

Beyond Positive Thinking: Part 3 **Monday Call, July 6, 2009**

- New Mannatech Website is now live**
- New Incentive starting BP 8**

“Beyond Positive Thinking” Dr. Robert Anthony, Review of final 5 Chapters, 8- 12

8. Achieving Your Financial Desires

a. We are the cause not the effect...those who think about poverty all the time, create poverty. Those who think abundance, create abundance. “When our consciousness is filled with beliefs, assumptions, thoughts, ideas, concepts and notions that directly encourage a belief in scarcity, lack, limitation or poverty our life becomes a reflection of these thoughts.”

WE ARE the cause of our financial condition. Our mistakes stem from not an inherent flaw but ignorance. Conquer your ignorance and replace it with truth. Your beliefs, etc. are controlling you!

b. Clearing our beliefs about wealth. Money will always be important part of your life...it determines the quality of your life because it determines your level of freedom.

If you are having distress over financial problems, CHANGE NOW!

How? Replace your worn out false beliefs, and accept new ones by affirmations.

I choose to know how to be rich.

I choose to deserve wealth.

I choose that my income exceeds my outflow.

I choose to give myself permission to enjoy money.

I choose to replace my unwillingness to be wealthy.

I choose to accept that money is flowing into my life right now.

I choose to be rich in consciousness and rich in dollars.

Create wealth out of your imagination. The Law of Mind is dependable...whatever we create in our consciousness we will experience in our life.

As we sow, so shall we reap. The energy we give out are the results we get back.

We must give the very thing that we want.

c. The power of gratitude. “This is one of the most powerful secrets to adding riches to your life.”

d. The Law of Circulation. Take our cues from nature. Look at a pond...if water stops going in it will stagnate and die. If water only seeps out, it will soon dry up. Money is the same...as we circulate money freely, more money flows into our lives.

Clutter is an example...if you save everything, you create clutter in your life, clutter in your mind. Every year gift away things you have to create openness to receive the things you really want.

When we block circulation through fear, we stop being in the flow.

Our current economic status...

e. How to be a good receiver

Giving must be balanced by receiving. When you give you are in control. When you receive, you many times feel out of control.

Know that when you receive a gift you are not just helping yourself but also helping the giver.

f. A word about risk...one of the hardest things to do in life is take risks. Everything you do or don't do) involves risk. Yes, once you get it that doing nothing is risky, you will start understanding that the DEFENSE to risk is your confidence in your ability to create.

Feel the fear and do it anyway! Go beyond the risk because that is where everything in life exists.

9. Five Words that Create Results

The 5 “R’s” are part of a five-step creative process that he calls our Conscious Conditioning Exercise. They need to be acknowledged together...and spend at least 15 minutes every day to do this.

a. **Relax.** A tense person simply can not produce effective results. There is a conflict between what you are saying and what you are doing. One way to get your mind and body totally relaxed is to do this through a process of breathing and muscle flexing. Concentrate on making your muscles as loose as possible...flex then let them go.

b. **Recognize.** We must realize we are surrounded by something more powerful more knowing than us. (For some of us that is God). This “Power” has knowledge, and answers beyond our capacity. Give this “Power” recognition and tap into it.

c. **Realize.** This “Power” or universal mind or God is in all of us (for Christians we have it through our belief in Christ). For others...

So if the Holy Spirit is a part of us, we have this “Power” within us.

The Bible tells us this yields the fruits of the spirit. So no fear.

d. **Reason.** “We have to have a reason to create.” The conscious aspect of mind is the “thinker” and the subconscious is the “power.” Thinker thinks and power proves the thinker is right. So if we do not tap into our intuition, we allow our circumstances to control our life. The subconscious mind is where all the action takes place. Conscious is directive, but it is not creative. “The misuse and lack of understanding concerning the nature of the conscious and subconscious accounts for most, if not all, of the confusion, frustration and failure in life.”

Our words have tremendous power and if we state them with belief and conviction, your subconscious will respond without hesitation.

e. **Release.** We need to let go. Believe in the process. What is the hardest part about creating what you want? Learning to stop figuring out how you will get it.

Don't be confused. You still use goals, affirmations and visualizations to support your desire, but DON'T WORRY about how it will happen.

If you experience delay it just means you still have apprehensions.

“The only time factor that exists is between you speaking your word and your acceptance of your desire.”

Example: attend all these sales meetings on “how to sell” and still fail. Why? Because mechanism do not create results. Consciousness does. That means LEARN HOW TO CONTROL YOUR

MIND...learn how to construct a consciousness model to develop an inner attitude or mental blueprint which would allow you to sell without being manipulative and without effort.

