



# **Distilled Wisdom**

by  
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Results do not lie – your current circumstances show where your attention is.

Have no fear at all – that is how you do something spectacular – impactful.

No negative thoughts, talk or actions for 24hrs, or you restart the clock.

Massive action is by far your most successful tool.

Let a person radically alter their thoughts, and they will be astonished at the rapid transformation in the effects of the conditions in their life.

People imagine that thought can be kept secret, but it cannot – it rapidly crystallises into habit, and habit solidifies into circumstances.

Cultivate pure thoughts, and weed out wrong, useless & impure thoughts – practice self-control & self-purification, as the 'Godlike' character is not a thing of chance, but the natural result of continued effort in right thinking.

Circumstances do not make a man – they reveal him to himself.

Any reality (most are consensus realities) is completely relative to the vibrational rate of the observer. Change your vibrational rate, and you move to a different reality that matches your new vibrational rate. You can only observe/see/are aware of that which matches your current vibrational rate.

People do not attract what they want, but what they are.

What did you plant last month that's going to pay off this month? What small thing can you do today that will improve your life tomorrow?

It's not what you know, it's what actions you consistently complete daily.

In a lowered emotional state, we only see our problems. At high energy levels you get totally different insights.

At the start of anything, you've got to set a particular point of view, and hold it till complete!

Luck is a by-product of those who take the most action and are the most prepared.

If success does not become an obsession, I assure you, you won't be.

Take low risk high reward scenarios in life. Always buy low – you make money when you buy.

Confidence comes from taking action. You have to grow out of a hole, not stink into it.

Moral is based on productivity.

Your unconscious mind is always asking: Is this action bringing me closer or further away from my target? Is this action increasing or decreasing my power?

The only reason you did not achieve a goal, is because you did not take enough action! Most people incorrectly estimate the effort it takes to get the job done, hence take 10x the action you think it will take.

Character & thought are one.

Dominate or be dominated, sell or be sold, it's who wants it more that wins, it's who is more convinced that wins. Anytime you are having trouble getting your own way, look no further than your own conviction (this is only expressed to motivate you to follow your own dreams, instead of blindly following others).

Money is a mental issue, not a shortage issue.

The individual who discovers a way to stimulate his mind, artificially arouse it, and cause it to go beyond the stopping point, will be highly successful.

Do the right thing – you will always feel so much better after.

You are a product of your surroundings. Show me your friends and I'll show you your future.

What you do in private shows up in public. Weekends & evenings are when you can quietly get ahead.

The Zone: most people never reach this level of play, as they never get past the fear of making a mistake, but when absolutely no fear of screwing up is reached, you will quite spontaneously enter the zone.

Just keep going in any situation, keep sticking at it *in spite of anything that comes up*, as you'll be blowing all your past postulates & incidents, and you will conquer the whole universe – this is the secret!

Full passionate all out commitment, totally going for it 100%, not caring about anything but going for it, and having a complete laugh. No commitment = no results. When one fully commits 100% all the way (burning his bridges), your actions, habits and character change. Commitment is the first rule of success, in any undertaking.

This universe surrenders to a spirit of play, nobody could possibly be serious and win in this universe, as the heart lifts when you have fun, enabling access to infinite intelligence & higher states of consciousness. Happiness is the key to success.

Structure has integrity. Iron discipline, always sticking to your plan, sticking to your rules and morning routine. Going nowhere near anything that is not right. *Unless you are utterly focused, disciplined & daily routined you will not succeed!*

Doing what you've always done, gets you what you've always gotten.

People who believe it cannot be done should not interrupt the person doing it. What victories to his credit has he who said it could not be done?

Believing it can be done sets the mind in motion to finding a way to do it.

Never stop at failure. Stickability is 95% of ability. 80% of success is showing up.

Everything in life is an addiction, the key is to get addicted to the right stuff.

All chaos folds in the face of truth.

Meditation: you rise from beta, alpha, delta, theta to gamma waves when you take your attention off your body & surroundings, to 'nobody' and 'no-thing'. Slow your breath to slow your thought.

Unhappiness is only the inability to confront that which is.

You are what you eat and drink.

A situation will keep repeating in life till you learn the lesson.

You only know something when your behaviour has changed.

Focus. Clarity (if you have clarity of what you want you will develop the skills to get it).

Beliefs/assumptions/judgements hide and distort parts of reality that are not in agreement with them. Just purely observe what is.

Your level of affinity/love = your level of understanding. Love is wanting the absolute best for everyone. When you are going full out at your best, you feel much more love for everyone.

