



# ***Effortless Abundance***

***30 Day eCourse***

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[effortlessabundance.com](http://effortlessabundance.com)

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*If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea.*

*Antoine de Saint-Exupery*

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## INTRODUCTION

Abundance is your birthright. You do not need to struggle, to work hard at a job you dislike in order to merely survive.

Abundance is the normal and natural order of the universe. It is yours.

I believe that we can control our own experience of life, and that we do not merely have to react to circumstances outside our control. But before we can take control, we need to learn how to relax and be in a state of inner calm.

I'm sure we've all seen people who make extremely difficult things look easy. As a teenager in the 80s, I was a keen follower of snooker, and I remember watching Stephen Hendry on TV - he played almost every shot perfectly, and he moved the balls around the table with such precision - it seemed like the easiest thing in the world to him. As an amateur player myself, I knew just how hard it really was!

Maybe you've seen other sportsmen and women, or musicians, executing their art with this kind of effortless grace - they are so graceful and so relaxed as they perform, and they achieve at the highest levels.

We, too, can achieve a great deal. Over the next few weeks, I'll share some practical exercises and techniques you can use.



For now, I want to lay a foundation. The following three points are the cornerstones of effortless life.

**First point: stop thinking.** The more we think, the more we become physically tense.

The first step towards an effortless experience is to relax and quieten the mind.

If you've never tried meditating, give it a go. Just find a quiet place, sit comfortable with an upright back, close your eyes, and stop thinking. Just notice what's happening around and within you - the noises, the temperature, the feelings in your body. You can focus on your breathing - don't try to change or control it - just observe it.

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*Abundance is the normal and natural order of the universe. It is yours.”*

You'll find this really hard to do if you've never tried before! You'll catch yourself thinking about something. But don't worry about this. Just bring your attention back to your breathing or your surroundings. If you practice this for ten minutes per day, you'll start to see some changes in your life - you'll feel more relaxed and be able to concentrate more, for example.

**Second point: stop trying.** Eugen Herrigel, in his now famous book, *Zen and the Art of Archery*, describes how, in order to become a master Archer, he needed to surrender utterly, stop trying and see the world in a whole new way.

*There's only one corner of the universe you can be certain of improving, and that's your own self.*  
~Aldous Huxley

When we want to achieve something, it is not effective to focus on the 'doing.' We need to focus more on 'being.' We have tended to get this very wrong in our societies.

Third point: relax. We need to get to a point where inner peace is an abiding and permanent experience. We need to make this inner calm more important than anything else. When we do, we find that we achieve more in an effortless way.

*“The truth... is simple and will not change however much you resist it – your life is, in essence, what you truly want. Your experience is a reflection of what, at the deepest level, you have intended your life to be.”*

## ONE | MEDITATION

Meditation may sound exotic, but it has become very mainstream in recent times. It is very simple and very powerful - I'm not exaggerating when I say it can transform your whole life.

I have been meditating for many years. I went on a 10 day meditation retreat some years ago, and I have practiced regularly at home for a long time. In all this time, I have never tried to make my meditation sessions long and complicated.



I'm a practical person - I have a full time job, a family (and a website!) so I can't spend hours each day contemplating my navel. But it's important to make time for this exercise. Let me walk you through it.

First, just find a quiet place where you won't be disturbed for about 10-15 minutes. Dim the light slightly and sit comfortably with a straight back - don't lie down because there is a temptation to fall asleep.

*I don't think of myself as a poor deprived ghetto girl who made good. I think of myself as somebody who from an early age knew I was responsible for myself, and I had to make good. ~Oprah Winfrey*

Close your eyes and imagine a relaxing scene - a lake or a sunset or a woodland - anywhere that makes you feel comfortable. Imagine yourself inside this scene for a moment or two. Scan your body from the feet upwards, quite slowly. Notice any sensations you are experiencing, whether sensations of pressure, tension, heat, cold or anything else. If you have an itch, don't scratch it unless it becomes too much of a distraction - it will fade away.

Start to focus on your breathing. Don't try to control it. Just watch it coming and going. You can focus on one point, such as your lips or your nostrils, or your belly. Or you can just

*“Often, people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want.*

*~Margaret Young*

observe the breath coming and going. If you find yourself thinking of something else, just bring your mind back to your breathing and continue.

After 5-10 minutes (just guess - don't use an alarm), open your eyes and sit for a while, still observing your breathing.

What I've described is Vipassana meditation. It's a very ancient form of meditation practiced by Theravada Buddhists today. As you go through your day, try to notice your breathing and be mindful (to use a Buddhist word!) of how you feel. After a while, you'll start to feel calmer, more centered and more relaxed. Life will start to feel more effortless. Wishing you abundance in all things.

