance. We most often *allow* ourselves to be held back (killed) from success (life lived well) because of our own subconscious doubts and negative programming.

The man who does win and is *impossible to beat*, does not allow negative programming and subconscious doubt to stop (kill) him, and instead he "sets his own patterns"

The Warrior's Greatest Secret!

The holidays were recently upon us here in the U.S. and I was reminded of a distinct and timeless rule for victory in any area, and that rule is "Set Your Own Patterns"

In a fight, this would be breaking the rhythm and asserting your own tempo. It's the same in a verbal negotiation. It's the same in all of life. Patterns are essentially "territories" or "terrains."

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The Art of War tells us much about victory being assured when the terrain is controlled. In other words we call this "the home court advantage."
When I see a holiday approaching, I hear the small talk "What are you doing for such-and-such Day?" etc etc, and I notice that "everybody" is doing what "everybody else is doing." They're following a pattern. They're following convention and tradition.

Even at a young age, I always felt differently about such things. Running with the crowd and going "whoop! whoop!" just because it was a certain holiday didn't make sense to me. I had my own plans.

And most folks didn't have a clue what the true historical meaning of these holidays were really about anyway. It was just an excuse to "party" or go along with what everybody else is doing.

Now don't get me wrong, I'm not the grinch. I love the spirit of Christmas, Thanksgiving and other fun holidays that gives us a little time off to kick back and enjoy our family and friends.

*But "just going along to get along" because that's what we always do" is something herds of sheep and cows do.
And with they end up at the slaughter house.*

That's not intentional living by design, it's living by default. When you live by default, rather than design, you end up broke, weak and unhappy. Or worse - fat, dumb and happy. By staying self-contained and in your center, you can delightfully smile as others squirm in shock when they see you are not "going along" bound by the constraints of the norm.

**"Setting Your Own Pattern" is the warrior's greatest secret.
Once you know how to recognize patterns and
instantly break them and assert your own,
you'll constantly snatch victory from seemingly impossible odds.**

The more you do this, you gain momentum and flow, and you'll be amazed at how effortless life becomes.

Men will envy you. Women will want to know more about you. Your enemies will fear you. People will want to please you.

Why?

Because you have become a leader. A leader doesn't follow. A leader has an energy, a tempo, a pattern that is clearly one of his own making. And most people, men and women, are instinctually searching for leadership to fill the void.

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My mission is to show you not only how to think this way, not only how to talk this way, but how to actually walk this way in your daily life and truly BE a leader who has everything he wants and IS everything he wants to be. We start here:

The 5 Secret Power Foundations

1. Indomitable Spirit
2. Superior Skills
3. Tactical Intuition
4. Masterful Strategy
5. Laser-like Focus

Memorize these 5 Foundations. *

Etch them in the walls of your Mind Temple.

They are the foundation of your warrior's power, making you UNSTOPPABLE!

Here is a very powerful tool that can give you power you in everything you do:

When faced with any choice, any decision, any thought, any feeling, when discovering any self-habit, behavior pattern, or default thinking, always ask yourself these 2 questions....

- a.) ***"Does this Weaken Me, or Empower Me?"***
- b.) ***"Which of the 5 Secret Power Foundations does this Apply to?"***

These two questions are your compass to keep you on the Warrior's path.

To see this for your self, simply look back on any time you've lost, any mistake, or any self-weakening action you've ever taken and imagine what you would have done had you asked these 2 questions beforehand!

When you apply these Foundations to every area of your life and every action you take, right down to your very thoughts and emotions, you become not simply a Black Belt, a Badass, or a Winner in a certain field, but a true Master Warrior... You become very nearly Impossible To Beat!

Becoming a Black Belt is certainly honorable and valuable, but we must first and foremost remember the Totality in order to be complete and true optimum enlightened warriors, Unstoppable!

"To obtain enlightenment in martial art means the extinction of everything which obscures the "true knowledge," the "real life." At the same time, it implies boundless expansion and, indeed, emphasis should fall not on the cultivation of the particular

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department which merges into the totality, but rather on the totality that enters and unites that particular department." - Bruce Lee

The Warrior must decide and dedicate him or her self to develop and master each foundation. The great news is, each of us already has these foundations within us! You were born with it as your very survival instinct!

