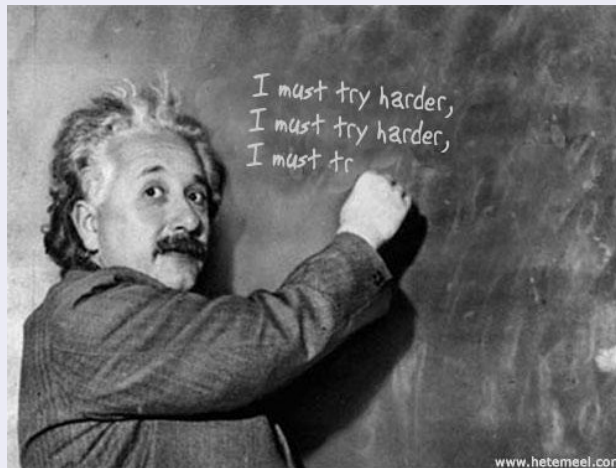


How to Get What You Want



A special report
prepared by
Anthony Hamilton

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This special report was prepared by
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Mind, Time and Power!
How to Use the Power of Your Mind To
Create the Life of Your Choice

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with all references to my
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The free Mind Power course
"How to Get What You Want in 30 Days"
is available on line for free
at

www.anthonyhamilton.org/free_course

A NOTE TO THE READER

I offer a free course in using the power of the mind to get what you want on my website:
www.anthonyhamilton.org

People who take this free course can write to me asking questions about the course. One lady named Kristina wrote me such a great question, that as I began to answer her, I realized that to provide a complete answer to her question, I would really have to write an entire booklet.

This is what I decided to do. This booklet is the result.

This is the question that triggered the writing of this booklet.

I am enjoying your free course and I am also currently doing other research on related topics. My question is about the law of attraction and process of visualization:

To use successful visualization to get what I want in 30 days do I have to know the practical route to my desire? For example, I can visualize pictures of my new house, feel the emotions when I walk through the front door and can train myself to repeat affirmations all day. The problem is my subconscious does not quite believe that in my current economic state I will have a beautiful new house within 30 days. I can fantasize about this dream but unless I win the lottery this month I cannot see a practical route to this desire.

Even though I really want to believe that this can become my reality, my subconscious does not believe that it is possible.

Yes I agree that if you really believe in something it can happen so how do I make my subconscious believe?

Or does this mean that the process of visualization and attracting what you want is more complicated?

And is this the difference between fantasy and visualization?

Do I need to visualize in detail exactly how this is going to happen in my life to make it believable?

I'm confused, please would you help to clarify this for me.

This question highlights a number of things that we need to understand about the way the mind works, and what we need to do in order to get what we want using the power of our mind. It also shows how misunderstanding some basic principles can cause us to worry and perhaps quit our visualization practice, when we might be getting close to our goal.

Let's look at the questions and ideas that are implied in this question one by one.

FIRST OF ALL, WHAT'S ALL THIS ABOUT 30 DAYS?

I call my free course, "How to Get What You Want". The course consists of a series of lessons delivered by email over a period of 30 Days". Does this mean I am saying that you can get everything you want in 30 days?

Not really.

What I am saying is that in thirty days you can LEARN TO USE YOUR MIND TO GET WHAT YOU WANT. My course is set up with a series of exercises that you practice for 30 days. If you do the exercises and learn these principles, you will be able to get what you want. But how long does all this take?

Let's use the analogue of driving a car.

Suppose you take a driving course and learn how to drive. The course is thirty days long. You learn how to start the car; how to drive safely; how to back up; how to parallel park; how to do simple maintenance, like changing a tire, changing the oil and putting fluids in your car. You might also learn how to read a map.

Perhaps the course is called, "Learn How to Drive Anywhere in Thirty Days". Does this mean that you can drive anywhere in the world in thirty days? No. It means you can learn how to drive in thirty days, and that once you learn how to drive, you can drive anywhere.

This in fact, is true, because driving is a PROCESS. Once you learn the process, you can use the process to drive anywhere.

Once you know how to drive and know how to read a map, you can use the same principles of good driving to drive anywhere you want. You can drive north, south, east or west;- any distance in any direction;- all using the same principles.

But how long would it take to reach your goal?

Well, it depends on your goal. To drive from San Francisco to Los Angeles might take a couple of hours. To drive to New York might take a couple of weeks, depending on how long you drive each day.

The thing to realize is **this**,

You get to your destination by doing the exact same thing in every case.

