

# **Positive Thinking**

## **Train Your Mind For Success And Happiness**



**Francisco Bujan**

**[www.vitalcoaching.com](http://www.vitalcoaching.com)**

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# Contents

<b>Intro</b>	<b>12</b>
<b>Part 1 - Mind dynamics</b>	<b>13</b>
What is self talk and how to make it work for you?	14
Mind sets	15
How inspiration and influences reach you	17
What are your core beliefs	19
Thoughts, emotions and feelings	20
What is a feeling?	22
What is your mindscape	24
Your empowering networks	25
I'll be direct, okay?	26
The secret of success and happiness	30
Every action generates a result	32
Your quest	34
What is a negative emotion?	36
This is a battle	37
How to embrace change and renewal	39
What to do if you feel lack of support	41
Happiness is a choice!	43
Happiness is your new territory	46
Your spirit is connected	48
What is your Universal Identity	49
How to stand between your past and your future	50

**Part 2 – Powerful strategies to shift your mind set \_\_\_\_\_ 51**

Connect with positive streams_____	52
Wake up your mind power_____	55
Protect your mind space _____	56
Energize your being_____	57
Love, respect and positive outlook on life _____	58
Get rid of what holds you back _____	60
What to do first when you are trapped in a negative mind set ____	66
Tackle the real challenge_____	68

**Part 3 – Negative thoughts? – Why? \_\_\_\_\_ 69**

What is negative thinking? _____	70
Negative thinking as positive force _____	71
The "positive power" behind negative thinking _____	74
Why it happens _____	79
Why it hurts you _____	80
Solving your real challenge _____	81

**Part 4 – Power dynamics \_\_\_\_\_ 84**

How to strengthen your emotional foundation _____	85
Power kick _____	88
What is your emotional foundation? _____	89
Find your power_____	92
How to build up conquering power _____	94
11 steps to find your conquering power _____	96
What is the challenge? _____	98

## Positive thinking

Wake up your personal power _____	102
You are the master of your mind _____	105
Master your nature link _____	109
Gaining back control over what is yours _____	112
Where to start _____	114
Are you resisting power? _____	115
Unleash your power _____	118
Clear your mind channels _____	120
Let your instincts do the work _____	122
Find your destiny _____	125
5 key mind powers _____	126
Types of power _____	129
Types of personal power _____	132
Freedom of thought _____	135
Values and ethics _____	138
Power definition _____	140
<b>Part 5 – Power building _____</b>	<b>143</b>
Gaining back control over what is yours _____	144
Personal power areas _____	145
"Agreed" transfers of power _____	146
Power transfer _____	147
What is your balance of power? _____	148
A basic human right _____	149
Where to start? _____	150
Power of thoughts and emotions _____	151

**Part 6 – Mind performance dynamics \_\_\_\_\_ 152**

How to increase your mind power _____	153
Respond to challenges _____	155
Wake up your conquering power _____	156
Dare to fight _____	157
Unleash your will power _____	158
Focus _____	159
Total synergy _____	160
Remove resistances _____	161
Peripheral vision _____	162
Focus on what thrills you _____	163
Body power _____	164
Your training ground _____	165

**Part 7 – Your performance power weapons \_\_\_\_\_ 166**

Emotional fuel _____	167
Will power _____	170
Conquering power _____	171
Survival drive _____	172
Focus only on what thrills you _____	173
Best way to prepare yourself _____	175
The secret door to your mind _____	176
Give rhythm to your day _____	177
Making the right choices _____	178
Action is life! _____	179

**Part 8 - 10 powerful mind training techniques \_\_\_\_\_ 180**

## Positive thinking

Active self talk – technique _____	181
Will power concentration – technique _____	184
Victory drill – technique _____	187
Assertive determination – technique _____	191
Total emotional freedom – technique _____	193
Power vision – technique _____	196
Instant effective strategy – technique _____	198
Dynamic synergy building – technique _____	200
Synchronized action - technique _____	202
<b>Part 9 – Key strategies to get what you want _____</b>	<b>204</b>
How to get exactly what you want _____	205
How to use challenges to project yourself forward _____	207
If you bang your head against a wall, stop right now! _____	208
Synergize! _____	209
Trust and go with the flow _____	210
Integrating new skills _____	211
Jumping without a safety net _____	212
No training! Just life! _____	213
Master your control weapon _____	214
Be aware of side tracks _____	215
Don't miss your reality check! _____	216
Unhook yourself from the past _____	217
Use your power _____	218
<b>Part 10 – Use your mind power to create happiness _____</b>	<b>219</b>
The secret of happiness _____	220

## Positive thinking

Your quest _____	222
This is a battle _____	223
How to be happy on the long term _____	225
High expectations _____	226
Competition between friends _____	228
Competing for success and happiness _____	231
What are negative projections? _____	233

### **Part 11 – Real life examples with best strategies \_\_\_\_\_ 235**

Negative thinking triggers _____	236
How to shift your power level _____	240
Life vision _____	244
Social life _____	245
Business and professional success _____	247
Love life _____	249
Family expectations _____	251
Body _____	253
Foreign country _____	255
Confidence gap _____	257
Sense of connectedness _____	258
I want to be more positive _____	260
Enjoy life more _____	262
You want a solution? _____	263
How do you find inner security and inner peace? _____	264
If you are afraid _____	265
If you feel angry with everything _____	266
If you feel empty inside _____	267

## Positive thinking

If you feel isolated _____	269
I had difficult experiences in the past _____	270
I have lots of negativity in me _____	271
I hesitate too much _____	272
I wish I had a partner _____	273
I lack energy _____	274
What am I doing with my life? _____	275
Feel stacked! _____	277
How do I make this broken record stop? _____	279
<b>Part 12 – Your happiness tools _____</b>	<b>281</b>
It is time for change _____	282
Remove obstacles _____	283
Master your life power _____	285
Quest for beauty and harmony _____	287
Conquering power _____	289
What are the sponsors of your happiness? _____	292
Here is an example: music creates joy _____	293
Where to start? _____	296
Nothing can stop you _____	297
Wake up you happiness skills _____	299
Emotional freedom _____	300
6 easy steps to establish a new positive habit in your life _____	302
<b>Part 13 – Key tactics to wake up your happiness _____</b>	<b>307</b>
Get rid of the victim role _____	308
Connect with positive sources of inspiration _____	309



## Positive thinking

Connect with positive streams_____	314
Wake up your mind power_____	317
Protect your mind space _____	319
Energize your being_____	321
Love, respect and positive outlook on life _____	322
Search for meaning _____	324
Get rid of what holds you back _____	325
Connect with your destiny_____	326
Positive mind sets and values _____	327
Master your connection with others_____	329
Stay awake and alert! _____	330
What to do first when you are trapped in a negative mind set ____	331
How to influence your thoughts_____	332
Tackle the real challenge_____	333
<b>Part 14 – Change dynamics _____</b>	<b>334</b>
Change dynamics _____	335
How to shift mind sets_____	337
Every action generates a result_____	339
Mind conditioning _____	341
3 life powers _____	343
Renewal power _____	346
Reconditioning your environment _____	347
The dangers of negative attention_____	350
How to educate your environment _____	352
Where to go next_____	354
What is the challenge? _____	356

Who should decide? _____	358
What is your source of inspiration? _____	360
Why invest in yourself? _____	362

**Part 15 – How to change your life in these situations \_\_\_\_\_ 365**

I am not happy right now but I don't know where to start _____	366
Change job _____	369
Change my life _____	370
Change my life – I don't know where to start _____	371
Change my life style _____	372
Change something in me _____	373
Change the way I act _____	375
Change the way I act – I need to free myself first _____	376
Change my diet – I don't know where to start _____	378
Clear clutter _____	380
Clear the past _____	383
Find a new career _____	385
Find answers _____	386
Get fit – I don't have time _____	387
Get rid of an addiction – I can't take action _____	388
I need to free myself first _____	389
I would like to move _____	390
Change house – I am not sure of my next move _____	391
Renewal power _____	392
Something has to change _____	396
Something is resisting in me _____	397
Take an important decision _____	398

**Part 16 - 7 key steps to change your life \_\_\_\_\_ 399**

Free your energy \_\_\_\_\_ 400

Identify and eliminate top resistances \_\_\_\_\_ 402

Identify and focus on priority number one \_\_\_\_\_ 405

Build up your confidence and emotional fuel \_\_\_\_\_ 407

Take action \_\_\_\_\_ 409

Choose an exciting context \_\_\_\_\_ 411

**Conclusion \_\_\_\_\_ 412**

# Intro

The goal of this e-book is to give you effective strategies to empower your mind and build up positive mind sets. It is as well to help you connect with your natural inner sources of happiness.

You can't protect your mind space without power.

This e-book will give you key strategies and energy to take steps.

I cover as well:

- The dynamics of change and how to invite renewal in your life.
- Positive thinking and how you can manifest it.
- Personal power dynamics and how to tap into your natural sources of power.
- Mind performance.

Take a minute to print this book.

Having is in front of your eyes will help you stay focused!

Good luck and stay in touch

vitalcoach

# Part 1 - Mind dynamics

The first step is to understand some basic dynamics about your mind.

Your mind is a complex architecture of thoughts, feelings, emotions and so much more.

Before you even design a strategy or take action, you must see the underlying dynamics of your mind so that you can measure and perceive exactly the impact of your actions, attitudes and behaviors.

The goal is to find out where and how you can impact over what happens in this inner space.

In the next few pages I will describe some of the key mechanisms which direct the way you think and the way you feel.

# **What is self talk and how to make it work for you?**

Self talk is the story you tell yourself.

When you are trapped in negative thinking loops, your self talk is a cycle of thoughts which pulls you down into spirals of limiting beliefs.

If you are in a positive mind set, self talk is empowering.

Self talk is a stream of inner activity you can consciously influence and shift if you want to.

The way you think has a massive impact on the way you perform in life.

Self talk is the result of a conditioning.

Every time you are confronted with a given situation in life, you will create a mind set which is your "response" to that situation.

Now, your mind stores memories, feelings, thoughts and emotions.

When you are confronted with the same situation again, you "call back" the corresponding mind set.

For instance, you have a given mind set for when you wake up in the morning.

You have another mind set when you have a chat with a friend.

You have another mind set for sports and another one for romance.

Self talk is more than a thought.

It is a whole succession of thoughts.

It is a story you tell yourself.

## Mind sets

You need to realize one thing: thoughts happen within a mind set.

A thought is never an "isolated event" in you.

It is part of a vaster stream you can call your mind set.

A mind set is an inner architecture.

It is the sum of your thinking and emotional habits.

When you are in a given life situation, you will tend to react to it in the same way over and over again.

Why is that?

Because your mind architecture tends to stay the same.

You tend to create emotional and thinking habits and simply keep on reproducing them.

This is conditioning.

When you are faced with a given life situation for the first time, you will create a mind set associated with that situation.

Suppose you go one day for a walk in nature.

You climb to a hill.

It is misty and suddenly the sky clears up.

You get a fresh wind blowing in your face and you feel overwhelmed by the beauty of the landscape.

Your thoughts and emotions at that moment will create a memory.

This memory is more than a "suspended picture" somewhere in your past.

## Positive thinking

It is a whole set of thoughts, emotions and feelings.

In fact, you will tend to associate hills with the positive mind set you experienced that day.

This mind set will stay imprinted in you unless it is replaced by a new one.

This is conditioning.

Conditioning happens through work and education as well.

It happens through the interaction you have with others.

In a life time, your mind builds up millions of mind patterns (thoughts, feelings and emotions).

A conditioning is an open and well known path in the landscape of your mind.

It is a path you traveled before.

It is a thinking and emotional habit.

This habit will stay the same unless you consciously reprogram yourself or go through new experiences.

If you want to reprogram your mind, you need to understand how you can shift a mind set and manifest a new one.

You want to create a new conditioning.

You need new thoughts and emotions.

The idea is to shift what you don't want or no longer need.



# **How inspiration and influences reach you**

Your mind is not an isolated entity.

You are bombarded daily by millions of impressions.

Some of these impressions are visible.

They are what you read, what you hear and anything else you perceive.

Impressions reach you through your physical senses or through your subtle senses.

Your sense of feeling for instance is an inner sense of touch.

It is your ability to create an impression out of a combination of energies impacting on your mind.

Your mind generates feelings and impressions all the time.

You are aware of some of these impressions.

Some other impressions simply impact on your mind without you even being aware of it.

Inspiration is a subtle, invisible stream of energy.

When you are inspired you feel an inner drive or force which brings you to take action.

The word "inspiration" is "in – spiration".

Literally, it means "taking the spirit in".

You are inspired all the time.

There is always some form of influence impacting on your mind.

## Positive thinking

Take the example of a cloud of birds.

When they fly, you can always see the larger body they are in.

Now, every individual bird is in its own world as well.

The birds do not perceive the larger “entity” of their group but when you look at them from the distance, you can see some form of cohesion or connection between them.

Even when you are sitting and doing nothing, your mind is still following a stream of inspiration.

There might be no action or desire involved, you are still being permeated by a flow of life force, right?

You are alive!

This “being alive” means that there are whole streams of thoughts, emotions and feelings naturally happening in your mind.

External sources of inspiration do impact on your mind.

Suppose you have an uplifting chat with someone you like, you will naturally feel happy and energized.

Listening to the news, walking through a busy street, surfing the net, having a drink in a café, playing with your children are all activities which will leave an emotional blue print on your mind.

Anything which happens in your environment will influence you in one way or another.

# What are your core beliefs

Your thinking is structured in various layers.

The surface thoughts are the ones you are not really attached to.

They come and go.

Core beliefs are deeper than that.

They are your inner values and the “inner knowledge” you are really attached to.

Your core beliefs are what you want to tackle when you want to shift from negative mind sets to positive mind sets.

Your core beliefs are the foundation thoughts of your mind.

In your self talk, your core beliefs are like miles stones.

They are the crossing points.

They are the decision making areas.

# Thoughts, emotions and feelings

Thoughts, emotions and feelings are waves on the surface of your mind.

When you feel a certain emotion, what you perceive is only the visible part of a deeper reality.

Thoughts, emotions and feelings are mind patterns.

Part of what happens in your mind is totally invisible to your awareness.

The goal is to expand your awareness and see the underlying dynamics behind your thoughts.

Once you understand how these thoughts work and how they are generated, it is much easier to shift them or generate new ones.

Thoughts are not isolated.

They are combined with a set of emotions, feelings and beliefs.

Thoughts, beliefs, emotions, feelings and energy level create what we call a mind set.

A mind set is an inner architecture.

A mind set will generate a given type of emotions and thoughts.

Suppose you wake up one Sunday morning and feel a sudden sense of inner freedom.

You will smile and feel some joy.

These are emotions.

At the same time, you will start thinking about your day and decide to call some friends.

These are thoughts.

## Positive thinking

You might feel as well energized in this early morning.

You take a fresh shower and feel high on an energy level.

All these elements are your Sunday morning's mind set.

Any moment in your life has a mind set.

Sometimes you perceive emotions.

Sometimes you are aware of a feeling.

Another time you catch yourself making plans for the future.

These are all “visible aspects” of your mind set.

# What is a feeling?

Feelings are impressions on the surface of your mind.

Your sense of feeling is your ability to perceive invisible impressions.

A feeling is the result of an energy impacting on the surface of your mind.

You are bombarded by millions of impressions daily.

Some of these impressions touch you through your physical senses.

Some other impressions touch you through your psychic senses.

Your sense of feeling is your sense of inner touch.

If you touch an object, your sense of touch will transmit information about this object.

Your sense of touch will interpret matter and think elements like: wood, metal, flesh, cold, warm, etc.

This is your sense of touch.

Feelings work in the same way: a feeling is an impression which appears in the surface of your mind.

Suppose you go downtown and listen to some street musicians.

The music and the atmosphere will impact on your mind and generate a series of feelings.

When you hear the music, this might wake up a sense of joy for instance.

This feeling is the result of a "message" impacting on the surface of your mind.

This feeling happens because there is an interaction: you and a musician.

You can get a feeling without having any visible message impacting through your physical senses.

You can for instance wake up in the morning with a strange impression.

Your psyche perceives millions of informations a day.

A large portion of this information comes from your environment.

Other feelings can wake up through different channels and only a portion of these channels are visible.

Any state of mind has a set of feelings associated with it.

Even when you are quiet, you are still feeling something.

You simply are unaware of it.

The term impression is defined as:

**“What stays in somebody’s mind: a lasting effect, opinion, or mental image.”**

This definition invokes this idea of impact or inner touch.

Some impressions can truly come from outside of your mind while others are the result of your inner "processing".

Your mind is processing millions of perceptions daily.

You are only aware of a small fraction of them.

# **What is your mindscape**

Your mindscape is your mind set.

If someone asks you "What do you feel?", you will look inwards and come with a series of impressions.

Your mindscape is your inner territory.

It is all these emotions and thoughts you are used to.

You tend to identify yourself with your mind space.

You will have a system of core beliefs about who you are and what you do on this planet.

You have as well memories, records of what happened in the past.

These memories are like pictures on the surface of your mind.

Every memory is associated with a specific set of emotions and thoughts.

Everyone has a different mindscape.

Yours is unique and you go on designing it daily.

You are the one who has the greatest influence over the inner territory of your mind.



# **Your empowering networks**

One of the elements which give you a strong sense of power and support is any network you belong to.

For instance if you work within an organization, this network will impact on your mind and life.

Your family is a network.

Your friends represent a network.

When you feel isolated, you usually miss a connection with a network.

A network is a community as well.

You can feel attuned with a “musical style” for instance.

You can be a “Hip Hop” fan for instance.

This will connect you with a given network and inspire your actions, thoughts and beliefs.

In fact, it will give you a mind set you can identify yourself to.

If you work within an organization, the culture of this organization will as well have a similar type of input.

Networks can be empowering.

They can as well be limiting depending on the way you stand in them and the role they play in your life.

## **I'll be direct, okay?**

What I am about to say is radical. It is different than anything you heard before:

When you are unhappy, you become your worst enemy!

Why is that?

Because you go into the "nurturing" mode.

You accept yourself the way you are and project your problems outwardly.

When you are unhappy, you often end up complaining about your situation endlessly.

You talk about your problems day after day and by doing so, you reinforce negative mind sets.

When you keep on feeding these negative thoughts, you stimulate the cycle of limiting beliefs and strengthen the "victim role" in you.

If you are in this situation, stop!!!

Stop right now!

I won't take steps for you.

Why?

Because it is your job.

It is your battle!!!

What I can do though, is first send you this wake up call and second, give you effective and powerful strategies to deal with this.

If you could see what I see right now, you would kick yourself in the but!

Life is short!

If you wait one more day, there are good chances that you won't ever reach what you are looking for.

You present mind set pulls you down.

There are a series of mistakes you are doing right now.

Here is what I know you might be doing wrong:

- **Accepting yourself and where you are at right now**

Simple! Don't. The moment you hate your life enough, that's the moment you decide to do something about it. Your greatest mistake would be to accept a state of depression or unhappiness as your identity.

- **Believing someone else can do it for you!**

That's another big lie. Nobody can do it for you. The moment you realize this, you stop waiting and start taking action.

- **"It's because of my past".**

It's not!!! Your mind is your mind. You can shift the way you see yourself. Use your past as a platform to project yourself into your future, no matter what your past is. You have no excuse!

- **Hiding yourself behind self destructive beliefs!**

It's safe, aye? When you tell everyone you are worth nothing, this is playing safe. You make sure no one will challenge you, right? Self limiting beliefs are self destructive patterns. Every time you use one, you destroy your life.

- **Enjoying negative attention!**

What do you think you are doing? I know you feel nurtured by other's negative attention. The truth is that taking the victim role puts you down over and over again.

- **Embracing the esthetic of darkness.**

You believe that being "dark" is cool? It's not. Darkness is not your identity.

I know that what I am saying is tough.

The truth is that I don't see anything which needs to be fed or nurtured in your unhappiness.

You are tolerating and allowing piles of negative emotions to invade your life and your mind.

Why?

Because part of you is still on the "loser's path".

I see you as a winner!

The moment you take the decision to be one, you start moving towards the place you would like to be in.

The only thing I will feed in you is your inner strength and power.

What I want to do is destroy any negative present mind set right now.

If you are unhappy right now, I believe you have been making a big mistake and those around you have been comforting you with that.

If you are on a path to self destruction, you are the one who decides what happens next.

I am here to challenge you and help you shift your present mind set.

This is the task of this e-book.

If you live in a landscape of negative feelings and believe that this is all there is, I'll keep bombarding you until you do something about it and realize that another story can be written right now.

It is easy for me!

Believe me, unless you take a step, I won't stop.

Right now, you are my "victim".

I will challenge and pursue you until you wake up.

I will be relentless and merciless.

The only thing I am here to nurture is your inner power.

This is easy for me, right?

I heard enough complaints from people claiming they had no control over their lives.

I heard enough self pity discourses.

It's either you wake up right now and take a step or I'll come after you!

You won't escape, no matter how much you hide.

I know your real potential and so do you!

It is time to shift!

Don't wait one more day!

Wake up to your true identity!

I know it takes focus and courage.

Your new way starts right here, right now!

# The secret of success and happiness

Life is a battle.

When you are unhappy, you are losing this battle.

What makes you happy is energy.

It is the energy which flows in your mind and life.

When you feel unhappy, you are low on energy.

You are low on energy because you did not master yet effective way of protecting your mind space and finding key sources of power and energy in and around you.

If you stay low on energy for a long period of time, you go into states of depression.

The idea is to reconquer your mind territory.

I know this might surprise you but the only way to be happy is to get your full power back.

Your life is under attack.

If you feel depleted, it is because life force is not circulating in you or is running out of you.

The architecture of your mind is incomplete and you want to add pillars of power and strength.

You want to conquer the territory of your existence.

This is a fight.

It is a fight for power.

You are in charge!

Do you realize this?

You are the master of your existence.

You are supposed to own your life.

The goal is simple: get your full power back.

Power is what protects your mind.

It is your emotional foundation.

The more power you have, the stronger you feel.

If you feel strong and still unhappy, this means that the next quality you need is bliss, pleasure, love or happiness.

These are energies!

They are mind sets.

The way to go is to master these energies and know how to manifest them in your life.

# Every action generates a result

Suppose you stay at home a whole day.

You will naturally miss fresh air.

The moment you open the windows and take a couple of deep breaths, you invite life force in your body.

This sounds simple, right?

So, why aren't you doing it?

Yes! Right now.

You can stand up.

Open the windows and breathe deeply a few times.

Close your eyes and observe your reaction.

This step can sound like an insignificant step.

It is only one drop, right?

One step is a first step.

This is how a journey starts.

If you want to travel somewhere, you always need to start with a first step.

No one but you can take that step.

Right now, I could describe a series of actions which would make you very unhappy within 48 hours.

It is easy:

- Just pick up the phone and start swearing at someone.
- Next step? Eat only junk food for two days.

[www.vitalcoaching.com](http://www.vitalcoaching.com)



## Positive thinking

- After that, no body care. Don't wash your hands or your face for two days.

The list can go on!

In the same way I could describe you a series of actions which would make you happy:

- Eating quality food.
- Exciting goals for your day.
- Meaningful contact with some good friends.
- Entertainment.
- Some exercise.
- Etc.

Your key to happiness is about thoughts, emotions, actions and attitudes.

What makes you truly happy is when you live within an exciting stream of inspiration which gives you power, vision and action lines.

Happiness is about the spirit your live in.

You can decide right now to embrace the values of happiness: love, passion, excitement, power, etc.

What would stop you from embracing these values?

What is the force which can keep you from wanting more of these qualities and manifesting them in your life?

## Your quest

Happiness is a life long quest.

If you have been in a state of low energy or inspiration, semi depression or easily touched by negative emotions, you must wonder how to come out of it.

What exactly is missing?

What I have to say is radical.

I will be direct.

My goal is not to nurture negative emotions.

My goal is to give you a power kick.

I would like to shake you and give you some essential tools to understand what is happening in you.

Happiness happens in the mind, right?

It has to do with what goes on in your thoughts and emotions.

Your mind is a territory.

When you are happy, life flows.

It is balanced.

You feel good.

When you are unhappy, your mind is invaded by negative emotions and feelings.

Yes! It is an invasion.

Your mind is a territory and something happens in it you can't really control.

## Positive thinking

The goal is to gain back control of what happens in it.

Your mind is your territory.

If it's your territory, how come you seem to have so little influence over it?

Do you realize that happiness is a path of life mastery?

## **What is a negative emotion?**

A negative emotion is a pattern.

It is a channel for a type of energy.

It is a pattern or a frame.

In other words, it is an inner architecture.

Why did you choose this pattern?

You really didn't.

It is a conditioning.

What you want is a different conditioning.

You want another story in your mind.

You want to wake up to a new reality and an approach which frees you from negative states of mind.

# **This is a battle**

Happiness is your territory.

This is why happiness building is a battle.

I am not here to help you nurture your past or even your wounds.

Sure you can look at them.

Sure you can accept the way things are.

Now, what I see are only emotions.

These emotions are not your identity.

They are waves on the surface of your mind.

Thoughts and emotions are only waves on the surface of your mind.

There is a deeper identity in your which is formless.

It is a source of power and life force.

This is your fire.

This is the place from where new inspiration wakes up now.

When you are born, your mind is virgin.

You start picking up patterns from your environment.

If your mother tongue is English, English words will create the frames of your mind.

If you first spoke Spanish, it's Spanish which will be the core of your being.

Words are frames.

Any emotion you encounter in your childhood leaves a pattern.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

It leaves a blue print.

An emotion is like a path.

You travel it once.

Then you travel it again.

You become familiar with it.

Soon, your mind becomes familiar with this path.

It becomes an established pattern in your mind.

You are programmed, conditioned to respond to a given situation in a very specific way.

If you tend to be unhappy, you will get familiar with emotions like loneliness or sadness.

After a while, you identify yourself with them.

They become the key frames in your mind.

# How to embrace change and renewal

I'll be direct, okay?

If you are unhappy right now, and want to be happy in the future, you need to invite change and renewal in your life.

You need to create space in your mind so that a new story can be built.

How do you do that?

By using what we call renewal power.

Renewal power is your ability to change.

The mind is not a fixed set.

It has the ability to be in constant evolution.

There is a force in you whose aim is to refresh and change your mind.

It is an agent of change.

If you no longer want your mind set, what you need to do is connect with your renewal power.

Power?

Yes! Power!

The time of comforting yourself within your known limits is over.

It's time to show your face to the sun.

To tell you the truth, I don't know what force put you in a challenging situation but there but its reign is over.

Your mind is your territory and a new force is waking up in you.

## Positive thinking

It is your renewal power.

No need to be scared.

Relax and enjoy.

This is what you will do now for the rest of your life.

You deserve happiness.

You deserve joy and pleasure in your existence.

Your being has a basic human right to feel blessed by every day you will live from now on.



# What to do if you feel lack of support

Human connections are magical.

You talk to someone.

It makes you happy. Right?

What makes you happy is exchange of life force.

When you communicate with someone (in whatever form), there is a flow of energy which is activated in you.

Love, speech, joy, emotions.

Whatever that is, it simply flows through your system and brings a refreshing stream of life in you.

When you are isolated.

This exchange tends to stop.

If you did not get enough love during your childhood, you simply missed on this flow of life force and love.

This creates an inner emotional gap where you simply feel invaded and unprotected.

The same happens if you never had a relationship, or if you went through a heavy break up.

There are all sorts of triggers in life which create energy gaps in your mind.

These negative states of mind are nothing but a lack of energy exchange.

If this is where you are at now, I know exactly how you feel.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

I am sorry if you did suffer in the past.

This time of suffering is over.

New doors are opening right now in your life.

What you did not get from life, friends, family or partner is still an invisible potential in you.

Your resources are still in you ready to burst any time.

Wake up your happiness channels again.

Your mind is a subtle architecture and you want a get a boost of power and fresh energy.

# Happiness is a choice!

It is true!

Happiness is a choice!

Trust this force and master it.

When you decide to move on, you literally die to your past.

Your past was this comfort zone you did build for many years.

It became a landscape of emotions that you recognize very well.

If you come out of a cave, what do you see? Sunlight!

The contact with sunlight can actually scare you off.

The sun hitting your eyes can be a traumatic experience if you have been living in the dark for a long time.

You can either retreat in fear or move forward and take the step.

The moment you take the step, you do face a new environment.

It is like changing home.

You need to get familiar with it.

You leave behind what you used to call your identity

New emotions.

A new mind set.

A new home!

Change is stressful.

No matter how you look at it.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Change requires investment and energy.

You can destroy negative memories by invoking and using this inner sense of renewal which connects you with your future and destiny line.

You annihilate the power that negative memories or experiences used to have over you.

Right now, you are taking charge of your emotions and building up a new energy support system in your being.

You wake up to a new set of emotions which are the emotions of joy, power, happiness love and success.

Do any of these terms hurt your ears?

Even if they do, realize that right now, you have no choice.

This book you bought is a contract with yourself.

It is a commitment.

It is a decision.

It is an initiation into a new era of your existence.

You are no longer alone.

What you thought was an isolated being is now connected with a larger vaster reality.

Any form of change creates stress on your being.

Why is that?

Because you shift your mind set.

Old frames are destroyed or dissolved and new ones are being built.

This is a movement into your future.

Can you see that?

[www.vitalcoaching.com](http://www.vitalcoaching.com)

You own your happiness.

It is not something any one can take away from you because it is embedded in power and strong frames in your mind.

Happiness channels open new lines of energy in your being.

In fact you dare to take these tools in your hands.

The art of happiness is the art of manipulating energies.

It is the art of making conscious choices about what you want to have in your mind.

To make these choices, you are given extra power.

It is a power kick.

It is this extra resource of energy which wakes up in you and can't be stopped.

# Happiness is your new territory

You want to get familiar with this new inner landscape.

What you do with it does no matter.

What shifts is the way you feel inside.

Life power is precious.

You remove anything which stops life force from flowing: fears, doubts and hesitations are gone.

Your new values are trust and confidence.

Why?

Because you just woke up to the realization that you know exactly how to do it.

What's the difference?

You dare!

You dare to be yourself.

What is yourself?

It is not your car, your job, your house or even your thoughts.

These are all temporary vehicles.

You could shift one for the other.

"Yourself" is what you find if you travel to a new country.

"Yourself" is your essence.

It is your spirit.

It is your life force and life power.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

You could take off right now and live in the forest for the rest of your life, your spirit would not die.

You would stay alive.

Almost a miracle!

You would wake up your survival instincts and find ways of feeding yourself.

You would rediscover your link to nature.

In other terms, you would build a new mind set.

Your mind set is not your essence.

It is only a temporary vehicle.

# Your spirit is connected

This is really good news.

Sure, getting validation from others can help but it is no longer needed for happiness.