I remember years ago I read an interview with late Brandon Lee, Bruce Lee's son. He was asked a question in the vein of "what is the meaning of life?" His answer:

"Eat, or Die!"

Clearly a wise and dynamic young man, his answer affirmed our most basic birth-right:

We are born at birth to survive AND thrive, in other words... to NOT BE KILLED!

That's why we humans have been able to do things like create clothing and houses to protect us from the elements, create certain medicines to keep us alive, and make life-extending discoveries.

Not only on a collective level, but on an individual level you have great inner resources for surviving and thriving that you have left untapped, and that is true whether you're a beginner or seasoned pro! Much of it has simply laid dormant. You can now re-program yourself to **reclaim your native inner power**.

It is the Warrior's calling to strengthen these native attributes to their fullest and develop a powerful body with a mind as strong as steel and an intention as sharp as a samurai sword. One who masters these skills can clear many paths, opens many doors, stay alive longer and be UNSTOPPABLE!

Power Foundation #1: The Indomitable Spirit

Recently the editor of Black Belt magazine posed the question of what were the top five requirements of a Black Belt.

Several people responded with insightful answers, mine appearing first on page 12 of the August 2011 issue, stated "... an indomitable spirit, dynamic physical fighting skill, robust physical fitness, a calm and sharp mind, and *jin* (benevolence, respect for others).

Why would I put "Indomitable Spirit" as the very first requirement of a Black Belt? Most think of a Black Belt in terms of physical fighting skill, which is a large part of it, but first and foremost for true mastery of anything at all, *even life itself*, is the Indomitable Spirit.

It is a quality only few possess. Fortunately you can discover how to develop it with information like this! The dictionary defines "Indomitable" as "impossible to subdue or

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defeat" I call it "impossible to dominate" A warrior goes through life with a Spirit so strong that he is impossible to defeat and dominate.

When you are willing and able to endure any hardship without letting it destroy you, when you will remain strong in spirit and mighty in the face of any situation, when you have that frame of mind and refuse to let anything destroy you, life is your playground.

Harness your will, mind, emotions and intention to be as strong as iron and as hard as steel when needed. When you have an iron will and complete control of your Spirit, you naturally radiate and project a power that will magnetize what you want, and repel attackers and dark forces.

Yes, this is absolutely true.

It's not "peacocking" or walking around like a bad-ass, which is a sure way to attract a fight you don't want. Instead, this is a natural and subtle energetic field that radiates magnetic confidence and power.

It's what makes a dog bite someone who is afraid or has bad intentions, and makes the dog leave you alone when you are not afraid and have no intentions. It all begins in the mind, but it is far more superior than simple positive thinking. Positive thinking is like a white-belt. It is a necessary and useful start, and holds your pants up. Warrior Thinking (Mental Warfare Secrets) is like a Black Belt.

Here's a Mental Warfare Secret that, if understood completely, will give you a powerful advantage:

"Your Emotional Response Transfers Control to Your Attacker"

Let us consider an "attack" any effort by another party to cause you harm physically, mentally or spiritually.

It could be a envious business competitor, a Blood-thirsty Street Thug, a Terrorist, a manipulator, an abusive relationship, a jealous acquaintance, a domineering mother-in-law, a lazy bureaucrat, a Psychic Vampire, or just about anyone, anytime, anywhere.

And the greatest weapon your opponent has to attack you with is *your own mind*. Much like a boxer will use a probing jab to gage your tempo and and feint to get an opening in order to knock you out, an attacker will probe you emotionally. Knowing this, here is a simple truth that will help you:

Any appeal to emotion is an attempt to influence

This is not good or bad, it simply is.

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Positive emotional appeals, such as a motivational message or an uplifting song, can heal the soul, and empower you and help people. All of the secrets you read here are a double-edged sword, such as the nature of power always is. You can use it to defend, or to attack.

You can use it to protect yourself, and to *destroy others when appropriate*.