*“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”*  
~Frederick Keonig



## TWO | THE LAW OF ATTRACTION

We are making decisions all the time. From the most trivial to the life changing, we all need to decide what to say, how to behave and how to respond to the people and situations that cross our path. Ultimately, our decisions determine what we attract into our lives.



How do you make these decisions? What do you base your decision-making on? For many, it is something external, such as a religious belief system. Most people, however - even those with strong religious beliefs - make decisions based on those around them. When we are still very young, we

learned that the approval of our parents was vital for getting what we wanted and, as we got older, our education system reinforced the idea that the approval of other people is important. We were taught that 'making a good impression' and presenting ourselves well in front of others is the key to a successful life.

The sad thing is that we never get over this, and it often turns into a real problem. How other people perceive us becomes so important that our behavior is completely dominated by worrying about what we look like to others. In effect, we are letting other people 'pull our strings.' We allow ourselves to become puppets, dancing to the changing tune of other people's beliefs and moods.

Our tendency to let other people pull our strings means, however, that we lose touch with our connection to what could be called our 'higher self' or our 'inner wisdom.' I believe that we are all connected the same source - we all come from the same place, and a connection to this 'life source' is essential to getting life to work for us. We cannot be in the driving seat unless we are in touch with our source or, if you prefer, our inner guide.

Being in touch with source doesn't mean meditating for hours each day. It isn't esoteric, but it does require a shift in our mentality. Instead of looking outward, to other people, for our guidance, we need to look inward.

*“...we are all connected the same source - we all come from the same place, and a connection to this 'life source' is essential to getting life to work for us.”*

It may be hard for us to trust ourselves - maybe we've been told for decades that making decisions without reference to the outside world is selfish or even dangerous. I've even heard someone say that without an external code of conduct such as a religious belief system, she would lie, cheat, steal and do all sorts of other wicked things! I think it is very sad when someone loses sight of his own inner guidance to such an extent, but it is not uncommon.

Regaining a connection to our source, or 'inner wisdom' isn't hard, but it takes a little time and gentle persistence. Try spending a few moments each day, perhaps before you go to sleep, speaking to your inner guide. Share yourself with your guide; share your problems and concerns; ask him or her any questions you have. Over time, your connection to this inner guide will become stronger - you'll get to know who s/he is. Your inner wisdom will, if listened to, become a great friend and will enable you to make good choices.

I guess the Law of Attraction needs no introduction! I'm sure you've heard about it, and maybe you've seen 'The Secret.' Let me clear - I think that a lot of the movies, the books and the products you are bombarded with on the Internet are of little value - hyped up, slick, well marketed and packaged, with one purpose - to relieve you of your money.

But that doesn't mean there's nothing in it at all. Far from it. I was reading about the so called 'Law of Attraction' for many years before 'The Secret,' and I started using some of the stuff that's now so over-hyped in my own life. Let's go through the basic ideas. This comes from Ester Hicks, the author of a number of books on this subject which I do think are worthwhile.

'Nothing merely shows up in your experience. You attract it - all of it. No exceptions.'

But how do we 'attract' these things? Abraham explains that it's all to do with thought: 'You get what you think about; whether you want it or not.'

Ester goes on to explain that there is a foolproof way you can tell whether what you're thinking about is something you want to experience or not. This is simply the way you feel. If you feel good, you're attracting good things into your life.

*“Nothing merely shows up in your experience. You attract it - all of it. No exceptions”*

And that is the Law of Attraction in a nutshell!



The implication is that we need to let go of trying to control the way things work out, and simply concentrate on feeling good about what we want. The mechanics of things will be worked out by a greater wisdom. When we let go and truly allow ourselves to be carried in the stream of life, we will be amazed at how things work out. Patience, trust, faith - these are required to live skilfully and effortlessly.

Ester makes the important point that 'there is nothing that you desire that you cannot achieve, and there is nothing that you do not want that you cannot release from your experience.'

This is a wonderful statement! It means that you have control over your life, though not 'control' in the way we usually think about it. We are connected in a wonderful source of energy which can give us everything we ever dreamed of, but this source must be allowed to do its own work.

Remember: 'there is nothing that you desire that you cannot achieve, and there is nothing that you do not want that you cannot release from your experience.'

*“We are connected in a wonderful source of energy which can give us everything we ever dreamed of, but this source must be allowed to do its own work.”*

### THREE | THE STRANGEST SECRET

In 1956, Earl Nightingale recorded a message called The Strangest Secret. It was to become a classic piece of inspiration for countless people. I strongly urge you to listen to the entire recording - it is something I return to again and again and I know you will too!