You can be perfectly happy with or without others.

Why is that?

Because you live in a sea of consciousness you are connected to all the time.

Your life force is not an isolated stream of energy.

Your life force is a stream of energy within a much vaster reality.

You are connected.

Your joy is part of a vaster joy.

Your life is always connected.

No matter how far you think you are.

As a human being, you might sometimes feel isolated from others, from your family or friends.

However, the truth is that you are never alone.

Even when you think you are.

Life is an active stream of energy and power.

This stream is active since the beginning of creation.

Humankind is part of that stream and you are part of humankind.



# **What is your Universal Identity**

This is where you go to.

The moment you see yourself as a human being on this blue planet, you realize your universal identity.

This is literally your place in the cosmos.

We are a solar system.

We are within a galaxy amongst millions of other galaxies.

Even when you are busy dealing with the details of your daily life, a part of you is still aware of this vaster reality.

A spark of pleasure in you impacts on your environment.

# How to stand between your past and your future

Your mind is packed with memories.

Memories are minute mind patterns.

They are accumulated emotions which stay in your mind.

When you try to move into your future and connect with power and happiness you need an extra energy to free yourself from past patterns you no longer need.

The only way to do that is to use your renewal power.

You need to delete the negative patterns in you and recreate new ones.

This happens naturally.

The way to do it is simple: connect with a new stream of energy inside yourself.

There are two roles you can play:

- One is the victim.
- The other is the warrior and winner.

If you want to win, you need to connect with a new stream of inspiration and wake up the warrior and winner in you.

# **Part 2 – Powerful strategies to shift your mind set**

You want to perform at your best.

You want your mind to be your ally and help you achieve whatever you want in life.

Your mind is your tool. It is your vehicle.

In the next few pages, we will analyze exactly what to do to maximize the full potential of your mind.

## Connect with positive streams

This is probably the most important strategy.

A thought is a mind object.

A thought is like a wave on the surface of your mind.

It is an event.

It is the visible part of the iceberg.

If you swim in a river, what matters is not the waves, it is the river itself.

Where does it take you?

Why do you swim in it?

What is its temperature?

How does it impact on your life?

A river gives you a direction.

A river is a source of inspiration.

When you wake up in the morning and read a paper, the news becomes a source of inspiration.

Choose your stream!

What are the sources of influence in your life right now?

You can choose!

Targeting the thought means only targeting the surface wave.

If you really want to have an impact on your mind, connect with empowering sources of inspiration.

This is why you sometimes buy an empowering book.

Now, the people around you are sources of inspiration.

Which ones are positive?

Which ones are negative?

This vast architecture of connections is the architecture of your streams of inspiration.

To develop positive mind sets, you need to connect with empowering sources of inspiration.

Do you realize that you are the architect of all that?

You choose for your daily and weekly activities.

You are the active creator of these connections.

You can choose what you connect to.

- The first step is to identify the sources which do empower you.
- The second step is to consciously organize these sources of inspiration in your life, time frame and mind.

The books you read, the music you listen to, the people you connect to, your community, your work, family, friends, inner growth and spiritual life are all streams of inspiration.

Now, for your mind development, you need to connect with a stream of inspiration which does empower you.

You want to connect with a system or a source of inspiration which opens new doors in your life.

If you have a book in your hands, what matters most?

Is it the book itself or a single word you just read?

Find streams of inspiration you can connect and relate to.

## Positive thinking

Positive thinking, empowerment, inner and spiritual growth are all directions which help you use your mind in the best possible way.

Now, if you want to train your body, you go to the gym, right?

You connect with an environment whose aim is to empower your physical body.

The same works for your mind.

If you want to empower your mind, you need to connect with inner and outer sources of inspiration which support you or give you the energy and mind sets to develop your mind.

The modern streams of mind power, self growth as well as spiritual development directions are all systems which help you maximize the potential of your mind.

On top of that, you do have inner sources of inspiration which do help you take the right steps.

Trust your instinct and consciously choose your sources of inspiration.

# Wake up your mind power

Your mind is your greatest ally.

If you get the feeling that your mind works against you, it is the sign that something is missing.

What is missing? It is power! Mind power!

Mind power is a natural resource of energy you have in you.

Mind power is the ability to be in charge of your life.

Your mind is a territory.

It is a space.

You own that space.

It is yours!

It was given to you at birth!

Your thoughts, emotions and beliefs happen within your mind.

They happen within your territory!

You are the person who has the greatest influence over what happens in your mind.

You are in charge!

The moment you realize this, you already wake up your mind power.

You wake up to the realization that you do have resources of energy inside yourself to protect and preserve your mind space.

## Protect your mind space

When you have negative thoughts, images or feelings popping up into your mind, you can literally see it as an attack on your mind.

It is form of battle and you want to develop new skills to make sure that you are the winner of this battle.

Your mind is yours!

You have the power to protect it.

Observe how it functions and do what it takes to protect your mind space.

Suppose for instance that someone judges you in a negative way.

You can either let this judgment take root in your mind and let it grow and expand, or you can reject this judgment, fight back and not let anyone put you down.

The moment you react and fight back, you use your power.

You instantly realize that your self confidence is under attack and you do something to tackle this threat.

In a day, you can have many situations where you let someone else's negative thoughts impact on you.

It can be an aggressive look you get from another driver. It can be a word your partner tells you just before you take off.

If you recognize a negative attack on your mind, do something about it straight away.

Identify the attack as an energy which puts you down and do something about it straight away: respond to the person, consciously drop it but reject the thought, stay alert, etc.

In other terms, you need to sometimes see your day as a battle in which you need defend your inner territory.

[www.vitalcoaching.com](http://www.vitalcoaching.com)



## **Energize your being**

The way you feel in your body directly impacts on the way you feel in your mind.

If your body is low on energy, you will naturally feel low in happiness and satisfaction.

There are two main ways of influencing the way you feel in your body: exercise and diet.

If you don't move your body enough, you miss energy.

If you over eat or eat unhealthy, you will naturally lower your energy level.

Don't underestimate the impact this has on your mind.

A full stomach stops you from performing well or keeping a clear mind.

Modern lifestyles are challenging for the body. Sitting on a chair or driving a car are not "natural" activities.

However, there are dozens of ways to maintain a high level of energy in your body.

Make sure you give your body what it needs.

Your body and your mind are your greatest assets.

Respect them and give them what they need.

# Love, respect and positive outlook on life

Love nurtures your life.

Now, love is giving and receiving.

When you give, you encourage the flow of it in your life.

It works both ways.

As long as it streams in your existence, you tend to stay more happy, healthy and in harmony.

Love is about the way you relate to yourself and your environment.

Love is a quality you consciously invite in your existence.

How do you invite it?

Through action!

Watering a plant is something which sounds simple but it does have an impact on your mind and personal environment.

It sends a clear message: "I care".

Try saying "I love you" more often.

Love, respect and care are your ways of nurturing yourself and those around you.

It builds up harmony and invites peace in your being.

You can express both love and power in your life.

These two qualities complement each other harmoniously.

Dare to take the step when you see an opportunity to express your love, care or respect.

# Search for meaning

Your life is a mystery.

I mean, when you realize that you are a living entity somewhere on a blue planet suspended in space in the Milky Way, you can drop everything and search for answers.

You touch here on your spiritual identity.

Life beyond the limits of rationality.

Some form of spiritual connection or belief usually gives you an energy base in life.

It gives you a mind set which answers some of these profound questions.

A way to empower your mind is to invite some form of spiritual reality in your life.

If you are religious, this might mean exploring deeper levels of your spiritual life through prayer, meditation, rituals or other practices.

There are dozens of ways you can connect with your spiritual identity.

Many spiritual streams focus on the idea of happiness, inner peace and even success and satisfaction.

This is truly a different topic.

I will need another e-book to fully cover that one.

# **Get rid of what holds you back**

What holds you back is in the past.

It can be anything: old memories, objects, negative experiences, draining connections, etc.

If you want to move forward in your life, you need to create space!

If your mind and life are full, your future can't open up.

Drop it!

Let go of what you no longer need!

Identify what drains you and make sure that you remove it from your existence.

# Connect with your destiny

Your destiny is an intelligent entity.

It is not a fixed set of actions and events in your future.

It is more like a river you swim in.

Along the way, the details of your life travel are not yet fixed.

However, you do have a vision of where this takes you.

Goals, life vision and destiny are all aspects of your future.

This is your perspective.

This is what you look forward to.

Part of the energy of your mind is aimed at opening doors into your future.

The moment you take a good decision or make the right choice, you get this empowering feeling of inner freedom.

Connecting with your destiny is an art!

It is at the very core of positive thinking and positive mind sets.

If your line of action takes you in the wrong direction, you feel systematically drained and unhappy. You know something is wrong!

The negative thoughts are simply a surface reflection of an unattractive destiny line.

Don't try to shift your thoughts!

Shift your destiny line instead!

This is the true empowering step.

# Positive mind sets and values

Values are your core beliefs.

They are the foundation blocs of your mind.

Love and respect are values.

Ambition and expression of your needs and wants are other values and mind sets.

Some negative values and mind sets disempower you.

In fact they don't solidify your mind. They make you vulnerable and pessimistic about life.

See yourself as an architect!

You can choose right now positive mind sets and values.

What does it take to shift a mind set?

One to three months of focus!

You need to make it your priority number one!

Why is that?

Because your mind has been conditioned over a period of 10, 20 or 30 years.

A conditioning is a mind set.

It is the result of experiences.

When you want to shift your mind set, you need to repolarize and recondition your mind to respond differently in given life situations.

This means that you need to repeat the right message to yourself until you get it.

## Positive thinking

You will see that your mind progressively adopts a new empowering mind set.

It simply takes focus, time, repetition and will power to develop a new mind set.

Will power is fire!

Will power is your desire to change and shift things around.

Your will power is your emotional fuel!

It is your ambition.

This is the number one quality you need to shift mind sets.

It is your driving force and what you will invest into your actions.

# **Master your connection with others**

Relationships!

It can be your connection with your partner, friends, colleagues, community or family.

A connection with another human being can be empowering.

The best way to empower your connections is to focus on synergy and win-win always.

It is never about dominating or controlling someone else's life.

Mastering your connection with others means mastering the way you stand in it.

When you build harmonious relationships with others, you empower your existence and manifest a fresh flow of life in your being.

Life responds to life!



# **Stay awake and alert!**

Your mind can be under attack any time.

Have a strategy for any situation.

Behave like a martial artist ready to defend your territory any time.

You will notice that the moment you have the tools, skills and weapons to defend yourself, you feel secure and you perform at your best.

A day can be seen as a series of challenges.

The goal is to conquer!

You have a series of situations to master.

Stay awake and aware of what happens in such day.

Observe the flow of your thoughts and emotions and if you notice that something wrong is happening, do something about it straight away.

Don't let negative situations impact on you.

If you feel that something takes you down, take action and shift the dynamics.

# **What to do first when you are trapped in a negative mind set**

Find a new source of inspiration.

There is always an open door somewhere.

Find out what this door is.

Use your instinct.

A part of you always knows the best next move.

It is all about identifying a possible next step.

Your instincts are one of your top mind power weapons.

Once you see an open door, you need to take action and walk through it.

To take action you need to trust yourself and use your will power and determination.

Don't let anything or anyone stop you from taking action when you feel it is right.

Another excellent way to shift a negative mind set is to shift gear or activity.

Speed is another key weapon in your mind.

You need to respond to opportunities and open doors when you see one.

Stay awake and alert!

# How to influence your thoughts

Again, a thought is simply a surface wave.

The best way to influence your thoughts is to connect with the right source of inspiration in you.

Instead of focusing on the details of your thoughts, focus on the larger picture.

Come to the details once your larger life stream is set up.

If you feel that you can't connect with a positive stream of thoughts, it is time to go and look beyond the limits of what you already know.

Connect with a new spiritual or personal development stream.

Open a new door in your being and consciousness.

Obviously, if the solution was present within the limits of your comfort zone, you would be expressing already the full dimension of your life.

If something is missing, start searching for it and step beyond what you already know.

You will need to open new doors and invite new streams of inspiration in your life.

Once you connect with a new stream of inspiration, the shift does not happen overnight.

It does not go from left to right in one day.

A stream of inspiration is a stream of renewal.

You feel it having a progressive impact on your mind over a period of time.

Give yourself 1 to 3 months to see the results.

Stay focused on your target and be consistent with your action.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## **Tackle the real challenge**

If you feel dissatisfied with your love life, do something about it.

If you are unhappy with your body, sign in to the gym.

If you don't like your job, make a career shift.

All these examples show you one thing:

Very often your negative thoughts or feeling of dissatisfaction are not the problem, they are the symptoms; they are the warning signs which tell you that something is not quite right.

The moment you take action and do something about the real issue or challenge you face, you realize that life starts flowing again.

Action invites life force into your being.

It energizes you, opens new channels of expression in your being and basically takes you from where you are to where you want to be.

Hiding yourself behind doubts, fears and hesitations does not work.

In these situations, your negative thoughts are an inner call!

Your life is calling!

The only way to break the negative pattern is to take action and do something about the real challenge.

# **Part 3 – Negative thoughts? – Why?**

Simply trying to suppress negative thoughts is usually not very useful.

Why is that?

Because your mind is trying to tell you something.

A negative thought is often a warning sign.

It is an inner call!

It tells you that something is not quite right.

In the next few pages, you will discover exactly what is the nature of “this negative thinking call” and how to use it to empower your mind.

## **What is negative thinking?**

Negative thinking are endless loops of thoughts which keep on going in circles in your mind.

These loops are usually self destructive. They generate negativism for yourself and for others.

They are more than thoughts. They have whole sets of emotions and feelings associated with them as well.

They can be the result of negative past experiences or simply related with lack of trust in yourself.

Negative thinking can destroy your life. It puts you down, creates endless doubts and hesitations in your mind.

It is a cycle of energy which drains you on the long term.

# Negative thinking as positive force

Okay,

What I am about to say might surprise you:

Negative thinking can be seen as a positive force.

You believe that because you are trapped in self limiting thinking loops there is something wrong with you?

There isn't!

Your mind is fine and perfectly functional.

In fact, negative thinking is the sign that you are perfectly healthy.

Negative thinking is not a bad thing!

It is your best shot at defending your life territory.

Your mind is bombarded by millions of impressions daily.

These impressions come from within you or from your environment, the people you talk to, the place you live in, your memories, past impressions, conditionings, etc.

Negative thinking is the emotional response which matches all these impressions.

It is like the summary blue print of what is going on in your mind.

Negative thinking is a mind set. A mind set is an inner architecture.

The reason you create mind sets is to protect your mind space.

A thought, whether positive or negative is always an expression of your power of thinking.

Negative thinking is not bad in itself.

It is a battle strategy. It is a fighting tool.

Sometimes, these thoughts burn you or seem to be trapped in your mind without finding a way of expression.

This is the moment negative thinking turns against you. It becomes alienating.

When you are consumed by negative thinking, you are not truly master of your mind any more.

What you want at that moment is an extra power kick which gives you the possibility to decide what you want to have in your mind.

To summarize, here are the key ideas:

There is nothing wrong with you. Negative thinking is okay as long as you choose for it.

Negative thinking is a weapon. Anyone uses it. The moment it hurts you is the moment this weapon turns against you.

Protect your territory. Your territory is your life and your mind. It is okay to do whatever it takes to stay master of your life. Negative thoughts play a role in this. They are aggressive and protective moves to defend your mind territory.

Wake up your fighting power. You want to master your fighting skills. This is the real challenge. Have fighting skills which are effective at helping you reach your goals.

Express! Don't suppress. If you feel negative thoughts about something or someone, dare to express it. Don't suppress. Look at these emotions straight in the eye. Negative thinking is fighting fire. This is what is behind it. It wakes up because there is competition. Life is full of it. If you suppress it, you lose your power. Don't suppress. Dare to express. It is a direct reflection of your inner power and emotions.

Your taming power. This is the quality you need to deal with a negative emotional response you no longer want.



## Positive thinking

As you can see, there is nothing wrong with you. All you need is an extra “taming” quality which gives you the power to direct your thoughts more effectively.

The force behind negative thinking is a positive force. It is the same force which can help you reach goals and conquer whatever you want in life.

It is like fire, though. All you need is this extra power kick which helps you master this natural inner resource of power.

# The "positive power" behind negative thinking

Imagine yourself having a fiery political debate with an opponent. You will generate thoughts and beliefs which can be sometimes aggressive towards your opponent.

If you tell your opponent something like "You will never succeed!", this is a negative thought, right?

In the context of a verbal fight, you use this thought in a positive way: you want to win.

There is competition. There is a battle for power. This thought does not hurt you. It attacks your opponent. In fact, this thought is a weapon.

Now, imagine what happens with negative thinking loops in your mind:

You take the same negative thought ("You will never succeed") and you project it on yourself. This thought is the same as before. It is identical. It is the same "weapon". It is simply used in a different way. You become a victim of this thought.

Why does this happen?

Why do negative thinking patterns arise in your mind and "self attack" your own being?

It happens because of a very simple reason: your mind creates it.

It creates it in the same way as it creates another type of self destructive behavior.

It creates an addiction.

You know that these negative thinking loops are self destructive, still your mind keep generating them.

Why? Because a part of you enjoys it!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

I know this can sound crazy but a part of you actually enjoys creating these negative loops.

Why? Because when you create this loop, you use your fighting power.

Creating negative thought patterns is your way of expressing your power and free will.

How does it work? Suppose you are with a group of friends and everyone is quite optimistic about the coming evening. A party is about to start in a few hours and everyone gets ready. You jump in there and say something like:

"You know what? These parties never work. Every time it is the same story, the same old boring people! I don't even know why we bother trying..."

Now, there is a battle of energies. This battle is between positivism and negativism.

You carry the flag of negativism. You generate fight, conflict and by doing so, you express one of your most basic powers: The need to conquer, the need to fight and win.

Your cause is: "It's not going to work!"

It might look like a negative cause but behind this cause, there is only one thing: a challenge, a desire to fight, an instinctual impulsion.

Can you see how it works?

You pick up a cause and simply defend it.

Now, if someone comes to you and says: "Why don't you drop it?" you'll realize that a part of you does not want to let go of your negative thought.

Why is that?

## Positive thinking

Because this negative thought gives you power. This is not about positivism or negativism. It is about how much power you have compared with others.

A story is going on in your mind:

If you drop your negative thoughts, you end up in a no man's land. It is like losing your identity.

Why? Because negativism has become your mind set. It is your inner architecture and you got familiar with this inner mindscape.

You know how to relate to these thoughts.

A thought form is an "elemental form". It is actually an intelligent entity.

Suppose you have a dog. This dog is aggressive and keeps barking at everyone you meet on the street.

You might think something like: "Well, this dog is not perfect, but it is my dog"

If you give it away, you'll end up with nothing.

This dog is a Doberman.

You could shift and get a gentle sweet puppy but somehow, you are used to your Doberman.

Somehow it gives you power to have it. It defends your house. It defends your territory.

The negative side of it is that because of this Doberman, people stop talking to you. Police came few times to your house because the dog was barking endlessly at night.

In other terms, your dog creates some trouble but gives you power.

Negative thinking can happen in the same way: negative thoughts give you power.

## Positive thinking

Being aggressive or negative is your way of challenging your environment. It is a role you play.

If you go back to this "party" example, something in you might not care at all about the party being nice or not: your real goal is to challenge your friend's optimism.

In fact you tease them with your negative mind set.

It is a battle between two energies: Optimism against negativism.

Why do you carry the flag of negativism?

Because this is what you are used to do. You know how to do it. When you pick up the "energy" of it, this gives you a sense of control over the event.

That's your input. That's your role. It is an identity.

You get something from it: The power to mess it up.

I know it can sound funny but this is the underlying power dynamic.

It justifies your negative thinking.

The downside of it?

Once you finish attacking the party's positive mind set, you'll still end up with the negative thought form strengthened in your mind.

Suppose you go back home. You generated a mind set which needs to keep on "feeding" itself.

This will turn into a self destructive loop and keep you trapped within a negative mind set.

That's unless you know how to drop it and truly master your negative thoughts.

Positive thinking

# Why it happens

Negative thinking is a natural defense mechanism.

It happens because your mind is under attack. You feel threatened or under the pressure to perform and your mind responds by creating these negative thoughts.

When you have negative thoughts rising in your mind, it is actually a positive impulsion.

Your mind simply tries to survive.

Imagine, it is like being in the water and struggling to swim.

Any thought is a mind frame.

It is a mind set.

A mind set is an inner architecture which sustains your mind.

Can you see that?

A thought is a mind frame.

It is a pillar of life force which sustains and channels energy in you.

When you create a negative thought, you are still using your power.

This negative thought is your best shot at expressing your energy.

You struggle to keep on creating and this negative thought is what arises.

Nature creates it. Your mind creates it. It is sponsored by your inner survival drive.

## Why it hurts you

A negative thought hurts you because it burns you.

There is a conflict of energies.

There is a struggle for your energy to break through.

It is because of this break through that you feel burned.

Imagine, it is like trying to express yourself within a constricted space.

Your mind does not get enough power.

You feel under pressure.

This burning fire trying to break through is your own will power.

You have desires and ambitions.

You want to express them and struggle to break through.

You want to succeed.

You have expectations.

Negative thinking is your instinctual response to this battle of energies.

It is an expression of a fire trying to create space in your mind.



# Solving your real challenge

How to break though a negative thinking cycle.

A negative thinking cycle is very tricky to overcome unless you have a solid strategy to deal with it.

- **Step 1 :** You need to understand exactly why and how negative thinking works.
- **Step 2 :** You need a strategy and the power to take action and break through this cycle.

The main challenge when dealing with a negative thinking loop is that it happens in your mind.

The only tool you usually have to deal with it is an incomplete emotional reaction.

You feel guilty about your negative thoughts.

You build up resentment and keep on reproducing the same destructive pattern over and over again.

After that, you usually wait for the negative thoughts to go away and hope that they will be replaced by better and more harmonious emotions or thoughts.

Most strategies out there tell you to focus on positive thinking instead of letting negative loops drain you.

You will try to reject negative thoughts by forcing yourself into a positive mind set.

This is a valuable strategy.

However, there is a limitation with it:

What happens with the negative loop?

Where does it go?

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

When you try to suppress negative thinking by overpowering it with your will power, you try to control a volcano in you.

If the main force you use is control, suppression or discipline, you might achieve good results.

You still need an extra source of will power and determination to do this.

You usually miss that power.

Why is that?

Because your emotional resources are already engaged in creating the negative thinking loop.

This is where your emotional energy goes to.

You are using your emotional resources to actually generate these negative thoughts.

Emotional fuel is the energy behind negative thinking.

You want to use this energy! Not suppress it! You want to go with the flow of your emotions rather than against them!

Your instincts are powerful! They generate the negative loops. A part of you creates them.

If you want to succeed with breaking through heavy forms of negative thinking, you want to work with the forces of your own nature rather than against them.

This is fundamentally different.

It is a revolution in your mind set!

You use the existing power behind your negative thinking rather than trying to suppress or delete it.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

In fact, you use exactly the same energy you use for negative thinking but channel it in a different way in your mind.

I say it again:

You don't suppress, or try to block your "negative" thoughts.

You channel their energy within a new mind set.

You need and want the energy behind negative thinking.

If you suppress, you create a loose-loose situation where you are required to put up lots of energy to block negative thoughts.

What I say is different: Let them flow.

Even further: dare to express them.

From the core of this fire or frustration, realize that your negative thoughts are actually your way of reacting to something which is hurting you.

When you create a negative thought, you use your fighting power.

When you transmute negative thinking, you still use your power of thinking.

So, don't try to suppress or block.

Instead, add a quality to your mind which will give a new direction and vision to your fighting power.

# **Part 4 – Power dynamics**

In the first part of this e-book, we will analyze various aspects of the way power works and affects your life.

I will already give you many hints on where to start if you want to increase your level of personal power.

# How to strengthen your emotional foundation

In most cases of negative thinking and negative emotional patterns, what is missing is a stronger emotional foundation.

Imagine your mind as an inner architecture of thought forms, education, habits, instinctual reactions, etc.

Imagine now that it is this mind architecture which protects your mind space.

Your life connections and the support you get from your environment are as well strengthening elements.

When you have a negative emotion invading your mind space, it simply means that you miss the power to defend your inner territory.

If you want to stop negative thinking and negative emotions, all you need to do is to bring in a new power quality in your mind. This new power quality will naturally strengthen your emotional base, give you security and simply protect your mind.

With certain negative emotions, like doubts and fears, this increase of power is combined with an increase of awareness. You identify why the doubt is there in the first place: is it a real "warning" doubt or is it simply an irrational useless instinctual reaction.

These are very powerful techniques. The reason why you have never tapped into these resources naturally by yourself is simply because society and normal education does not always put you in touch with these resources.

This strengthening of your emotional foundation is related with your instincts. For instance your survival instinct contains in itself a very empowering emotional base. This means that if you are confronted to survival in nature for instance, these powers naturally wake up.

## Positive thinking

There are of course other ways to wake up these natural inner resources, for instance any form of martial art training like aikido, karate or kung fu trains your emotional foundation and naturally wakes up your power.

When you find yourself in situations which are emotionally challenging, you might feel a gap on that level. You might feel a gap as well when you see yourself trapped in negative thinking patterns.

A negative thinking pattern related with irritation for instance is simply an inability to get what you want. You can as well feel touched by a negative emotion you can't truly identify. These types of emotions can be correlated with an invasion of your mind space, the incapacity to protect yourself and to use your power effectively.

If you spend an afternoon in a city, you are bombarded by thousands of psychic impressions. These impressions can anchor themselves in the core of your being or they can bounce on the surface of your mind. The difference between those who enjoy a city and those who don't is simply a difference in this level of inner power.

If you have the skills, you have a good time. On the other hand if you feel permanently threatened by the judgment of others or simply feel insecure, you'll have a terrible time and feel drained after a couple of hours.

When you wake up your power, you wake up your natural ability to protect yourself.

Your emotional foundation represents this inner architecture which sustains your emotional body.

There are some simple steps to wake up this inner power. This is what we do in a coaching session. It is a form of initiation, an awakening of an inner potential which is already in you.

If you eat a piece of fruit, you respond to a natural instinct. You are hungry and you eat.

## Positive thinking

Now, if you feel threatened and want more power, what would you do? where would you start? Is there a fountain of fresh power you can wake up and simply drink from naturally? Yes there is.

All you need is to wake up this stream and know how to tap into it at will. It's easy and it takes you only a few minutes to get initiated into it. By phone or in person. Both work perfectly.

## Power kick

Sometimes, all you need is this extra power kick. It's a formless energy. You can feel exactly when you need it. It's like an adrenaline rush.

Coaching sessions are targeted to give you such a kick. It is about getting the right support at the right time and adding a very special and simple energy to your mind.

This energy comes from you. From within. In fact you already own all the tools to fully empower your life. You simply might not know exactly how to access it or where to look.

My role is to help you with that. I give you all the space and time you need. What you get with coaching is a safe and respectful environment where you can develop new abilities and tap fully into your inner natural powers.

In that space you can trust, relax and simply take steps in your own time. There is no rush. It is a simple and natural opening of your inner potentials.



# What is your emotional foundation?

Emotional foundation?

Have you heard that term before?

It is your **core system of energies**, your beliefs, what you have in the middle of your mind and gives you an inner structure, an energy base.

Part of this emotional foundation is formless. It can be your connection with nature for instance.

It can be a connection with a property or a land. It can be a connection with a person. It can be a diploma, a community.

Another aspect of your emotional foundation are your thoughts, beliefs, ideas, thinking patterns, etc.

As you can see, **many element can play a role, strengthen and empower your emotional body.**

Intuitively you can perceive what is behind that term.

You might realize as well that sometimes you feel emotionally very sensitive or vulnerable.

Sometimes, you simply feel great, powerful, in harmony, balanced and free.

What state do you prefer?

What are the key elements which create your emotional foundation?

A strong emotional foundation is of course more conducive to happiness.

The key question is: **what can you do about it?**

Suppose you feel too vulnerable, what can you do about it?

**Do you feel that sometimes your thoughts and emotions are sabotaging your chances of success?**

Is a negative past experience keeping you from fully enjoying life?

Is your mind super conductive or is it slowed down by irrational fears and invisible doubts?

Again what can be done about it? **The solutions or techniques are endless:** Therapies and healing techniques, spiritual directions, mind power, NLP, positive psychology, mind machines, yoga, personal development, self growth, coaching... Did I forget anyone?

**There is lots! In fact, it's simply overwhelming!** It's a bit like sitting at travel's agent's and having to decide on the spot for the right destination.

In my opinion, everything works to a certain extent. Every one of these techniques or approaches has something to offer which can empower your emotional foundation.

Hang on a second... Empowering your emotional foundation is not about stopping to cry or stepping out of depression. These are "extreme cases" in a sense. Emotional foundation concerns anyone. **It's simply the art of establishing key and empowering forces and frames in the core of your mind.**

The truth is that your "mind vehicle" probably functions okay. It's often only when you come in a situation of crisis that you decide to do something about it. Crisis situations are often the moment you decide to find out more about your mind and the way it functions.

**Part of the goal of coaching is to empower your emotional foundation and give you back strength and tools to simply have greater life satisfaction.**

The strengthening of your emotional foundation is a build up work which is done consciously, identifying gaps and positive points.

## Positive thinking

Imagine yourself going to the gym. What you do is building up your fluidity, energizing your body and sometimes building up muscle and power as well.

Where do you train your mind? Where do you train and empower your emotional foundation?

## Find your power

Some years ago, I was in a situation where almost everything was gone: job, friends, money, house, car. I ended up with nothing! I went to live in nature for 6 months. I stayed in forests and simply tried to find in me resources to go on.

After a couple of months, something started waking up in me: some form of survival instinct. It's something we all have but somehow I never felt it before.

I realized that even though everything was gone, there was something in me which did not die or disappear. I would call this my life power.

I started "rebuilding" my mind and life around this new base. This was almost 10 years ago and it is still my "energy" base today.

That's the base from which I coach. It's a very specific core of energy which gives me trust and power in life.

It's so precious that I can't understand how I spend most of my life not knowing about this resource of energy inside myself.

My role as your coach is to help you get in touch with this source of natural power. It's a source of power you could find anytime which gives you a stronger mind foundation.

After some years of coaching and developing ways of tapping into that, I realized that there are actually very simple ways to wake up this natural power.

It is in fact like getting in touch with something very basic in your being. The moment it wakes up, you definitely feel the difference. It gives you trust, confidence and the way you relate to others fundamentally shifts.

It is a connection with a very basic source of inner energy.