The same is true of using the power of your mind to get what you want. Once you know the principles, you can use them to get anything. But keep in mind that just as it's possible to make a mistake while you are driving, it's possible to make a mistake with your mind power exercises too.

Suppose you think it will take you ten days to drive to New York City. If by the end of the tenth day, you are still not there, what do you do? If you continue, you will eventually arrive.

What if you get frustrated and think, "This is not working. I am not there yet." You might stop driving. In which case, you will never arrive.

The same is true of every goal. It might take more effort than you think it will take when you start off on your journey.

So, what's the important point here? Simply this: YOU ARE LEARNING A PROCESS.

Once you learn the process, you can use it to get to your goals. But the process might have more in it than you expect. Be prepared for setbacks and obstacles along the way.

Now let's look at something else:

WHAT EXACTLY IS INVOLVED IN THE PROCESS?

In driving, part of the process involves PAYING ATTENTION TO FEEDBACK.

This means that not only do you have to pay attention to where you are on the road, you have to pay attention to your speed, the other cars, the weather, the noises coming from your engine, the dials on the dashboard, and how you are feeling. If any one of these changes, you might need to make adjustments. Failing to make proper adjustments might mean that you have an accident, run out of gas, the engine overheats, you fall asleep, or a number of other things. Any one of these problems can be a minor irritation or a major setback. It depends on how you react to it.

In doing your mind power exercises, you will be getting feedback too. Most of the feedback will be in the form of THOUGHTS AND FEELINGS. How you interpret and react to these is important.

Let's suppose your goal is that you want to improve your appearance. So you do the mind power exercises and imagine yourself more attractive. As you are visualizing, you get the thought, "I should take a course in learning to apply make up."

This is a good idea. If you follow up and take such a course, you might learn enough about applying make up to really improve your appearance. But suppose your next thought is, "The course is too expensive and I don't have the money." If you pay more attention to this thought, than the first one, you might dismiss the thought of taking the course and never think of it again.

Ignoring this kind of feedback might be like ignoring a stranger's warning about bad weather ahead, or ignoring a funny sound coming from your engine. By ignoring this feedback you might find yourself sitting on the side of the road, going nowhere.

So what's the answer? How do you know what thoughts and feelings? What feedback? to pay attention to and what to ignore?

I'm sorry to say that it comes simply down to experience. The more you do the visualization exercises and pay attention to your thoughts and feelings, the more you will be able to sort out meaningful messages from the illusions.

But this is the same as driving too, isn't it? I mean, suppose a stranger tells you that a hurricane is coming? You will have to use your knowledge of human nature to decide if this person is telling you something meaningful or is simply a crackpot. It comes down to experience, doesn't it? The more you do something, the more you can make correct decisions.

So the lesson is this:

IN ANY PROCESS THERE ARE UNFORESEEN CIRCUMSTANCES YOU HAVE TO DEAL WITH. HOW YOU DEAL WITH THEM DEPENDS ON YOUR EXPERIENCE.

Now, let's look at something else. Kristina's next question is this:

"To use successful visualization to get what I want in 30 days do I have to know the practical route to my desire?"

This is another great question. So let's take a look at it.

Again, it depends on what the goal is.

Let's look at the idea of taking a make up course again. If you decided to follow up on this idea, you might go through the yellow pages and search out an aesthetics school or modeling school that offers such a course. You might see that there are ten such schools in your city and that two are pretty close to your home. You might decide to call these two schools up and make an appointment to visit them. Once there, you could talk to the people involved and make a decision whether to go ahead.

So the question is, "To use successful visualization to get what I want in 30 days do I have to know the practical route to my desire?"

In deciding on the make up course, did you know the practical route to your desire, yes or no?

You might say, "Sure, I had a plan and I consciously followed it to get to my goal."

But is this really true? If you look carefully at the process of finding the make up course, you will realize that the process involved a lot of trial and error, a lot of paying attention to feedback and a lot of making certain decisions. You had to decide to look in the phone book; to choose a school based on location; to make an appointment; to go to the appointment; to listen to the salesperson tell you about the course; to pay attention to your gut feelings about the school, the person, the course and the price; to decide which school, which course, which start date; to decided whether it was worth the price and whether you could afford it.

So this apparently rather simple process of finding a school which offered a make up course was in fact a pretty long and pretty complicated affair. At any step in the process it could have gone sideways. If the person on the phone had been rude; if the school had been unattractive; if the salesperson had said the wrong thing; if the course had been at the wrong time; too expensive or inconvenient. You get the idea.

So the short answer to the question: "To use successful visualization to get what I want in 30 days do I have to know the practical route to my desire?" is:

NO, YOU DON'T!