Take 100 people just starting their first job and ask them a simple question - 'do you want to be financially settled at the age of 65?' Of course, they will all say yes. However, at the age of 65, only one of them will be rich. Even more amazingly, only one of them will even be financially dependent.

How can it be that, after a lifetime of working, 95% of people who set out to be successful have failed? The answer is that most people fail to understand a basic truth and, if they do understand, they fail to realize how to apply it to their life.

The key to success is simple - you've probably heard it before. It is that we become what we think about. When you understand this and truly apply it, everything works. If we set goals and think about them with belief and passion, we can achieve anything. Those without goals generally fail in life, and those 95% probably didn't have a clear vision for the future.

*Those who take hold of the world and act on it never, I notice, succeed. The world is a strange instrument, not meant to be handled. ~Lao Tze*

You can plant success, failure, fear, or anything else in your mind. It will return what you sow. We are the result of the way we have been thinking over the last weeks, months and years. And what we're thinking right now determines our future, so the good news is that your future can be changed.

First, you must really understand that you can control your thoughts and practice doing so. When you catch yourself thinking in a negative way, stop yourself and change course.

Second, use your imagination. Anything is possible - so focus on a grand vision of the future. It might not happen overnight, but it will happen.

Third, have courage. Concentrate on your idea. Think positively about your problems, using imagination to look at

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things in lots of ways and refusing to believe that you can be defeated. Remember that you are standing in your own 'acres of diamonds,' as Earl put it.

Finally, act - ideas are worthless without action. But the kind of action you take must be in line with your thoughts. The action should be spontaneous and easy.

*“If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have a paradise in a few years.”*  
~Bertrand Russell

## FOUR | MYTHS THAT STAND IN YOUR WAY

Wealth and success should be easy, right? Let's take a look at 10 myths which so many people believe to be true when it comes to achieving things in life. See if you recognize them. Here we go ...

### **Myth #1: You cannot create wealth if you don't have education or money to begin with**

This is nonsense. Sure, education is important. I've been involved in education - as a teacher and an administrator - for most of my life, so I'm not going downplay its importance! But does education correlate with success and wealth? No way! Those who do well at school often get good jobs that pay well, so they take fewer risks and often become comfortable, but not rich. As for having money to start with, I think this can lead to complacency, whereas not having money can lead to a passion and a drive which can propel you forward. So if you

don't have money or an education, maybe you should celebrate!



### **Myth #2: Time = Money. You cannot earn money without exchanging your time for it**

More nonsense.

Dividends and capital gains are examples of situations whereby money comes without your directly working for it. Money is exchanged value given. This MIGHT involve time, but often does not. If you own the value production system (such as a business, an asset, a book you have written (or paid someone to write for you), a network marketing down line, a membership website, shares, or pay someone else to work, then you don't have to work to enjoy the benefits. The rich don't work for their money - it works for them!

### **Myth #3: The education system is adequate**

It is adequate at training people to get a job, to be artists and doctors and lawyers, and so on. But it does NOT show you how to be financially and time free. Our current education

*“The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up.”*

*~Charles L. Morgan*



system was developed in the 1800s to produce people who fit into the work gaps in society, the machinery... it was the industrial age. We needed people to work in the factories, to invent things, to administrate, to provide health services support, and so on. There was no agenda to teach people to be financially and time free. This kind of education is not taught - it has to be learned outside school. Those whom you may admire for having financial and time freedom simply have the information that you don't. But you CAN get it.

#### **Myth #4: Work hard, and you will achieve financial liberation**

I know lots of people who have worked hard all their lives and are still struggling, as I am sure you do, too. And I know several people who are financially liberated and still choose to work. And I know others who hardly work, and they too are financially and time free. But 'hard work' is not the key. This is part of the Puritan ethic our society is so enamoured of. You need to apply your efforts along the right plan, leverage it using the rights systems and people, applying proven processes that lead to achievement time and time again. Once you have reached a certain level, work is optional, but chances are, because you will most likely reach such a level by doing what you love, you will tend to work anyway! Except, of course, it won't really be 'work.'

#### **Myth #5: Fix your weaknesses if you wish to succeed**

This is another of those Puritanical values, like the work ethic. We all have strengths and weaknesses. Always have, always will. Why bother to improve your weaknesses? It takes effort, time, and it isn't fun! But working within your strengths is fun, has high growth, and great results. So why not spend the BULK of your time doing what you love and are strong at, and let those who are strong in your areas of weakness handle your weaknesses for you? It is a synergistic way of looking at things, and if you know how to apply this principle, wow! Your life will zoom up!

We'll examine the remaining five myths next time. Wishing you effortless abundance!