## Positive thinking

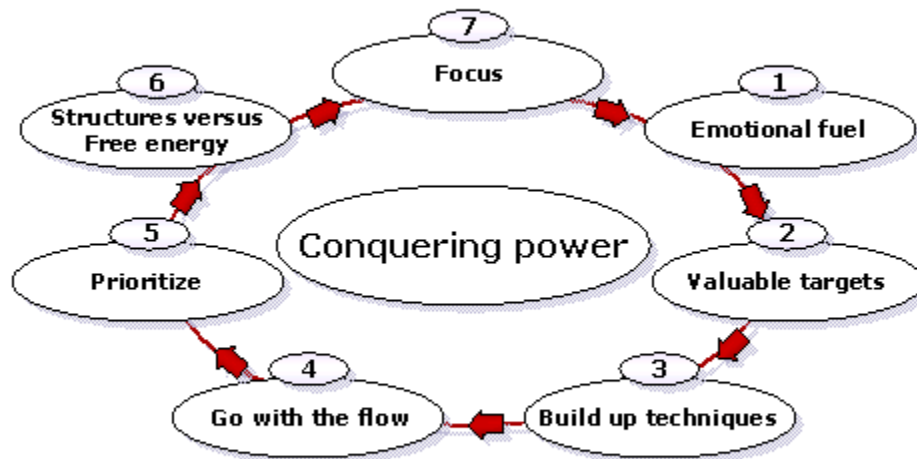
It is always in you but it simply gets covered by layers of education and conditioning. The modern life style tends as well to limit the expression of this natural stream of power.

This power gives you the ability to protect your personal space. It strengthens your will power, energy level and life force.

It gives you as well this extra energy kick to breakthrough whatever is limiting you.

At this stage, the only way I help you connect with your inner natural power is within a coaching session.

# How to build up conquering power



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

## 1 Emotional fuel

This is the starting point. It is ambition and desire. It is the original driving force connected with our instinctual nature

## 2 Valuable targets

It must be worth it and make a difference. Conquering power is a universal force and it manifests itself when there is something to win

## 3 Build up techniques

Some attitudes, behaviors or practices slow you down. Other practices stimulate your inner fire and help you build up a valuable reserve of inner power.

## 4 Go with the flow

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Go with the flow. Be wise. If you hit a wall, figure out what it is. Is it something you must breakthrough or is it a sign that you should reorient your targets or strategies? Listen to the signs and learn from it.

## **5 Prioritize**

Conflicting interests can keep you from reaching your target. These conflicting interests can be in you or can be related with your surroundings, friends, profession, family, etc. If you want to hit the target, you must decide what is priority number 1. You must as well be able to recognize side tracks and possible distractions.

## **6 Structures versus free energy**

Your conquering power can be multiplied if you use the right tools. Deciding to face challenges with bare hands and no resources is very honorable and thrilling. Realize however that you are in a highly competitive environment. Building environments to support your goals could be your key to success.

## **7 Focus**

Some goals are reached overnight. For the targets which require more attention, the key to succeed is to follow up. 1 step might not be enough. There is more.

# 11 steps to find your conquering power

- **Assume a leadership position**

Act in the name of a larger reality. If thousands of people were doing what you do, what would be the impact on your local community, your country, the planet or humankind?

- **See life as a battle**

When you think battle, winning, you straight away shift your mind from your daily mood to a high energy mood.

- **Focus on win-win**

You don't want to annihilate resistance, you want to join forces whenever possible. Conquering can be diplomatic, no need to be destructive.

- **Build up trust**

Every action has an impact on your environment. Be true to yourself and those who believe in you. Be authentic.

- **Gather your weapons**

These are the tools you need to have an impact. It can be life skills, for instance communication skills. It can be key habit patterns, like healthy eating. It can as well be real tools like a lap top or the latest cell phone.

- **Join forces**

Recognize those who are on the same stream and join forces with them. Create strategic alliances. Get support and offer support in return. This is the power of uniting people in the name of a common cause.

- **Challenge yourself!**

[www.vitalcoaching.com](http://www.vitalcoaching.com)



Systematically stepping beyond your comfort limits gives you a kick of power and energy. It stimulates your survival instinct and connects you with the forces of nature. You can do that with challenging sports or immersing yourself in challenging nature environments.

- **Train yourself!**

Make sure that the skills you need are effective and updated! You must feel on top and ahead in many ways. This gives you as well the competitive edge!

- **Use your mind!**

Make sure that your mind is your greatest ally. Replace self defeating beliefs by self empowering ones. Be superconductive to life. Empower your mind.

- **Be awake! Be aware!**

Listen to signs. Use your instinct and intuition. Synchronize your actions. Be aware of perfect timing. Develop a sense of peripheral vision and total awareness. Balance determination with flow, wisdom and opportunities.

- **Keep in mind the larger picture**

No matter how good you perform, 99% of what you created on the physical level will be gone within 100 years. What remains is a memory of a behavior or energy pattern which you embedded when you were alive. It is the sum of all the actions, thoughts and emotions you performed over your whole life time.

# What is the challenge?

Here is a simple truth: **when you use your conquering power, the environment will react.** People might try to stop you.

**Why? Because there is competition.**

When you set up yourself on a conquering course, your life shifts because you are using your own will power. You transform yourself and your environment.

Here is another truth: **a part of your environment does not want change.** Your environment is sustained by what we call **preserving power** or conservative power. It is a positive force which simply maintains structures, in your life and in your mind.

The preserving force is what you challenge every time you use your conquering power. **Conquering means opening doors.** It means challenging people and making them readapt to a new "you" or a new behavior.

This goes for big steps and as well for small steps.

The reason you sometimes don't breakthrough is because of these **"freezing" forces in and around you.** They are the resistance.

To breakthrough, your conquering power has to be stronger than the resistance.

Suppose you want to go for a career shift and start your own business. This will impact on the company you are presently working for, your family, friends and environment. It will as well create competition with those who already are active in that field.

In other terms, when you take the decision to start your own business, this will impact on maybe hundreds of lives. "Impact" means that everyone has to slightly reshape their world because of your move. Your present boss will have to find new staff, your family might need to move, etc.

This is why conservative forces test you. They are the underlying power sustaining society. These forces are saying: "Are you for real? Do you truly mean to start your own business or is this only a pipe dream?". This is why they put you to the test.

You see, **change takes energy**. It stresses your environment by asking it to readapt to a new equilibrium.

We live in a very subtle balance of forces. **Preserving forces are like a form of gravity**. They keep society together and stop it from splitting in all directions in incoherent ways.

So, what can you do to take action? Simple: build up your conquering power.

If your conquering power is too weak, things won't move. Your boss, family, company, city will freeze your moves before you even start.

What you do is **build up momentum**. Gather information, get ideas, design a business plan, gather funds and sources of financing. All these steps are telling your mind: "Change is coming. Something new is happening"

Once your mind is ready, you start telling others who will hopefully join and support you with your plans.

This moment of opening is the key. This is when things can shift into change or get frozen by resistance.

To be able to breakthrough, you must understand what forces are involved and why they exist in the first place. They are simply part of nature (like gravity!), they are part of the human mind .

To overcome gravity, you concentrate your efforts and will power. You gather knowledge, know how, and build a space shuttle able to breakthrough resistance. That's one option.

Seagulls on the seashore found another way to stay in the air. They master another force of nature, the wind blowing on the sand dunes, and use that force to fly forever.

Conquering power works in a similar way. We were born with it. It is part of our mind, our inner engine. We used this force to survive in primal times.

It is still in us today, organized, transformed, transmuted. It is this same original instinct translated in modern time: stock markets, trade, selling propositions. **Today's economy is a reflection of the same original conquering power.** It is related with the desire to create, the desire to earn more, the desire to conquer a new holiday get away on a Pacific Island, etc.

Some years ago, I saw a fascinating program: the crocodile Hunter. You are maybe familiar with it. This guy would catch a 3 meters long crocodile on his net and then try to keep it immobile. As he was laying on this massive powerful beast, he uttered: "She is building up! What a beauty!"

Building up! Building up energy to overcome resistance. Then she (the crocodile) exploded into this massive burst of energy giving the crocodile hunter a solid first class Aussie rodeo.

Conquering power! That's what this female crocodile was building up.

Nature invented many strategies to breakthrough preserving forces. **There is a way as long as you collaborate with the forces of nature.** It's a matter of mastering your own resources and understanding the underlying dynamics.

Now here are the good news: **at least some aspect of your environment wants to change.** This is what we call the **renewal forces**. Transformation. Change. These are part of nature as much as the preserving forces. Look at the cycle of the planets around the sun. This movement creates the cycle of the seasons which is the force behind birth and renewal in nature. Organic growth is a permanent changing process.

Then, you have the creative force. The creative power. 99.9% of civilization and today's society was inexistent 2'000 years ago! Where did it all come from? How did it rise? It wasn't the will of one single man. It's not even a creative process humankind controls. Cities simply rise. What we are doing as humans is responding to instincts.

First you decide to put a roof on your head, then you go and get some food. The rest is history.

Check an orangutan under a tropical shower. It takes big leaves from the palms around it and puts them over his head. It's a reflex. Rain is cold! It is uncomfortable. That's how everything started: protecting ourselves from elemental forces.

A city is a simple expansion of the same original instinct. This is creative power.

From a leaf on our head to a community of 12'000'000 people!

Now, the frames within the sky scrapers could be called the conservative forces (nothing to do with a political party!). They are the sustaining power.

The creative and conquering forces are there as well. Conquering more space. Expanding technology. In Vitro Fertilization (!!!). It all comes from a creative drive which moves civilization forward.

If you want more conquering power, simply connect a little bit more with that part of nature which want to evolve and create. Use this force in a creative and wise way. Conquering power is strong in and around you. The only reason you would not breakthrough is because the preserving forces are too strong for a reason or another.

In another article, we'll look at it from a very human and practical point of view.

# Wake up your personal power

Have you ever felt like you are using only a small fraction of your personal power?

Have you ever felt like there is much more potential than the one you are using right now?

What is that potential? Is it magic powers? Is it new skills and abilities? Is it a new life, belongings, money? Is it a new network, friends, family connections?

All these are fine but there is another one. Something deeper and direct you might not think off. This potential is an inner strength, and inner power which is waiting to come out and be manifested.

What is it waiting for? Very simple: a sign from you.

You might not realize that, but you are sitting right now on a dormant gold mine which is ready to boost your life, energy, career, and whatever you can think of.

This force is an inner power. It is in the very core of your life simply waiting to come out.

You were born with a powerful gift: the seed for a physical body, your mind, a channel of life force.

Now, something strange happened in your childhood though: it's called conditioning. It came through education, family, friends. It's not a bad thing. It's simply needed to shape your life in a way which fits society: good manners, speech, skills, etc.

All these integrated forms create a very special set of structures in your life. This is your vehicle. It is your mind, a set of belief system, habits, actions, behaviors, attitudes, emotional reactions. All these are forms: mind patterns.

Again, they are positive ones. This shaping of your mind. This character building is what created your mind as you see it today. Millions of life experiences, feelings and emotions.

Every single time you laughed in the past, there is a stream of life force which crossed your mind. It created a channel of energy. It created a frame which is still present in your mind today.

Imagine how many times you laughed in your life. Imagine how many times you felt a giggle bursting in you. If you had the ability to do it, you could recall hundreds of those moments.

The same goes for any emotion. The same goes for any thought. The same goes for any action and any spoken word.

Now take a second to step back and compare your mind today with your mind the way it was the day you were born. What do you see?

Do you recognize this virgin mind you had when you were a child? No thoughts yet, only some instincts and emotions. Your character was not yet built. There were no memories apart from what you felt in the womb.

Many years later, there are layers of experiences and literally millions of micro memories imprinted in your mind.

So, what is this power you are not using? You could call it your original instinctual force. It is a clear channel of energy which activates your mind and life.

Do you feel sometimes like you are carrying the world on your shoulders? Do you feel sometimes these hundreds of life anchors which stop you from moving forward? What are these anchors? They are undigested memories, undigested emotions which haven't been cleared.

Your mind is a powerful tool. Now, sometimes it needs a little help to breakthrough and take the next step.

## Positive thinking

Imagine for a second a powerful force which has the ability to give you this extra power you need to move forward and activate the skills you need.

Imagine again that this force is there, waiting for a signal from you. It's simply waiting to be activated.

The question is: "How do you tap into this inner potential?", "How do you wake up this inner natural resource which is waiting to come out?"

The answer is simple: by connecting with it!



# You are the master of your mind

There is a mystery in us called **emotional freedom**.

Most experiences leave a “mark” on our mind.

This mark can be deep and visible or invisible.

**Your present limits are simply a series of mind frames** that you accept as your present limits.

Now, to breakthrough your present limits, **you need a force strong enough** to break the existing patterns and open new doors.

This is what a meeting with someone special sometimes does for you. A simple conversation about your goals with someone who is open minded can have an amazing impact on your life.

It is like **opening a new door in your mind landscape**.

A mind frame can be a limitation or a protection depending on the moment or how you look at it. **Mind frames are structures which support your mind.**

A mind frame is like a roof above your head. It protects you from the rain but stops you as well from seeing the stars at night.

The ideal: **have flexible mind frames.** When the sun shines, you simply open the doors of your mind and take in the warmth and the light.

When destructive winds are blowing, you are able to shut down those doors and simply feel 100% safe.

**It's all about mastering your mind**

This type of intelligence is priceless. Instead of riding a vehicle you can't control, decide to actually own all your tools.

This ability to play with limits and boundaries, to be flexible and aware, has a lot to do with **emotional intelligence**.

Emotional intelligence could be described as the **ability to shift mind patterns** at will and recreate new ones when needed.

A new mind pattern can be an open channel of creativity. It can be this flow of inspiration which takes over your life and floods you with bliss.

When you build a new house, you can see the scaffolds. You can see the walls rising, the windows being set up, etc. It is visible.

With your mind, it's another story. **Mind frames are invisible.** A positive emotion is not visible for the external eye. You might feel someone else's joy because of its external expression in the form of speech and body language. You'll see a smile on the face. You'll hear it in the tone of voice.

These signs are the visible part of the iceberg. Behind the surface, there is a sea of emotions and thoughts.

If you could have a real blueprint of your mind frames, it would be easy to actually find where joy or pain is created.

You could simply go there and replace an old, undigested emotion by a new stream of life force.

So here is the challenge: **awareness**. To know where to start with mastering your mind, you must first have a picture of your mind. You need to wake up your awareness and explore the way you function and are built.

This first step will give you this blueprint of a region of your mind. You might be looking at your emotions, thoughts, feelings or desires.

You might be looking at the present, past or future.

**The mind is multidimensional.**

There is a dimension of time in it.

There is as well a dimension of space in it. It can be a certain region of your emotions for instance. The region associated with the way you handle your professional life or your spiritual connection for instance.

Then there is another dimension: the type of mind frame we look at. This could be the materials. Is it an emotion or is it a thought? Is it a feeling? Is it a formless inspiration? Is it a desire?

All these mind frames are like different materials composing your mind.

You see, you miss something here: **A map of your mind.**

We have glimpses, perceptions, vague ideas or beliefs, but if right now, I say: "Where is your soul located? Where are you past thoughts stored? What is the relationship between a thought and the emotion associated with that thought?" we probably have no clear answers to these questions, only glimpses and intuitive beliefs.

The mind might be such a complex vehicle that we still did not find a way of "mapping" it successfully using a truly suitable model.

The three dimensional design of a house is easy to comprehend. Same for a country's road map.

If you take a time planner or agenda, what you see is a time frame with various activities. Again, this is easy to comprehend. Now, the mind might be so complex that at this stage, any attempt to comprehend it with our logical skills will be too simplistic and miss the point.

So, we use simple models. We write a diary of the day's events and feelings, We might as well take it one step further and engage into a psychotherapy. A session with a hypnotherapist might unlock some keys in the past or open new doors into the future.

These are still simple glimpses.

## Positive thinking

Now, what would you do if you had more awareness and more power to actually change things in your mind? Imagine for a second that you can easily see where there is friction or energy wasted in your mind. Imagine that you can actually do something about it and remove a painful emotion or set up a new activity channel which will multiply your sense of joy and pleasure.

Would you take that chance? Would you go with it and attempt to understand your mind?

## Master your nature link

Nature is an essential part of your life. That's where you have your real roots. That's where your body and part of your mind comes from.

When you go in nature, spend some time on a beach or in a forest, you connect with that part of yourself.

Layers of thoughts and habits can stop you from seeing deep enough and connecting with what is truly there: **your instinctual nature.**

You can't forget about this aspect of your life. In fact the life force in your body is a reflection of the life force in nature. A tree contains the same life force essence as a human being. On an energy or etheric level, life flows in the same way in the whole of nature. It is basically the same mechanism.

The moment you feel life disharmony, the best is to go back in nature and **let nature's harmony reflect on your being.** This naturally creates a frictionless flow of life force which harmonizes your being. This flow of life force is the essence of wellness.

A sickness can be seen as a disharmony in the flow of this life force.

Nature impacts on all levels of your personality and spirit. It impacts on your body and your mind.

**Our mind is always using nature as an example for its own evolution.** Nature is our original model. If you cut yourself from nature, you simply cut yourself from a precious source of inspiration.

Have you heard about bionics? Bionics is the development of new technologies using nature's models. For instance engineers try to imitate spider web when creating ultra resistant rope. That's bionics.

If we go beyond the physical body and technology, we enter into a field we could call "mind bionics".

**Mind bionics is the art of using nature as a source of inspiration for developing your mind.** It simply means connecting with your instinctual nature.

Nature is one of your key environments.

Would you feel comfortable when spending a week outdoor in nature by yourself. What would you do? How would you relate to this environment?

This is not a form of survival test. It's more than an experiment.

A house is a protective structure which simply stops elemental forces from impacting on your being. Imagine you remove the protection of a home and simply confront your being with the elemental forces of nature. You might have experienced a couple of nights outdoor. How did your feel?

What happens when you spend time in nature is very special and very magical. You tap into new (or ancient) instinctual abilities and simply create a new equilibrium with this environment.

You can take different "roles" when you go in nature:

- Personal development, team building - a week-end training with your company
- Vitality, relaxation, free time - a relaxing holiday on a tropical beach
- Scientific approach - Biology, Geology, bird watching
- Artistic expression - Photography, painting, music
- Mystical, spiritual - mediating under a tree
- Challenging sports - don't forget your mountain bike
- Family time, social time - Sunday outing

Now, when you master your relationship with nature, you tend to go beyond the limits of these activities and see what happens when your drop all that. You simply relate to nature and discover how it impacts on your mind.

## Positive thinking

When you master the nature environment, you simply feel at ease and comfortable within that space.

There are hundreds of ways of "communicating" with nature and waking up your instinctual mind.

If you want to try it out, simply go and spend a couple of day in nature every now and then, this will automatically reconnect you with your instincts.

# Gaining back control over what is yours

If you want to build up mind power, all you have to do is **apply your natural power to areas of your life.**

The first step is to **gain back control over what is yours.**

Controlling power is one of the most misunderstood forces. It is a very positive force when channeled in the right direction.

When people think of power they often interpret it as the power you have over others. This is one of the greatest misconceptions about power.

The first step is to shift your attitude and use controlling power first for what is yours.

## Personal power areas

Here are the key life areas where you can first express your power:

- **Your thoughts**
- **Your emotions**
- **Your belongings**
- **Your time frame**
- **Your personal space**
- **Your actions and behaviors**

It's very simple. **Your actions belong to you.** When someone tries to control your actions and tells you what to do, they are stealing a basic right from you. There are some exceptions discussed in other chapters of this e-book.



## Positive thinking

If someone tells you what you should think and tries to force you, they are again trying to control something which does not belong to them.

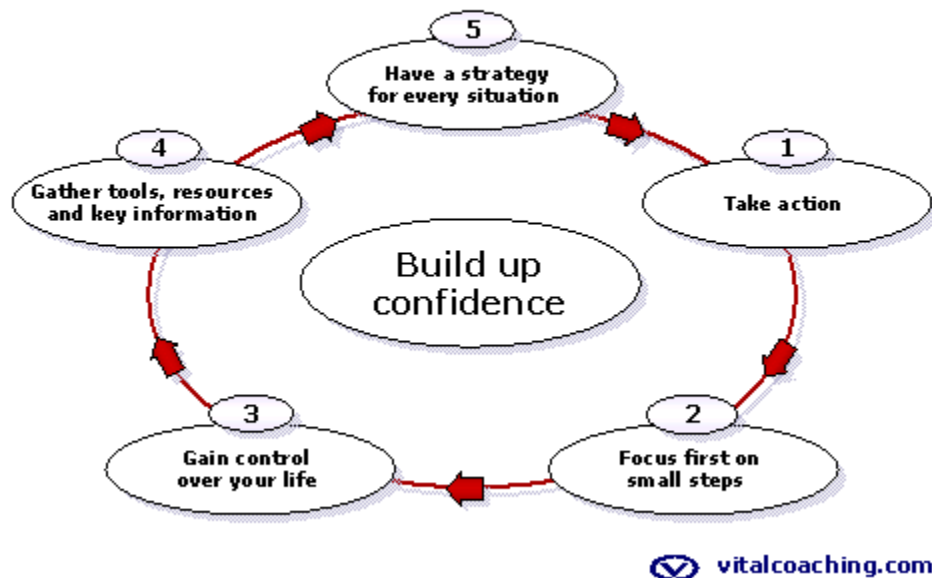
If someone takes the keys of your car without your permission, they are trying to have some control over something which does not belong to them.

You get the picture?

## Where to start

If you want more power in your life, the best is to take action. Here are some simple steps you can take

### Build up your confidence



If you feel you gave away your power and want it back, the best is to take small steps. Start claiming back what is obvious. For instance clean your room and personal space and get rid of what you don't want there. No need to be aggressive with that. Remember: you are backed up by a basic natural law.

Gaining back control over your life is a thrilling experience because you start using tools which were always there.

When you do this, you set up new boundaries and simply strengthen your personal foundation. You give power to your base and simply establish a new equilibrium in your life.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## **Are you resisting power?**

I come from the "spiritual" world. In fact I spent more than 10 years 100% engaged in an inner quest.

When I was 16, one of my best friends argued that my opinions were too "spacy". I remember his exact words: "Go back to your clouds".

The spiritual dimension focuses a lot on Love. It is the key of most teachings and the top quality one tries to develop on the spiritual development path.

After actively practicing a path single minded on love, something strange happened: I did run out of energy.

True! I simply realized love was not enough. That's the moment I searched for another quality to balance up my approach.

What came out? Power.

The first thing you might realize when you try to connect with your own power is that you might have lots of misconceptions about it.

In fact deep inside, a part of you could be rejecting the very idea of power.

You associate "power" with "abuse of power" and in your mind these two become one single reality.

This is the greatest misconception about power. It is the number one reason you might be running out of power: deep inside, something simply rejects the idea of power.

The first step to empower your life is to get used again with the idea of owning power.

### Take this simple test:

If right now I ask you: "how do you feel about power?" what would you say?

- ☐ 1. I love it! I want more
- ☐ 2. I am okay with it
- ☐ 3. I am afraid I will need to look at it
- ☐ 4. I don't like power
- ☐ 5. I don't want power. I will stay out of it

I guess the conclusion is obvious. If you answered anywhere from 2 to 4, this means you are luke warm about power.

To get more power, the first step is to open up to it. In fact become super conductive to power. If you don't like power, power won't like you back. It's very simple: you can't get more of it if you reject it in the first place.

The second step is to realize that **with greater power comes greater responsibility.**

The moment you tap into your sources of power, you have to be very clear about what you want to do with it. You need to be clear about your values and ethics.

Why? Because power can be a very destructive force.

That's it! we are done.

Once you remove resistances and set up a course of action, all the rest flows naturally.

## Positive thinking

Power is a very natural essence in your life and you were born with all the abilities to use and manifest it. You connect with it by waking up some natural reflexes. All your "power moves" are already in you. All you have to do is wake them back.

# Unleash your power

Yes! Set it free!

Your power is an instinct. It is a force which exists in you and can be constricted by thousands of limiting thought forms.

It is called conditioning. It is permanent flow of doubts and limiting disbeliefs.

On the other hand, the natural stream of power can keep on flowing and create a mighty stream of life force.

You have the choice of what you want to feed. You can feed your limiting thoughts or you can empower your life in an endless stream of action and energy.

You have the power to tune into a wide set of energies. You can reflect them inside and give them space to grow and expand.

Power is a choice. Don't listen when someone tells you power is a bad thing. It comes from a misunderstanding. It is the confusion between power and abuse of power.

Many people believe that power corrupts. This is why they stay away from it. They associate power with abuse of power. When they see the word "power", it brings in negative images of armies, battle fields and fanatic dictators. This is very misleading.

Power has nothing to do with that. Power is an essence you can use for anything. It's like atomic energy or the energy of the sun. It is a freeing force which leads to immense life satisfaction.

There is competition for power. Sports and business are all geared towards being the best. Politics is often a battle for power as well. This competition for power is again a natural instinct.

When someone is trying to stop you from gaining more power, they are simply expressing this competitive spirit. It's like being on a 100 m sprint race and having next line's runner trying to stop you.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

In life, this happens all the time: it can be your next door neighbor who tells you to shut up. It can be your family, coworkers, friends. Some people simply don't want you to grow!

On the other hand, those who feel confident about themselves and in a way "are already there" will have a reinforcing effect on your convictions and desires to gain more power.

Power is great!

I love power!

Can you say it? can you write it down?

# Clear your mind channels

Your mind is the key to your success.

What drains energy is friction.

Negative beliefs and doubts simply create thousands of invisible anchors which act like resistance when you try to take action.

On the other hand, if you are clear about your choices and simply empower yourself by clearing doubts and self limiting beliefs, you are in for an incredible life ride.

Unleash! Free! Liberate!

An action is supported by thoughts and beliefs. Before you take action you usually create a mind set which will support your moves. You build up skill and any sports person will tell you. It's all in the mind. In fact it's not true: It's in the body as well. It is in the support structures and the sponsors. Now, if you take two competitors and give them the same tools, what will make a difference is their mind.

When you are in a race, you can be empowered by different forces.

The key to success is flow and maximum efficiency. This means removing resistances in the form of limiting emotions, thoughts and beliefs. What is the force which helps you do that? It is precisely power.

To "clean your mind", you can use a force which is called renewal power.

This is a natural instinct and it is there!

It is already part of the game.

Are you using it?

How do you access it?

[www.vitalcoaching.com](http://www.vitalcoaching.com)



## Positive thinking

Inner doubts, your surrounding's limiting beliefs are this "leash" we talk about.

This is what keeps you from flying 100% free in life.

To unleash, you need to tap into a stronger source of power which removes resistances and sets you on a fresh action and energy stream.

It is like an oceanic current of power and energy which moves you forward. It is the thrill of connecting with an inner force which connects you with your destiny line.

## Let your instincts do the work

Mind power is instinctual. You can set up yourself on a "reasoning course" but what matters at the end is emotional fuel and the way you use it.

You can discuss strategies, design techniques and practice the moves, but what gives you the final win is stamina, life power, determination. These are not thoughts forms. They are free energy.

Your mind is great and powerful but your ability to conceptualize can slow you down. The goal is to hit the target, whatever that target might be.

You can talk about it or go ahead and do it. If you have to jump in the water, you can stand next to the waves and think about it, and reason about or you can jump in the water and let your instincts guide you. Thoughts can be limiting.

Ignorance can be bliss. Even if you practiced the moves and know the recipes for success, what gives you the win is your instinctual power to go for it.

This instinctual power is a conquering force. It is similar to survival instinct and does not need thoughts to enter in action.

Your inner drives are your fuel. Focus and determination are dynamic energies in your system. The moment they flow freely is the moment you act and take decisions in a second. You are 100% in tune with your destiny line and there is no separation between your action and your thought. Mind and action are one.

You can make yourself life lists and keep on delaying success because deep inside you hide in the security of your comfort zone. The moment you connect with your action thrill, something else builds up. You realize you love this flow of life force and can't live without it. Life speed is your natural state.

Techniques become reflexes. You have hundreds of natural reflexes in you. The art of running is simply the art of reconnecting with natural

moves. Artificial modern life styles overlap and constrict these instincts. When you unleash your instincts, you unleash a power which was slightly dormant in you. You establish it back in the core of your being and give it full power and trust.

Most of life power has nothing to do with reasoning and conceptualizing your existence. It means going for it fearlessly and destroying delay.

Inspiration, mind set and action are one. Synchronized. This is the moment magic happens for you. What's on the way? The limits of your comfort zone. Your instincts naturally wander beyond the limits of what you already know. Fear and doubts call them back. They reason an impulsion and take away its strength.

Your inspiration can be fragile in its original state. You can kill that inspiration by building up a "resistance mind set", or you can build up the inspiration by being super conductive to it.

The difference between super flow of life force and blocked energies is simply a mind set. Change your pattern and what you feel is a slow vehicle can become a high speed jet any time.

Sure, there is conditioning. 20-30 years of thought forms build up do create a mind set. Now your own inner renewal power has the ability to shift thoughts faster than you can imagine. It does not take long if you set your mind into it.

It's like connecting with a cleaning force which gives you the tools to move forward. The challenge? Gaining speed and simply removing obstacles. 90% of obstacles are related with wrong conditioning. Millions of seed of doubts projected and anchored in your mind.

Now you are the master of your mind. The power to get what you want is yours. It is a high speed movement which can take you where you want to be. This is a move of energies and instincts which are already alive in you. All you have to do is use them and accept that your present mind set can be shifted and evolved. Your present mind landscape is only a temporary identity you did build over the years. The only reason why this identity is there is because you accept it there.

## Positive thinking

There is a natural over glorification of your memory world. Memories are simply mind frames which create an identity. It is this identification which stops you from moving forward to another dimension. Let go of this identification and you can truly shift your existence in no time.

Your instincts have the power to guide you with that. You can consciously replace what you no longer need by new tools and mind sets.

It is very simple and it is always your choice. Gaining speed in life is stepping beyond your comfort zone. After some time, your new life speed becomes your new natural comfort zone. What is thrilling is the acceleration, not the speed itself. You can be in an airplane traveling at 800 miles/hour and not even notice it.

What is thrilling is the acceleration. If you stay too long within your comfort zone, it's the passion and excitement which are gone.

A daily dose of challenges on the other hand keeps you alive, fresh and moving. That's the magic!

# Find your destiny

A destiny is a plan, a line of evolution.

You can see your destiny as a formless space of energies which create an invisible architecture of opportunities actions and behaviors.