Anticipate – think several steps ahead of what someone might need so you have it before they ask.

It is being the unique you that will make you truly successful.

Always buy your liabilities from your cash flowing assets.

You are infinitely powerful!

Lead by example, let your actions do the talking, pressure reduces natural ability.

Controlling your dominant thoughts is the highest form of self-control. Successful people exercise total self-control, while failures permit their thoughts, passions, words & deeds to run wild.

Never make a decision or promise while emotional (euphoric to sad), wait till you are calm and balanced. It is not possible for a human to reason while emotional.

It's your moral obligation to pursue what you find meaningful.

Leadership is the art of instant rapport.

We are all one – help those around you and you will be infinitely successful.

You have to be strong and powerful in this universe, as 'rabbits' get eaten, be a powerful (but gentle) giant.

Waking up super-healthy and super excited about being super productive each day is worth what it takes to be healthy.

Just imagine being able to conquer the whole cockeyed universe, of doing anything you want to do, of being utterly, completely unrestricted and free in all directions to do whatever you pleased – bad, good or indifferent – and to be strong, powerful and unassailable - just think of yourself in those terms – this starts you speeding up!!!

Alright, I'll tell you a little mechanism that's probably going on in your mind: the second you start to think that unlimitedly, you start running into postulates/justifications why you were not that powerful in the past.

But if you just say to yourself: *"This is the way I think about things, and I'm going to think about these things in spite of anything that comes up"* you'll be bringing in your own postulates against this and just knocking them out because they come in and they try to go up against it and blow, and they just keep blowing. You've turned this up – you're going to be expansive and conquer everything, you know you can embrace the whole universe, you know that nothing can stop you. You just go ahead on this forward vector and you keep running into these locks and they keep blowing. It's practically an automatic clearing device. I don't know how many hours you'd have to sit and postulate that in order to blow everything out, but everything would blow. So, you've got a very simple mechanism.

This brings you up to speed. You see, you start running at a higher level of speed, everything that you brought up to make you run at a lower level of speed will blow.

As a matter of fact, it's much shorter and simpler than this. If at this moment you simply made up your mind that you were handsome, beautiful, strong, dangerous, powerful, that you knew everything there was to know, you were totally capable in any job that you undertook or any sport you undertook – if you really believed that, *and you can believe it*, your face would change before your eyes!

Your ego thinks it knows everything, you are not your ego, over-confidence & arrogance cause complacency – power corrupts unless handled with humility. Never stop learning, listening, paying attention and observing.

Orderly progress is power. Do one thing perfectly, then move on to the next etc.

What is the other persons agenda (only when an agenda is put aside for a moment can true communication happen)?

You are the centre of your network, you are a node, what you do effects and influences your whole network (family, friends, their friends etc).

When your mission is big enough, it will stimulate such a natural high!

You might as well be as happy as ever, as that is the best and fastest way to get what you want.

Build a platform of family and friends!

You need to be physically strong to be mentally strong (weight training is an amazing process where you are going up against physical mass that in turn moves mental mass).

Just one cake, sweet, beer or spoon of sugar wakes up parasites inside you. Sugar is a poison; you would not give sweets to animals.

Just be better than yourself yesterday (not better than someone else).

Strong men produce good times, good times produce weak men, tuff times produce strong men.

Find your passion and you'll never have to work another day in your life!

Unconditional. Non-attachment. Unidentified with. Unfathomably deep love.

You can either be cause over life, of the effect of it.

The ultimate source of inspiration & creativity is divine.

Move towards beauty.

Acts that reject immediate gratification in favour of long-term growth, health and integrity are rewarded with inspiration and the realisation of your dreams. Inspiration is earned and comes from our higher nature.

To yield to resistance (all the negative stuff & thoughts that come up as you push towards a certain goal: laziness, over indulging, putting things off, justifications, fear etc) deforms the soul. Resistance is fuelled by fear, master fear and you master resistance.

Not following your heart/genius (what you know you truly want to be doing) makes you sick, unhappy, overindulge, lazy etc.

Wannabe's don't realise its not the subject that's hard, it's simply sticking to a daily schedule of doing it each day!

The professional focuses on the mastery of his craft. He has: preparation, order, patience, endurance, action in the face of fear & failure and no excuses.