#### **Myth #6: Struggle is normal and necessary**

*“The best things in life are nearest: Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life.”*  
~Robert Louis Stevenson

Nonsense. Struggle is a result of not being in the flow. In flow with what? With how things work! With the natural order of things! With other people and systems (hence the power of leverage)!

**Myth #7: Solve it yourself. Figure it out**

Those Puritans gave us this one too! We were raised believing that it is virtuous to figure it out, to solve things. Well, solving things has its place. And its place is in inventions. In things we don't know about. Now, most likely, 99% of your life contains things that have been done well by someone else. So why not take advantage of global learning and evolution, eliminate trial and error, and simply learn from those who have succeeded before you in the path you wish to follow?

**Myth #8: Life is risky, play safe**

The truth is that life rewards risk! And life teaches through failure. Of course, there is foolish risk and risk needs to be managed, but many people bury their head in the sand and won't take a chance. Risk management is not the same as risk avoidance. Don't run from risk; manage it.



**Myth #9: Your retirement is handled automatically if you just do your work now at your job**

Was this EVER true? I doubt it. But IF it ever was the truth, it certainly isn't now. Retirement has NOTHING to do with age. You can retire at 25 if you have put together a passive income system. And without an adequate passive income system, retiring at 65 won't magically make money come to you. Retirement is simply the ability to stop having to work because you own a system that can replace your income for you. A long time ago, some governments were able to do this for their citizens, to provide such a system for those who reached a certain age. Hence the common confusion nowadays that retirement has something to do with age and it automatically provides for passive income. Nowadays, most governments are unable to provide for those who retire simply because they have hit the 65 mark. Frightening, perhaps, but true.

*“The sculptor produces the beautiful statue by chipping away such parts of the marble block as are not needed - it is a process of elimination.”*

*~Elbert Hubbard.*



### **Myth #10: Don't be yourself!**

This is the mother of all the myths. We are fed this myth in so many different ways and through so many different channels. You are taught to change yourself to fit a certain 'standard', to accept certain ideas... to blend in! In fact, you are even rewarded for conforming. The rewards are piecemeal. Often consisting of minor promotions, small raises, good references. All the time, the big reward, a life lived with passion, is held at bay, un-lived. The best way to be REALLY successful is to be creative, and that means being unique. And that, of course, means being yourself. Accept your passions! Then follow your heart 100%! Be at peace with who you are, leverage your power and passions, learn what you need to learn from those who have succeeded at what you wish to accomplish, then follow your way, and you will succeed!

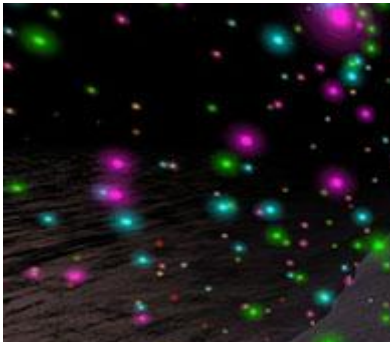
Wake up to these myths! They aren't facts of life! They are just beliefs about life. You can do what you love and succeed mightily. You simply need to know how.

*“Be at peace with who you are, leverage your power and passions, learn what you need to learn from those who have succeeded at what you wish to accomplish, then follow your way, and you will succeed!”*

## FIVE | AWARENESS

What are you thinking about right now? The Law of Attraction states that "whatever we think about, we bring about". This law may initially seem like new age fluff but believe it or not, there are scientific reasons to believe it is true. Scientists working on quantum physics have discovered that our universe and our reality is very much directed by the "observer".

When studying quantum particles (the smallest observable unit of matter), these scientists discovered that such particles behave in accordance with the person conducting the experiment. It is the scientists "predict" that quantum particles behave in a certain way, they do. And yet, if the scientists "predict" that quantum particles behave



in another way, they do. It is the "observer" that dictates the outcome of the experiment!

What does all this mean for us normal people? Well actually, these scientific experiments have far reaching implications for us as our world is made up of these same quantum particles! In this case, we are the "observer" the director and hence the creator of our reality, our world and our experience.

So, be careful of what you think about!

*The Law of Attraction* is indifferent to the words preceding your thought. Whatever you think about you will attract into your life. When you think "I don't understand why bad things always happen to me," you are "attracting" bad things into your life. When you think "I want to get out of debt", you are attracting more debt into your life. When you think "I'm worried I will get sick", you are attracting sickness into your life! The Law of Attraction brings about what you focus on even if it is not what you want. Get it?

If you understand this principle, here are some examples of how to make the law of attraction work to support you rather than to act against you. Try observing your thoughts and changing your thinking in a negative way.