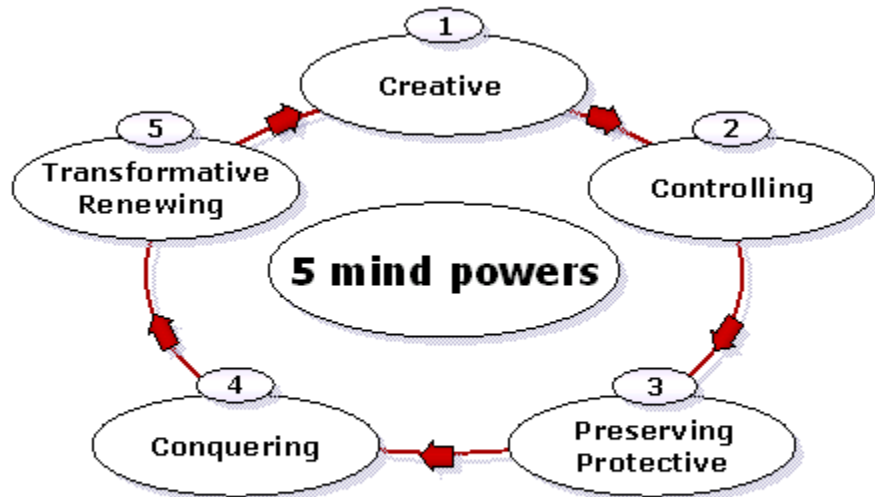
When you look into your past, you can see an architecture of events. In fact its 'easy to recognize a pathway.

Now, imagine that there is a similar architecture for your future. It is not static or crystallized. It is rather created by a myriad of infinite options.

We could call these destiny lines.

When you choose between two careers for instance, you clearly see two lines of evolution. It is the same when you choose for a place to live, a city or even an outing for an evening.

## 5 key mind powers



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

- **Creative power**

Creative power is of course the first step. This is where everything begins. It happens when you have an inspiring idea you decide to put in action. It is expressed in nature all the time via the force of fertility.

- **Controlling power**

Controlling power is what you express when you have a territory. You naturally express some form of control over your personality and being. You express control towards your belongings, personal space, agenda. It means that you are in charge. You are in command.

Most abuses of power are related with overuse of controlling power. It happens in families, in business and society in general.

- **Preserving or protective power**

Imagine you have property with children playing on that property. What you want is for them to feel free while still being protected. Preserving means opening the space, setting free while still offering protection. The love of a mother for a child, or the facilitation role you can have in business are two classical expressions of protective power.

- **Conquering power**

This power express the drive to expand your territory. You express this power when you market or product or when you get a new diploma. You express it as well in competitive environments like sports. It usually means that you reach out beyond the limits of your existing territory.

- **Transformative and renewing**

This power is a clearing one. It is expressed in the season's cycle. It is expressed in any form of change or shift. Used in a more negative light, it is called destructive power. It is death and rebirth at the same time.

It can be seen and felt as a shower of positive renewing forces. It's this power that you use when you decide to let go or move on.

Here are some more key ideas about these powers and how they work:

- **Natural powers**

As you can see, these powers are already present in nature. They are natural forces and our actions simply embody one or the other aspect of them. They are streams of energy and instincts. It means that these forces are already present in and around you. All you have to do is use them wisely.

- **This is only a model**

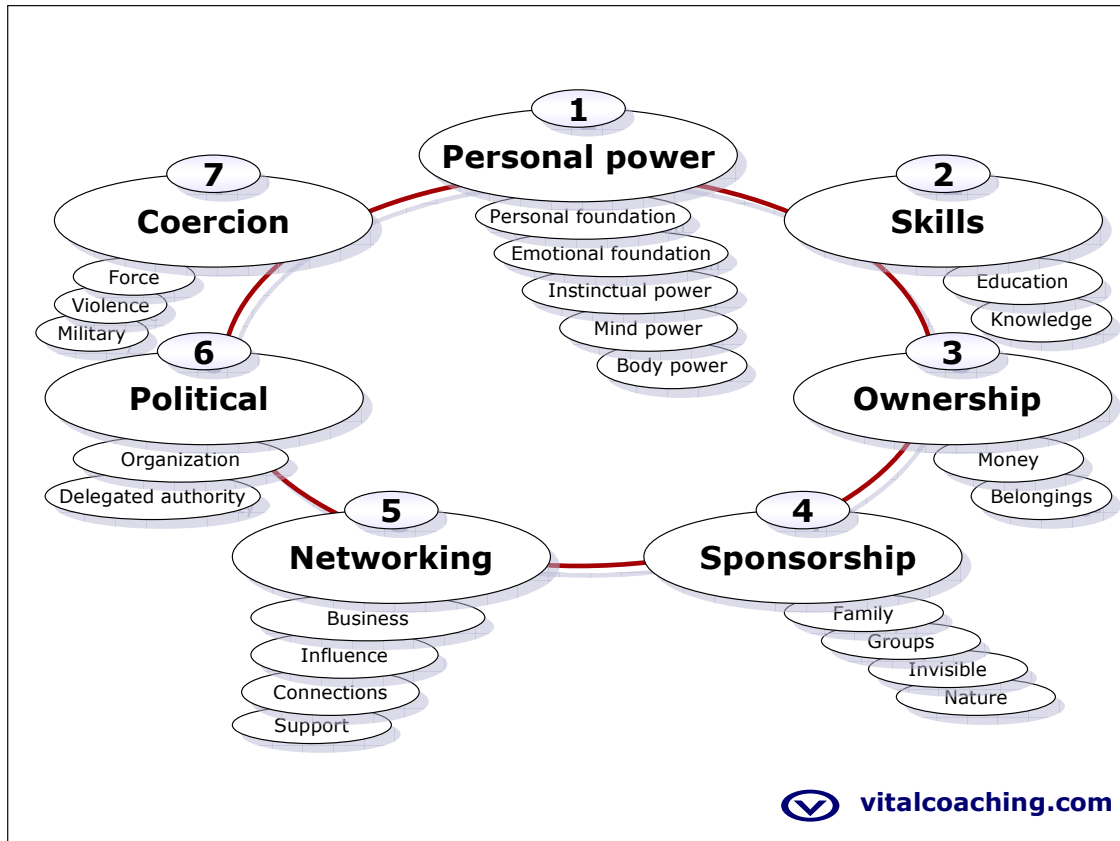
Reality is of course much more complex than this simple model. You could add other powers depending on what you feel. I use this model as a working tool to help clients understand the dynamics of power and how they can shift it, wake it and use it in their lives.

- **It is not a "real" sequence**

The model shows 5 powers in a cycle but in reality, these forces are interconnected and expressed simultaneously all the time. For instance, even when you reach out and establish a new marketing plan within your company (conquering power), you might still have children at school at the same time who do benefit from your love (protective power). The keys of your car are in your hands (controlling power) and you just got a new idea for the coming summer holiday (creative power). You just threw your soft drink's plastic bottle in the recycle bin (renewal power).



# Types of power



Here is a detailed description of these 7 areas of power:

- **Personal power**

Most of what happens within coaching has to do with developing personal power. Of course, there is support with gaining skills, ownership, sponsorship, networking, etc.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

- **Skills**

These are your natural talents and what you did learn. Obviously, your education and any training you received represent valuable sources of power.

- **Ownership**

Includes money, property and belongings

- **Sponsorship**

This works both ways: you can be a sponsor or you can benefit from sponsorship. These are power systems which dictate a certain distribution of power.

This is not a financial sponsorship. It is a system of moral and energy support.

Spiritual faith and empowerment, as an inner quality would be classified here under the "invisible" sponsorship category.

These systems are usually agreed on an instinctual base. For instance the way informal groups will distribute power (if there is no formal organization) is very much an instinctual expression of power rather than a rational organized decision.

- **Networking**

This is the power you get from being part of something. It is a mutual system of forces which empowers all members. Synergy for instance would be part of this type of empowering dynamics

- **Political**

This type of power is the one given to you by any form of organizational structure.

A government for instance concentrates the power which has been delegated to it by the members of a the country.

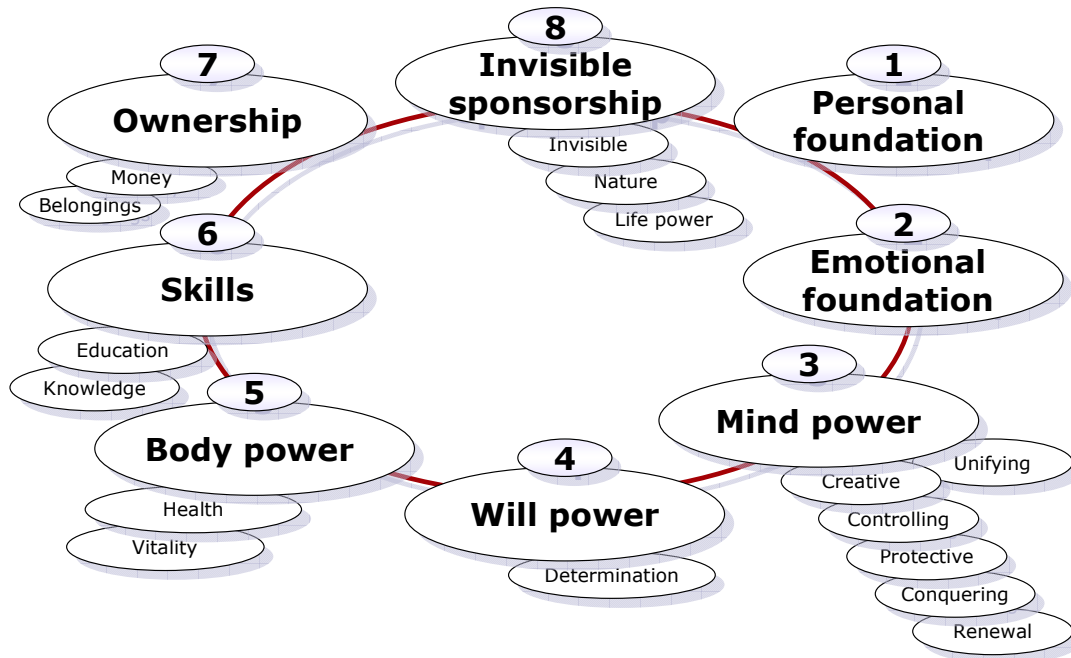
If you are the CEO of an organization, you will receive authority and power to lead this organization

- **Coercion**

This type of power is based on force, violence and military.

In the next chapter, we will go deeper into checking the various aspects of your personal power for a model which leaves aside organizational related sources of power (political, business, organizational, coercive, etc.)

# Types of personal power



I use the term personal power for any form of power which is not related with organizations and politics.

Personal power is centered on the person rather than a system.

These models and definitions are purely intuitive.

You're welcome to design your own model if you feel this one does not match with what you experience.

- **Personal foundation**

Your personal foundation are all the elements which stabilize your position in society. House, administrative body, etc.

- **Emotional foundation**

Your emotional foundation is the quality and strength of your emotional base. If you feel over sensitive, or vulnerable, it is often the sign of a weak emotional foundation. On the other hand, if you are extremely confident and simply feel strong, this is the sign of a powerful emotional foundation

- **Mind power**

The term of instinctual power could be used here as well. Mind power tends to be associated with will power.

In my approach I use 5 key instinctual or mind powers: Creative, controlling, preserving, conquering and renewing.

I defined these 5 key instinctual powers by simply observing them at work in my own being and in other persons.

- **Will power**

Will power as in determination could be associated with mind power. Will power is an inner strength. It could simply be totally merged with one of the instinctual powers, conquering power, which could itself be associated with survival instinct.

- **Body power**

Body power, health and vitality are all related with the well functioning of the physical body.

- **Skills**

Skills, education and knowledge are another essential sources of power.

- **Ownership**

This the power of money, belonging and property. Ownership expresses the size of your zone of material influence.

- **Invisible sponsors**

This area of personal power has not really been too much talked about. The life force or life power which activates your body is your first and most basic power. It is the power to be alive. your connection with nature, its healing and harmonizing power for instance are other aspect of universal empowering forces.

These powers are not designed in an organized system by human beings.

We could talk about natural or supernatural forces.

This power is related as well with your universal identity.

Check as well the previous chapter for a model which includes as well political, business, organizational power, etc.

# Freedom of thought

This aspect of your inner power is actually a human right expressly described in the Universal Declaration of Human Rights.

Article 18 states:

***"Everyone has the right to freedom of thought..."***

Article 19 states:

***"Everyone has the right to freedom of opinion and expression..."***

As you can see, being master of your thoughts and beliefs is a basic human right.

No one has the right to force your thoughts or beliefs.

This declaration of human rights has of course a political connotation.

However deep inside, these laws are natural human laws which define human power and dignity.

They do set up the ground for healthy relationships between human beings.

Once you are assured of this freedom of thought, the next level of mind power is to have greater influence over the thinking streams in yourself.

Sometimes you feel trapped in a way of thinking which feels like negative or self sabotaging.

In these situations, you often realize your own limitations in terms of choosing your "mind set".

This is the moment you start looking for tools to maximize the way your mind functions.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Imagine being able to click on an empowering stream of refreshing thoughts and beliefs. It's a bit like shifting TV channels.

Would you like to be able to choose your "mind channel" and consciously decide about the color of your thoughts?

If you had the power to step out of a sudden negative thinking pattern, would you do it?

There are many streams of wisdom and teachings which aim just at that: having greater influence over what happens in your own mind.

The usual deviation is wanting to control someone else's thoughts. Big mistake. Going that way is precisely like breaking these basic human rights - article 18 and 19.

Remember: with greater power comes greater responsibility. The question is: "what do you do with your mind power?".

Let's take another example and check ideas like manipulation and influence. Check the world of sales. What about a political campaign. It's all about influence, right? The question is: "when does influence become unethical".

Some years ago, I heard that "advertising subliminal messages" were banned from advertizing in movie theaters.

Subliminal messages were very short flashes and images which were projected on screen. The "image flash" was too short to be consciously recorded by someone but was still recorded unconsciously by the human mind. The result: if the image was for instance, a picture of a fresh glass of Coke you could have people rushing to the bar at the end of the movie and ordering a Coke without really knowing why.

Society decided: That's one step too far.

When you wake up your natural sources of power, you have to consciously choose your ethical "territory". It is like a resource of energy you can polarize in so many directions. Everyone is responsible for their own actions in that territory.

[www.vitalcoaching.com](http://www.vitalcoaching.com)



What about "positive influence"? Take this example: You see a street fight starting in front of a night club. Would you like to have the power to step in there and "positively influence" an aggressor so that the fight stops on the spot?

Another example: One of your friends is on an alcohol related "self destructive loop". Would you like to have the power to positively influence them so that their state of mind shifts? Imagine what would happen if after a short talk with you, your friend says something like: "You know, I don't know what has been happening to me lately, but I can see clearly now what I am doing to myself. No good!"

We could discuss this further but I feel that at this stage the best solution is to use your intuition and common sense.

**With greater power comes greater responsibility.**

**Be wise!**

# Values and ethics

With greater power comes greater responsibility. When you step into the field of empowering your life, a natural need for greater wisdom, ethics and clear values rises as well.

An empowering step is to design and choose your own core set of values.

Here are some examples of what these values (inner laws) can look like when expressed:

- **Universal Declaration of Human Rights**

You heard about that one of course. Check it again to strengthen key inner values

[http://vitalcoaching.com/notes/universal\\_declaration\\_of\\_human\\_rights.htm](http://vitalcoaching.com/notes/universal_declaration_of_human_rights.htm)

- **Professional standards**

This is my own set of values as a coach. They came to my mind very intuitively over a period of couple of weeks.

<http://vitalcoaching.com/prof.htm>

- **Samurai code of honor**

These are the 7 principles of Bushido. The ancient samurai's code of honor

<http://vitalcoaching.com/lifeskills/respect/samurai.htm>

If you want to check further this topic, simply ask yourself these simple questions:

- **If you had to write down now five to ten key values in your life, what would they be?**
- **How would you express them?**
- **What would be the impact of these values on your mind, actions and attitudes?**
- **Who would benefit from it?**

# Power definition

If you search for a definition of power you might be surprised to see how power is defined (check Wikipedia's page on this topic

[http://en.wikipedia.org/wiki/Power\\_\(sociology\)](http://en.wikipedia.org/wiki/Power_(sociology)).)

Why is it surprising?

Because in these pages, power is first defined as the ability to control other people's lives. This puts the idea of power in a very negative context. This definition of power contains only a small fraction of what power is truly about.

There is a great difference between the essence of power and what you do with it.

Using power to control others is only one interpretation of power and it is an abuse of power.

When taken one step further, this can lead to coercion which is domination by creating fear.

## **Power and abuse of power are two very different things!**

You can have power without abusing it.

Throughout history, power has been associated with political leaders, armies and oppression.

This is why, nobody says "I love power".

They would be labeled as some form of political freak trying to own a land and its people.

Huge misunderstanding here!

Power has many forms and political abuse of power is only one of them.

The idea that power corrupts is simply wrong!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

It is not true!

Power does not corrupt.

You can grow in power and wisdom at the same time.

You can develop an inner sense of ethics and profound respect for life and never even be tempted to abuse your power.

Personal power is associated with personal growth.

You can use your power to create, preserve, control what is yours without ever going into any form of abuse or oppression.

Power is an energy you can master.

You can develop the skills to use it effectively.

It is an energy source and the way you channel it in your existence will be directed by your skills and goals.

Power is like fire.

You can use to create, renew, destroy what you no longer need.

The moment you befriend with that energy you multiply your chances of life satisfaction.

Personal power is an essential underestimated aspect of power.

It is only in the last decades that the awareness of personal power has been brought to the surface.

If I had to define personal power, I would say that it is any form of power which is not related with organizations and politics.

The idea is not to start a polemic about this topic; it is to offer alternatives to common beliefs about power.

This is a coaching e-book and it is focused on human empowerment.

I give naturally much more weight and importance to the idea of personal power.

That's the main area I focus on within these pages.

Many people will reject the idea of power simply because they are afraid of it or don't know how to use it.

Power is like fire.

It is an incredible source of energy which can be used to reach your goals.

Gaining power goes together with gaining the skills to use it effectively.

The moment you embrace the idea of power in your life, you remove resistances and fears and allow a natural and spontaneous flow of it in your life.

# **Part 5 – Power building**

Here are some key aspects related with power building.

The next few pages will show you some pitfalls and key ideas which will make power easily stream in your life.

# **Gaining back control over what is yours**

If you want to build up mind power, all you have to do is apply your power to areas of your life.

The first step is to gain back control over what is yours.

Controlling power is one of the most misunderstood forces. It is a very positive force when channeled in the right direction.

When people think of power they often interpret it as the power you have over others. This is one of the greatest misconceptions about power.

The first step is to shift your attitude and use controlling power first for what is yours.



## Personal power areas

Here are the key life areas where you can first express your power:

- **Your thoughts**
- **Your emotions**
- **Your belongings**
- **Your time frame**
- **Your personal space**
- **Your actions and behaviors**

It's very simple!

Your actions belong to you.

When someone tries to control your actions and tells you what to do, they are stealing a basic right from you.

If someone tells you what you should think and tries to force you, they are again trying to control something which does not belong to them.

If someone takes the keys of your car without your permission, they are trying to have some control over something which does not belong to them.

You get the picture?

## "Agreed" transfers of power

There are some "exceptions" to these rules:

One example is the power given by an organization.

When you are a manager you are given an extra power. This is the power to direct and have some form of control over other people's actions, time frame etc. If you are an employee, you accept to transfer part of your power to an authority in exchange of a financial reward. When you sign a contract, what you agree is upon a specific set of power dynamics.

Another example is the **power given to a parent**. Parents have some authority over their children. This power transfer is a natural instinct and is as well backed up or implemented by society. When the child becomes a teenager, they usually rebel against the authority of their parents. That's the moment they start recovering their power. This transfer of power can mean struggle and tension until a new balance is found.

These two examples (organizations and families) show situations where part of your natural power is transferred to another source.

## Power transfer

Now, there are many situations where a **transfer of power happens without you noticing it**. You can for instance take someone's power without you having any right to do so. You can as well loose or give up part of your power without realizing what you give away and how this happens.

For instance, **when the week end comes your agenda might be filled** with appointments, or tasks you really did not plan but were forced upon you.

You end doing things you don't want to, and simply **loose control over your time frame**.

Time is very precious. When you give away your natural right to control your time, you give away some form of power.

If you repeat this over and over again without being aware of it, you get frustrated and simply feel powerless.

Does this make sense?

# What is your balance of power?

Here are some simple questions to check up your personal situation:

- **Are there any aspect of your personal life you don't control?**
- **What are they?**
- **Who else is controlling them instead?**
- **What can you do to get your power back?**

# A basic human right

Mind power building is simply about using what is yours.

There are ways you can build "reserves of power" but a more direct way to build power is simply to recover what is already yours.

You realize that this often means taking it back from someone else who has been "carrying" it for you.

Getting your power back means taking responsibility.

It means gaining back control over your time frame, personal space, thoughts, emotions, actions and behaviors.

As you can see, basic forms of power have nothing to do with controlling someone else's life. On the opposite.

**Disinvest from what is not yours** and can't influence, and focus on gaining back control over what is yours.

The real magic of this is that: **having power over what is yours is one of your most basic human rights.**

Sometimes you give away that power because you don't want to hurt anyone or you don't dare to use it.

## **Where to start?**

If you feel you gave away your power and want it back, the best is to take small steps.

Start claiming back what is obvious.

For instance clean your room and personal space and get rid of what you don't want there.

No need to be aggressive with that. Remember: you are backed up by a basic natural law.

Gaining back control over your life is a thrilling experience because you start using tools which were always there.

When you do this, you set up new boundaries and simply strengthen your personal foundation. You give power to your base and simply establish a new equilibrium in your life.

## **Power of thoughts and emotions**

It is relatively easy to understand how controlling power over physical elements like time frame and personal space works. You can see the results. Now, what about your thoughts and emotions?

The ideas of mind power, personal development, self growth, etc. are all aimed in that specific direction.

Some of these streams aim even at controlling or directing other people's thoughts, feelings and emotions. As long as we stay in our own mind, there is no ethical problem.

Now controlling someone else's thoughts is crossing the line.

There is a clear ethical boundary and the moment you are stepping into someone else's "territory" you fundamentally shift your target.

As this is an ethical discussion, we won't go into it here.

We'll focus 100% simply on what belongs to you.

Gaining back control over your thoughts and emotions is a vast topic, so, we'll need another article for that. There is a simple idea which summarizes it: "You are the master of your mind"

# **Part 6 – Mind performance dynamics**

The best way to perform is to have the right mind set.

Every sport's man will tell you that.

It is all in the way you stand in it.

In the next few pages, I give you key mind sets which empower your life.

You can use some of these ideas as affirmations.

Remember that you are the designer of your inner architecture.



# How to increase your mind power

Your mind and the way you use it is the key to any success and performance in life.

Your mind is your greatest ally!

Your mind is your tool!

It is your vehicle!

If you feel your mind is not 100% “with you” and underperforming, the first step is to realize that you are the one in charge.

This is your territory!

From birth, you are given the right to have control and mastery over what happens in you.

This includes your feelings, thoughts, emotions and beliefs.

Your mind sets are your inner architecture and you are the designer.

You are the one who builds these mind sets consciously.

Mind power is not some form of magic trick which gives you the right to control other people’s lives.

Mind power is an energy which is in you and allows you to direct your own life and mind in the way you want.

This is about your mind, not someone else’s

Your mind is your point of focus!

Mind power is your ability to conquer, create, control, protect and renew what is yours.

All you have to do to wake up your mind power is realize that it is there and use it when needed.

Positive thinking

Express your power!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## **Respond to challenges**

When you respond to a challenge, you stretch your limits.

You call upon deeper resources in you.

You create stress in your being and this stress wakes up your survival and conquering drive.

This is the best and most direct way to invite new power in your life.

Right now, you can check your day and ask yourself:

“Where is the challenge?”

If there is no challenge, you will need to create one!

It can be sports, business, social life, dating or anything else which breaks your habits.

If your day sounds boring to you, do something about it right now!

You are not allowed to let another day pass without waking up some form of new challenge in your existence.

You know what a victory feels like, right?

You want more of that!

You want a lot of that!

Every time you win, you open new life channels in your being.

# **Wake up your conquering power**

Your conquering power is one of your key mind powers.

This instinct is awake in you!

It is an unstoppable force which can drive you to take steps you would never dream off.

It is an ability which was given to you at birth.

It always starts with a first step.

The moment you set up yourself on a path of action and head for a target, you wake up a natural instinct.

This instinct is the need to survive!

It is the need to conquer new territories!

It is a fire which empowers you with infinite passion and unleashes a mighty stream of energy in your system.

An adrenaline rush is the breakthrough of such fire.

# Dare to fight

Accept to go to battle!

This means picking up the challenge.

The battle can be internal or external.

To win any battle, you want real skills and effective strategies.

Your strategy is your battle plan.

It is the vision of what you will do to win.

Your strategy is flexible and adaptable to any situation.

You can shift your strategy in no time.

You go with the flow and respond to unpredicted events.

Your fighting spirit is awake at all times.

You are ready to respond.

Your weapons are in your hands.

You own your sword!

You own your skills!

You are awake and ready any time!

Fearless!

# **Unleash your will power**

Your will power is your fire.

It is what fuels your action.

If you think too much, hesitate or doubt endlessly, you kill your fire and destroy your motivation.

Will power is an energy you build up consciously.

You concentrate and project it towards valuable targets.

Your will power is a sense of energy autonomy.

It feeds your emotions with a powerful inner drive.

It is the raw force within every one of your actions.

It allows you to open doors and stretch the limits of your mind and existence.

Will power is your sense of persistence, perseverance and focus.

This is the fire! It is the power to break through!

# Focus

Your mind stays clear and focused.

There are no distractions.

You recognize side tracks and keep heading for your target no matter what.

This single minded inner state is your power of concentration.

You know exactly what you want and you will get it.

You give rhythm to your actions.

Concentration is the your ability to bring all your power in on single spot at a time.

The moment you perform at your best, only one thing matters:

Here and now!

The past and future are gone.

All your energy is concentrated in this exact instant!

# Total synergy

Synergy is your ability to work with the forces around you.

Your being is not an isolated entity.

This is not about you against the others.

It is about the power of win-wins.

You tune into a flow of action.

Your spirit is connected.

Your mind is synchronized.

You are aware of a vaster stream of energy than yourself.

Your actions are vibrating together with a mighty stream of manifestation.

This synchronization gives you support and energy.

It is like an unstoppable mountain stream which breaks through any resistance.

You have a clear vision of the plan.

You know where you are going and you know why!



# Remove resistances

Resistances are useless!

Remove the anchors which could slow you down.

Get there faster!

Travel at full speed!

There is no need to put your success on hold.

Remove anything which could hold you back.

Be superconductive to your instinctual power.

Create clear channels of expression in your life.

You feel this almighty trust in yourself.

Trust is this pillar of energy in your being!

It is this massive foundation of life force in the core of your mind.

You trust your instincts!

Your trust your spirit!

## **Peripheral vision**

You see the larger picture.

You are aware and awake at all times!

Peripheral vision is your ability to see what is all around you.

It is all your senses combined in one synthetic image.

Perception, awareness.

You tap into the unseen.

You see what others can't perceive.

Your mind is a clear screen on which impressions appear with total precision.

All your senses are awake!

Inside! Outside! You perceive everything!

## **Focus on what thrills you**

Thrill is excitement!

Excitement is the awakening of your emotional drive.

Focus only on what thrills you.

Choose only exciting targets!

Passion is your driving force.

Thrill is what feeds your conquest!

## **Body power**

Your body is totally aligned with your mind.

You maintain a high energy life hygiene.

Your body is a clear channel of energy because you give it the care it needs.

You train, exercise, eat healthy and maintain total inner vitality.

This is not about muscle, it is about how much life force flows through your being.

Your body is a clear channel of power.

Together with your mind, they are your greatest assets.

# **Your training ground**

There is no safety net!

Your life is your training ground!

You are not creating a picture on a canvas to look at it from the distance.

You are in the middle of the picture.

You are the center of your universe and any situation in life is an opportunity to perform at your best.

You train your moves by practicing them in real life situations.

Any word and any action are the expression of your life force.

They are your unique occasion to perform at your best.

# **Part 7 – Your performance power weapons**

You are born with basic tools.

These tools are your instincts.

Now, years of life and conditioning tend to overlap these basic resources.

The goal of the coming pages is to help you reconnect with your most basic mind weapons.

These weapons are your mind tools.

# Emotional fuel

Emotional fuel is motivation.

It is fire!

This fire is the core of your being.

You embody this energy in any of your actions, thoughts and emotions.

The more emotional fuel you have, the readiest you are for action.

Imagine trying to run your mind engine without this basic quality: you could not even take the first step.

Emotional fuel is your desire.

It is your wants.

It is your ambitions.

This is the starting point of anything you do in life.

Your number one goal is to make sure that you own this fuel.

You are the one who controls it.

Why is that?

Because it is your birth right.

You are the owner of an infinite resource of energy inside yourself and you are in the cockpit.

Every time you invest yourself in a project, you use some of this emotional resources.

If you invest in someone else's project, this is where your emotional resources go.

Emotional fuel is more precious than money.

It is the raw energy in the core of your being.

You want to make sure that this emotional fuel keeps flowing.

It flows through your mind channels.

A mind channel is an idea, emotion or mind set.

This means that you want to create mind sets which are super conductive to life.

Blockages, fears, doubts, hesitations are all mind blockages. The more you respond to them, the more you block your emotional fuel.

Another way of losing your emotional resources is to let other people take control over your life.

When this happens, you feel drained and systematically tired.

This is purely related with a psychic mind set.

You can be for instance in a professional situation where you feel limited and unable to express your creativity.

You can feel trapped with a dominant partner in a relationship.

You can feel insecure within a circle of friends.

All these situations have something in common.

You feel overpowered.

Your emotional fuel stops flowing.

As soon as you start expressing your power, you break these patterns.

You reclaim ownership over your life and send out a clear statement:

"I own my life!"



## Positive thinking

You are the one in charge. No one but you has the power of deciding what happens and when.

It is your right to express this power!

The moment you express your power, you protect your energy resources and invest them exactly the way you want.

Your emotional fuel wants to be freed!

## **Will power**

Will power is your ability to go for it and persevere!

You focus on your target and don't let go until you hit it!

Will power is your own individual reserve of determination.

If you are in a battle, you can sometimes win easily, because you have all the skills and tools you need and because you know how to break through.

Now, if victory does not happen by itself and you face a high level of resistance or competitiveness, will power is what makes the difference and gives you the final victory.

Using your will power concentrates all your energy in a given place and given time.

You invoke the totality of your resources in one spot and use this energy to feed your action.

## Conquering power

Any time you head for a new territory, you use your conquering power.

You use this conquering power when you study, when you create a business, when you make an income, when you expand your knowledge or when you give yourself a set of goals.

Now, again, there is an infinite resource of conquering power in you.

When you become comfortable within a secured situation your conquering power tends to slow down.

You achieved what you wanted to and now, you focus on securing what you have.

You shift from “conquering mood” to “preserving mood”.