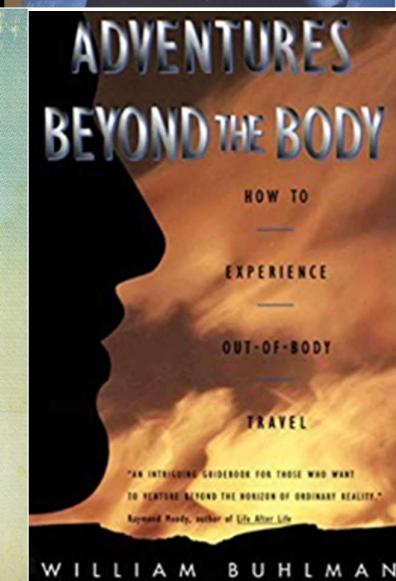
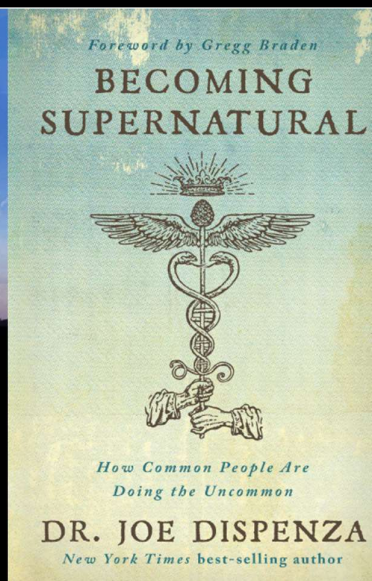
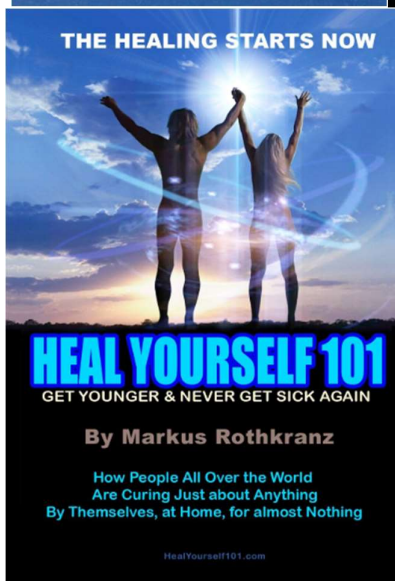
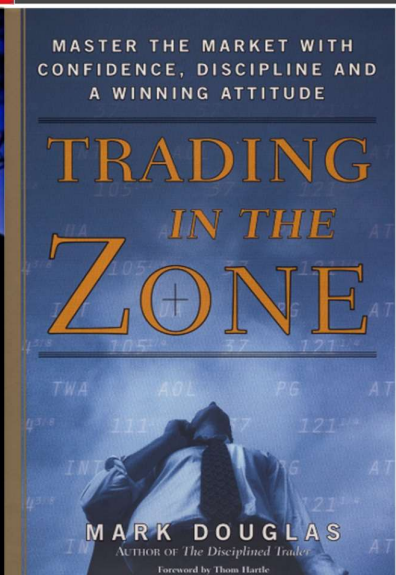
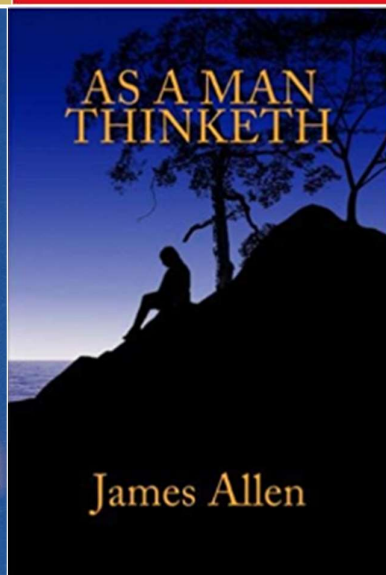
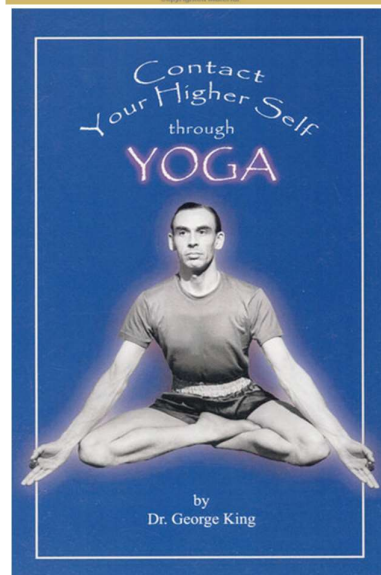
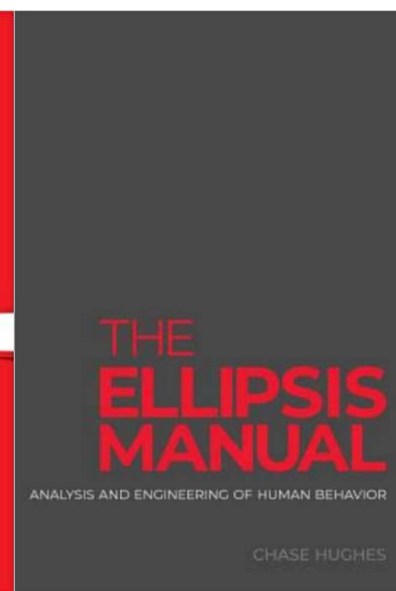
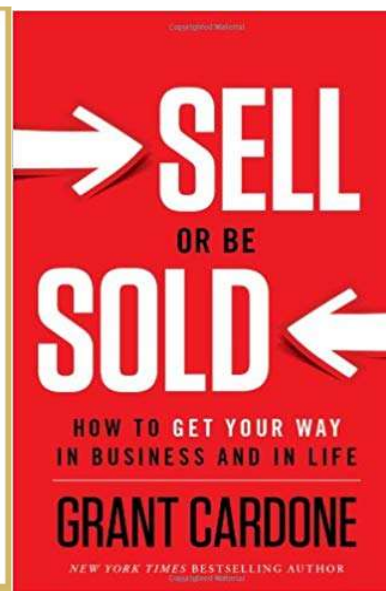
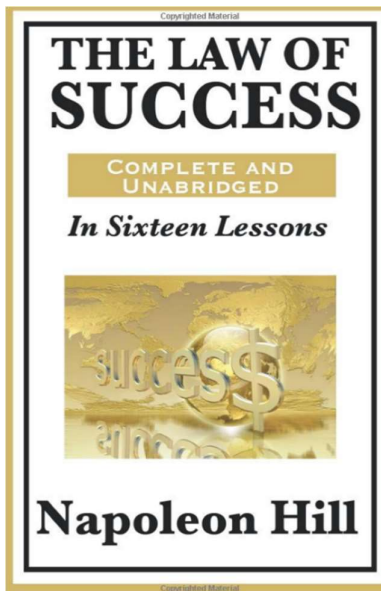
Only when you totally fully face a problem square on, does it magically disappear. In fact, all that held it there, was the fact that you never fully looked at it straight on.