If an enemy attacker can enter your mind gate through emotions such as guilt, anger, fear, lust, jealousy, rage, envy, hatred, etc (ever hear of the "7 deadly sins"?)...

... and instill doubt and confusion essentially "mind-poison"), it can cause you to weaken, lose confidence, doubt your self, get sick with worry and dis-ease, make poor tactical and strategic decisions and fumble in some way.

This give the enemy the opening -just like a boxer's jab - needed to quickly KILL you, manipulate you, or put on the track of the outcome HE wants, rather than the one you want.

That's why it is so vitally important to *know specifically the outcomes you want!* (not the outcomes you're "told" to want)

Make sense?

Remember this:

"The goal of the attacker is to break Your INTENTION, and assert their intention as the dominant force in your energetic field." - Scott Bolan

When you unknowingly allow that to happen you do the enemy's work for them by attacking yourself!

In essence, you become a Slave when you succumb to attack. That's why Mental Warfare is the most important of all battlefields, yet strangely it is the most neglected in modern training systems, schools, creeds and disciplines. At best, it's given a cursory nod or a kindergarten-level overview.

My job is to share the advanced secrets of Mental Warfare and Total Life Mastery that actually work, so that you can discover how to not only survive, but also THRIVE!

EMOTIONAL MASTERY

Emotions are the most powerful self-motivators, and that is why they are continually used by your enemies, manipulators, advertisers, politicians, and friend and foe alike. Again, it ins't good or bad. It simply is. Just as a sword simply is. Its use will determine whether it is positive or destructive.

Emotions are a Sword and you should no sooner hand them over to your enemy, or anyone or anything, than you would hand over your sword in battle.

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Yet that is precisely what we do every single day when we let others determine how we feel and what we think. We hand over our sword to the enemy!

The issue is largely one of the default use of a power-tool. Emotions are a tool that you possess that can serve you. Yet we are trained from birth to automatically hearken to any emotional assumption much like a baby will automatically put anything it finds in its mouth.

Much of what I say goes against popular thinking in our apathetic, militantly-mediocre, therapy-addicted, medication-fueled symptom-relief oriented society. But for that matter, so did "the earth is not flat!" and "you can create a machine that can fly" and "washing our hands is healthy" - all of those statements, and those who made them, were ridiculed and persecuted, so I guess I'm in good company when I express my opinion:

"You Can Choose How You Feel!"

If you are in a fight for your life and someone is trying to KILL YOU, will you be more effective if you feel incompetent, weak, and frozen cold in terror like a deer caught in the headlights?

How about if you are....

....competing for a higher-paying position at work? negotiating a million-dollar business deal?courting your soul-mate for marriage? influencing your teenager to stay away from drugs?

In any of those situations, would it be useful to you to choose how you feel in advance? Would being able to choose how you feel in advance help make you unbeatable?

Of course!

Here's why: Thoughts cause feelings, which cause our behaviors (our actions).

And it is our actions which produce RESULTS.

To control how you feel, you must capture your thinking. Feelings are produced by thoughts, both conscious and subconscious. You can literally take hold of a conscious thought, and use your will and intention to replace it with another, more empowering thought that serves you.

You can also train your subconscious mind through meditation and esoteric martial mind practices. This is not "positive thinking" This is "powerful thinking" is a precursor to literally **transcending above mere thought and it's resultant emotions** and into the power-mind state!

The POWER-MIND State

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Remember the 3 Monkeys? Hear No Evil. Speak No Evil. See No Evil.

This is the goal of Warrior Meditation. It isn't that you are unaware of these things. It's that you detach from dependence on those senses, so that you can truly "see".

And by that detachment, you are not one who does evil, because you are not captivated by anything. Think about it: can you find one evil person in history who was not captivated, preoccupied, or obsessed with something or someone, even if it was in their own delusion?

Benevolent Detachment/Awareness is called "enlightened awareness" This is the "Sixth Sense" that many refer to, but up until now have not actually understood.

It is often referred to in the Samurai/Ancient Warrior texts as "Mushin" or Mind/No Mind. It means that you are aware and alert, yet detached.

**A person with an Indomitable Spirit and Superior Skills
who is aware yet detached
is *very* HARD TO STOP!**

Yet when someone is un-aware and attached, they're about as easy to kill as shooting apples in a barrel.