In fact, I can guarantee that YOU WILL NOT KNOW the practical route to your desire.

The reason I can say this is that if you did know the route, you would have the goal already.

What's necessary is this:

1. go through the process as described in my course,
2. expect to get ideas
3. write the ideas down
4. follow up on them systematically
5. be prepared to make decisions
6. be prepared to take risks

Just the same as in the story of finding the make up course, you need to realize that at any point in the process, you will have to make decisions and TAKE A CERTAIN AMOUNT OF RISK.

Now let's look at another aspect of Kristina's question:

THE QUESTION OF BELIEF

She says, "The problem is **my subconscious does not quite believe** that in my current economic state I will have a beautiful new house within 30 days."

I notice two major things here. The first is the idea of BELIEF. The second is the idea of her goal;- having a beautiful new house within 30 days.

Let's look at the question of belief first.

What is a belief? According to Anthony Robbins, a belief is A FEELING OF CERTAINTY ABOUT THE MEANING OF SOMETHING.

I like this definition. What it comes down to is a FEELING OF CERTAINTY.

What is that?

At this point we come to one of the major points about this whole aspect of MIND POWER. I'm referring to **feelings**. Any book you read;- including mine;- will tell you that you have to couple your visualization exercise with the **correct feeling** to make it effective. How do we do this?

My course, "Thirty Days to Getting What You Want" includes a visualization exercise with a very specific sequence of instructions. The words you listen to during this exercise guide your mind to do some very specific things.

At one point in the visualization exercise I tell you to imagine yourself in the future situation of your desire and to FEEL yourself enjoying being there. As you do this, I tell you to touch your finger and your thumb together and to tell yourself, "I am feeling this now."

This is a very specific kind of verbal instruction called a "slight of mouth". You might call it a "slight of mind" because it tells you to **simultaneously** THINK OF SOMETHING; to TOUCH SOMETHING; and to SAY SOMETHING TO YOURSELF, that is, the words; "I am feeling this now."

But what are these words referring to? Are they referring to **feeling the reality of your future situation**? Are they referring to **feeling the reality of your present reality - your finger and your thumb**?

This is where the "slight of mind" comes in. Your mind doesn't know. The statement is purposefully ambiguous. It could mean:

- I am feeling the reality of my future goal.
- I am feeling the reality of my finger and thumb.
- I am feeling the reality of both my future goal and my present physical reality.

This very specific verbal instruction confuses your mind. It doesn't know what it is supposed to be feeling, so it tries to do both. Your mind is in a quandary.

It says to itself, "I feel certain about the reality of the finger and thumb, but I don't feel certain about the reality of the goal."

Then it says, "What would feeling certain about the reality of the future feel like?"

Then it says, "Well, it would feel just like I feel about the reality of my finger and thumb in the present."

Your job is to do this exercise enough so your mind begins to feel JUST AS CERTAIN about the future reality as does about the certainty of the present reality.

This is the key to having the visualization "plug you into the future" and to trigger the LAW OF ATTRACTION to bringing you what you want.

Your subconscious mind is unable to tell the difference between something vividly imagined and actually real. So when it believes in the CERTAINTY OF THE GOAL it will attract it into your present reality because it believes that's where it belongs.

I'll repeat that last sentence, because it's so important.

WHEN YOUR MIND BELIEVES IN THE CERTAINTY OF THE GOAL IT WILL ATTRACT IT INTO YOUR PRESENT REALITY BECAUSE IT BELIEVES THAT'S WHERE IT BELONGS.

This is probably the most important aspect of the entire study of the LAW OF ATTRACTION. And, it's probably the most misunderstood.

You see, if you continue to think of your goal as OUTSIDE YOUR PRESENT REALITY that's where it will stay.

When you believe your goal is INSIDE YOUR PRESENT REALITY your subconscious mind will use all its resources to bring it about.

This is a powerful bit of learning.

The main point to realize is this: You must learn to generate the FEELING OF CERTAINTY and to connect it to the idea of having your goal NOW.

When you can do this, the magic happens.

If you don't do it correctly, your subconscious mind will use all its resources **to keep your goal from becoming real.**

This is a vital point.

THE QUESTION OF CLARITY

Now let's look at the second point;- the actual goal itself. Her question is, "The problem is my subconscious does not quite believe that in my current economic state **I will have a beautiful new house** within 30 days."

So Kristina's goal is to have a beautiful new house.