**Priming (can be used to programming you):** confusion, interruption, cognitive load, unusual/surprise, embedded commands, stories, events, quotes, fractionation, regression, social insecurity, fear, authority, needs, adjectives, mirroring, questioning, disassociation, doubt, environment, increased attractiveness, invasion of privacy, scarcity, rapport, flattery of needs, confessions, sensory preference, authenticity, trust, anchors, profiling, conspiratorial talk, cold reading, worst things first/comparison, giving first, consistency, can all be used in priming someone.

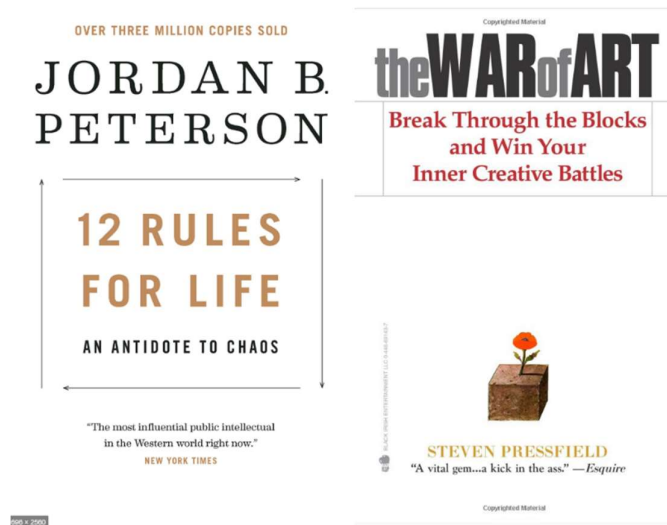
Life is a game, you are involved in a game, you just have to observe and work it out, how to win, thus enabling you to exit/be above/exterior to it, or go on playing it for fun.

In life you have to choose a vision, and create something!