Take a moment now to reflect on your life's path... can you see now that anything that has held you back, and any negative events can be traced to attachment (desire) and un-awareness (ignorance)? If you're honest with yourself, you'll see what I mean.

The power-mind state makes gives you ultimate power of mind to go after and get what you want without others using your mind against you, and without you getting in your own way.

Power Foundation #2: Superior Skills

Develop your Skills according to your specific needs and attributes. With a Warrior's mind and heart, you can even go through the mechanical and come out the other end with masterful skills where others have only obtained mechanical knowledge!

The key in Superior Skills mastery is to become Unconscious Competent.

An Unconscious Incompetent is not aware (unconscious) of the existence of a skill, nor do they know how (incompetent) to perform the skill

A Conscious Incompetent is aware of the skill, but they still are unable to perform it.

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An Conscious Competent is aware of the skill, but they can only perform it mechanically and deliberately, with much effort.

Conscious Incompetent and Conscious Competent are 95% of the people who try to apply superior skills in any field - mental or physical - martial arts, mental mastery, neuro-linguistic programming, hypnosis, etc.

Unconscious Competent means you know it so well that you don't have to think about it. You apply it intuitively!

The best example of this is driving a car. Your first day of driver's ed you were in the realm of conscious incompetent/conscious competent, continually slamming the breaks and squealing the tires as your senses were overwhelmed and stuck in mechanical thought.

Nowadays most of us can drive in Unconscious Competent - mind/no mind - in fact in order to drive safely we must be able to do so, or we quickly become fixated on the millions of distractions and crash!

Unconscious Competent is the intuitive zone in which you can apply skills effectively and powerfully without being slowed down and rendered ineffective by having to stop and think about it. The moment of pause can be the moment of your DEATH.

How A Warrior Prepares for, and Wins, a DEADLY Fight

Fundamental to your success in a deadly fight is to "**be brutal and relentless.**"

By that I mean that you must not stop until your attacker is either down, or fleeing. In a life-or-death physical altercation, the old John Wayne "put yer dukes up and punch the guy on the jaw and allow him to recover and square up" days are OVER!

In a deadly street-fight, when the attacker is set on doing you serious or lethal harm and you have no avenue of escape, **you must be relentless.**

(in what other areas of life would "being brutal and relentless" reward you?)

That means training combinations relentlessly until they are so ingrained they flow instantly. It means lots of time in the crucible of free-style sparring, and from positions of disadvantage and discomfort. It means developing "water-like" intuitive skill that "seeks openings and weaknesses" just like water seeks it's way down through something. It means breaking a stagnant mechanical training and workout routines and doing some chaotic training.

For example, I was doing my regular 4 mile run in a forest area, and realized I'd been training robotically, in the same way, for quite some time.

So in an instant, I said to myself "I'll now become Rambo being chased through the

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forest!!" and I tore off into the rocky, unlevel brush and forest. It wasn't for fun - I put myself into the state of really running for my life, unarmed and afraid. And although I didn't have Rambo's experience from Vietnam...

.... I went into what I call the "Mirror State" - a state where I "act as if I did" and took on that intuitive energy (which is far greater than simple imagination) Basically, I went into "the zone."

I ended up climbing a huge tree near the end of it where I could see for miles around. Not only had I pushed myself to a new threshold of physical prowess, I had also strengthened the inner core of my Warrior spirit.

Instantly and effortlessly, my mind became vigilantly aware and alert, and I maintained the Zanshin state of alertness until I saw pavement again, about 40 minutes later.

I was wiped out, I was scratched, sore and bruised.... and I was loving it! That experience is much closer to what a real street-fight is like. It isn't methodical and doesn't go as planned or imagined. It is shocking, surprising, startling, painful CHAOS!!

And you don't prepare for that by lifting weights in spandex at the gym or jogging down the lane. You don't prepare for that by putting on your canvas pajamas and yelling "Kiai!" (although those things aren't bad places to start)

You prepare and develop the superior skills for it by going deep within your spirit and bringing up the Warrior within you that has laid dormant from centuries of taming through "modern civilization."