*“Each day,  
awakening, are  
we asked to paint  
the sky blue?  
Need we coax the  
sun to rise or  
flowers to  
bloom? No,  
though we think  
the world  
imperfect, it  
surrounds us  
each day with its  
perfections.”*  
~Robert Brault,

It is no surprise why so many people struggle with regards to money. It is been said that "the rich get richer while the poor get poorer". This is actually the Law of Attraction in action. Because the wealthy have money, they often think about how to best use their money and hence they attract more money.

The poor on the other hand often think about their present lack of money and unfortunately, that also attracts lack into their lives. Currently, 96% of the world's wealth is being earned by just 1% of the population!

*“Most people, even though they don't know it, are asleep. They're born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, they die in their sleep without ever waking up.”*

*~Anthony de Mello*

## SIX | THE POWER OF THOUGHT



Thoughts are very powerful. They affect your general attitude. The attitude you carry reflects on your appearance, too - unless, of course, you are a great actor. And it doesn't end there. Your attitude can also affect people around you. The type of attitude you carry depends on you. It can be either positive or negative.

Positive thoughts have a filling effect. They are invigorating. Plus, the people around the person carrying positive thoughts are usually energized by this type of attitude. Negative thoughts on the other hand have a sapping effect on other people.

A positive attitude attracts people, while a negative attitude repels them. People tend to shy away from those who carry a negative attitude.

You have much to gain from a very positive attitude. For one, studies have shown that a positive attitude promotes better health. Those with this kind of attitude also have more friends. Projecting a positive attitude also helps one to handle stress and problems better than those who have a negative attitude.

If you want to have a positive attitude, you have to feature healthy thoughts. This can be hard since, all around us, the media feeds us nothing but negative thoughts.

Although it is impossible to keep ourselves from the negative things around us, you can still carry a positive attitude by focusing on the good things, the positive things in life.

Feeling sad, angry, or gloomy is not wrong itself. But dwelling on these thoughts for far too long is not healthy either. There is a time to mourn.

As always, if you are beset by troubles, focus on the good things in life, then problems become something you can overcome - challenges and opportunities instead of obstacles.

You do not have much to lose by adopting a healthy, positive attitude. Studies show that such an attitude actually retards

*“Happiness is the meaning and the purpose of life, the whole aim and end of human existence”*

*~Aristotle*

aging, makes you healthier, helps you develop a better stress coping mechanism, and has a very positive effect on all the people you meet every day. So, what's not to like about a positive attitude? Adopt one today.

*“Very little is needed to make a happy life; it is all within yourself, in your way of thinking”*

*~Marcus Aurelius*

## SEVEN | FINAL WORDS

Do you remember how you felt when you first came across the 'Law of Attraction?' Didn't it make you feel wonderful? And how do you feel now? Are you living the life of your dreams or are you feeling disappointed and let down?

Don't worry, you're not alone. About 97% of people also couldn't make the Law of Attraction work for them the first time round. Think about it, just like anything else, you have to practice many times before you see success.

But in practice, everything is easier said and done. When you're frustrated, it's hard to stay positive. But you know what happens when you fail to stay positive. That's right - you start attracting negative things in to your life.

So how can you make the Law of Attraction work for you - without getting frustrated? Well, here's three quick tips so you will never feel frustrated or tired of begging from the universe, because you know how to start manifesting like a pro.

### 1. Allow Yourself To Receive



Have the confidence in yourself and stop exhausting yourself by running around person to person begging for riches, and then wondering why nobody is dropping a penny in your cup

(Hint: It's because you're running away too fast for them before they can even reach for their wallets).

Just think of your desires and leave them out there, go away, and trust that your cup will be filled when the time is right.

### 2. Be Patient With Yourself

Receiving takes time. Everything in this world has a natural development time, and this fact will not change no matter what resources you throw at it.

*“Life only makes sense when you perceive it as mystery and it makes no sense to the conceptualizing mind.”*

*~Anthony de Mello*

So relax and be patient. Remember that you too, as part of the universe, are governed by the laws of the universe, and you cannot change the natural development time.

### **3. Support and Educate Yourself**

Like the child who is learning how to walk, you need support. You also need to guidance on how to do it, and also the role models to look up to.

Seek and be hungry for new knowledge. Also, make an effort to be amongst people or communities where you can support each other, learn from each other and also share new knowledge that you have found.

*“You have power over your mind - not outside events. Realize this, and you will find strength.”*

*~Marcus Aurelius*

## FURTHER READING

If you are serious about taking your life to the next level, check out the full course

### Thirty Days to Change Your Life



THIRTY DAYS TO CHANGE YOUR LIFE is a remarkable 30 day programme of reading and practical activities which teaches you how to develop the habits necessary to

manifest the kind of life you desire.

The course is easy to use, practical and comes bundled with a wide range of resources to ensure you get the maximum possible benefit from what you are learning.