10. Who or What is Stopping You

Stop suffering. Get rid of negative anticipation. This does not mean avoid facing challenges in your life just do so with positive expectations.

a. Breaking the pattern of worry...worry is a choice. Deep down inside we do not have a fundamental trust that life supports us. “Our bottom line is that Life is out to get us and if we don't worry we might be caught off guard.”

We say we worry because we do not know what to do. When you stop resisting the unknown, you will begin to know what to do.

b. Finding the real problem. When you use your past to solve problems, you are using the same logic and reasoning that created the problem in the first place.

Never ask “What can I do about my problem”

Always ask “What can I do with myself?”

Don’t force solutions.

An unconscious person always thinks that he is going to feel better if someone else changes. A conscious person realizes that the medicine can only help if taken by the patient.

c. Emotional dependency comes from either our need to be right or our need to get approval. Stop it!

There is no one in charge of your life except you unless you give your power away. Then you become dependent and your life is “out of control.” You can claim VICTIM but you chose it!

“Getting to know oneself is the key to a successful life.” When you learn to love yourself you will not seek love from others...you will not be subject to others control.

Some may have trouble with you because they can not control you.

d. Risk rejection at every opportunity...don’t worry about hurting people. When you avoid rejection you give others control.

e. Anxiety is part of all of us. It is just one of our emotions.

However, when you feel it, don’t run from it. It is a time to evaluate YOUR BEHAVIOR. Address it head on, use your courage (“Courage is simply the willingness to be afraid and take action anyway.”)

If you don’t let anxiety stop you, you can actually convert it to excitement in many instances, and be more creative.

f. “True intelligence is a willingness to exchange a fallacy for a fact.”

An anomaly: we fear admitting our lack of knowledge because we think it will endanger our psychological security. In reality, our reluctance to change does exactly the opposite: it keeps us insecure rather than providing security.

g. Watch out for the NIOP’s...Negative Influence of Other People.

They are everywhere and they love to store negative stuff in your brain until you become one just like them!

Make a commitment to absolutely establish an NIOP proof consciousness. Focus only on positive.

Everyday is a great day.

h. Focus on the goal. You must know where you are headed or you will not start the journey. This is crucial.

i. Blind obedience to Dr Anthony is the most destructive of all patterns a person can have. This is following what other people tell you without thinking for yourself. Life is a series of corrections but most people fear making a mistake so they never experience the greatness of life. OUCH.

The reality: most people really are not as interested in our lives as we think! But the neurosis is that we worry about what they think of us as they run around worrying what you are thinking of them!

No one cares but you!

11. Give up Hope and Take Action

The truth is we will never be happy until we get what we want in our lives. We can lie about it, joke about it, deny it, or pretend it is not important. But the truth remains...you still want it. So follow this creative process to get it.

a. You will never reach your potential. Why? Because potential is infinite. So do not get stuck on this point. The journey is what is the important thing. So do not get disappointed or “stuck” on it could have been better.

b. The name of the game is producing results. Take action and trust the process. The idea that it takes effort and a lot of hard work to get what we want is just another false belief system.

c. Choose and believe! You must say what you want. You might be so off the track nothing comes to mind. Then ask instead, “What would I like to see happen?”

Important thing: Choose something! Get on the track, and then make corrections. Once you choose the subconscious gets on board, and you need to give up all ideas on how to get there. If we rely on old patterns we get the old results...where they got us last time. Rely on intuition. Einstein’s theory of relativity came to him while sick in bed.

d. Why do we not give up beliefs that make us miserable? Because we are programmed to resist change, fear the unknown. We are addicted to certainty. Without certainty we don’t move. Change? For some it brings conflict and the “yes” or “no” starts circulating in our brain. This is just a distraction...usually there is another issue controlling you like “what will people say?” Or “What if I make a mistake?” Ludicrous...and we stay stuck. Stop it. There is no way to know ahead of time so just take action!

THE DIFFERENCE BETWEEN SUCCESSFUL PEOPLE AND UNSUCCESSFUL PEOPLE: how they handle change. Successful

people have anxiety too but they do not let it immobilize them. They take action and convert their anxiety into creativity.

e. Life is about making corrections. A plane is off course over 90% of the time but it is the little corrections that get it to its destination. Take action and make corrections.

f. You can't improve your SELF...who you are your perfect self. You can improve your performance. Remember, you are not your results. When you give up that you will be on your path to incredible things. Somehow we have the idea that all we need to do is get to a point where we don't make mistakes any more.

g. It's time to Give up Hope. Rather than relying on the subtle illusion of what tomorrow might be like, accept what you want and accept it in the present tense.

We become prisoners of hope. Trade hope for action! Hope is waiting for someone else to make us happy, make things better. We must start taking action because we are responsible for the results we create.