It's about going deep within yourself and finding that your limits are not what you thought they were.

**It's finding out that you can be as tough, dedicated and skillful as you want to be.
And then preparing and prioritizing your life in a way that you can train, learn
and intuit until the Warrior inside, becomes the Warrior outside,
manifesting in all areas of your life.**

Think deeply on this.

Power Foundation #3: Tactical Intuition

Your Tactics should be Intuitive, not Mechanical. Anyone who is mechanical is predictable, and therefore simple to defeat.

An intuitive tactical response uses sensory acuity and the sixth sense to determine where, when and how to strike, if at all.

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One who is mechanical is stuck in time, and therefore can be defeated. One who is mechanical is attached to static knowledge and preserving a memory. They are attached to an outcome and stuck in fear and pride. When you are attached to an outcome, you are at an immediate disadvantage!

Who the hell would knowingly choose to be at a disadvantage? I don't know about you, but I certainly wouldn't.

Detachment from an outcome does not mean that you don't want the outcome. It simply means you aren't *attached* to the outcome. You're willing to let go if necessary. Most people want it so bad they refuse to let go, and thus they don't have what they want at all - their attachment to it means *it has them*.

That's why it is said in NLP that "he who has the most options wins" The mechanical tactician limits their options into a small box and by doing so gives up their freedom to control their tactical choices.

Mastery means *you* are in control. If you are attached to what you want, it is your master. This is also the secret to abolishing FEAR and getting it out of your life for good.

When you are no longer afraid, you are no longer attached. Now YOU are at a huge advantage! You're more free, more confident, more resourceful and more powerful!

The competition trembles and becomes afraid, because they expected you to be afraid. This is known as "reversing"

A warrior will often feign fear and ignorance when tactically optimal. It creates an opening in the energy of their opponent so they can quickly and devastatingly strike!

Such is the power of tactical intuition, where you respond like an echo to an authentic opening. Notice how I said "authentic" opening. Many openings may be feints and fakes, bait designed to get you to go for it and step into their trap. This is where your detachment from emotional response and 8-directional awareness comes in to protect you.

Tactical Intuition is also the ability cause confusion and fear in your opponent. Being unpredictable and doing the unexpected, so long as it cannot be timed and calibrated by your opponent, can bring amazingly devastating results!

The Difference Between LIFE and DEATH, FAILURE and SUCCESS!

Tactical Awareness can mean the difference between Life and Death. It can also mean the Difference between failure and success. I don't know about you, but I damn well want to keep on living and to keep on succeeding!

So I make Tactical Awareness my close friend. I take it with me wherever I go.

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What is "Tactical Awareness"?

Tactical Awareness is most often referred to in Law Enforcement, Military, and Self-Defense circles. It is often known as "situational awareness."

Tactical Awareness is:

Your ability to perceive.... and your cognitive reaction time.... and your tactical ability...
... to deal with ANY situation that arises!

That's great for street survival and combat, but why stop there?

After all, survival and THRIVAL (yes, "thrive") is what it's all about. Why "just" survive?
How about surviving AND thriving! How about bringing the Tactical Mind into daily life?

Would it make you more effective?

Would it help you to start perceiving things you had been missing, and make more of those opportunities?

Absolutely.

You can increase your tactical awareness by using the superior warrior awareness methods of Hakalau, Zanshin, and Ninpo-focus.

In my courses and seminars I show you how to develop these skills for your self and use them to Stop Your Enemies Cold - whether they be bloodthirsty street thugs, the competition at work, or your own self-limitations!

Here are a few fundamental tactical tips for street survival AND Life-Thrival:

- Turn off the chatterbox of your mind when you are out of your home or car. You won't be able to hear as well or listen to your "sixth sense" if your mind is full of chatter and noise. In fact, that goes for all of life.
- When you're at a stoplight, be aware of possible approach. Leave yourself room to backup and maneuver.
- Have a solid police flashlight at ready within easy reach of your driver's seat. You may need a powerful light if your car breaks down at night, and you can use it as a club if a car-jacker reaches in.
- Always look for and remember the exits in any situation or location you go into.
- Always choose the best tactical placement in any situation...