Suppose you created a business and it is running well.

You might feel the need to head for a new challenge and start a new venture.

This happens precisely because your conquering drive wakes up.

You feel that your present territory is not challenging enough and you need a new kick!

You love the adrenaline rush when you hit a target!

Conquering power is a natural instinct in any human being.

It is your ability to head for new territories!

# Survival drive

Survival drive wakes up when your life is in danger.

This original instinct forces you to look for food and shelter.

Now, this survival drive is a quality which wakes up when your life is in danger.

It is an inner call which says: " Life threat!"

Of course, most of the times your life is not really in danger.

When it comes to basic survival though, this is the number one source of energy which wakes up and stimulates you to take action.

Anyone who might have been in danger has felt this inner rush of energy.

It is a natural boost your own spirit or nature gives you.

It is like setting up the "turbo" in your car.

Your survival drive is not concerned with distant goals and complex mechanisms.

It is a basic instinctual reaction to a threat on your life.

When you are taken by your survival drive, you can see yourself tapping in resources you did not even know you had.

There is a dimension of magic and mystery to it.

It is your response to crisis situations.

## Focus only on what thrills you

I already mentioned this earlier but it is so important, I need to explain it deeper.

Motivation and emotional fuel comes from excitement.

The way to invite more emotional fuel into your being is to focus first on what is exciting.

You might think that you can force your mind to get motivated?

Usually, it won't work!

Emotional fuel flows the moment you focus on exciting targets.

If your targets are boring or from the past, your own spirit says: "No way!"

It has to do with your destiny lines and path of evolution.

The best way to kill your emotional fuel is to build walls of security so thick that life and renewal simply no longer get through.

Part of your being needs challenge! Always!

You might recognize from your own life a moment when you felt stacked because the flow of life force and motivation stopped.

You might have felt bored.

You might have felt trapped between what society thought you should be doing and what you truly wanted.

Society and your environment tend to focus a lot on security.

You, on the other hand need passion and excitement as well.

These two interests sometimes enter in conflict and it is truly your right to decide what comes next.

Your goals are yours!

If you focus on targets which miss this profound level of thrill, you won't get anywhere.

Focus on what thrills you first!

Let go of "shoulds".

This is your life and you own the right to decide for yourself what you want.

It is okay to be selfish and think of yourself first.

When you focus on what thrills you, you invite a massive flow of life force in your being.

You clear your mind space. You are 100% alive.

It impacts on your health and on the way you relate to others.

It is a win-win for everyone involved!

No need to make concessions!

If you are not thrilled by an idea, simple: drop it!

## **Best way to prepare yourself**

The best way to prepare yourself is to manifest the right mind set.

Your mind set is your vehicle and before you take action, it is wise to identify exactly how to stand in it.

No need to think about it for weeks.

Simply take a minute to step back and observe what you truly expect from the action you are about to take.

The right mind set creates the perfect alignment of forces in your system.

It is one of the keys to any success in life.

Usually, you do have choices to make when you choose for the right mind set.

You see your various options and consciously decide what role you play.

It is like a shirt you put on.

Your mind set is your vehicle for the coming course of action.

If you are "aligned" inside, everything flows much easier.

# The secret door to your mind

The secret door to your mind is your inner listening ability.

You do have inner senses.

You do have intuitive senses which tell you exactly where you are at and where you can be.

Your instincts are powerful.

The moment you start trusting them more deeply, you realize that you can unleash a whole new wave of inner potential.

Instinctual power is your ability to respond instinctively to situations.

Your instincts synthesize a whole situation into a simple action path.

Your instincts see the best way in any given situation.

The best way to train this inner sense is use it and to trust yourself.

Your instincts are in direct connection with the deepest part of your being.

They are a powerful force you can use to unleash your true mind potential.



# Give rhythm to your day

Rhythm is what structures time.

If you have music without rhythm, you simply have a succession of notes which merge into each other in an incoherent way.

Imagine a landscape on which you take away the lines between the shapes: all you have left is a succession of colors which merge into each other without definition.

Time gives form and power to your day.

It creates waves of energy with peaks and rests.

Now, you do have a natural rhythm.

Shift speeds and action lines.

Dare to let go and create highly concentrated sequences of energy rather than a long monotonous one.

You will see that the moment you follow your natural rhythm and shift activities frequently, you maintain a high level of excitement and energy.

Give rhythm to your actions.

This is one of your top performance weapons!

# Making the right choices

Choices are your “crossroads”.

Depending on the path you take, this can bring you closer or further away from your profound goals.

A choice can be this magic moment when a world of opportunities does open up.

Some other choices can limit your own evolution.

To make the right choice, you need a couple of things:

Synthetic vision and clarity.

Imagine your mind as clear screen on which you can perceive the direct consequences of your actions.

You see pathways.

This inner vision is an ability you train.

Now, making choices means that you are faced with various options.

Often, these options are the reflection of conflicting interests.

These different options can be the mirror of different views on life and different mind sets.

You can expand your choice making space and gain immense clarity over where you want to go.

# Action is life!

What brings you from where you are to where you want to be is action.

A mind set is only a vehicle.

The real change and result happens when you take action and do something which reflects the way you stand inside.

Action invites life force in your being.

It is the direct expression of your manifestation power.

When you take action, you express your right to create.

This is why action is the best and most direct way to open new doors in your life.

Dare to take risks and go beyond your comfort zone.

When you do, you invite a refreshing stream of energy into your being and wake up your survival or conquering instinct.

Action unleashes your profound potential.

Stop thinking about it and do it.

# **Part 8 - 10 powerful mind training techniques**

These 10 techniques are simple ways to get you moving.

They are 100% focused on you and your mind.

The goal is simple: train your “mind muscle”.

These are not fixed, rigid techniques: they are only guidelines.

Eventually, you can recreate these techniques in your own way.

They are series of “mind movements” which evolve with time and practice.

Most of these techniques require some focus and practice.

I would say that it takes 1 to 3 months to fully master and own a technique.

It is literally like training in the gym.

Give yourself a target of achieving significant shifts over a period of 1 to 3 months.

This means focus on these techniques and use them regularly.

You will feel your power and mind sets naturally getting clarified and energized.

## Active self talk – technique

You are probably familiar with the idea of self talk, right?

Self talk is the story you tell yourself inwardly.

The goal of this technique is to express this self talk outwardly.

Literally, you talk to yourself.

The moment you speak the words, you hear them as well.

You observe your thoughts and you realize that you can actually direct your self talk.

It is not anymore a conversation you can't influence or goes on by "itself".

You direct your self talk and express the thoughts, beliefs and emotions you truly want to have.

This is a creative way of programming your mind.

You program your mind by speaking out the words.

Here is an example. You are alone at home, early morning. Here is a conversation you could be having with yourself:

- I feel like I should take action but I don't know what direction to go...
- Yes! You know
- True... I know but I have doubts...
- What are your options?
- I could directly go the office and speak with Jim about what we discussed yesterday...
- What would you say?

## Positive thinking

- That I like his idea, but that we should get a back up plan as well, just in case we don't get enough funds...
- What would be a backup plan?
- To simply maintain the business structure the way it is right now.
- So, what you say is that you have two strategies and you want to agree with Jim about them.
- Etc.

In these 2 minutes, something very special happened:

- You gained clarity
- You brought out a couple of constructive ideas
- You designed a solid strategy for your morning
- Etc.

You can have a conversation with yourself on any topic.

The difference when you speak the words out is that you become an active creator of this conversation.

When you keep this self talk in your mind, you miss focus and awareness. In fact, you tend to be passive and let your mind wander in incoherent loops.

You can think many ideas without them manifesting to the surface of your awareness.

This means that you might be building up negative self beliefs or missing on some essential insights.

Expressing verbally your self talk empowers your mind. It gives you focus and directs your energy in a creative way.

When you express your self talk, you coach yourself.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Not only, you become aware of what happens in your mind but you direct your thinking stream as well.

This practice is extremely empowering because it strengthens action lines and vision in your mind. It simply empowers your mind channels.

# **Will power concentration – technique**

This is a direct 1 minute technique.

You can stand to practice this.

Don't lay down, it makes you too passive.

To break through most situations, you need extra power.

The goal of this technique is to build up extra power and determination.

Here is what you do:

You stand still, eyes open and see yourself as a volume of energy.

Now, you want to get ready for battle.

You concentrate your power and energy.

Imagine that your goal is in front of you.

Right now, you are totally selfish.

Nothing but you matters.

You totally concentrate your energy.

Your mind is 100% single focused.

You stand still ready for battle.

This is the concentration before battle.

You are invincible.

You give only to one direction: your mind.



This is where your energy is totally focused.

Concentration (Con-centration) means that all energies you have in you evolve around one core: you and your mind.

This is a high speed, high intensity technique.

It is this moment of stillness before your jump.

You want to bring in a concentration of forces right here, right now.

It is your moment of focus before you take action.

The only thing which matters at this moment is you and the target you want to reach.

Determination and will power are naturally in you.

This one minute concentration tells you one thing: total focus!

Total concentration of energy!

You are ready for battle!

Keep this practice very short and use it when you feel a challenge coming.

It is an excellent technique as well to use when you feel lots of external resistance.

Concentrate for one minute and go for action straight after that.

You can focus on the words "Focus", "Action", "Will power" or "Determination" as well. You can repeat them aloud or to yourself.

You can as well use other words and even short empowering sentences like: "Take action!" or "Win now!"

Concentration, focus, determination and will power are mind attitudes.

They are internal energies you learn to master.

## Positive thinking

With this simple 1 minute focus, you connect with your inner source and use this extra power to take action.

## **Victory drill – technique**

This technique is dynamic and combines body movement with voice.

You stand on a spot and start jumping.

Jump as if you were jogging or skipping on the spot.

Now, you add the word “Win!” and speak it out (you can even do that very loudly if you are by yourself in nature) rhythmically with your jumps.

Win! Win! Win! Win! Win! ...

This technique energizes you and establishes the “victory” mind set in you.

Victory is a mind set!

The core of this mind set is the word “victory!”, “winning!” or “win!”

When you repeat this word rhythmically in that way you invoke the victory mind set in you.

In fact, you remove anything which is not aligned with the idea of victory in you.

This technique is a drill!

This means that you stretch your natural limit when you use it.

It is intelligent, powerful and effective.

In the beginning, use it for a couple of minutes.

When you feel more comfortable with it, you can stretch it in time.

Go for a run on the beach and use the word “win!” to give rhythm, focus and power to your light jog.

This technique is very transformative.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

The moment you use it, you break open new lines of life force in your mind. You energize aspects of your emotional body and create a new pillar of energy in the core of it.

Again, if you use this technique over one to three months, you will truly own it and master it.

Play with that force and make it 100% part of your being.

I guarantee you that it makes a massive difference.

Use it!

# Super confidence shield – technique

The goal of this technique is very simple: create an extra layer of protection around your being.

Imagine a sphere of energy around you. This is your auric field, energy body or etheric body.

This envelope protects you.

Now, imagine that any judgment or attack on your being simply bounces on the surface of your mind.

See attacks like arrows which are simply refracted on the surface of your mind.

You are still. Simply observe that.

Now, you will strengthen this shield.

You will use a simple martial art technique which is the “Kiai!”

“Kiai!” is the sound you express as you give a kick or punch forward.

Sound is very powerful!

It strengthens your shield and protects you from attacks.

As you give a punch forward with your fist, you scream: “Kiai!”.

Take a step back and repeat this movement a few times.

You can shift arm or shift from punch to kick.

The moment you sound “Kiai”, you send out a clear statement: “Defense”, “Shields up”.

If you feel that life is a battle field and that you miss the tools to defend your territory, this is definitely the technique to use.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

You will empower your emotional foundation straight away when you do so.

You will as well strengthen your natural mind shield and create a greater sense of inner security.

Remember one thing though: a shield is a battle tool. You use it dynamically and stay alert and awake.

You need to identify negative influences and not let attacks come in.

Beware of Trojan horses and other strategies which aim at breaking through your shields.

Be wise!

Stay awake and experiment with these ways of protecting yourself and defending your territory.

Your mind is a subtle ecosystem.

You are in charge of it!

This is your territory!

This "Kiai!" technique gives you the extra power kick to protect yourself.

Smile and stay confident!

You are safe!

## **Assertive determination – technique**

When you want to reach a target, you must always be aware of side tracks and deviations.

This technique is a simple concentration technique which gives you the ability to stay focused on your target.

Imagine your target and hold in your mind a picture or a word expressing your target.

There is only one way to reach this target: it is to stay focused on it and express your fighting and conquering power.

Imagine your target and increase your focus and concentration on it.

Anything which deviates you from it is wiped out instantly.

Your vision stays firmly focused on this target.

Assertiveness is a mind set you build in you.

The core of this force is your mind.

How does it work?

Your vision, need and desire is stronger than anyone else's.

You know what you want and nothing can deviate you from it.

You focus on this goal and you don't deviate from it.

You establish a visual connection with this target and this is the only thing that matters.

It is your direction.

It is your unique purpose.

## Positive thinking

Between now and the moment you reach your target, you will encounter side tracks and deviations.

The vision of what you want to achieve and what you want to reach will stay firmly embedded in your mind.

Your mind is 100% focused and no one and nothing will shift you from your target.

Next step, take a white page and write down a word or short sentence which summarizes your target.

Use capital letters. Use a black pen. Use big enough letters.

This is a statement of what you want to reach.

Under these words, write down the terms:

"Assertive", "conquering power" or "fighting instinct".

These are the key qualities you want to express.

Take this white page, fold it and keep it with you in your pocket or with other papers.

This is the way you program your mind.

It is like a mind power "to do" list.

Every time you come across this paper or feel it in your pocket it acts as a reminder of your target.

It "crystallizes" the assertive mind set in you and focuses your power.



# **Total emotional freedom – technique**

When you want to take action, the less resistance you feel, the better, right?

This technique is aimed at one goal: removing what could hold you back. These are memories, thoughts, ideas, beliefs, emotions or feelings from the past that you no longer need.

Here is how it works:

Identify an emotion, fear, doubt, or thought which could hold you back.

For instance, if you had a negative experience a month ago, the “trace” of this experience can still be present in your mind.

If you can't identify any negative emotion, belief or thought in your mind, then it's perfect. Stop reading right now this chapter and jump directly to the next one.

Now, if you feel that anything is bothering you or worrying you, you want to increase your level of emotional freedom and remove the source of tension you might identify.

Any tension, inner conflict or worry drains your energy.

Here is what you can do to shift a negative emotion or draining mind set:

Suppose last week you got angry with your a colleague at work.

Now, you feel guilty.

Face it.

Face the events.

Look at them straight in the eyes.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

What do you see?

You see yourself overreacting and making a mistake?

The reason this bothers you is because you need to learn something from it.

The “process” of what you experienced has not yet been solved.

A learning experience becomes a mistake only when you keep repeating it without learning from it.

The first step is to identify what could be learned.

If you were confronted with the same situation again, is there another possible reaction.

How would you deal with the same situation in a more diplomatic way.

Focus on it and come up with another line of action, even if you find it emotionally challenging.

Now, recall exactly the steps you would take and what you would say if this situation would happen again.

Once you have a new effective strategy, go to the next step: Let go and forgive yourself.

How do you do that?

Simple, repeat to yourself: “I am not perfect. I can make mistakes. I learned from my experience. I forgive myself”

You can remember these words or speak them aloud.

The key now is to let go and forgive yourself.

This is a very specific example but it works in a similar way with any negative emotion, thought or belief.

There is a pillar of freeing power in your mind.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

This pillar is your power of renewal.

This is the force which flows through your being and clears your mind for new experiences to take place.

This technique is about increasing your level of internal freedom.

Basically you free emotional space when doing so.

We are here in an area which can be quite challenging.

If you feel you can't manage to clear a negative thought, experience or emotion by yourself, I can help you further and join forces with you to do that together.

Visit this link and sign in for a couple of sessions:

<http://vitalcoaching.com/signin.htm>

I would be looking forward to coach you further with that.

## Power vision – technique

Your vision is what you project into your future.

It is the ability to open space and create on a conceptual level.

First, bring your mind to a still point.

Take a moment to stay silent and start imagining your life 5 years from now (This is only an example. You can focus on what will happen next week, in the coming month or in the coming year for instance).

Now, let the flow of thoughts freely create a vision in your mind.

The next step is to take a white page.

You want to create a mind map of your vision.

Follow this example to see some mind maps styles I use myself:

<http://vitalcoaching.com/allareas/coachingstrategy.htm>

Take your white page and in the center of it, write:



Around this central image, start adding elements which you feel are important for you in the future.

Start first with general areas like business or relationships.

You can refine and add as many details as you want to express your life vision.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

This simple mind map is your plan.

Imagine for a second an architect creating a new building without ever putting things on paper.

Your plan is your vision.

It is not rigid.

However, writing it down empowers it and gives it new roots in your mind.

Be ready to redesign it regularly if you have to.

Add new ideas into it.

What matters is that you take a few minutes to focus on it regularly and check where you are at.

Goal setting can work against you when you fix targets with too high expectations.

Too high expectations can make you feel very frustrated and unhappy when you realize you won't reach them.

To avoid this, keep your plan flexible and focus on qualities you want to manifest in your life rather than fixed material targets.

Keep your plan as open and flexible as you want to.

## **Instant effective strategy – technique**

When you are in the middle of a challenge you want the ability to respond fast and directly to any situation.

You can't design in advance strategies for everything but you can stay flexible, open minded, alert and ready to respond any time anywhere.

To do this, you need synthetic clarity and awareness.

The goal is simple: you want to train your strategic skills.

This means that you want to be able to design effective strategies easily.

Take a present challenge in your life.

If you don't have any, take someone else's (a friend, partner, colleague, a situation from the news, etc)

Now, it is very simple:

You want to increase your reaction and strategic speed.

No matter the situation, give yourself 1 minute to come up with an effective strategy to solve this challenge.

You don't have to succeed, you only have to focus on it and try.

No matter what you reached, after one minute, stop and drop it.

Take another example, eventually write it down in a few words and give yourself 1 minute to solve that one.

You can repeat this technique a few times (max 5).

After that drop it.

## Positive thinking

The goal is to increase your reaction speed. No need to stretch the practice.

Focus rather on short, concentrated sessions where you try to solve 4 or 5 specific challenges in 5 minutes.

You will notice that if you practice this regularly, you are able to come with effective solutions for almost anything.

When you find solutions, you use your emotional intelligence skills.

This is very much a “right brain” training practice.

Focus on trusting your instincts and intuition rather than rationalizing too much.

When faced with challenges in life, your survival drive wakes up and calls a new set of instinctual resources.

These are the new skills you want to open up.

Respond with your guts, first impression and complete the picture with a reality and logical check.

Reason alone can definitely be too slow or limited when you are trapped in a storm and need to act fast.

# Dynamic synergy building – technique

How good you perform in life is intimately linked with how well you relate to others.

How effective is your connection with those around you?

This technique aims at increasing synergy in any connection you establish.

Synergy (Synchronized-energy) focuses on creating win-wins out of any situation.

Here is a simple technique to multiply synergy in your life.

Imagine someone you interact with regularly.

The context does not matter.

Now, for a minute, put yourself in this other person's position.

Imagine the world as they see it.

Take a white page and write down their name in the middle of it.

Under their name, write down what you believe are 5 main goals for them.

Now, for any of these goals, ask yourself:

“What role do you play towards that person?”

Are you negative, neutral or positive towards that goal?

I suppose you know already what comes next, right?

The goal of this game is to shift 90% of your positions from negative or neutral to positive.



You want to become a positive force in that person's life.

You don't need to emotionally invest yourself.

All you have to do is remove the blockages in your mind which could stop you from encouraging that person's goals.

What you do is very simple: you shift from competitive to collaborative.

Take 5 minutes to analyze this.

Next time you meet that person, make sure that what you say reflects a positive attitude towards that person's goals.

This is synergy.

It is a direct way of creating win-wins in life.

The more you have of it, the more energy flows through your system.

Of course, in some situations, your role is to be the challenger and competition will be the mind set you use, but think of situations like friends, social life, business meetings, family, relationships, etc.

There are dozens of situations in life where the competitive mind set is immensely draining for both parties.

If you shift some of that to a synergic mind set, you will feel a tremendous increase of life force flow and satisfaction.

You let go of competition and focus on win-wins.

You can repeat this practice regularly specially with persons you find challenging to relate to.

You will notice that within a month, your relating base can totally shift.

It is direct and super effective!

# Synchronized action - technique

Timing and location!

To succeed with what you want to achieve, you need to be in the right place at the right time.

Now, synchronicity has some quasi mystical dimension of magic to it.

Synchronicity is described as the alignment of universal forces with one's own experience. That's the "big" definition.

In reality you can see synchronicity in the perfect alignment of your actions, thoughts and emotions with a natural greater flow.

You cultivate synchronicity by developing your awareness of what goes on around you.

Being synchronized means being frictionless.

Here is a technique which helps you empower this quality in your system:

Before you start your day, take a white page and write down the lines of action you can focus on today.

Once these lines are in front of you, ask yourself this simple question:

What is my top priority today?

Next, ask yourself:

What is really the best line of action I can focus on today?

When you ask yourself this question, you consider other elements like timing, other people involved, circumstances, etc.

If you take only 5 minutes to reflect on the best line of action, you could be totally shifting your day.

## Positive thinking

Synchronicity is the art of bringing this extra sponsoring quality to everyone of your actions.

It makes sure that you go with the flow rather than struggling to go upstream.

Once the great lines of action for your day are set, check a bit more in the details.

You have the power to foresee areas of struggle, challenge or friction.

Take these 5 minutes in the morning before you set up yourself on a course of action.

It is your way of tuning in and synchronizing your actions with all the forces involved.

If you want to add a mind concept to this to help you throughout the day, think of "synchronized" or "frictionless", this will help you stay focused.

# **Part 9 – Key strategies to get what you want**

We live in a time where no one needs to loose.

Getting what you want is about satisfying your own conquering drive.

This power is your driving force in conquering new territories.

The moment you unleash it, you release natural resources of energy which start flowing in creative ways.

In the next few pages, I will show you direct and effective strategies to reach your goals.

# How to get exactly what you want

The first step is to identify valuable targets.

Once you identify your targets, give yourself a time frame.

The third step is to identify the possible distractions, side tracks and challenges you could face along the way.

Aiming for a target is like engaging in a new travel.

You want to have some form of road map and vision of where you are going.

Before you engage yourself with your full power, you will do some test drives. You will take some small steps to try out and see if anything is still missing.

After that, it is all about going for it and staying focused.

This preparation time is a build up.

Timing! Don't forget about that one!

# How to manifest synchronicity at all times

Yes! Timing!

Synchronicity is your ability to synchronize your actions with a larger flow of energy.

It has to be the right time for you and the right time for all forces engaged in your project.

Being synchronized at all times is an art.

It is your ability to go with the flow and respond to opportunities and open doors when you see them.

At the same time, you alternate your “go with the flow” ability with stronger inputs of will power and determination.

Sometimes, it is wise to take a short cut and minimize your effort.

Synchronicity is about giving fluidity to your actions and creating frictionless enterprises.

The best and most direct way to wake up your full synchronicity power is to use your instincts and intuition.

Using your will power only might require too much effort.

Partner with the natural “manifestation winds”.

The moment you synchronize your efforts with the right sources, you realize that you can get a massive support of energy.

# How to use challenges to project yourself forward

A challenge is always an opportunity to grow.

The best way to use challenges is to face them and learn from them.

If you feel you can't get it right every single time, it simply means that you miss some experience.

The best way to gain this extra experience is to experiment a bit.

Experience and experiment have the same root.

It is not a coincidence.

You experiment by trying.

If you don't succeed the first time, forgive yourself and see this as a learning experience.

The best way to learn to swim is to jump in the water.

You can perceive life as a series of challenges.

This is the way you build character, skills and develop the effectiveness of your mind.

Effectiveness is not an abstraction or a thought. It is a mind set you develop by immersing yourself in real life situations.

Trying is a victory in itself!

# **If you bang your head against a wall, stop right now!**

In other words, learn from your experiences!

If you keep hurting yourself or missing your targets, take a moment to analyze your strategy and see where you can shift key elements.

Shift actions paths and try new ways and new mind sets.

For any given situation there is always a best way to stand in it.

Best performance is not just any performance.

You want to aim for what gives you the greatest satisfaction and result, right?

Learning from your experiences is the best way to evolve very fast.

Take a moment to step back and listen!

Stay silent for a while and identify exactly what you can shift in your approach.

Sometimes, the best way to deal with a wall is to go around it.



# Synergize!

Join forces!

Focus on win-win!

Your mind is not an isolated entity.

You are connected with everything that surrounds you at all times.

You are connected with everything through invisible energy links.

The best way to open doors is to work with the forces of nature rather than against them.

It sounds logical, isn't it?

Creating conflicting forces is the best way to waste energy.

You live in a time where no one needs to loose.

Your human spirit has the ability to generate win-wins at all times.

After win-win comes third win.

Everyone can win.

The competition equation has shifted.

Synergy opens doors and space.

It is your most direct path to any deep success.

# Trust and go with the flow

Trust yourself!

Every time you sit back and hesitate, you feed your doubts.

Every time, you take action, you feed your trust.

Imagine swimming in a river.

The moment you go with the flow, everything becomes easy.

A river is a stream of manifestation. It happens right now.

The moment you resist the current and focus on your own individualized will only you have to put up lots of effort.

Once you trust and let go, you notice that your river simply takes you to the sea.

This river is symbolically your destiny line.

You can throw anchors and try to stop the movement or you can consciously lift these anchors and allow evolution to do its natural work.

You are part of a larger spirit.

You are part of a larger reality.

This river is your "sponsoring" force.

It is the energy which sustains your actions and empowers your goals.

Go with the flow!

Trust your instincts!

## **Integrating new skills**

If you miss some tools, you want to step out of the battle for a while and get what you need.

Skills are mind sets and actions.

They are a reality you integrate in your being.

Identify exactly what is missing and get it!

It often takes courage and humility to step out of a situation and realize that you miss some keys.

Realize that change and renewal can easily create pressure on your being.

If your present mind set is not effective, you want to connect with and integrate a new one.

This process of integration requires energy and focus.

# **Jumping without a safety net**

Your training ground is your life!

You minimize risks by taking small steps.

Most life experiences truly have no safety net.

However, depending on the way you stand in these experiences, you can make sure you won't get hurt.

You have a "right way of falling".

Falling in life can be exhilarating.

It can be this kind of sudden realization of what life is about.

See it as a game and jump in it.

## **No training! Just life!**

There is no stage! There is no public!

You can step back and observe your life from the distance.

However, the best way to perform at your best is to jump in life rather than checking it from far away.

It is direct and effective to try and experiment.

This is the best way to perform at your best!

Why?

Because real life is the context in which you will manifest all the ingredients.

You can practice your moves on the side of the pool, or you can jump in the water and use your survival drive.

Trust your instincts!

You have resources in you which wake up the moment you are confronted with real life situations.

# **Master your control weapon**

Control is a sword.

It is in your hand.

You are given the right to control your life.

This is the first area where you can effectively express your controlling power.

Now, when it comes to influencing others you can easily cross the line.

You aim for greater freedom, not greater control.

If you are in a position of power, what you want is to provide just enough control to stabilize the structures without limiting other people's natural space and freedom.

Life is precious!

With greater power comes greater responsibility.

Abuse of power means going against the forces of evolution.

Use your power to protect other's freedom, not to limit them.

## Be aware of side tracks

Any time you aim for a target, you face the risk of getting side tracked in one way or another.

Sometimes, this side track comes through a connection you have with someone.

Other times this side track is simply the reflection of conflicting interests in you or the lack of clear choices.

The response to a side track is focus.

You can of course take a rest and temporarily explore a side alley leading to your goals.

It is fine as long as you don't forget about your original target.

# **Don't miss your reality check!**

Concepts and dreams are "suspended".

On the path towards manifestation, they face the test of realism.

Out of thousands of possible dreams, only a few will manifest.

The ones which reach creation are the ones who have a solid level of realism in them: they match with reality.

Before you set up on a course of action, do reality checks!

This will make give you greater chances to reach your targets.

This is another essential aspect of manifesting your best performance.



# **Unhook yourself from the past**

Get rid of what you no longer need!

Deal with unsolved issues.

The goal is simple: Emotional freedom!

Your mind is a territory.

Every aspect in it plays a role.

You are going towards the future, not towards your past.

If your vision is focused on recreating the past, this is where you will go: towards your past.

Going back into the past simply goes against the natural flow of creation.

It is literally like going upstream.

Your future is like a virgin screen.

All potentials are open.

The best way to see them is to remove whatever might be stopping you from moving forward.

## Use your power

It is very simple: if you don't use your power, someone else will do it for you.

Your mind is a very subtle ecosystem of forces and energies.

For it to function and be stable, it needs some key ingredients.

Power is one of these ingredients.

You can delegate your power to other sources.

You can tell a friend something like:

"You know what? Decide for me..."

The moment you do that, you give away your power of self determination.

If you do that one time, it is no problem, right?

Now, if delegating your power becomes systematic, you end up simply feeling... Powerless!

This is the way it works.

If you want to feel empowered and manifest the full potential of your mind, take responsibility and express the basic powers which are yours.

If you delegated these powers to someone else in the past, it is your right to claim them back any time.

The best way to perform at your best is to have a total sense of control over what happens in your life.

Use your power to make sure that you are the one in charge of your life.

# **Part 10 – Use your mind power to create happiness**

Happiness is intimately related with your level of personal power.

In the next few pages, you will discover some of the keys to secure long term happiness in your existence.

# The secret of happiness

Life can be seen as a battle.

When you are unhappy, you are losing this battle.

What makes you happy is energy.

It is the energy which flows in your mind and life.

When you feel unhappy, it is because you are low on energy.

If you stay low on energy for a long period of time, you go into states of depression.

The idea is to reconquer your inner territory.

I know this might surprise you but the only way to be happy is to get your full power back.

Your life is under attack.

If you feel depleted, it is because life force is not circulating in you.

You need to conquer the territory of your existence.

This is a fight. It is a fight for power. You are in charge!

Do you actually realize that?

You are the master of your existence. You are supposed to own your life.

The goal is simple: get your full power back.

Power is what protects your mind.

It is your emotional foundation.

The more power you have, the stronger you feel.

## Positive thinking

If you feel strong and still unhappy, this means that the next quality you need is bliss, pleasure, happiness.

These are energies! They are mind sets.

The way to go is to master these energies and know how to manifest them in your life.

## Your quest

Happiness is a life long quest.

If you have been in a state of semi depression, easily touched by negative emotions, you must wonder how to come out of it.

What exactly is missing?

What I have to say is radical.

I will be direct.

My goal is not to nurture negative emotions; my goal is to give you a kick.