You **can** achieve the life you want – and it's a lot easier than you think!

Buy THIRTY DAYS TO CHANGE YOUR LIFE  
for just **\$18.50**

<http://www.forwardsteps.info/ChangeYourLife>

*“Success means having the courage, the determination, and the will to become the person you believe you were meant to be”*

*~George Sheehan*



## RESOURCES INCLUDED WITH THE PROGRAMME



### **Guy Finley's Self-Realization Starter Kit.**

Best selling author Guy Finley offers his starter kit. The kit includes:

- a phenomenal 60-min MP3 audio program, '5 Simple Steps to Make Yourself Fearless;
- exclusive access to over 75 MP3 downloads in 'Guy Finley's Wisdom Library';
- the inspirational '40 of the Most Powerful Quotes of All Time' ebook;
- a stirring song track from the sacred music CD, 'Door of My Heart.'



### **The Brighter Side of Life Mind Map, by Adam Sicinski.**

Part of Adam's IQ Matrix, dedicated towards helping you improve and accelerate your potential through a potent combination of Mind Mapping and Life Coaching principles. Topics focus on helping you gain the most from your business, academic, career, and life endeavors.



### **22 Powerful Tools to Transform your Fear into Happiness, Peace and Inspiration.**

This ebook is a great supplement to the Habit Builder. Focusing on the elimination of fear from your life, it has the potential to make a profound difference to your experience. Why continue to allow fear to dominate your life.

*“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”*

*~Herman Cain*



### **Making Motivation Work For You, by Kat Eden.**

Kat Eden's Body Incredible offers regular tips on nutrition, weight loss, and motivation. This ebook is all about using motivation tools in an effective and practical way. Kat shares from both her personal and professional experience and keeps you up to date with a back to basics approach to nutrition and lasting health success. Her slogan is "Life is Now. Press Play."

### **Body Magic Pro Health System, by Steve Faber.**

Steve presents his weight loss and fitness programme for busy people. Even if you are very pushed for time - travelling, working long hours, etc - you can still stay fit and looking good! It just takes the right mindset and a simple set of practices.



### **Nicolas Baron's Law of Attraction series.**

Nick presents a set of ebooks containing practical techniques to get the Law of Attraction working in your life:

- 6 Steps to Visualization Nirvana';
- How to Lose Weight Using the Law of Attraction;
- Job Seeker's Law of Attraction Special Report;
- The Seven Laws of Attraction

*“The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself”*

*~Mark Cain*

**Plus, get these fifteen great titles, including some Law of Attraction classics, thrown in for nothing ...**

- **The Master Key System, by Charles F. Haanel** is the only clear, concise, comprehensive, definitive, distinctive, cogent, and scientific presentation of the Creative Power of Thought ever formulated by any one person at any one time.
- **As A Man Thinketh, by James Allen.** A timeless classic that's influenced millions.
- **The Way of Peace, by James Allen.**
- **Above Life's Turmoil, by James Allen.** Another great Allen book about experiencing a life of peace and ease.
- **Acres of Diamonds, by Russell H Conwell.** The text and commentary on this famous, classic lecture.
- **The 7 Laws Of The Universe.** Learn how the laws of the universe work for you!
- **The Power of Gratitude.**
- **Spirit Guide.** This book explores many aspects of holistic beliefs and philosophies and our potential as human beings. Spirit Guide contains over fifty practical exercises that will help you experience our changing reality and assist with your own personal growth.
- **10 Things You Must Do to Get a Great Body.** Follow this step-by-step guide that includes weight lifting, diet, aerobic exercise, and a few other components that will finally get you the body you've always wanted.
- **Fearlessly Communicating and Talking with Confidence.** You do not need to go through life lacking confidence and feeling dominated by others and situations. This ebook provides effective self-techniques so you can communicate confidently.
- **How to Overcome Social Anxiety.** Learn useful techniques to help you overcome social anxiety and live the life you want.
- **Confidence & Courage Tips...To Help You Realize Your Dreams.** Confidence and courage tips that will

*“For true success ask yourself these four questions: Why? Why not? Why not me? Why not now?”*

*~James Allen*

help inspire and empower you to take action...so you can get what you want out of life.

- **The Keys to Becoming Confident.** Learn how to become confident by following the simple steps and guidelines in this book.
- **Manifest Your Life! by Janine Johnson.** Can you manifest what it is you want in your life? You certainly can! But first, you must know what it is you want. And knowing what you want only comes from looking within.
- **Manifesting Mindset.** Manifest your dreams with this amazing free ebook.