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... seating at a restaurant that allows you to view the entrance and doesn't allow anyone to approach you unseen.

... a hotel room a few floors up from ground level - so they can't break in through the window, and if you have to jump in the event of a fire, you're not too high up.

... how and where you stand and walk - in line at the store, or anywhere outside the comfort of your home. Always position yourself for the optimum tactical position, even when speaking to another person.

- Bar your hotel door with a chair. Use a portable entry alarm, or a make-shift one, such as a glass that will fall if someone opens the door, to alert you to intrusion.

- Keep a tiny pinch-flashlight on your keychain. This is great when you're in a building and the power goes out.

- Have a code-word and pre-set behavior pattern with your family that you'll use when...

... you are attacked in public. ... someone breaks in to your home. ... there is a fire. ... or any other emergency.

- Always Choose. If not, one will be made for you.

Thanks to information like this, You now have more choices than you've been previously aware of

- Begin practicing "tactical choice" in all situations.

- Guide your children in making the right choices on their own as soon as possible.

- Retain your center. Do not over-extend physically, financially, emotionally, or with your precious asset of time.

This will give you a tactical advantage in most situations!

- Do not take the bait!

Enemies, energy vampires, attackers, manipulators, and jealous rivals use guilt, jargon, chit-chat, greed, anger, gossip groups, slogans and rhetoric all in an attempt to cause a reaction in you, much like a boxer's probing jab, in order to gauge your tactics and response time.

If you take the bait, you become a puppet in their strings.

But when you do not take the bait - it causes a reverse effect and they become the recipient of their own attack!

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- Do not empower your attacker by responding to him emotionally.
- Do not assign your values to others. If they appear to have your values, if they preach your values, does not mean they actually have them.
- When you enter a room, practice peripheral and energetic perception by being in tune with the energies of the other people in the room without being obvious. Soften your eyes and use energetic softening with keep perception...

... notice who sizes you up, who may be staring at your date, who is avoiding you, who else is tactically aware, who is concealing their tactical awareness, and the cultural, demographic, body type and personality specifics of each person.

- People have an “energy” that is as noticeable as the color of their clothes and gender! Become a student of the art of people-perception.

... this can be great fun and you will soon become a pro at reading people as easy as reading a neon sign!

- Your Energetic Intuition will tell you more about people than anything else! This is true “tactical awareness”
- Think “BENT” - Balls, Ears, Nose and Throat - these are the quick and nasty instantly DEVASTATING targets. They are also YOUR vulnerable points. Protect them by keeping turned slightly to the side when talking to strangers.
- Don’t be close enough to get surprised by a head-butt.
- She’s beautiful, she’s new, and everyone is swarming around her like flies. Stay back and ignore her while keeping an inwardly-amused smile and she’ll come to you (this is called “reverse magnetism”)
- “Beautiful” does not necessarily mean “intelligent” or “honorable”
- “Famous” does not necessarily mean “intelligent” or “honorable”
- “Common sense” does not mean “intelligent” or “tactically optimum”
- Dress tactically for perception and functionality, so you can blend in or stand out if you want to, and so you can move unhindered.
- Everything is a weapon: in any environment you enter, notice what can be utilized as a makeshift weapon. You’ll be amazed!
- Control your breathing and thinking and you control your personal power supply.

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Power Foundation #4: Masterful Strategy

Masterful Strategy means **Seeing What and How the Enemy Sees.**

It means **seeing what is unseen and seeing the future in advance.**

Essentially, you step outside the Castle - you, or your goal - and look at it as an Invader and ask "HOW would I get in and take over"

Since a young age I have naturally been almost impossible to beat at a game of chess, or an arm wrestle, regardless of the skill or size of my opponent. Why? Because I intuitively combined strategy and intention. Years later I realized I was thinking like a ninja.

Your strategy is a part of every thought you have and every action you take in your life. Not knowing this is why you end up with results you don't like. Default is never a good strategy. Design is always the superior strategy!