What does "have" mean? Does it mean;

- "She has the use of the house but someone else owns it"?
- "The house is rented in her name or rented in someone else's"?
- "She is allowed to live in it, but has to pay rent"?
- "She is in the house but has a huge mortgage to pay"?
- "She owns the house free and clear"?

You see, there are a lot of possible meanings to the statement, "I will have a beautiful new house within 30 days."

How does Kristina's subconscious mind know which of the many possible meanings she is referring to? If she is not clear, how can the subconscious mind be clear?

The answer is, it can't.

So if it doesn't know what she wants, how can it bring about what she wants?

The answer is, it can't.

So the first step is for A to become **crystal clear** about exactly what she wants. She might say, for example, "I will own and be living in a beautiful new home, mortgage free, in 30 days."

Next, A says, " I can fantasize about this dream but unless I win the lottery this month I cannot see a practical route to this desire."

Now you and I both know that IT IS POSSIBLE that she will win a lottery;- IF she buys a ticket. I had a friend once who won ten million dollars, so I know it's possible to win a lottery.

But in practical terms, it's not very likely, especially in 30 days. So why is she limiting herself by saying, "unless I win the lottery this month I cannot see a practical route to this desire."

Is she saying she will not accept the house if a rich uncle dies and wills it to her?

Probably not. So, if she doesn't mean it, why say it?

Let's look at one other aspect of Kristina's question. The problem of time.

THE PROBLEM OF TIME

She says she wants the house in 30 days. Does this mean she will not accept the new home if it takes 31 days?

What about;

- 60 days?
- 120 days?
- One year?
- Two years?
- Five years?

The point is this:

DO NOT PLACE TIME LIMITS ON YOUR SUBCONSCIOUS MIND

For the subconscious mind, all time is now.

If it can't tell the difference between SOMETHING VIVIDLY IMAGINED AND ACTUALLY REAL, it also can't imagine anything that is NOT NOW.

For the subconscious mind, all that exists is NOW.

Everything else is "NOT NOW". It could be the past, some parallel present, or some future reality.

The point is this:

**LEARN TO VISUALIZE YOUR GOALS AS THOUGH
THEY ARE PHYSICALLY REAL NOW**

With the correct combination of clarity of mind and clarity of feeling the magic of your subconscious mind will attract into your present what you want as soon as it is able.

This might mean that A gets her new home in 30 days. It might mean that she has to keep visualizing and using her MIND POWER every day for many months or even years until she realizes her dream.

The point is this:

**DO NOT TELL THE UNIVERSE HOW OR WHEN
TO GIVE YOUR DESIRES TO YOU**

Your job is to tell the universe what you want and to believe in the certainty of receiving it. Leave the rest up to your subconscious mind.

While we are on the subject of what to do, there is one other "slight of mind" exercise that is worth mentioning.

THE POWER OF GRATITUDE

You have probably heard this before, but the most powerful way to trigger your mind into giving you what you want is to FEEL GRATEFUL for receiving what you want. By feeling the feeling of gratitude, you trick your subconscious mind into thinking you ALREADY HAVE IT.

When you do this effectively, your subconscious mind will do all it can to bring it about.

On the next page, I've put a ten-step plan for doing all the steps I've talked about in this booklet. Notice that the last step is "Go back to step one". This is the signal that we are talking about a process.

FINAL THOUGHTS

I once heard someone say that walking is a process of continually losing and regaining your balance.

It is a process that we've all mastered and it enables us to go anywhere we choose.

I believe this process of "Using Your Mind to Get What You Want" is very similar.

If you are prepared to engage in this process and use it every day, I believe you will wake up one morning and realize that the life you have always wanted to live is the life you are living now.

This is what I have found to be true in my own life.

**A STEP-BY-STEP PLAN FOR
GETTING WHAT YOU WANT**

**ONE:
CHOOSE YOUR GOAL**

**TWO:
CLARIFY YOUR LANGUAGE**

**THREE:
VISUALIZE THE GOAL AS THOUGH
ALREADY ACHIEVED**

**FOUR:
FEEL THAT IT'S REAL NOW**

**FIVE:
FEEL GRATEFUL FOR
RECEIVING THE GOAL**

**SIX:
PAY ATTENTION TO
IDEAS RECEIVED**

**SEVEN:
MAKE A LIST OF POSSIBLE ACTION STEPS**

**EIGHT:
CARRY OUT MOST APPROPRIATE
ACTION STEP**

**NINE:
PAY ATTENTION TO FEEDBACK
AND
MODIFY YOUR BEHAVIOUR
AS NEEDED**

**TEN:
GO BACK TO STEP ONE**

Try the free course at
www.anthonhamilton.org