I would like to shake you and give you some essential tools to understand what is happening in you.

Happiness happens in the mind, right?

It has to do with something going on in your thoughts and emotions.

Your mind is a territory. When you are happy, life flows. It is balanced. You feel good.

When you are unhappy your mind is invaded by negative emotions and feelings.

Yes! It is an invasion. Your mind is a territory and something happens in it you can't really control.

The goal is to gain back control of what happens in it.

Your mind is your territory. If it's your territory, how come you have so little influence.

Do you realize that happiness is a path of life mastery?

# This is a battle

Happiness is your territory. This is why happiness building is a battle.

I am not here to help you nurture your past or even your wounds.  
Sure you can look at them. Sure you can accept the way things are.

Now, what I see are only thoughts and emotions. These thoughts and emotions are not your identity. They are waves on the surface of your mind.

**Thoughts and emotions are only waves on the surface of your mind.**

There is a deeper identity in you which is formless. It is a source of power and life force.

This is your fire. This is the place from where you wake up now.

When you are born, your mind is virgin.

You start picking up patterns from your environment.

If your mother tongue is English, English words will create the frames of your mind.

If you first spoke Spanish, it's Spanish which will be the core of your being.

Words are frames.

Any emotion you encounter in your childhood leaves a pattern. It leaves a blue print. An emotion is a pathway of energy in your mind.

You travel it once.

Then you travel it again.

You become familiar with it.

Soon, it becomes an established pattern in your mind.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

You are programmed, conditioned to respond to situations in a very specific way.

If you get familiar with emotions like loneliness or sadness, you tend to identify yourself with them.

They become the frames in your mind.



# How to be happy on the long term

Long term happiness has a lot to do with emotional freedom.

You are truly happy when you learn how to master your own renewal power.

You need all 3 qualities of creating, preserving and renewing.

However, the renewing quality might be the most challenging to master.

Your life success does depend on your ability to move on when it is time.

It depends on your ability to create space in your life for new opportunities to appear.

This renewal force is essential and when you befriend with it, it refreshes your mind set on a daily base.

# High expectations

Suppose you have been living in this huge villa for ten years and suddenly you have to sell it for financial reasons.

You end up in a 3 bedroom flat downtown.

The reason you feel bad is because of your level of expectations. You are simply used to another standard of living.

Suppose for a minute that you have the power to stop comparing.

What happens then? How do you feel?

You feel happy when you are above your expectations.

You feel unhappy and generate negative thinking when you are under your level of expectations.

As you can see, very high expectations can make you very unhappy.

Having expectations is usually a positive thing. It is similar to having goals or targets in your life.

Goals wake up your desire. They fuel your life.

Now, if your goals are too high, you'll systematically tend to "crash" emotionally.

It is okay to have very high goals as a driving force and know from the beginning that your expectations are unrealistic.

It still gives you an energy or power kick.

Some people play very well with those forces. They use high goals and targets as a way of overcoming their limits.

Where do you stand in that?

- **Are high expectations making you very unhappy?**

or

- **Are you setting up unrealistic goals as a way of overcoming your own limits?**

Are you a victim or emotional slave of your expectations?

These are the key questions concerning expectations and goals.

If you feel trapped in negative thinking because your goals are unrealistic, it's time to understand the underlying dynamics of your unhappiness.

It is okay to drop unrealistic goals and focus on new targets.

# Competition between friends

Here is another example:

Suppose you get results from an exam in your studies.

If you get 7/10 and everyone gets less, you will feel great, right?

Suppose now that you get 7/10 and everyone else gets a better result than you, you will feel pretty bad.

The result is the same: 7/10

However, between these two situations, the hierarchy of power and energy is totally shifted.

This is why happiness, satisfaction and the way you feel about yourself depends immensely on how others are doing.

Your level of inner satisfaction is not an absolute measure of your happiness. It is always partly relative to your environment.

In a way, you feel good or bad depending on how others are doing.

The way you feel is partly a relative measure of your level of energy and success compared with your environment.

This means that your level of happiness expresses two things:

- **An absolute level** of your energy, power and satisfaction (7/10)
- **A relative measure** of your happiness compared with others. That's your ranking position. You finish 3<sup>rd</sup> for instance.

Suppose every one of your friends is succeeding with their own business and you feel stacked within an 8 to 5 day job. You will naturally feel unhappy because you compare yourself with your friends.

Your environment gets used to your energy level.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

When you decide to shift negative thinking patterns, you have to reshape not only your thoughts but the way others look at you as well.

Everyone has a comfort zone.

Suppose you are a man and have a male good friend. You recently went through a break up with your partner. This friend has been helping you with that.

In the last 2 months, your break up has been your number one conversation topic.

Your friend got used to your mind set. He knows your emotions and knows how you feel.

With your friend, you do create a "comfort zone". A comfort zone is a mind set, activities, behaviors and attitudes which define your connection with him.

The moment you truly get over your break up and maybe start dating again, you need to shift the "old" comfort zone you created with this friend.

As you can imagine in this situation, it might be a relief for him to be able to shift conversation topics.

A good friend will encourage a positive life shift in you.

However, you will have to educate him so that he stops seeing you as a victim.

The "renewal power" needs to be strong enough to shift not only your mind, it is has to shift your friend's mind as well.

In fact, it is your whole social power base you are rebuilding.

**Here is another example:**

Imagine the same situation with much older mind sets.

These much older mind sets are behaviors and attitudes which were there from the very beginning.

Suppose you have a few good friends and you have been relating to them in the same way for many years.

You play a certain role within this social circle.

Suppose you see yourself as a loser.

Suppose that's the way your social circle sees you as well.

Suppose they tease you on that.

They might say things or behave in a way that puts you down.

Suppose you are male, 30 and single and did not have a girl friend in ages.

One of your friends might systematically come and say things like:

"So, where is your date? Oh... that's right... You have no date"

He might say this in a teasing way.

The truth is that it makes him feel good.

He does put you down by coming over and over again with the same story.

Your lack of success comforts him.

Why is that?

Because he does not need to think of another joke and in comparison to you, he feels pretty successful with women.

It's easy. He knows the dynamics.

If you show up one day with a gorgeous date, it will challenge him.

He'll need to shift his mind set and the way he relates to you.

# Competing for success and happiness

Establishing a new mind set is a lot about competition.

This is a battle.

Why is that? Because some people can put you down simply to feel great about themselves.

I know it might be tough to hear, but even your closest friend or partner might put you down and not let you break through your own limits.

Why would the person who loves you the most put you down?

Because it's not only about love, it is about power as well.

You are competing with your environment all the time.

Your friends do measure their level of power according to where their environment is at.

Suppose you could measure happiness in a scale of 0 to 10.

Suppose you are at 5/10 and your closest friend is at 8/10.

Suppose now, that you get yourself a book on positive thinking and you start working on building a strong and empowering mind set.

Suppose your level of happiness goes to 9/10.

Is this a good thing for your best friend?

You get the point, right?

Your best friend can think something like:

## Positive thinking

- “You know, I am really happy for you. Looks like you succeeded in shifting things around. You are achieving everything you wanted”

This is a positive outlook on your situation. Most people are able to do that.

However, there is usually another “voice”, even in your best friend which says something like:

- “He is now more successful than I am”

This last voice is the expression of the competitive spirit.

Competition is everywhere, even in the quest for happiness.

Best friends do estimate their level of satisfaction according to how they are doing compared with their environment.

Sometimes this competitive underlying dynamic can be very strong.

Sometimes it is can hardly be felt.

Imagine now the same dynamic happening not only with best friends but with everyone in your environment, family, colleagues, social circle, etc.

Who says that everyone wants you to succeed?

There is competition even for happiness and success.



## What are negative projections?

A projection is a thought or an emotion. Any time you interact with others, you are literally bombarded by psychic impressions.

These impressions impact on your mind and can leave “blue prints” in the form of feelings.

Feelings are simply impressions on the surface of your mind.

Suppose you enter in a café with a couple of friends.

Within a few seconds, you pick up on looks, words, expressions, temperature, atmosphere, etc.

All these impressions will impact on your mind and generate feelings, thoughts and emotions.

Within a minute, you created a new mind set which is the reflection of all these impressions.

This new mind set is an architecture of thoughts, feelings and emotions.

You will interact with your environment through this mind set. You will send all sorts of signals to your environment through expression and body language.

This mind set is an inner equilibrium that reflects the mind projections and energy in this café.

Some of these projections generate positive feelings in you.

You will get for instance a positive feeling from a smile or a kind tone of voice from an acquaintance.

You will get a negative feeling through a judging look, or a loud invasive friend spilling beer on your shoes.

Can you see how this works?

These millions of projections impact on your mind.

If you feel strong and confident, and armed with a very positive mind set, negative projections will simply bounce on the surface of your mind.

A negative look won't touch you.

What if you feel really sad because you just had a fight with an ex?

You'll feel more vulnerable and extra pressure will impact on you, right?

When you work on your thoughts and feelings, you develop new tools to defend your mind territory.

This means that you must recognize negative projections and come with an empowering mind set which protects your inner space.

This requires some "warrior" skills.

You must realize that this is a battle for power and energy.

This battle is going on all the time. Some people are very sensitive to it and systematically feel the judgment of others.

Other people are strong and confident and feel nothing: no challenge! No competition!

The moment you wake up new potentials in you, you must increase your level of awareness and recognize sources of challenge.

You need to be able to shift from "relaxed" to "battle" mood in no time and not let negative influences take root in your mind.

It is a battle! Defend your territory.

# **Part 11 – Real life examples with best strategies**

# Negative thinking triggers

What are the triggers which bring you to negative thinking loops?

You might see different external or internal causes but all these causes can be summarized to one simple element:

## Lack of power

This lack of power can be expressed in many forms:

- Lack of skills
- Lack of support
- Lack of resources
- Lack of energy
- Lack of love
- Lack of success or results
- Lack of money
- Lack of social life and friends
- Lack of recognition or validation
- Etc.

All these examples show one thing: when you enter into negative thinking loops, it shows that there is a power gap somewhere.

When you are negative about your life or your environment, you are simply in a state of energy depletion.

This is different than clinical depression.

Energy depletion is a more general term.

Energy depletion simply expresses the fact that you don't have enough energy or power.

The result is simple: your mind gets invaded by negative thoughts.

Negative thoughts are the result of a conflict between you and your environment.

Negative thoughts happen because there is competition of energy.

Negative thoughts and emotions are the result of an interaction. They are the sign that you are struggling to defend your mind territory.

When you win your life "challenges", you feel good about yourself.

Suppose you have a business and you achieve excellent sales results during the year.

Business success is a form of validation of your activity. You get rewarded financially and gain as well satisfaction in the form of recognition from friends, family and business network.

This business success can make you very satisfied because you will feel valued.

This financial and emotional validation gives you power.

It is free energy and positive attention coming into your life.

The reason you feel great is because your being gets rewarded.

It is a victory.

You did win a battle.

When you win a battle you have two possible reactions:

Be very happy and satisfied by your victory

Believe it is not good enough and maintain a dissatisfied attitude.

Can you see how the same result can lead to two very different feelings depending on the way you stand in it?

When you are dissatisfied about a victory, you forget to celebrate and stay in the "battle mood".

Winning a million is not enough. You want more, bigger or better.

Take a silver medalist in the 200 m. women Olympic Games.

The silver medalist can be very happy and satisfied about his silver medal. On the other hand she can as well believe it was not good enough and be very angry and disappointed with her performance.

In this case disappointment has to do with a level of expectation.

She has very high expectations and a silver medal is not good enough.

She can actually decide before the race if she will be happy with silver or not. She'll tell the reporters:

"I'm going for the win!"

When she finishes second, she can say:

"I gave it my best shot! This was an incredible race and I'm very happy with the result"

Too high expectations can kill the pleasure of a victory.

You might sometimes achieve victories in your life and then forget to celebrate because your expectations are much higher.

If you are doing this consciously, it's no problem.

You simply play with motivation forces and keep a much higher level of focus and concentration.

You already focus on your next step or next challenge even when you win a victory.

Here is the conclusion:

You have basically two types of mechanisms involved in negative thinking loops:

The first mechanism is a real power gap. In other terms, it is related with a real lack of success, energy, attention, validation, etc.

The second mechanism is related with your own perception of your experience. In other terms, it is related with your level of expectations.

## Positive thinking

The strategies you use to tackle negative thinking targets both of these mechanisms.

If you really miss power and validation for instance, the goal is to actually shift your level of power and add extra qualities to your existence.

If you simply have very high expectations and are systematically dissatisfied, you will work on your mind set and the way you perceive your successes and achievements.

So, to summarize, when you are in a situation of energy or power depletion, you can work on two levels:

Shifting your personal situation.

Shifting the way you stand in it or see this situation.

## How to shift your power level

Your level of power is the result of your relationship with yourself and your environment.

Suppose you live in a foreign country and feel quite isolated.

You go to expat events but after a couple of years, you still did not make any real new friends.

You are a woman. You are married. You traveled with your partner and don't have your own profession.

This is a situation which tends to isolate you, right? You don't get enough validation from your actions. You miss real personal goals and challenges.

You try new studies without really getting a kick from it. You keep trying but don't feel really happy.

You feel a growing dissatisfaction related with your situation.

The real alternative would be to have children now but your partner wants to wait another couple of years.

Your social circle is very limited.

In this situation you miss power in many levels:

Lack of professional satisfaction

Isolation

Lack of goals

Lack of validation

Vulnerable emotional foundation because you are in a foreign country.



As you can imagine, there are actually strategies to deal with these challenges. The way to solve these challenges is to take action and redesign your goals.

You can imagine that such situation could easily generate lots of negative emotions and feelings simply by the fact that you miss a close circle of friends for instance.

Now, you can share the way you feel. You can talk about it. You can try to understand why you end up in this situation. You can dig in the past. All these strategies are useful but won't be enough to have a real transforming effect.

What will shift the way you feel is actually taking action and gaining more power.

Suppose you have a couple of therapy or coaching sessions.

This will nurture your being and eventually help you understand what is going on.

You will share your experience and get some emotional support.

Once you do that, you want to shift your action plan and come with new strategies to break through the cycle you are in.

Basically, you are dissatisfied with your life.

Negative thoughts are only the waves on the surface of your mind. Deep inside, you want to tackle the real issue:

**How to gain back you full power and express your total potential.**

This is the real strategy: you want to shift your course of action and invest into activities which do validate you.

In such situations, the goals are truly to:

- **Be more successful with your life.**
- **Wake up your life power.**

- **Unleash your hidden resources.**

How long does it take to shift your personal base?

It can take a few months.

This is a reasonable target. You will shift the way you spend your day and the way you relate to others.

As you can see, you are not targeting your thoughts: you are targeting your actions and doing something about your life and the way you stand in it.

This is the real strategy: Action!

The goal is simple:

Step 1: Identify your area of dissatisfaction. What is the number cause of dissatisfaction? Is it because of professional failure, weight issues, lack of friends, a recent break up, etc.? What is your number one area of dissatisfaction?

Step 2: Design a strategy. Simply reacting to your situation is not enough. This is a battle. If you want to win, you need solid and effective strategies!

Step 3: Take action. Invest in this area. Do something about it. Make it your priority number one. Break through!

As you can see, negative thinking is only a trigger.

It is a form of alarm system which says:

“Look! Something is wrong. Let’s do something about it!”

This is what negative thinking tells you.

You can of course lower your expectations and learn to be satisfied with what you have.

However, when the power gap is real and you are truly underperforming in your life, taking action will be more effective.

In the next few chapters, I have analyzed key life situations which tend to generate negative thinking and negative emotions.

I'll show you some key strategies to handle these challenges.

These are only a few key ideas. Most of these topics are whole life coaching areas in themselves.

If you want extra resources on these topics, simply check [www.vitalcoaching.com](http://www.vitalcoaching.com) .

You will find extra resources in the form of e-books and articles on most of these topics.

# Life vision

Negative thinking can be generated by lack of life vision and purpose. You have this key question: "What am I doing here?"

In other terms, you are looking for meaning.

The plans and projects you have for your life are not exciting enough. You want more. You want to break through and simply achieve things.

Here is a simple strategy to handle this challenge:

Focus first on what thrills you

This can sound simple and it is! When you wake up in the morning, you often end up doing only practical tasks. Your driving force is not excitement. You simply do what needs to be done.

Your new goal is simple! Shift your mind set and focus first on what thrills and excites you.

Emotional fuel and motivation are very precious. They are your fire.

Use this fire as your driving force and focus at 100% on your passions.

Before you start your day, ask yourself: "What is truly exciting for me today?" And focus on that.

Everyone has at least some level of freedom. Use that freedom and focus on what thrills you!

## Social life

Social isolation and lack of friends can be extremely draining. If you feel isolated, you want to break the cycle.

This is tough and it is not easy to do, but it is within your range.

The goal is simple: Step beyond your comfort zone.

In other terms, take risks!

If you feel shy and insecure, it is often related with the way you see yourself and your body.

Confidence is a quality you build by taking action and challenging yourself.

Every time you step back within your comfort zone, you reinforce hesitations, doubts and isolation. Don't!

Move forward and develop new social skills. Make it your priority number one for the coming month!

Invest in it!

Establish contacts online. Use forums or dating sites as a training ground.

The number one quality people look for when going out is fun!

Dare to be fun!

Shift the way you dress, open up and do challenge yourself. Anything you try is a success. Don't worry about outcomes and don't let anyone or any rejection stop you.

Social life is challenging. People do confront you. They judge you. This is a place to build character and wake up your full power.

Focus on fun and dare to take action!

## Positive thinking

Give yourself what you want!

Take back control of your social life!!!

# Business and professional success

It's a fact! Many people are dissatisfied with their jobs. Businesses and organizations can be constricting and limiting for your own growth.

This can happen. You can spend the next few years of your life complaining about a job you don't like or sit down today and truly look deeper into what can be done about it.

Make it your priority number for the coming month.

You might be surprised to discover new ways of standing in your profession. Sometimes your actions simply don't match your task.

We would of course need another e-book to treat this subject.

However, take simply the time to sit down and truly ask yourself:

"What can I do about it"

If you feel like you need extra power to break through, follow the links at the end of this e-book and sign in for a few coaching sessions.

I'll show you some powerful strategies to unleash your full power.

Same goes for business success. If you own a business and are not getting the results you want, you can do something about it.

Again, doing business is a battle. It is competition.

To win, you need effective strategies.

To design strategies, you need at least to sit down and think about the key challenges you face and how to solve them:

Is this a marketing challenge?

Is your product solid enough?

Are you facing organizational problems?

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Who could help you with that?

Is this a balance work/free time issue?

Are you simply bored with the present goals or products?

Etc.

As you can see, there are dozens of key challenges you can face with your business. I believe that there is a solution for every challenge.

The answer can sometimes be that you can't win with your present action line.

However, your life is easier when you know about it than when you don't.

Do what it takes to gain clarity and design effective strategies to deal with the challenge.

It might take you a month. It might take you six months!

The truth is that negative thinking loops do not help with that!

To break the cycle, use your mind in a different way: analyze the situation, design effective strategies and take action.



# Love life

Another vast area in your life!

The key to love satisfaction is to stay master of your love, not a victim of it.

What you want is simple: You want to own your love life.

Love is not something which happens to you. Love is a core source of power and energy inside yourself.

You decide when you give it and to who. You are in charge.

The key challenging situations with your love life have to do with:

Finding someone: Is this your challenge? Do you get trapped in negative beliefs because you are single and want to meet someone?

Mastering the dating environment: Once you start dating, the goal is to thrive with your love experience without losing yourself. You lose yourself when you love someone who does not love you back enough.

Designing a harmonious relationship: How to deal with fights, jealousy or other challenges. This is another area where new skills and strategies are definitely welcome

Dealing with a break up or divorce: A break up is tough. If this is what you are going through, I know exactly how you feel. A break up is a battle situation. When it happens, the goal is simple: get your full power back.

These are some of the key challenges you can face with love and dating.

In this area, coming with the right strategy and mind set is essential if you want to succeed.

The trick is that most of your dating skills are simply discovered and learned on the spot. You tend to improvise and simply react to situations.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

The goal is to step back and understand a bit more about love and power dynamics.

Once you see really how dating and love works, it is much easier to come with effective strategies and behaviors.

The greatest mistake you can do right now is believing that you have no control over your love life.

100% wrong!

You do have great influence! In fact you are the person who has the greatest influence over what your love life looks like.

Do you realize that you are actually the designer of your love life or relationship?

Take steps and dig into it.

If this is your number one challenge, make it your priority number one for the next month.

I am serious! Drop everything else and decide today to dig into it.

It's your life! You are worth it!

# Family expectations

High family expectations and demands can be very draining for you and make you very unhappy.

This can happen with teenagers and young adults in relation to parent's expectations.

If you are in a relationship and have children, you can spend your life doing things for your partner or your children without ever having a minute for yourself.

This can be draining and make you loose contact with who you are.

The strategy?

Learn to be selfish.

Really?

Yes!!!

You are the most important person in your life!

Put it this way: your moods and emotions influence everyone! You are an example for those around you.

If you fail to be happy and satisfied about your life, everyone loses.

Your time and energy are precious.

They were given to you!

They do belong to you!

No one but you owns your life!

You are priority number one.

Create space for yourself and focus first on what you want!

## Positive thinking

You are master of your actions, attitudes, thoughts, emotions, time frame and personal space.

You are in charge of your life. No one else is.

Gain back control over what is yours and give when you want to give, not when you are forced to.

# Body

Your body is your temple!

It is your greatest asset together with your mind.

The number one challenge in today's society is related with weight issues.

Over eating can be a self destructive spiral.

It tends to be addictive and lead to health problems, lack of energy, lack of mobility and life dissatisfaction.

It impacts negatively on your self esteem.

This is a big subject and again, I would need a new e-book to treat this topic.

Here are two simple principles to feel great about your body:

Exercise

Healthy eating habits

The key is to combine both and establish long terms habits and behaviors you can easily maintain.

Anything which is based on discipline only will fail.

Why is that?

Because you want to feel excited about your life.

Your first driving force is excitement.

Any new life style habit you establish in your day must be based on a positive enjoyable flow rather than a restraining one.

The main mistake is to try to create habits which are too rigid and based on discipline only.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Any new step needs to be fun.

Moving your body and gaining back control over the way you eat are the two essential steps in succeeding with weight related issues.

If you feel a lack of power on that level, do something about it.

I can help you design new life style and habits which will shift the way you feel.

Get in touch. I'll tell you more.

## Foreign country

Being in a foreign country can be tough! You can feel isolated and pressured in a social environment you don't master.

This is a well known phenomenon within the expat community.

It happens especially to wives who travel with their partners and miss a sense of personal purpose.

How to handle this challenge?

Connect with a global community!

When you are in a foreign country, no matter how hard you try, you might still feel and be considered like an outsider.

It's true by the way! You are an outsider!

You were not born in this city. You came in only a couple of years ago. You arrived in a community which has its own invisible rules and accepted behaviors.

For the locals, you can be seen as a threat.

Why is that? Because you are different! You speak with a different accent and simply come in with something new.

Something else is going on: power dynamics.

When you arrive in a new city, those who have been there for longer have greater power than you have.

They "own" the place. They own the space.

You show up and actually "challenge" their space.

Observe the way you react to a couple of new neighbors.

You might welcome them, but you might as well "check them out" and judge some aspects of their behavior.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

This happens naturally. It is your way of establishing a connection and staying in control of your territory.

What do to do about all this?

Connect with the global community.

You have two types of “roots” in your life:

Your local roots which are related to where you were born and the places you lived in.

Your global roots which are the connections you established with the planet and the vaster human family.

When you travel and for instance, visit the pyramids of Egypt, you connect with your global roots. You dive into deep layers of your past and your consciousness and establish a connection with an ancient civilization. This has nothing to do with this life time.

These “roots” you find in Egypt are about human consciousness.

They are a connection to something much vaster than the place you were born in or your local community.

You can as well connect with the “global” community when you are online.

If you log on to a dating site, you will meet people from all races and countries.

This is a global community.

No one will say you are an outsider in this kind of community. Everyone is on the same level, no matter where you are.

You can as well establish a circle of friends which stretches over the 8 continents.

This is what expats tend to, right?



# Confidence gap

Here are other ways of putting it:

- Lack of initiative
- Being shy or anxious
- Hesitating too much

All these challenges have something in common:

A power gap!

The goal is simple: Wake up your conquering power!

You build confidence by designing effective strategies and taking action.

Every time you sit back and doubt, fear or hesitate, you reinforce your negative beliefs.

Every time you take action (whether you succeed or not), you reinforce your sense of initiative and risk taking.

It is okay to try and experiment. You don't have to succeed every time.

The best way to learn is to try.

That's what you do when you are a child and that's what you should be doing as an adult.

Keep trying and experimenting.

Face your fears! Challenge yourself! Take risks!

This is the best way to wake up your full power

# Sense of connectedness

Sometimes, it is not friends you need.

You want something deeper like a sense of connection with the planet and humankind.

In fact you don't know exactly what you are looking for but you know that something is missing.

You can't truly say "what" but you feel the urgency to start searching or looking for deeper meaning to your life.

This is a spiritual quest.

Again, it is a vast topic and we'll need another couple of e-books for that one.

You want to connect with your sense of universality.

You have two identities in you:

- **The first one is your personal identity.** It is the person who wakes up every morning, works, loves, laughs, etc.
- **The second one is a universal identity.** This is the aspect of you which is connected with life, the planet, humankind and the cosmos.

You can sometimes see yourself as this being on a blue planet and realize how vast space is.

It suddenly strikes you that you are here on this blue sphere on a galaxy and you simply realize the vastness and reality behind that.

If you feel like you want to explore and understand what is really behind life, the goal is to start searching for answers and ways to expand your awareness.

You want to expand your awareness and stay master of your existence.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

You want to open new doors in your consciousness and simply tap in you full human potential.

Again, I can't say more in this e-book.

Contact me for more.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# I want to be more positive

Here are some key ideas on how to be more positive:

- **It is my choice!**

Being positive is first a choice. What is going on in your mind is your decision first. You take responsibility for your thoughts, actions and emotions. You won't shift negativity in one day but the first step is to decide to do something about it.

- **What is negativity?**

Negativity is a frustration. It is a fire, will power, life force which is blocked, stacked and can't find a channel of expression. Negativity is a natural instinctual response to a threat. It is a protective reflex of your mind. It is aimed at defending your inner territory from outer aggression.

- **To be more positive, stay away from what is negative**

People, thoughts, mind patterns, attitudes, activities, substances, colors, terms, objects, music. The list is endless! Every time you choose, you are actually selecting a state of mind. In what are you investing your time and energy? Check your CD collection, your books, the people you spend time with.

- **Integrate what is positive in your life**

Use terms like love, care, happiness, excitement, joy, pleasure, fun. Use these terms more often. Take action which stimulate your life force. Positivism has to do with flow and freedom, openness, feeling of power. Take actions which reflect positivism. Positivism is a territory to be conquered. Use your power to get where you want to be

## **Being positive is a choice.**

When you let negativity flood you, you are simply being tolerant with yourself, tolerant with something you know is destroying your life and sending you where you don't want to be.

You are in charge of your life. You are the architect of your existence. You are the person who has the greatest power and influence over your mind.

You have all the skills and power to be positive in life. All you have to do is make a choice! Take a conscious decision about it and **make this the priority number one in your life.**

It means investing at least time and energy in yourself.

Taking action means taking at least small risks. Your attitude towards risk must radically shift. Risk is my friend! I love risk! Risk gives you the power to take action.

Action is what takes you from where you are to where you want to be. Trust and do it. Start feeding your goals!

Gaining clarity and focus towards your goal is accessible to you. All you have to do is **become superconductive to life.**

Doubts, fears, hesitations are closed doors. They are what holds you back. When you listen to your doubts and fears, you are holding back from life. You are feeding inaction and passivity. To break that cycle you have to take action. Start by small steps. The first thing that comes to your mind.

You can be a renewed person within a couple of months. Action is what takes you from where you are to where you want to be. Trust and do it. Start feeding your goals!

Action is your friend! You love action!

Recognize an open door when you see one.

# Enjoy life more

Here are some key ideas to enjoy life more:

- **Focus on what is fun, thrilling and exciting**

You make hundreds of choice every day about your activities, what you want to do, who you are going to see, etc. From now on choose for what is fun and thrilling rather than what is practical and already explored. If it's new, go for it!

- **Become super conductive to life**

Respond to occasions. Respond to what comes to you and let life flow in those directions. Stop resisting life!

- **Focus on the human side**

Put humans first. Give and enjoy social contacts. Strengthen your social skills. Give to people what they need.

- **Give rhythm to your day**

Same as music, rhythm is fun. It increases life. When you split your days and shift activities, speed up, slow down, you intensify your day's flow and life force.

# You want a solution?

Happiness is an energy you can create, a skill you can learn. It is related with how you see your past. It is as well related with your life vision or what you see in your future.

You are the architect of your happiness.

## What is that life skill?

"How do you create happiness?" is the next question.

What is your opinion?

Here is what you can do:

Take a white page and **write down 10 simple actions which could create happiness for you**. Write down the first things that come to your mind.

Take a decision to **give these actions priority in your life**.

Take 5 steps a day which make you more happy!.

**>>>>>>>> Do first what makes you happy!**

You are aware of it! Happiness is a choice! It is a decision you take!

## **How do you find inner security and inner peace?**

Security is about being able to protect yourself and your mind space.

This means creating clear boundaries and expressing your natural protective power.

You are bombarded daily by millions of psychic impressions which impact on our mind and leave a form of blue print.

Digesting all this information, impressions, what we call feelings creates stress and demands energy from you.

Gaining security means clarifying and freeing your mind and maintaining your inner space free and open without feeling vulnerable.

How do you do that?

Creating a strong emotional foundation, both on the physical and mind level.

Gaining inner peace means clarifying your mind and your life from whatever is creating stress and developing a mind vehicle which is able to deal with life's pressures without being flooded.



## **If you are afraid**

90% of fears in you are irrational. The best is to take steps to stretch your comfort zone.

This is a simple training process. Suppose you are afraid of heights.

Go to the exact limit you can comfortably stand. Stay there for a while without moving. After that take a minute step forward and stop. Step back. And step forward again. Step back.

The second day, stretch it slightly further. and so on.

Taming your fear means taming an instinctual response. the key to your success lies in repetition.

This means that you have to invest at least some time and focus to get rid of whatever scares you. You can immensely stretch your confidence by taking these small steps.

## **If you feel angry with everything**

Anger is simply a fire or energy which is trying to break through. There is always a positive source of energy behind it and anger is the only way your mind manages to express that energy.

Behind anger, there is a positive source of power.

Look at a volcano, what do you see?

On one hand a volcano is this formidable source of energy. Engineers know now how to canalize that energy and use it to heat water in villages. An active volcano is as well incredibly magnificent. One of the great shows of nature.