I use the elements for my strategy. Like Water, I am unstoppable. I get through, around, under and over. Like fire, I can decimate all obstacles and opponents. Like the wind, I can be invisible yet all-present and knowing. I can knock the adversary over, and be everywhere at once. Like the earth, I can bury them and be immovable.

Strategy and it's **unconscious competent application** is the dynamic key for success. I use it everywhere!

Think "BEST": Body, Emotions, Speech, Thought

Develop a master-strategy for each of those, which are all within YOUR power, and you can unlock doors and move mountains.

No wise person would leave any of them to default. Yet that is what the masses do. Perhaps they aren't very wise?

Use Master-Strategy To Achieve Your Goals and Beat the Competition,

Did you know you can "beat" the competition at just about anything with Master-Strategy? Yes, it's true. The famous statement "Timing Is Everything" has some substance to it.

For example, in old-school karate, "the block and hit" method was often taught. Basically, you blocked his attack and punched back.

Then along came Bruce Lee, for modern times. He looked at self-defense in a very different way. He had **strategic ideas instead of simply tactical ones.** Ideas of controlling distance and time, and was greatly influenced by Western Fencing in this regard, which emphasizes the efficiency of intercepting an attack before it is fully executed.

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Thus, Jeet Kune Do's "Stop-Hit" method was born.

Now listen closely, because even if you have no interest at all in the Martial Arts, I want you to see how you can transpose this information to win in ANYTHING, ok?

Every attack has an intention, preparation and a delivery. This goes for a verbal, physical or mental attack.

This also goes for every ACTION - whether it's saying yes, making a decision, or the effects of persuasion and influence.

This includes both conscious and subconscious actions. In other words, this is taking place whether we are aware of it or not.

"The Tao of Jeet Kune Do" translates as "The Way of the Intercepting Fist."

Bruce Lee was lightning-fast because through the crucible of introspection, training and experience, he developed **Sensory Acuity - the ability to Intuit his opponents move before the opponent had even fully decided on it**, while it was still in the intention stage.

YOU can also develop this sensory acuity in ANY area of life by having a strategic master-mind.

For example, have you ever known what someone was going to say, just before they said it? Or, you knew they were going to strike, just before they did?

Honing your strategic perceptions to razor-sharp levels is entirely possible, begin today. Once you have this ability, your life will never be the same again. And the fantastic thing about it is, the more you do this, the more you gain momentum. You gain the flow! That's why Bruce Lee was able to accomplish so much in his short life span.

You can strategically "beat life to the punch" every time once you understand and apply these concepts.

Power Foundation #5: Laser-Like Focus

Have you ever wondered why others who are not as smart as you or deserving as you have succeeded, or why those who are clearly talented and deserving have not succeeded?

Why is that?

"What is the Secret of Success?"

The Secret is Attention/Intention.

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This is the most common trait of successful people - they are FOCUSED like a Laser! Not obsessed, but focused. They do not allow their Intention to be distracted.

So their Attention remains mindful of their objective, and the full might of their power, potential and ability is combined with momentum and multiplied as a result.

Never forget this Mental Warfare Secret, my friend:

Your powers are diminished when your attention is dispersed.

Ever notice that you weren't "paying attention"?

Now look at it this way: **Attention PAYS YOU.**

Attention is Focused Awareness.

Attention is power, and that's why the world is set up like a carnival to distract you with lustful enticements, fears and captivation - to capture your attention and mitigate your innate power, making you less aware and more pliable.

In other words, it's set up to dissipate your energy and power for it's own gain, keeping you like a rat on a treadmill.

Now you know better. You just got the secret, absolutely free.

Developing your focus as powerful as a laser-beam, and seeing your intentions manifest, is one of the most beautiful and joyful and empowering experiences you'll ever know! It helps you develop YOUR Intention into a truly powerful force. *Want this same power in your life*, with a personal awareness that nothing can escape?

In each moment your fate is decided

The Key to Laser-Like Focus and Being Impossible to Beat is in Mastering your Moments. This is called "Momentary Mastery" - Scott Bolan

At this stage in life there is no more time for excuses or reasons why - there is only REAL LIFE. And Real Life occurs in Moments. If you lie to yourself about your moments, you will be living in illusion.