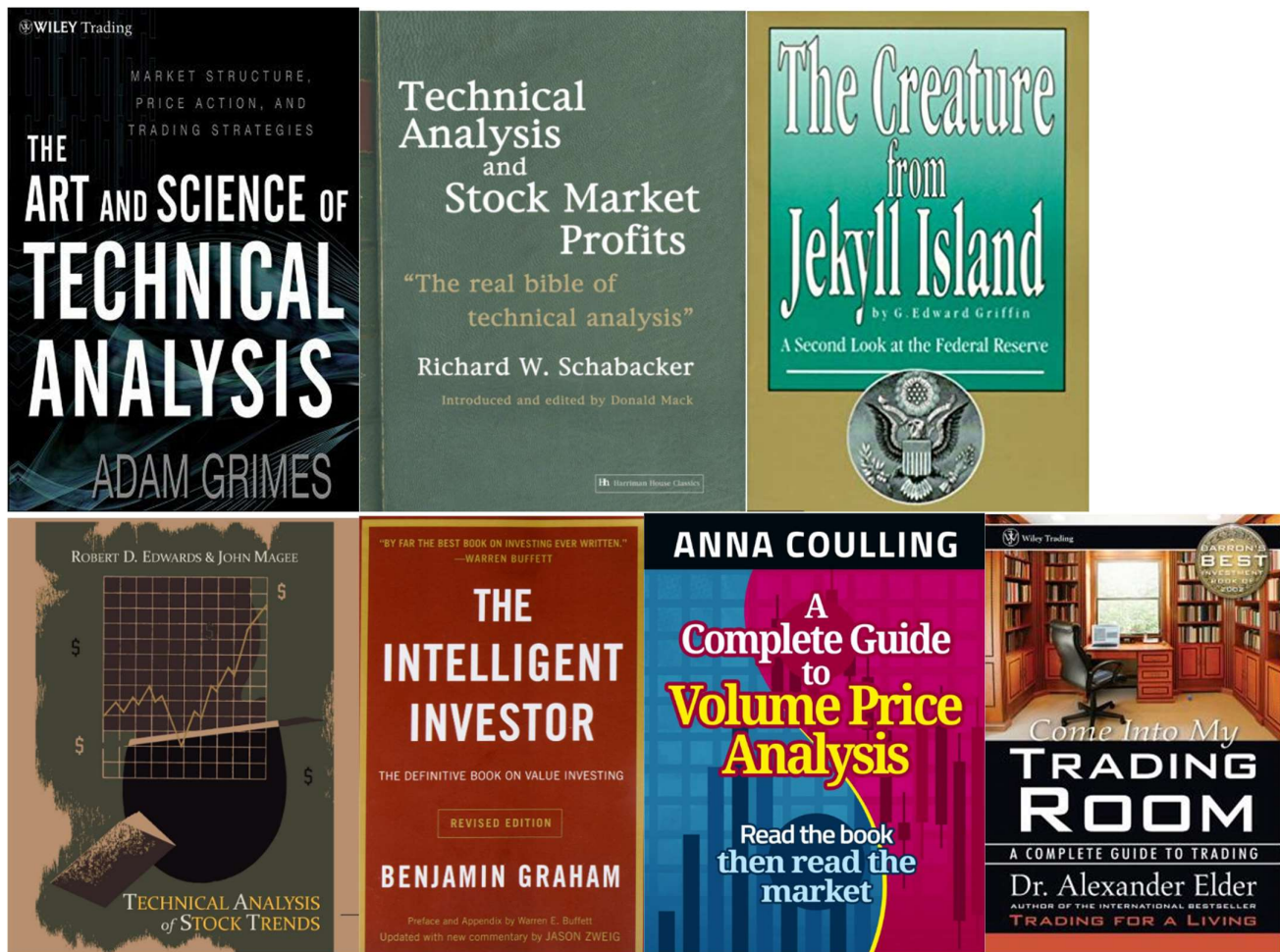
## Reading List

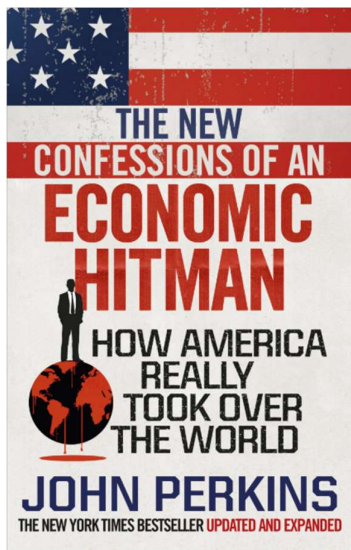






Reading list below for those who want to be their own investor and advisor – which everyone should be:





***Chasing money never works, build your value (to family, friends & the world), and money will chase you!***

**A simple process to cure any mental issue:**

1. Tell me about a time you encountered the condition of.....?  
(express & feel all the emotions/feelings/sensations etc connected to this)
2. How did you try to handle it?

(Just keep asking the person over and over again the same two questions till all that comes up blows and the condition is thus no longer there)