On the other hand, a volcano can be powerfully destructive and annihilate life all around it.

How does a volcano work on the first place? A simple process: excess of pressure underground.

Your anger is the same: an excess of pressure inside. You can use this excess of pressure to channel it in the most creative directions or you can use it as a destructive force. It is energy wanting to break through.

What you need to add are new skills to use your source of energy in a creative way. Trying to suppress a volcano won't work. The energy is there. You have to use it.

How do you use that energy?

Take a white page and write down what comes to your mind.

What is the best use for the extra energy you have in you?

## **If you feel empty inside**

Feeling empty is not usually a nice place to be in. May I give you some ideas? You can of course use them as you wish...

The feeling of emptiness is related with a lack of spiritual connection. There are good chances that when you hear the term spiritual, you have many ideas and feelings coming to your mind. It could be that these feelings are extremely negative. The thing is that it is precisely in the spiritual dimension that you usually find the missing link.

Spiritual awareness has nothing to do with religion. When you hear the term spiritual, you might think of someone trying to convert you to some form of belief system. For your own sake, put this idea aside for a while, and open just a little bit to another perspective.

Spiritual is about the spirit which is in everything. You can find it in business, relationships, contact with nature, fun, free time, anything. It is always there. Now when you want to make a living and earn some money, you work and in exchange of your work, you receive a salary.

Spiritual oriented actions function with the same principle except that the salary of your actions won't be money. It will be something else. What is it?

It is a quality, an energy, life force, joy, happiness. When you get lots of it at a time, we call that bliss. If there is even more it, you could call it spiritual trance which is an ecstatic state of intense joy.

How do you reach these states? You reach them through action and opening up. It can take time and practice. Depending on your mind patterns, this "filling up" of your being can happen very fast or take long years.

Here is the problem: while you are reading these words, something in you might be rejecting them and rejecting the energy behind them. Why? because of conditioning and ideas you did build up over the years towards anything spiritual. You laughed at these ideas and learned to reject them.

## Positive thinking

The trick is that this is why you feel empty. You are rejecting the very source of energy which can help you. It's okay. It is just a natural way of protecting yourself and your mind space. You never know what you will find there, beyond the limits of what you already know.

I am well intended and for me it won't make a difference if you do something about it or not. Of course, I would enjoy seeing you happy. What I mean is that it is your life and only you can do something about it.

I can only tell you these words. What will make a difference is action. Your action! It is really up to you.

Your life is in your hands.

PS: there is a chance that you are open and feel that your life is actually quite "spiritual". If it is the case, it's only a matter of persevering and going deeper into it. It's just a matter of time and further action.

# If you feel isolated

Here are some key ideas about breaking the isolation cycle:

- **Become super attractive to yourself**

Let go of what is unattractive in you. Become super conductive to life. Respond to opportunities.

- **Take action**

Breaking the cycle means stepping beyond your comfort zone. Take steps every day to break that cycle. Respond to those who contact you. Take small risks.

- **Develop your social skills**

Learn to listen. Smile. Be outgoing and fun to be with. Develop an interesting life. Don't be self absorbed.

- **Build up energy and vitality**

Energy and vitality are super attractive. the more you have of it, the more people want to be around you. Develop a healthy life style. Exercise. Eat healthy and energizing food.

# **I had difficult experiences in the past**

Negative past experiences can be extremely disturbing on a daily base. Is this a deep burden in your life?

Clearing your past means taking back control over your life. A Negative past experience might feel like an intrusion in your intimacy.

To clear that experience, the trick is to gain control over your life and mind. This means retraining yourself and your emotional reactions. It means as well developing new skills to protect your being.

The negative imprint in your mind can be strong and powerful. If you want this print to be gone, you have to replace it by something which is even stronger and more powerful.

This new imprint will come from your own mind and eventually as well from external help. It means gaining trust, confidence and power. It means reconquering your own mind space. In other terms becoming master of your being.

How? Taking small steps and retraining your reaction in key challenging life situations. Start by infinitely small non challenging steps and then move to bigger steps.

# I have lots of negativity in me

Here are some key ideas to deal with negativity:

- **Negativity is an excess of energy**

It is a potential which is not used and saturates your emotional body. Dealing with negativity means finding channels of expression. This means taking at least some risks and exploring new territories.

- **Use your conquering power**

Negativity is a natural instinctual response aimed at protecting your territory. You might feel invaded, frustrated by other people's actions. In the moment you turn around that state of mind and start taking action (no matter what), you transmute a blocked stream of life force into a positive creative power.

- **Don't feel guilty about negativity**

It's not that bad. In its essence negativity has to do with your inner power. So the source is a positive force. If you systematically withdraw and avoid expressing what you feel, you suppress lots of emotions and block all energy from streaming. Use that basic power and force. Do something with it. Practice sports, exercise, energize your body.

- **Take a decision to do something about it**

You are the master of your mind. You are the one who has the power to decide what goes on in it. Put it that way: if you don't do anything about it, who will? Tolerating something you don't like in you takes lots of energy. It drains your life! How long before you decide to do something about it? What would it take to change a negative or destructive mind frame?

# **I hesitate too much**

Every time you sit back and hesitate, you feed your doubts and strengthen your present situation.

The key to take steps is to accept that your actions won't be perfect. The best way to learn is to experiment. To clear your doubts, and get answers, you test the waters with some small steps.

The key behavior here, is to take small non committed steps instead of hesitating.

Another key behavior is to choose one time right, on time left: alternate your choices and give some space to both options.

To stop hesitating, you have to train a new behavior in simple non challenging life situations. It would take you just 1 week to ground this new behavior in your life. Taking action is a life skill you can learn and train.

When you stop hesitating and take action with trust and confidence, your life will radically shift and flow with renewed freshness.



## **I wish I had a partner**

The key to find a partner is to go from passivity to action. Taking action is the key.

If you feel like you can't move, the best is to take infinitely small steps. there are endless daily occasions to connect and take it just one step further.

To do that, you have to take a small risk, which means stepping beyond your comfort zone. To find a partner, you have to do things you never did before. Stretch you present limits.

Of course, this requires some form of decision on your side. Put it that way: Nobody can do it for you. You are the only one who can get moving and change the present situation.

Things can be different. Truly, it all starts with this key decision you can take right now. Take a white page an instead of writing: "I wish I had a partner" , write: "I want a partner".

Your desire is your emotional fuel. Your desire is what build up motivation and gets things moving. This is the first step.

# I lack energy

Here are a few areas you can start with if you miss energy:

- **Diet and exercise**

Change your diet, get the input of vitamins you need: more fruit, vegetables. Get rid of junk food. Exercise regularly, move your body, get fit.

- **Is something draining you?**

Check your relationship with people in your life. Establish clearer boundaries whenever needed to protect your personal and mind space. Is anyone in your environment draining you? Work, family, friends?

- **Emotional fuel, excitement, motivation**

Check you daily activities? Are you excited about your day? Focus first on what truly thrills you. What are the activities you find exciting? Make them priority number one. Focus first on what is fun and exciting.

# What am I doing with my life?

Things are really not going the way you want?

Can I ask you a direct question?

"Do you actually want to do something about it?"

In situations like these, you get actually used to your present mind set. It takes determination, and will power to take action and actually change something in your life.

I feel that right now, the main thing you want is recognition of where you are at. You want validation. You are not saying something like: "Gosh. I am sick of this! I will do whatever it takes to shift it!"

This is the real challenge.

Right now, you are still in the "nurturing" stage. You look at these emotions and feelings. You don't like them but I believe you still did not reach your "saturation point".

What is this "saturation point"? It is this exact moment you decide to take action.

I believe that you are the master of your mind. You are the master of your existence. You are the person who has the greatest influence over what happens in your life.

It takes power and determination to "conquer" your life. You want to own your life tools. You want to own your energy! You want to wake up every morning and think: "Whaou! A new day!"

What gets you excited in life is valuable goals! It is values, causes and actions your are ready to give your life for.

You can connect with a new mind set! You can aim for new refreshing targets in your existence but to succeed, you want to make it your number one priority.

## Positive thinking

Doubts, passivity and hesitations are your enemy. What brings you from where you are to where you want to be is action.

You don't know the right path? No problem. 90% of what you learn in life is about trying and experimenting. If you want to shift your mind set, you need to take action, try, experiment and see any step as a learning experience.

I am not saying this is easy to do. What I can guarantee you is that the moment you "wake up" and start taking steps (no matter what they are) you tap into a new set of inner resources. Call these resources your conquering power, your fighting skills.

It takes power and determination to break through an existing mind set. Change is always stressful and challenging. Every time you try new things in life, you always get in touch with a new set of thoughts, emotions and energies you need to integrate. This is why any change puts you under pressure. This is why many people will stay within a comfort zone they don't like rather than taking risks and stepping in unknown territories.

I admire you! I admire your move. You posted a question and got some great answers.

You have a positive base in life. Now, you could have much more but I believe, you'll need to fight for it.

Wake up your full power! You're worth it!

Does this make sense?

## Feel stacked!

It feels like your life wants to connect with something new and refreshing but you don't really know where to find it or how to express it.

It's quite normal and it is really good to sit down and ask yourself these questions.

Staying socially active requires skills and determination. You need to give it priority, stay open, respond to opportunities and widen your horizons. Don't reject any opportunity. Go with the flow and be spontaneous. Dare to open up and do things you never did before.

Every time you step beyond your comfort zone, it feels challenging. This is why you usually tend to sit back and wait for things to come to you.

If it's not happening it is time to conquer a new territory. This requires power and determination. You can for instance go online and make new contacts with girls in that way.

Realize that you can't expect your professional environment to provide you with these opportunities. Right now, you seem to rely on that. Mistake! Work place romances can be tricky anyway and the chances that you meet the girl of your dreams at work are very slim.

You need to stretch yourself and make it your priority number one. Learn more about flirting and seduction (there is loads of free tips about this on the net). Merely thinking about it one day is not enough. Immerse yourself in it.

This is about personal growth.

You'll learn a lot about yourself by taking steps. If people don't call you, takes steps and call them. If they don't respond, establish new contacts. It takes power and determination to break through.

Now is the time! Now is your time! Step forward and do whatever it

Positive thinking

takes to connect. You are 100% worth it!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# How do I make this broken record stop?

A broken record is like a program. Something in you picked it up and started playing it one day.

It is rooted in your mind because it was associated with strong emotions.

Now, you want this record to stop, right?

You want to have another set of thoughts in your mind.

The reason the record keeps playing is because emotions are not digested. These emotions try to find a way out but don't have the space to be expressed.

If you want to release these thoughts, the best is to have a chat with your friend. Say something like:

"You know what, I believe you and I have a strong friendship and I don't want anything to stand on the way but somehow I am angry with you for something which happened. As long as I don't tell you, it will stay around, do you know what I am talking about?..."

To tell you the truth, these thoughts you have are a natural defense mechanism. It is an instinctual response to an aggression or attack on your life or your mind.

These thoughts happen because you have natural fighting skills. The moment you dare to express what you feel, these thoughts will stop because you give them space.

Don't feel guilty. Express what you feel and move on.

This is an occasion to learn to express what you feel and defend your life. The moment you do, you'll be able to stand with a stronger emotional foundation. This is part of your "character building".

Positive thinking

[www.vitalcoaching.com](http://www.vitalcoaching.com)



# Part 12 – Your happiness tools

If you want long term happiness, you want to arm yourself with the right tools.

These tools are mind sets, beliefs, key ideas and attitudes you can wake up in your life.

In the next few pages will invoke some of the key pillars which give your happiness power and strength.

# **It is time for change**

Change is a very subtle mechanism in your life.

It is a transition.

Right now, everything supports your change.

Everything support your evolution and your stepping forward.

Trust this force.

However, change is challenging.

Every time you shift your mind set, your enter into a new territory which requires you to integrate new energies.

This is why you tend to resist change: It is because change tends to put your under pressure.

It is usually easier to stay where you are than to move.

Change requires energy.

It is a move.

It is an action.

## Remove obstacles

The path to happiness is simple: remove what is on the way.

If life flow generates pleasure, then remove what stops life flow.

Life flow is rhythm.

It is exchange of energy.

In other terms, be superconductive to life.

You are a unique being and no matter where you are, life always flows in your system.

Remove doubts and hesitations and replace them by trust and confidence.

You want more power to do this.

Happiness is a territory you want to protect.

Destroy anything in you which stops the flow of life force in your system!

Annihilate it!

Dissolve it!

Remember that you are connected always even when there is no external response.

Your path of power gives you the tools to preserve your mind space.

This is the invisible support and love you get from nature and the planet.

Why do we talk about mother earth?

Because the planet is your home.

## Positive thinking

Even when you are not nurtured by other human beings or friends, the planet and nature still do nurture you.

Have you ever felt blessed out or happy by yourself.

Have you ever felt a sudden desire to laugh or smile to yourself.

This is a drop of bliss.

Where did it come from?

How did it happen?

It was the sudden flow of joy and life force.

When you feel any form of spontaneous bliss, joy or pleasure, it is because life flows in you.

It is the activation of your happiness channels.

The love from the planet or a universal sea of energy sustains this bliss.

It opens doors.

Any place.

Any time.

It is a basic human quality to be connected with the universal life power.

Everyone is!

Some are aware of it, some are not.

Now, life force is a precious substance.

You want to wake the power to stay master of it.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# Master your life power

Sometimes, after you feel happy, you are almost afraid it will go away.

You feel a cycle of energy, going.

You see yourself going from a moment of pleasure to sadness or another negative emotion.

The reason this happens is because your "happiness channels" are not strong enough yet.

Your mind gets invaded by negative emotions and bliss tends to fade away.

Your mind is your territory.

You decide what happens in it.

Happiness is something you build consciously.

The moment you feel your happiness channels being shut down, go and do something about it.

Your life is your territory.

Imagine a pile of gold sitting somewhere on a mountain top.

What would you do?

You would conquer obstacles to reach it, right?

You use your conquering power.

This is your ability to wake up a fresh stream of determination and go for it.

Relate to happiness in a similar way

Happiness is a territory to conquer.

## Positive thinking

It is in you.

It is in your mind.

## Quest for beauty and harmony

There is a moment when the battle stops.

You no longer conquer but you nurture your inner being.

What protects you ultimately is the refinement of your mind.

Imagine a dense tropical forest.

It is fertile and sometimes can't be penetrated at all.

This intertwined vegetation is the result of organic expansion.

Happiness functions in the same way.

Once your mind is fertile to it, happiness simply grows and expands in a refined way, creating a protective inner ecosystem.

Happiness is nurtured by love.

When you care for life, you exchange love.

It is sometimes enough to have a plant and to water it to feel this exchange of life force.

It is as simple as that.

When you plant a few lettuces in your garden, you nurture the forces of nature and offer some support to creation.

This is why people choose to have pet.

It gives them an extra connection with a source of life force.

You share energy.

You love and give care.

When you actively care for your children, you take a similar step.

## Positive thinking

You give love and nurture this inner space, this inner dimension of harmony.

Creation needs your help.

It needs you to participate in it.

As a citizen of the planet, you give and receive in return.

This the art of exchanging life force.

When you listen to music or cook a special meal, you create refinement in your life and in your mind.

It is this refinement which becomes your inner “tropical forest”.

Refinement is what nurtures and protects your happiness.

Music is sound.

Sound is energy.

Sound opens doors.

It dissolves resistance.

The moment you sing, you open up.

Try it!

Nothing stops you from trying it right now.

It is as simple as that.

Life force is everywhere and you have hundreds of opportunities to wake it up daily.



# Conquering power

Happiness is a territory to be conquered.

It is okay to use your will power and do what it takes to master your happiness.

No need to be soft with that.

Use all your weapons.

Use all your tools.

Imagine that you need to protect a child from an aggressor.

Use your weapons!

There are resources you are not using right now.

Why? because you believe it is not okay.

Showing determination to protect your life is okay.

You are fearless and it is okay to do what it takes to protect your joy and pleasure in life.

Suppose someone wants to put you down.

Defend yourself!

Fight back!

Do whatever it takes to not let this attack reach the core of your being.

Some forces are here to challenge your strength.

They are here to test your resistance and simply check if you did learn your lesson.

You can see life as a training ground.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

The ultimate goal is life mastery.

It is the ability to choose and decide for yourself what you want to have in your mind.

## **What are your energy sponsors and how to connect with them**

If you want to climb a mountain, you will look for sponsors who are ready to help you financially.

It is an exchange.

You carry their name to the top of the world and they offer you financial support in exchange.

On an energy and emotional level, this happens in the same way.

When you decide to study and your family supports you in that, they become your energy sponsors.

They provide financial and emotional support to help you with that.

In exchange, you give them love, respect and you make them proud when you succeed.

They will feel happier of course if you do succeed.

If you engage in politics, the same will happen.

You will have a party supporting your moves and backing you up with your campaign.

A business association can sponsor your start up.

A community can sponsor you with the education of your children.

Happiness and life force are as well sponsored by sources of power and energy.

What are these sponsors?

# What are the sponsors of your happiness?

Check in your past and remember moments you felt a break through of bliss or happiness.

These moments will be associated with an exchange of love, a feeling of openness in nature, a professional or sport success, a commitment, etc.

Can you remember your moments.

If you check the underlying dynamics of your joy, there is always and "energy sponsor" behind your pleasure, joy or happiness.

If you look into your partner's eyes and have this sudden feeling of love, the relationship or couple "spirit" sponsors your happiness.

If you are next to the sea and feel bliss when looking towards the horizon, you are sponsored by the energy of nature.

If you feel bliss when listening to a sonata from Mozart, your joy is sponsored by an artistic expression.

The conclusion is simple: there is always a "spirit" or energy sponsor behind your joy.

For you, it simply happens but in truth, happiness is a mechanism.

It happens for a reason.

It happens because a specific balance of energy creates a flow of life force in your being.

This flow of life force is an opening of your mind.

It is a freeing of tensions. It is a sudden flow of energy.

## **Here is an example: music creates joy**

The goal of music is to create bliss.

When you play music, it gives you comfort.

Live music will create a set of emotions which is slightly different than recorded music.

However, both tend to lead you into the same direction.

If you read a paper, you won't usually feel blessed out.

The news you read activate an inner reflection, thoughts and emotions which are quiet far away from music's refinement.

It can still be a form of bliss.

Imagine some people playing in the waves.

Look at surfers in the sunset.

You usually feel this mystical union with the ocean and the waves.

The conclusion is simple: different actions create different emotions.

If you want more joy and pleasure in your life, you want to perform more joy related actions.

Check in your environment.

Check your day.

When are the moments you consciously invoke or invite pleasure in your life?

If you are used to simply receiving, it's time to change your mind.

As long as you stay passive, nothing will change.

What brings you from sadness to happiness is conscious action.

You can wait for people to bring it to you...

It won't happen.

You are the designer and the creator.

Happiness is a "meal" you can cook.

The right ingredients will create the expected result.

Every time?

Not always.

At least, not in the beginning.

Happiness is however a "substance" you can learn to manipulate.

You simply become a master in the art of waking it up in you.

What do you need? New skills.

If your set of life actions does not generate happiness, it is time to add new qualities in your existence.

I am serious.

Different actions create different results.

Eating an apple creates a different result in your system than eating junk food.

It is a choice!

Every time!

It is your decision!

Positive thinking

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## **Where to start?**

Every journey starts with a small step.

Happiness is simply an accumulation of small steps.

When you start traveling in that direction, you might take a step, and think to yourself: "Are we there yet?"

wrong thinking.

That's not the way it works.

Happiness is a choice you make every day.

You choose for power, life force, joy, pleasure, passion, freedom, love, etc.



# Nothing can stop you

You already have all the power you need.

It is simple.

You already have enough energy to break through.

This is why you want to strengthen your links with your energy sponsors.

You want to strengthen you link with nature because every time you love nature, nature loves you back.

It is magical.

The same goes with friends or family connections.

Relating to others is a territory you want to conquer.

People can try to stop you, laugh at you or reject you for fun.

All these are battle strategies.

Why battle? Because there is always a conflict for power.

When you reach out to conquer the territory of your happiness, you create a new mind set which does give you extra power and resources.

People compete with each other.

As simple as that.

The one who masters happiness is sitting on a gold mine.

Truly! This is you.

This is why people can react to it.

Some friends can sponsor your moves.

## Positive thinking

Some others will get jealous and challenge you.

Try singing in the metro.

What will happen?

There are those who smile and enjoy it and those who cannot stand it.

You see: sponsors and challengers.

# **Wake up you happiness skills**

Creating happiness is a life skill.

Where do you learn those skills?

There are actually systems which teach you or show you how to build it up.

The Dalai Lama teaches a path of peace and happiness, right?

My website where you got this e-book is as well dedicated to sponsoring you in developing those skills.

# Emotional freedom

Happiness is a flow of energy.

When you get lots of it, it becomes bliss.

Even more? You get mystical trance or ecstasy (not the pill!)

Any moment of intense joy, pleasure or satisfaction is a break through of energy.

What happens when you eat?

You add life force to your being.

You give yourself new fresh energy.

Stop breathing for 30 seconds.

Then breathe again.

Why does it feel so good?

Because the air is filled with particles of oxygen and you need this oxygen to live.

Oxygen is life.

The moment you breathe, you connect with life.

What about sex?

A sexual orgasm is as well a breakthrough of energy.

Symbolically you open your being for the possibility of creating a new life.

Having sex is specifically manifesting a new life or bringing a new life into incarnation.

What happens on your mind level?

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Your inner doors open up.

You are freed from the limitations of your own mind.

This is why it feels good.

## **6 easy steps to establish a new positive habit in your life**

Your mind is a subtle ecosystem of forces and energies.

It is organic in essence.

It is alive!

When you feel unhappy, it means that some quality is missing: it can be power, love, energy or anything else.

If you want to shift your mind set, you want to add the quality which is missing.

The best way to add this quality is to take action in one way or another.

Habits are actions you perform regularly.

They are the result of a conditioning.

These habits are steps you learned to take in life and which maintain the frame of your day.

Now, some actions do generate a very positive flow of energy.

Some other actions drain your system and stop your life force.

When you consciously establish a new habit in your life, you design a new architecture which empowers the way you stand in life.

Take a simple habit like having a good breakfast when you wake up.

You think: "Yeah! Right... What does it change?"

The answer is that "it changes everything!!!!"

When you establish a new habit, you take control!

You decide what your day is going to look like.

Now, having a good breakfast is only one habit.

Now, imagine what happens when you establish 20 new positive habits in your life!

What do you think the impact would be?

Your day becomes a succession of positive steps and you jump from one island of power and strength to another island of power and strength.

When your day is filled with positive actions, your mind feels totally empowered and vibrant!

Now, you probably think that this is lots of effort, right?

It's not!

It requires more effort and energy to be unhappy than to shift a simple behavior.

I agree with you: any change in your life requires energy and focus.

Now, energy is like money you invest in the stock market.

If you invest it wisely, it multiplies!!!

This is good news!

As soon as you connect with positive sources of energy in your being, life does the rest.

You are not breathing with your will power right now.

It simply happens.

It goes on by itself without you making any effort.

Happiness functions in the same way.

It takes some focus and energy in the beginning because you shift habit patterns and mind sets.

You integrate new energy in your system.

This energy shifts things around and “reorganizes” your inner world.

This is why you feel a slight stress on your being when you engage yourself on a new path.

Here are some key elements you must respect when establishing a new habit:

- **Establish one new habit at a time.** For instance if you decide to have a healthy breakfast from now on, focus on this habit only.
- **Focus on your habit for a week.** In the beginning, you need to practice it. You can add another habit the following week, while maintaining what you already learned.
- **It takes 1 to 3 months to really own a new habit.** Once you invite this new habit in your life over a week, be aware that it will take 1 to 3 months for this habit to be firmly established in your life. Conclusion? Stay focused!
- **Focus on your top priority.** To establish a new habit, you need motivation, desire and will power. You will get all those only if the new habit you want to manifest in your life is really exciting and important to you. Focus on what truly matters.
- **One day a week, simply let it go.** When creating a new habit you can generate a slight stress or pressure. One day a week, release the stress and simply let go (Sunday is usually a good time for that). Everything in life needs a rest. This will make sure that you can maintain your habit on the long term.
- **Choose exciting targets!** Focus on what thrills you! If your new habit is boring, it will die by lack of emotional stimulation. Focus on what thrills you and you will build up excitement and energy.

I guarantee you that if you respect these 6 elements, you will be able to invite new positive habits and attitudes in your life.



Imagine that every week, you focus on a new habit, imagine the effect that this can have on your life within a period of 3 months.

It is a direct and simple way to renew your existence and shift around what you no longer want.

Here is how you can start:

- **If you could shift one element in your life between now and next week, what would that be?**

Now, write this down.

If the target you selected is quite vast, break your target into small "affordable" parts.

For instance if your target is "find a partner and have a happy relationship", break this target into small parts like:

- Sign in into a dating site
- Get myself a new hair style
- Go out at least once a week
- Exercise at least twice a week
- Etc.

Can you see how it works?

You break your target into small parts and focus on one of these new targets every week.

You create an environment and life style which is conducive for your reaching your goals.

Okay?

So now, you have your big target and eventually smaller individual targets.

Write these targets down.

Now, look at your list or single target.

Ask yourself:

- **When can you start?**

If the answer is “right now”, go ahead and take a step and take the resolution of focusing on this new action for a week.

If the answer is “later in the week”, take steps to prepare the ground and make sure that when the moment comes, you are ready for it.

The following week, repeat the same cycle of selecting a new target and focusing on it for a week.

This is only an example to show you the dynamics of creating new habits in your life.

You can start right now!

# **Part 13 – Key tactics to wake up your happiness**

Happiness techniques?

Yes!

Techniques!

Happiness is a mind set your consciously build in your life.

If it does not happen spontaneously, it is simply because your “happiness channels” are not yet fully opened.

What is a happiness channel?

It is a habit, behavior, mind set or attitude towards your life.

You want to perform at your best.

You want your mind to be your ally and help you achieve whatever you want in life.

Your mind is your tool. It is your vehicle.

In the next few pages, we will analyze exactly what to do to maximize the full potential of your mind and build up empowering mind sets.

## **Get rid of the victim role**

When your friends get used to you being unhappy, it quickly works against you.

When you receive pity and negative projections, it puts you into the victim role.

This is totally disempowering on the long term.

You must break the cycle and teach people around you how to look at you in a different way.

Shift your mind and don't let your friends, family or colleagues strengthen the victim role in you.

How do you do that?

You tell them!

If anyone tells you "So, are you feeling better today?" in a patronizing voice, stand up, smile and say something like:

"I am really excited about what comes up today. I have this meeting at 11 which I think will be a total success!"

A mind set is like a shirt you put on.

You decide the role you want to play.

## **Connect with positive sources of inspiration**

This might be the most important step along the line of establishing long term happiness.

Everything around you has an impact on your mind.

Connections, actions, activities, music, books... all deeply impact on your life and the way you feel.

If you take it one step deeper, you realize that happiness is about energy.

It is about your core beliefs.

It is about the people you connect to, your community and your profound sources of inspiration.

Coaching, personal growth or mind power are streams of inspiration.

There is an energy or a spirit behind them.

When you read this e-book, you connect with a specific source of inspiration.

It is the same source which inspired me to write it in the first place.

Having one book is one step.

Now imagine having dozens of links in your mind connected with positive streams of inspiration.

Imagine being surrounded and supported by a group of friends who strive to build up successful existences and make the best with their lives.

This goes beyond the personal development stream of course.

It touches spiritual values and profound beliefs as well.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

So, where to start?

Here is a simple technique:

Take 5 objects around you (book, CD, magazine, etc)

Put them in front of you and take a white page.

Now for every one of these objects write down the adjectives which come to your mind (like rational, inspiring, superficial, funny, etc)

Now in a scale between 0 and 10, give a mark to these objects about the power of the source of inspiration behind them.

For instance, if you feel that one of the books you have in front of you is very inspiring, give it a mark of 8 or 9.

Now, the next step:

Get rid of the object which scores the lowest!

I am serious!

Take it and get rid of it.

Take another white page and draw a circle on it.

This is a space of energy.

It is empty right now.

If you had to fill it with something which scores at 10 on the level of happiness, what would that be?

If nothing comes up, let it empty and keep this white open circle on your desk or stick it on your fridge with a magnet.

Next time you go shopping for clothes or anything else, before you buy, ask yourself this simple question:

"How high does this object score on the happiness scale?"

## Positive thinking

Decide right now to surround yourself with elements which score only 8 to 10.

Get rid of anything which sounds dark, pessimistic, heavy or unsolved.

Every object around you reflects on your mind.

It is a reminder of an energy connection you have with a source.

For instance a Hip Hop CD reminds you of a musical style and a certain way of thinking.

It is quite different than classical music or ethnic tunes.

There is a spirit behind it!

Check the spirit behind the things you own and if any of these scores lower than 5 on the happiness scale, get rid of them.

No cheating! (☺)

# Nurture your body mind and spirit

Imagine a garden.

This is your mind.

When you nurture your body, mind and spirit, you water your inner space with energy and care.

Love and care feed your being and you can give lots of it to yourself.

Here is a simple way to take active care of your being:

Next time you get paid, put aside 10% of what you earned.

This is for you!

You have been working hard for a month.

You deserve a reward!

Now, invest this money (energy) in yourself.

What comes to your mind?

- Holiday cruise?
- A new top?
- Training some skills?
- A bunch of flowers?
- A membership for the gym?
- Etc.

Any time you give yourself a treat, you send a clear message:

"I am worth it!"

And it is the truth!

You own this money!

Now, who do you think should benefit the most from it?

[www.vitalcoaching.com](http://www.vitalcoaching.com)



# Eat breakfast!

If you are struggling with weight related issues for instance, the natural tendency is to skip breakfast hoping this will lower your calories input.

Big mistake!

Your body is craving for energy!

When your body craves for energy, you become weaker emotionally.

This opens up the door to lots of vulnerability and you can get hit by all sorts of negative emotions.

You are of course aware of the body-mind link.

If your body misses energy, it is your whole emotional system which gets depleted.

The solution is simple:

Take 5 minutes to eat something healthy: my first choice goes for muesli, fruit and yoghurt.

No need to overeat.

Simply give your body exactly what it needs and your level of happiness will rise instantly.

If you do already have breakfast, make sure that what you eat is healthy!

This is one of the first messages you give to your body early morning.

It is one which makes a big difference!

## Connect with positive streams

A thought is a “mind object”.

A thought is like a wave on the surface of your mind.

It is an event.

It is the visible part of the iceberg.

If you swim in a river, what matters is not the waves on the surface of the water, it is the river itself.

Where does it take you?

Why do you swim in it?

What is its temperature?

How does it impact on your life?

A river gives you a direction.

A river is a source of inspiration.