When you Master your moments, you master your life. It isn't a matter of keeping a tight schedule or completing your daily to-do list. It's a matter of SEEING THE TOTALITY in each moment. When you understand the root, you understand ALL of it's blossoming.

Once you understand this, you can look at a problem or a circumstance, and intuit it's cause and solution. Then life begins to unfold miraculously, and you can conquer worlds without even leaving the house.

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Nothing can escape this awareness

If you have a problem, any problem at all, you can strike the root and the problem will shrivel up and die on the vine. Or, you can continue with your illusions and the problem will overtake you.

If you have a goal, you can get to the heart of the matter and intuit Victory as it occurs. Or, you can continue in your illusions and never win. In each MOMENT, your fate is decided.

By Mastering Moments you gain Momentum, and soon you find yourself outside of time and in your own zone, where life seems almost effortless and any challenge or danger practically becomes a joy to face.

This is the level of Unconscious Competent I spoke of earlier, of "Mastery" where you don't have to think about it or calculate, you simply Intuit and Apply, Intuit and Apply, on and on from Success to Success.

You become as irresistible to whomever and whatever you desire as Gravity is irresistible to Water. Then you are no longer held back in any way.

**A Conqueror builds his power.
A peasant doesn't know he has any power in the first place!**

A Conqueror doesn't wait for a stimulus check or the approval of others to strengthen himself. In fact, societies, governments, cultures and media are often set up to discourage true self-empowerment! Ever notice that? Fortunately you're getting information like this that shows you several ways to build your power and awareness

How To Be *Truly* AWARE!

"Be Aware, Grasshopper" the Sensei says to his student. The student, not wanting to look dumb, simply nods in compliance and fails to ask the most important question: "How?!" or, "What do you mean specifically?"

And so the student walks out the door of the Dojo, strolls mindlessly around the corner into a pack of drunken thugs and gets robbed and **beaten to a pulp**. If only he had asked the question, and the Master had explained...

There is a simple rule for being aware, and that is to shut off the chatterbox in your mind. Your internal dialogue is thousands of words and images and thoughts per second!

It's been said we receive two million bits of information per second, yet we can only handle two hundred at most. To be aware, you need to turn off your internal dialogue. That's when you become attuned and "in tune" and can sense and intuit things around you.

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This happened to me recently in an underground parking lot in a big city...
... I sensed danger and a moment later a huge thug appeared with malice in his eyes!

But when his eyes met mine, his own animal intuition told him that I was aware of his intentions, and capable and more than willing to meet him with whatever force necessary to stop him...and that pain, fear and panic would not stop me.

So in a heartbeat his predator eyes went to simply a slight nod, and he turned and walked away. The feeling was similar to being passed by a great white shark, and the shark not coming back. And yet, if I were to face a great white, or any man, or anything at all, I would do so aware and present...

... not "somewhere else", not "not wanting to be there"... Because "not wanting to be there" is a denial of "what is."

And the first rule of awareness is seeing, and accepting, what actually is. It is ONLY by doing that, that we can "change" what is.

Nothing can hide from this awareness no one can successfully lie to you, and most importantly, you'll no longer deceive yourself in any way to limit your outcomes! From this awareness comes the true "life without limits."

If there is anything you want to change in your life, whether it's making more money, finding your dream soul mate, or reaching your peak physical zone, the only way you will be able to reach it is to *Become a Conqueror*. There are 3 steps to becoming a Conqueror: 1. Command, 2. Control, and 3. Conquer. In that order.

And I can show you how, step by step. You see, no one can take you where they have not been. I walk my talk and am a living example of what I teach. I got the results in my life, and have been showing others how to get the results they want for the last 20 years.

You've taken the first step and read this far, which is the beginning of taking Command. **Now it's time to take the next step** and get full Command and Control, so you can Conquer.

So for the next 10 days here's a Coupon Code you can use for 10% off of our elite programs: IWILLCONQUER

Just go here: <http://www.scottbolanprograms.com> and take the next step on your path to Conqueror. I'll see you there!

Your Coach,

Scott Bolan

Become UNSTOPPABLE: The 5 Foundations of Power!