<http://www.forwardsteps.info/ChangeYourLife>

*“They must often  
change, who  
would be  
constant in  
happiness or  
wisdom.”  
~Confucius*

## PRAISE FOR '30 DAYS TO CHANGE YOUR LIFE'



Isn't it time to stop settling for second best?

The key theme to this book is the concept that life not only can be effortless but that the very best results can only be achieved by working with the natural grain of things.

The program basically lays out for you, step by step, how to dramatically change your life for the best... in only 30-days.

I found it interesting how easy it was to follow. I found it was quite interesting to do the exercises and feel like I was actually starting to understand some of the weird and limiting thoughts that churn through my mind, and after the first 10 days or so I noticed a gradual creeping sense of calm. The book ties in to much of what I believe and teach on focusing on the really important stuff, or doing only what matters most in keeping with your values and dreams.

It's for you if you are already a thinker, if you already believe that life and achieving your dreams is not about making do. It's for those who still dream big, but sometimes distract themselves along the way.

**Kat Eden is an expert in nutrition, exercise and health. She runs [BodyIncredible.com](http://BodyIncredible.com).**



Mark has put together some incredible insights on how to effect change in our lives. It's an easy book to read. Mark has laid it out with 30 chapters with the idea of reading a chapter a day... right... I just kept on reading and finished it in about 3 days!

*“You see things;  
and you say,  
'Why?' But I  
dream things that  
never were; and I  
say, 'Why not?'"*

*~George  
Bernard Shaw*

Mark builds his ideas by drawing from various cultures and adding in personal experiences and stories. The result is a very positive and uplifting guide to help the reader find and identify areas and actions in their everyday life that can, and will, effect change. I can't recommend this book strongly enough!

Personally, I don't think Mark's charging enough for this book; his message is easily worth several times the price!

**Fred Black is a web developer and business owner. he runs [pqInternet.com](http://pqInternet.com).**



Mark says it all in his book THIRTY DAYS TO CHANGE YOUR LIFE. Many people are looking to change their lives these days and I highly recommend starting here.

Mark serves up daily portions of a simple-to-understand way of living — that is, living well and happily.

He takes his own life experiences and proofs-of-the-pudding and stirs them up with the essence of the premier self-help teachings and teachers. This includes quotes and thoughts from Eckhart Tolle, the Course in Miracles, Napoleon Hill, Peale, Carnegie, Abraham-Hicks, The Secret, even Buddha. His recipe for changing your life is easy to swallow. When you do, your life will be better for it and so will you. Delicious!

**Sally Huss is an artist and writer. Her home on the web is [SallyHuss.com](http://SallyHuss.com).**

*“Mark says it all in his book THIRTY DAYS TO CHANGE YOUR LIFE. Many people are looking to change their lives these days and I highly recommend starting here.”*



What do we all want out of life? To be happier, to be more fulfilled, to be more at ease? If so, this is the perfect book for you. I just love this book. It really suited my style of reading. Easy to read, structured, great stories and succinct chapters, It is a book that is powerful, challenging and gets you thinking yet it was easy to read. A great combination!

Although the book has 30 chapters, one for each of the 30 days, you might need many weeks to allow the ideas to sink in. This book just may change your life.

**Andrew Rondeau is an author and consultant. He maintains a site at [GreatManagement.org](http://GreatManagement.org).**



*Thirty Days to Change Your Life* is a wonderfully concise and readable book that truly can change your life. Mark uses powerful examples and stories to illustrate the points he is making, and this is what makes the message of the book remain with you to ponder long after you have finished reading the pages.

Change can sometimes be a frightening endeavor, but with this practical book you will come to indeed embrace change, welcome it, and celebrate it. The short chapters read daily and repeated over time will provide the tools necessary to live a productive and happy life.

**Rosemary Holmes-Gull is a children's author. Her latest book is *IMAGINE THAT*. She writes at [childrensimaginings.com](http://childrensimaginings.com).**

*“Thirty Days to Change Your Life is a wonderfully concise and readable book that truly can change your life”*



The stories kept me hooked right till the last page. Short chapters filled with handpicked stories and examples explaining one idea at a time make this book a real treat to read and re-read.

The ideas are simple and timeless. There is not one complicated idea present in the book.

And that's how a book which talks about changing your life should be. The ideas simply flow from chapter to chapter. And before you even realize, they get in your head and stay with you even after keeping the book down (always a good sign!).

If you take action on that one idea which stayed with you, you will manage to make your life better. Take action on all 30 ideas – now that will transform your life completely.