12. The Greatest Obstacle to Happiness and How to Overcome it

Our life is a string of moments in time. Often people stand in unhappiness trying to improve a future moment. The problem is this IS the moment we are creating our future. "What you are being, living, thinking and feeling in the present moment will determine your happiness."

a. Your present moment is your Point of Power

All your memories of past and hope for the future happen in the present moment. "The past and the future have no realities of their own. Their realities are "borrowed" from the now."

"The truth is that all unhappiness is caused by denial of the present."

"You can not be unhappy and fully present now."

b. Answers come in the now.

If we spend our time worrying about the future or regretting the past, we can not be open to answers because all answers come when you place your attention in the now.

Does it make sense to pray for resolution and then not pay attention when the answer arrives?

When we focus on the past and worry about what happened not only don't we avoid the wrong, we recreate what we are trying to escape.

c. Why we have trouble living in the now

The mind constantly resists the NOW...because it can not control it. If you think of the past or worry about the future, the mind can control those thoughts. Your mind is using you instead of you using your mind.

Exercise: Take a moment and observe the habitual tendency of your mind wanting to escape the present. If you worry about your future or look forward to hope in the future for better times, both are illusions. Watch the thinker...when you are conscious that you are not present, then you are present.

d. Fear...is not in the present. Fear is about something that might happen, so it is always in the future...thus not happening in the now. The key is to break the pattern of present moment denial and present moment resistance.

e. Goal setting in the now. Do not mistake it for focusing on the future. Focus on the now; fall in love with the journey. Your journey has an INNER PURPOSE and an OUTER PURPOSE.

Your outer purpose is you life goal...which of course implies the future.

Your inner journey's purpose has nothing to do with WHERE you are going or WHAT you are doing, but everything to do with the now. If you don't understand your inner purpose, you will never be successful at your outer purpose.

Also, every outer purpose is fleeting, it is not permanent. Everything must change sooner or later. So if you base your happiness on your OUTER PURPOSE you will never be happy.

f. Pursue your joy...as I tell my kids do what you are most passionate about. Then you will make the greatest contribution to society as well as find your greatest happiness. The unhappy majority seeks to do what we think we need to do than what truly excites us. We rob ourselves of joy. If we spend 70% of our days doing things we don't like to do and then need more money to really bring joy in our life for that remaining 30%, the remaining 30% can never catch up...since we will always need more money to compensate for the misery of the 70%. Does that not sound like America today? 70-80% of the people in this country do not like their jobs!

"I can tell you that the energy of all the unhappy people on this planet is what is poisoning the environment more than everything else combined."

As you follow your joy, everyone around you will notice and it will rub off.

g. Finding what brings you joy...ask your self these questions:

I will go through them on the call.

Does the mission of Mannatech bring you joy? Then why do you make yourself so miserable?

Let go of the limiting beliefs.

h. Following our joy is not one large step like quitting a job. That is escaping. There is a big difference from escaping from things that make us miserable and following our joy. The trick: "in the present moment find the things that bring us the most excitement and then do whatever we can to follow that excitement, even in the smallest way. This causes a chain reaction that brings us more opportunities to do what we love to do."

Our financial concerns is what stop us...but that is also crazy since all we need to do is start slowly. Do not let financial fear stop you from reaching your happiness. Start today.

"The greatest obstacle for happiness is not living in the present moment and not following your joy."

Finding What Brings You Joy

If you are not sure what your true joy might be, ask yourself these questions and record your answers:

- ❖ What subjects do you most enjoy reading about?
- ❖ What television or radio programs do you most enjoy?
- ❖ What are your favorite types of movies?
- ❖ What are your favorite hobbies or pastimes?
- ❖ What type of volunteer activities do you prefer?
- ❖ What subjects do you enjoy discussing with friends?
- ❖ What subjects do you enjoy discussing with friends?
- ❖ What have been your favorite jobs?
- ❖ What were your favorite school subjects?
- ❖ What are your pet peeves?
- ❖ If you doodle, what do you often draw?
- ❖ If you ran the world, what changes would you make?
- ❖ What are your favorite kinds of people?
- ❖ What are your favorite toys?
- ❖ How would you describe your political beliefs?
- ❖ Who do you most admire in life and why?
- ❖ What tasks have brought you the most success?
- ❖ How would you like to be remembered after your death?
- ❖ If you won a million dollars, what would you do with it?
- ❖ What tasks do you think you could do well that you haven't yet done?

Examine your answers. Do you see a certain behavior or belief in more than one aspect of your life? What information do you see repeated that seems to reveal a behavior pattern? What are your long-lasting interests?

Using this information, paint a self-portrait by completing the following statements:

- ❖ I am mainly interested in...
- ❖ I believe most in...
- ❖ I most value...
- ❖ I can do the following well...
- ❖ For a good life , I feel I need...