**Avani Mehta is a writer. She blogs at [avani-mehta.com](http://avani-mehta.com).**



Mark is a wonderfully articulate writer who has the enviable ability to draw skilfully on the wisdom of a broad range of people and cultures. Within THIRTY DAYS TO CHANGE YOUR LIFE , Mark presents a number of core ideas in such a way that even

the busiest of people can read a distinct yet well integrated section of the book each day. In the evolutionary competition for the survival of the fittest ideas, the tapestry of practical human wisdom presented in Thirty Days to Change Your Life has stood the test of time. Read just one short chapter a day for a month and soon many drips fill the bucket. Highly recommended.

**Stephen Cox blogs about health and wellbeing at [BalancedExistence.com](http://BalancedExistence.com).**

*“Change can sometimes be a frightening endeavor, but with this practical book you will come to indeed embrace change, welcome it, and celebrate it.”*





He presents us with some ideas on a concept, backs it up with some real life examples, and throws in a story or two at just the right moment to really keep us captivated.

The topics cover a really broad range with content such as self-analysis, motivation, belief systems, goals, health & commitment, money, happiness and action.

Do I think it's good value for money? Yes. If you're anything like me and you like to grab opportunities as they arise, head over to Effortless Abundance and grab your own copy. Then print it out, read it daily, and expect some amazing things to happen in your own life.

**Ross gelding blogs at [Willitchangeyou.com](http://Willitchangeyou.com).**

**Order now!**

<http://www.forwardsteps.info/ChangeYourLife>

*“Mark is a wonderfully articulate writer who has the enviable ability to draw skilfully on the wisdom of a broad range of people and cultures.”*

## READERS' COMMENTS

“I was in such a deep depression I thought nothing could help me until I read your book. I would read each chapter first thing in the morning and again at night. It gave me the strength to look at my life and change what I didn't like. Thank you again. It has been such a big influence in my life. I only wish I had it so many years earlier. It would have helped me avoid all the pain I've been through in my life. Reading it now though has helped me understand why I went through that pain and how I could have avoided it. But that pain is in the past and from now on I'm going to live in the present and for myself.”

**“Just finished the first 9 chapters of the book and I am to the point of tears. I want to thank you for providing this tremendous, well-written guide to ‘seeing’ the key to EVERYTHING that is right in front of me. I just had to stop reading and thank you for it.”**

“Just a short note to tell you how much I enjoyed your e-book Thirty Days to Change Your Life. It highly resonated with me. Thank you for taking the time to pen this magnificent treasure of wisdom.”

**“Thank you for writing such an amazing e-book. It has really helped me in this transitional period of my life that has left me feeling powerless and in need of inspiration!”**

*“The truth... is simple and will not change however much you resist it – your life is, in essence, what you truly want. Your experience is a reflection of what, at the deepest level, you have intended your life to be.”*

**Foreword to ‘30 Days to Change your Life’ by  
Julia Rogers Hamrick, author of *Living in Easy  
World and Recreating Eden***

*There’s a revolution going on, and it’s inside of you. And me. We’re waking up to discover that who we may have thought we were is not who we are in truth or who we are destined to be. We are discovering that we’ve been living out a script we didn’t consciously choose—one that has led to our living in limitation, struggle and pain.*

*Now, we’re discovering that we can create it differently—and that alternately thrills us and scares us to death!*

*This new level of awareness—and empowerment—comes as a shock to the ego, the part of us whose job it is to maintain the status quo, keeping us stuck and feeling separate and limited, when we are anything but. Fortunately, there is also the larger, more powerful aspect of self—the fully-aware Spirit (also known as Love) —whose job it is to make sure we move back to a state of being where joy predominates!*

*I believe it is your Spirit that has guided you to this book.*

*As we shake off the anesthesia that has been the result of living at the lower vibrational level we sink to when we allow our lives to be guided by our fear-based egos, it is helpful to have beacons of Love and truth to keep us focused in the direction we want to go.*

*This light-filled book is one such beacon—a lifeline to remind you who you really are, the power you can wield, and the fuller experience of joy you’re destined to return to. I trust you will find it a wonderful friend along the way!*

Julia Rogers Hamrick  
Raleigh, North Carolina, April 2011

*“This light-filled book is one such beacon – a lifeline to remind you who you really are, the power you can wield, and the fuller experience of joy you’re destined to return to. I trust you will find it a wonderful friend along the way!”*

# Act Now!

Get the full course for just  
\$18.50.

<http://www.forwardsteps.info/ChangeYourLife>

*“Just finished the first 9 chapters of the book and I am to the point of tears. I want to thank you for providing this tremendous, well-written guide to ‘seeing’ the key to EVERYTHING that is right in front of me. I just had to stop reading and thank you for it.”*

## ABOUT THE AUTHOR

**Mark Harrison is originally from the UK, but has lived in Asia for many years. He is a teacher and a freelance writer. He now lives with his wife in Hong Kong.**