When you wake up in the morning and read a paper, the news become a source of inspiration.

Choose your stream!

What are the sources of influence in your life right now?

You can choose!

Targeting the thought means only targeting the surface wave.

If you really want to have an impact on your mind, connect with empowering sources of inspiration.

This is why you sometimes buy an empowering book.

Now, the people around you are sources of inspiration.

Which ones are positive?

Which ones are negative?

This vast architecture of connections is the network of your streams of inspiration.

To develop positive mind sets, you need to connect with empowering sources of inspiration.

Do you realize that you are the architect of all that?

You choose for your daily and weekly activities.

You are the active creator of these connections.

You can choose what you connect to.

The first step is to identify the sources which do empower you.

The second step is to consciously organize these sources of inspiration in your life, time frame and mind.

The books you read, the music you listen to, the people you connect to, your community, your work, family, friends, inner growth and spiritual life are all streams of inspiration.

Now, for your mind development, you need to connect with a stream of inspiration which does empower you.

You want to connect with a system or a source of inspiration which opens new doors in your life.

If you have a book in your hands, what matters most?

Is it the book itself or a single word you just read?

Find streams of inspiration you can connect and relate to.

## Positive thinking

Positive thinking, empowerment, inner and spiritual growth are all directions which help you use your mind in the best possible way.

Now, if you want to train your body, you go to the gym, right?

You connect with an environment whose aim is to empower your physical body.

The same works for your mind.

If you want to empower your mind, you need to connect with inner and outer sources of inspiration which support you or give you the energy and mind sets to develop your mind.

The modern streams of mind power, self growth as well as spiritual development directions are all systems which help you maximize the potential of your mind.

On top of that, you do have inner sources of inspiration which do help you take the right steps.

Trust your instinct and consciously choose your sources of inspiration.

# Wake up your mind power

Your mind is your greatest ally.

If you get the feeling that your mind works against you, it is the sign that something is missing.

What is missing?

It is power!

Mind power!

Mind power is a natural resource of energy you have in you.

Mind power is the ability to be in charge of your life.

Your mind is a territory.

It is a space.

You own that space.

It is yours!

It was given to you at birth!

Your thoughts, emotions and beliefs happen within your mind.

They happen within your territory!

You are the person who has the greatest influence over what happens in your mind.

You are in charge!

The moment you realize this, you already wake up your mind power.

You wake up to the realization that you do have resources of energy inside yourself to protect and preserve your mind space.

Positive thinking

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Protect your mind space

When you have negative thoughts, images or feelings popping up into your mind, you can see them as an attack on your mind.

It is a form of battle and you want to develop new skills to make sure that you are the winner of this battle.

Your mind is yours!

You have the power to protect it.

Observe how it functions and do what it takes to protect your mind space.

Suppose for instance that someone judges you in a negative way.

You can either let this judgment take root in your mind and let it grow and expand, or you can reject this judgment, fight back and not let anyone put you down.

The moment you react and fight back, you use your power.

You instantly realize that your self confidence is under attack and you do something to tackle this threat.

In a day, you can have many situations where you let someone else's negative thoughts impact on you.

It can be an aggressive look you get from another driver.

It can be something your partner tells you just before you take off.

If you recognize a negative attack on your mind, do something about it straight away.

Identify the attack as an energy which puts you down and do something about it straight away:

- Respond to the person
- Consciously drop it

## Positive thinking

- Reject the thought
- Stay alert
- Etc.

In other terms, you need to sometimes see your day as a battle in which you need defend your inner territory.

You can call this psychic self defense.

The moment you realize what is at stake, you give yourself all the weapons you need to stay in a clear mind set.



# Energize your being

The way you feel in your body directly impacts on the way you feel in your mind.

If your body is low on energy, you will naturally tend to feel low emotionally.

There are two main ways of influencing the way you feel in your body: exercise and diet.

If you don't move your body enough, you miss energy.

If you over eat or eat unhealthy, you will naturally lower your energy level.

Don't underestimate the impact this has on your mind.

A full stomach stops you from performing well or keeping a clear mind.

Modern lifestyles are challenging for the body.

Sitting on a chair or driving a car are not "natural" activities.

However, there are dozens of ways to maintain a high level of energy in your body.

Make sure you give your body what it needs.

Your body and your mind are your greatest assets.

Respect them and give them what they need.

# Love, respect and positive outlook on life

Love nurtures your life.

Now, love is giving and receiving.

When you give, you encourage the flow of it in your life.

It works both ways.

As long as it streams in your existence, you tend to stay more happy, healthy and in harmony.

Love is about the way you relate to yourself and your environment.

Love is a quality you consciously invite in your existence.

How do you invite it?

Through action!

Watering a plant is something which sounds simple but it does have an impact on your mind and personal environment.

It sends a clear message: "I care".

Try saying "I love you" more often.

Love, respect and care are your ways of nurturing yourself and those around you.

It builds up harmony and invites peace in your being.

You can express both love and power in your life.

These two qualities complement each other harmoniously.

Dare to take the step when you see an opportunity to express your love, care or respect.

Positive thinking

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# Search for meaning

Your life is a mystery.

I mean, when you realize that you are a living entity somewhere on a blue planet suspended in space in the Milky Way, you can drop everything and search for answers.

You touch here on your spiritual identity.

Life beyond the limits of rationality.

Some form of spiritual connection or belief usually gives you an energy base in life.

It gives you a mind set which answers some of these profound questions.

A way to empower your mind is to invite some form of spiritual reality in your life.

If you are religious, this might mean exploring deeper levels of your spiritual life through prayer, meditation, rituals or other practices.

There are dozens of ways you can connect with your spiritual identity.

Many spiritual streams focus on the idea of happiness, inner peace and even success and satisfaction.

This is such a vast topic!

I would truly need another e-book to fully cover that one.

# Get rid of what holds you back

What holds you back is in the past.

It can be anything: old memories, objects, negative experiences, draining connections, etc.

If you want to move forward in your life, you need to create space!

If your mind and life are full, your future can't open up.

Drop it!

Let go of what you no longer need!

Identify what drains you and make sure that you remove it from your existence.

# Connect with your destiny

Your destiny is an intelligent entity.

It is not a fixed set of actions and events in your future.

It is more like a river you swim in.

Along the way, the details of your life travel are not yet fixed.

However, you do have a vision of where this takes you.

Goals, life vision and destiny are all aspects of your future.

This is your perspective.

This is what you look forward to.

Part of the energy of your mind is aimed at opening doors into your future.

The moment you take a good decision or make the right choice, you get this empowering feeling of inner freedom.

Connecting with your destiny is an art!

It is at the very core of positive thinking and positive mind sets.

If your line of action takes you in the wrong direction, you feel systematically drained and unhappy. You know something is wrong!

The negative thoughts are simply a surface reflection of an unattractive destiny line.

Don't try to shift your thoughts!

Shift your destiny line instead!

This is the true empowering step.

# Positive mind sets and values

Values are your core beliefs.

They are the foundation blocs of your mind.

Love and respect are values.

Ambition and expression of your needs and wants are other values and mind sets.

Some negative values and mind sets disempower you.

In fact they don't solidify your mind. They make you vulnerable and pessimistic about life.

See yourself as an architect!

You can choose right now positive mind sets and values.

What does it take to shift a mind set?

One to three months of focus!

You need to make it your priority number one!

Why is that?

Because your mind has been conditioned over a period of 10, 20 or 30 years.

A conditioning is a mind set.

It is the result of experiences.

When you want to shift your mind set, you need to repolarize and recondition your mind to respond differently in given life situations.

This means that you need to repeat the right message to yourself until you get it.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

You will see that your mind progressively adopts a new empowering mind set.

It simply takes focus, time, repetition and will power to develop a new mind set.

Will power is fire!

Will power is your desire to change and shift things around.

Your will power is your emotional fuel!

It is your ambition.

This is the number one quality you need to shift mind sets.

It is your driving force and what you will invest in your actions.



# **Master your connection with others**

Relationships!

It can be your connection with your partner, friends, colleagues, community or family.

A connection with another human being can be empowering.

The best way to empower your connections is to focus on synergy and win-win always.

It is never about dominating or controlling someone else's life.

Mastering your connection with others means mastering the way you stand in it.

When you build harmonious relationships with others, you empower your existence and manifest a fresh flow of life in your being.

Life responds to life!

# Stay awake and alert!

Your mind can be under attack any time.

Have a strategy for any situation.

Behave like a martial artist ready to defend your territory any time.

You will notice that the moment you have the tools, skills and weapons to defend yourself, you feel secure and you perform at your best.

A day can be seen as a series of challenges.

The goal is to conquer!

You have a series of situations to master.

Stay awake and aware of what happens in such day.

Observe the flow of your thoughts and emotions and if you notice that something wrong is happening, do something about it straight away.

Don't let negative situations impact on you.

If you feel that something takes you down, take action and shift the dynamics.

# **What to do first when you are trapped in a negative mind set**

Find a new source of inspiration.

There is always an open door somewhere.

Find out what this door is.

Use your instinct.

A part of you always knows the best next move.

It is all about identifying a possible next step.

Your instinct is one of your top mind power weapons.

Once you see an open door, you need to take action and walk through it.

To take action you need to trust yourself and use your will power and determination.

Don't let anything or anyone stop you from taking action when you feel it is right.

Another excellent way to shift a negative mind set is to shift gear or activity.

Speed is another key weapon in your mind.

You need to respond to opportunities and open doors when you see one.

Stay awake and alert!

# How to influence your thoughts

Again, a thought is simply a surface wave.

The best way to influence your thoughts is to connect with the right source of inspiration in you.

Instead of focusing on the details of your thoughts, focus on the larger picture.

Come to the details once your larger life stream is set up.

If you feel that you can't connect with a positive stream of thoughts, it is time to go and look beyond the limits of what you already know.

Connect with a new spiritual or personal development stream.

Open a new door in your being and consciousness.

Obviously, if the solution was present within the limits of your comfort zone, you would be expressing already the full dimension of your life.

If something is missing, start searching for it and step beyond what you already know.

You will need to open new doors and invite new streams of inspiration in your life.

Once you connect with a new stream of inspiration, the shift does not happen overnight.

It does not go from left to right in one day.

A stream of inspiration is a stream of renewal.

You feel it having a progressive impact on your mind over a period of time.

Give yourself 1 to 3 months to see the results.

Stay focused on your target and be consistent with your action.

## **Tackle the real challenge**

If you feel dissatisfied with your love life, do something about it.

If you are unhappy with your body, sign in to the gym.

If you don't like your job, make a career shift.

All these examples show you one thing:

Very often your negative thoughts or feeling of dissatisfaction are not the problem, they are the symptoms; they are the warning signs which tell you that something is not quite right.

The moment you take action and do something about the real issue or challenge you face, you realize that life starts flowing again.

Action invites life force into your being.

It energizes you, opens new channels of expression in your being and basically takes you from where you are to where you want to be.

Hiding yourself behind doubts, fears and hesitations does not work.

In these situations, your negative thoughts are an inner call!

Your life is calling!

The only way to break the negative pattern is to take action and do something about the real challenge.

# **Part 14 – Change dynamics**

You might tend to naturally resist change in life.

Why is that?

Because change usually creates some form of stress or pressure.

Change requires focus and energy.

It forces you to go through a transition period in which your life or mind are “rearranged” and develop a new equilibrium.

In the next few pages, you will discover how to embrace change and makes sure that your renewal and power has enough room to express to express itself in your life.

# Change dynamics

You have a natural tendency to resist change.

Why is that?

Because change creates stress or pressure.

Any time you change, you integrate new energies in your life.

This integration of new energies creates a slight discomfort or stress in your being.

When you change, you go through a period of transition which requires extra focus and energy.

Suppose you want to shift house.

The whole transition period is obvious in such case.

It will take you a while to find your roots in your new place.

Mind shifts follow the same type of dynamics.

When you want to change something in your mind, you often tackle thoughts or beliefs which are deeply rooted in your consciousness.

This is why change requires focus and energy.

If you tune into the right source of inspiration, change will happen more easily.

Now, if your motivation is weak, you might stop half way and not manage to break through what you wanted to change.

The integration of a new mind set requires focus, energy and determination.

When you want to shift, you need an effective strategy and a vision of where you want to be.

This is why you bought this book, right? Because it gives you a vision, strategies and the inspiration to take some steps.

Now, the words you read are only a reflection of things you somehow already know deep inside.

You got this e-book because part of you is ready for some form of change.

You simply need to bring it to the surface of your mind and clarify your vision and how to do it.

If you face resistance when you try to take steps, this resistance is simply the sign that you are stepping beyond your comfort zone.

This is okay.

Any time you change, you challenge yourself.

You invite what we call renewal power in your existence and shift key elements in the architecture and dynamics of your mind.

The way to go for change anyway is to:

Build up extra power.

Use your will determination and motivation.

Minimalyze resistance.

Have a clear vision of where you go.

Get some support from empowering sources.

Etc.



## How to shift mind sets

Did you notice how positive thinking is sometimes looked at like being naïve or childish.

There is an underlying belief system which wants to establish positive thinking as some form of superficial brain washing technique which takes away character and real life experience.

Positive thinking is not about hiding yourself behind a cloud of superficial denial.

Positive thinking is empowering.

It is a mind set which strengthens your life and emotional foundation.

This is powerful stuff and the goals are simple:

Greater life satisfaction!

Better performance.

More happiness.

Increased power and life force!

Expanded awareness.

Etc.

Do you want any of these?

If you want more of these qualities, you need to embrace them, want them and love them.

Imagine what you can achieve when your mind is stronger and you have greater mastery of what happens in it.

You don't want to kill nature and spontaneity.

You don't want to isolate yourself in a fortified castle.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Positive thinking is about perfecting your mind vehicle and removing what you no longer need.

Get rid of what slows you down and unleash your full potential.

When it comes to empowering your mind and shifting negative mind sets in you, you'll face 3 key challenges:

Shifting your mind set. To shift your mind set, you need extra power and effective strategies. Positive thinking and mind power are energy streams. You establish new mind sets by connecting with new sources of power and energy in you.

Reconditioning your environment. Your environment gets used to your behavior. If you took the victim role for years, your new "role" will challenge your family, friends and colleagues. There is competition for power, success and happiness. Educate those who resist your change.

Letting go of negative attention. If you have been trapped in negative thinking loops, you probably got lots of pity and negative attention. Let go of this negative sources of validation and create new relationships with your environment.

The idea is to expand your awareness and understand the underlying dynamics behind positive mind sets.

These are powerful tools you can use any time no matter your age, gender or status.

# Every action generates a result

Suppose you stay at home a whole day.

You will naturally miss fresh air.

The moment you open the windows and take a couple of deep breaths, you invite life force in your body.

This sounds simple, right? So, why aren't you doing it?

Yes! Right now. You can stand up. Open the windows and breathe deeply a few times.

Close your eyes and observe your reaction.

This step can sound like an insignificant step. It is only one drop, right?

One step is a first step. This is how a journey starts.

If you want to travel somewhere, you always need to start with a first step.

No one but you can take that step.

Right now, I could describe you a series of actions which would make you very unhappy within 48 hours.

It is easy: Just pick up the phone and start swearing at someone.

Next step? Eat only junk food for two days.

After that, no "body care". Don't wash your hands or your face for two days. The list can go on!

In the same way I could describe you a series of actions which would make you happy:

- Quality food
- Exciting goals for your day

## Positive thinking

- Meaningful contact with some good friends
- Entertainment
- Some exercise
- Etc.

The key to happiness is partly thoughts and actions.

What makes you truly happy is to live within a powerful stream of inspiration which gives you power, vision and action lines.

Happiness is about the spirit your live in.

You can decide right now to embrace the values of happiness: love, passion, excitement, power, etc.

What would stop you from embracing these values?

What is the force which can keep you from wanting more of the qualities in your life?

# Mind conditioning

Any thought leaves a blue print in your mind.

10 to 20 years of education or training leave a conditioning in your mind.

Every time you express an emotion, a thought or a feeling you create a channel of energy in your mind.

If this thought happens only once, this channel won't be strong.

Now, if this thought happens daily it will create an energy line in your mind which will be imprinted like a major aspect of your inner architecture.

In the beginning, a negative mind pattern is just a one time thought.

Because you keep repeating it, it becomes a habit.

These negative patterns in your mind become stronger because of this repetition.

Every time you reproduce a negative thought, you reinforce its message in your mind.

Now, your present conditioning is not a fixed set.

It keeps on evolving over a period of a life time.

If you know how to do it, you can shift habits and reprogram your mind to react differently in the given situations.

This is what this e-book is about: showing you the exact technique to effectively reprogram your mind so that the negative thinking reflex is replaced by a new set of thoughts and emotions.

Reconditioning takes some time and dedication.

Suppose you have been reproducing a negative thinking pattern for many years.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

If you want to shift that pattern, you need to repeat the "new" message over a period of time so that it becomes your new "mind habit".

In my experience it takes about a week to get really familiar with a new mind set.

It takes about one month to ground it in your life and about 3 months to truly own this new mind set.

A new mind set could be anything: it can be an emotion or a thought like "I am worth it!".

## 3 life powers

Any life cycle has three aspects to it: birth, life and death:

- **Birth is synonym for creation.** This is your creative power.
- **Life is synonym for maintenance or preservation.** This is your preserving or protective power.
- **Death is synonym for destruction, transformation or renewal.** This is your destructive or renewal power.

These 3 aspects are 3 powers you express throughout your life.

When you express a negative thought, you are using your destructive power.

Destruction happens because you want to create space.

In fact, you want to free yourself from a limiting situation. Using your natural destructive power is your way of trying to create space.

Now, because these thoughts are often an attack on yourself and your self worth, they are self destructive.

Your destructive power does not find its external expression and gets stacked in your mind and keeps on burning you like a flame.

Your destructive power is a positive force.

This force is given to you from birth.

You use it in all sorts of situations and circumstances. You can express it in the form of thoughts, emotions, actions, behaviors, beliefs, etc.

Any time you clean your personal environment, you create space and throw away old things you no longer need.

When you do this, you use your destructive power.

It is the same as renewal power.

## Positive thinking

You create space so that new events can happen in your life.

If you were not using your destructive power and creating space, you would remain stacked in the past and overloaded with memories.

This is why your destructive power is a positive force.

When you exercise and burn calories or toxins, you perform the same action of body cleansing.

Now, when do you actually take the step to remove the old mind frames you no longer need?

Negative emotions tend to accumulate and pile up until your mind saturates and can't breathe anymore.

This is why you use your renewal power.

Your impulsion is to create space.

Your negative thinking loop is your best shot at trying to create space in your mind but it is not enough.

It burns you from inside instead of creating space in you.

Imagine a wild stallion trying to break free.

Its goal is freedom, right?

In this freeing process, the stallion can get hurt and wounded by throwing itself against the fences.

Nature's impulsion of trying to break free is right, but because it flows in an untamed way, it might not achieve its wanted goal.

Nature is not perfect. Your mind tries to function to its best and sometimes you need to give nature a little push.

The goal is to use your natural freeing power and give it this extra kick of energy so that you reach your target (creating space and feeling freer) and don't get hurt along the way..

[www.vitalcoaching.com](http://www.vitalcoaching.com)



## Positive thinking

You want to achieve positive results by empowering your mind, establishing a clear mind set and using your natural renewal power.

# Renewal power

Destruction and renewal are one and same thing.

Death is intimately associated with rebirth.

Suppose you had a business and decide to finish up with it.

Before you start with a new one, you need to clear the paper work and create space so that new projects can be born.

Why is that?

Because you only have so much space.

If your mind is packed with old memories, you simply can't focus on the future.

This is why you are given this renewal or destructive power.

Now, the term destruction can feel scary but it is not.

Destruction is a force you use every day to clear your mind and get ready for the following day.

It happens naturally in you.

If you prefer, focus on the terms transformation and renewal.

## Reconditioning your environment

This is one of the top three challenges you face when trying to break a negative thinking loop.

It is not only your negative thinking you need to solve or deal with: it is the negative thinking of those around you.

There is a natural competition for power happening between people.

People do compete for power, success and happiness.

It happens subconsciously.

In your circle of friends, there is an invisible hierarchy which measures everyone's life success compared with others.

An invisible race for success and power is happening all the time.

This happens within your social circle, with colleagues at work and with your family. It happens as well within a community and between neighbors.

Within your social circle for instance, the competitive spirit can be very high or low depending on everyone's attitude.

Friends can get very jealous with each other. They can actually attack each other's success precisely because a part of them is in competition.

In other social circles, the level of competition will be very low.

This means that its members value more the complicity aspect of their friendship. The level of care, love and support for each other will be higher.

Can you see how it works?

These are called power dynamics.

They are the underlying dynamics of power invisibly sustaining the way a group of friends relate to each other.

I know it can sound strange, but when you are trapped in negative thinking, you are "out of the race" in a way.

What is this race? It is the quest for success.

Negative thinking puts you out of the race straight away. In other terms, you don't actually threaten someone's "victory" in their own happiness.

When you put yourself down with negative thinking, you are already giving up on winning the "success and happiness race".

You are not a threat for someone else's victory.

This is why your friends won't challenge you and try to help rather than try to compete.

Have you ever tried arriving in a cafe to meet a couple of friends and say something like:

"Whaou! I feel great today! I got a raise from my boss and just booked three weeks holydays for July in this magnificent resort in the Maldives"

Check your friend's reactions. What are they thinking?

"Geese! She always has all this good stuff happening to her"

or is it more like:

"Whaou! I'm impressed. You worked so hard this year! That's your reward! You deserve it!"

Put it this way:

Too much happiness and success can feel like a threat for those who don't have it.

## Positive thinking

There is no right or wrong behavior between friends. This is only a description of some underlying power dynamics which can happen within a circle of friends.

When you decide to break a negative thinking cycle, you might face the resistance of those actually should care for you.

Why is that?

Because it "puts you back in the race" for success.

Today, you take a positive step in your own evolution and deal with negative thinking. Tomorrow, you might be doing better than they are.

# The dangers of negative attention

Negative attention can put you down.

Negative attention can be the same as pity, altruism or even compassion!

If you are deeply in trouble, a helping hand will be welcome.

Now, if those around you get used to project pity on you, you generate a very limiting mind set for yourself.

In fact, you start relying on other's pity as a source of energy.

The moment you grow and gain power, you will naturally tend to miss other people's pity.

Why?

Because pity can be comforting. It nurtures you. It feeds you with attention.

Again, this is a positive force when you really need it.

If negative attention is your main way of relating to others, your main role in life becomes a victim role.

You project and see yourself as a victim. You tend to perfect that role and behave in ways that reinforce it.

You have two options:

The first option is to stay fixed on your victim role.

The second option is to reject negative attention when you recognize it and establish yourself as a winner, not a victim.

As you can see, these are two different strategies.

Letting go of negative attention might be the biggest challenge you face when you build up inner power.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Letting go of negative attention and rejecting pity is your way of growing.

Imagine a young child climbing the steps.

Its mother wants to help but it rejects the helping hand. It wants to do it alone because that's its way of growing and learning.

The process of inner growth works in the same way: you find inner sources of power and energy and let go of the external sources of pity, negative attention and support.

This is a conscious decision.

As long as you put yourself in the victim role, your mind set does not shift.

Your emotional base stays the same.

The only way to shift is to reject negative attention and establish your life in a new mind territory.

# How to educate your environment

The way to solve “competing” patterns with friends, family, colleagues and social circle is to educate your environment.

When you establish a new mind set and develop a new sense of success in your existence, you want to shift some of your connections.

You want to educate people in looking at you in a different way.

This is a challenge and it requires focus, awareness and consistency.

Let's go back to a previous example:

You are a male and have this male friend who puts you down because you are 30 and single.

Again, suppose he says:

“So, where is your date? Oh... that's right... You have no date”

You can say:

“Don't you get tired of this same joke? Check around you... Do you see anyone laughing?”

When you respond that way, it is a clear statement. You say:

“Enough!”

When you shift your emotional base and build up power, success or happiness, you need to reeducate your environment in the way they look and relate to you.

Realize that this is a battle.

There is competition.

The first step is to identify the ones who are challenging your growth.



## Positive thinking

It can be a sister or brother. It can be parents. It can be your partner. It can be colleagues. It can be in-laws. It can be all or part of your social circle.

When you want to shift your mind set, the challenge of getting your environment to evolve with you can be even bigger than shifting yourself.

This is why you might feel the need to isolate yourself when you go through a process of inner change.

If you are aware of the underlying power dynamics, it is much easier to shift the areas which show resistance.

This is a battle again.

Any form of inner growth on your side requires adjustments and shifts in your environment.

The good news is that you have actually the power to delete resistance on those levels.

The quality you need to free yourself from other people's negative projections is extra power and effective strategies.

When you educate your environment you stay firm with your direction and decisions.

You might have to repeat your message until those who need to hear it truly get it.

It usually does not happen overnight.

Your "new role" can be established over a period of one to three months.

This is the time it takes for your environment to be reconditioned.

Stay focused and firm with your directions.

Repeat your message a few times until "they" get it.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Where to go next

If your life has reached a reasonable level of harmony, and you are well established materially, the next question you can face is: where to go from there.

This is a very common question.

It is very important because you have a natural need to conquer.

Basically, your life never stands still.

A part of you wants to keep on growing and expanding.

This growth can happen on a material or mind level.

You want to expand your awareness, explore new territories and keep on growing as a human being.

This need is a reflection of your will power or "manifestation drive".

Another way to keep on growing is to impact or interact with others: you can do this by creating a family for instance or expanding your sphere of influence to a larger circle of friends or company.

Change and evolution are natural human instincts.

It happens no matter what.

The question is:

"In what direction do you want to grow?"

Your direction is your target.

You can have an infinite number of targets.

You can choose your targets consciously rather than responding to internal or external pressures.

Your instinct knows exactly what you want.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

Start by this simple question:

"What is your target?"

Give yourself a week to gather ideas, talk about it with friends and identify what you are truly excited in exploring in for instance the next 5 years.

This is your starting point.

It is your first step into your future: defining targets and directions.

## **What is the challenge?**

Any time you feel something should evolve or change in your life, you tend to face a basic resistance.

This resistance is your comfort zone.

Your life is sustained by what you can call preserving forces.

A lot of what you create in life is aimed at giving you security and comfort.

The moment you go for change, you challenge your existing life set up (your comfort zone) and take a risk by stepping beyond the limits of what you already know.

It is like leaving a fortified castle to explore or conquer new lands.

To do this effectively, you need extra power and energy.

Change requires energy.

It does require focus and follow up.

If you resist change, it simply means that you reinforce your comfort zone.

Rather than discovering new lands, you will sometimes opt for securing what is already there.

This is why change is sometimes not your top priority.

You can have a vision of where you want to go but the moment it comes to taking real steps, you can delay action and simply step back within the territory of what you already know.

If this happens, there is nothing to be ashamed of.

These are natural life processes and the quest for security and comfort is a natural healthy instinct.

## Positive thinking

If you feel however that you life has become too secure and renewal stops flowing in it (basically, you feel stuck or even bored 😊 ), you can consciously invite change into your existence and start taking small steps.

If a big step is too much, try taking a series of small steps which brings you closer to where you would like to be.

If you feel fear, doubts or hesitation, see these as warning signs coming from your preserving instinct. You can consciously recognize the dynamics of what is happening and simply increase your ability to change and evolve by responding to opportunities when you see them.

When you decide to change aspects of your life, you respond to your renewal or evolutionary spirit.

Change and renewal are inner calls.

There is often a choice or a conscious decision to be made.

# Who should decide?

Your life is a ship or a Boeing 747, and you are the captain.

You are the one who owns the control seat.

Sure, there are situation in life where you delegate part of this power, consciously or unconsciously.

If you are a teenager or young adult, you parents often give you strong guidance and directions.

If you work in an organization, you accept to work within an infrastructure with a very specific balance of power.

Now, when it comes to life choices, nobody but you owns the right to decide what you want to do next.

It is your birth right to have control over your life and the more you express this power, the better you tend to feel.

Expression your power is empowering.

Sounds obvious when you pout it like that, right?

The trick is that sometimes, people or other influences tell you what to do.

They try to decide for you.

This is wrong especially if you never consciously gave them right to take life decisions for you.

It is your life and you are the one who owns it.

If you are unsure of what to do next, you can of course ask for advice or even ask someone to take some steps for you if you can't.

What matters is that you do all this consciously.

## Positive thinking

If you don't want to own the key choices of your life, it is okay to delegate these choices if you want to.

If, however, you feel like you miss control over what happens to you, it is often the reflection of an unbalance of power.

Somewhere along the line you might have given away power in various forms without actually realizing it.

You might be 30+ and still behave like your parents have to decide for you.

Or you might be in a relationship and let your partner limit your choices, actions and dreams.

There can be dozens of life situations where you can reconquer your territory.

This means one thing:

You decide!

You are in charge!

Always remember this when your life comes to a point where you have to take key decisions or set up a long term life line for yourself.

# **What is your source of inspiration?**

Your source of inspiration is a stream.

It is a spirit.

It is a vision of what you want to achieve or experience in life.

There are many sources of inspiration you can tap into but often, there is only one which takes you exactly where you want to be.

This is synchronicity.

It is your ability to be at the right place at the right time, performing the right action.

You don't have to accept everything which comes to you.

You can test what you read, listen to or feel.

You can test what you read right now.

Your ability to tap at will into your inner sources of inspiration is a key life skill.

You don't have to swim with every river which comes to you.

It is okay to be discriminative, selective and only invest yourself in what you feel is 100% right for you.

If you are unsure about a choice or life direction, track back your source of inspiration and identify where it comes from.

Where did it start?

What is inspiring you to take steps?

If you discover more about your sources of inspiration, you will for sure get clearer answers about your choices and directions.

[www.vitalcoaching.com](http://www.vitalcoaching.com)



## Positive thinking

This means as well discovering more about your own spirit and what truly guides your steps in life.

How does energy work for you?

What is your connection to what surrounds you?

As soon as you perceive the underlying dynamics directing your life's events, you wake up to a whole new perception of your existence.

The key word is awareness. The best way to increase your awareness is to open new doors in your consciousness.

You can do this with some simple mediation or focus techniques which clarify your inner screen and help you see the play of energies and sources of inspiration in your life.

# Why invest in yourself?

Why invest in yourself?

Because it makes all the difference.

Today, there are so many avenues in your life you can work on, and consciously design an existence you love and enjoy.

How do you invest in yourself?

You reinvest 10% of your time, energy and resources in you!

You can do this by giving yourself a treat, booking a well deserved holiday on a tropical island.

You can as well consciously train new life skills, do a personal development course, go for a spiritual retreat, take time for yourself and your family and so much more.

The moment you understand the dynamics, there is no limit.

What matters is that you give care to your being in one way or another.

You take a moment to step back and give yourself the priority for just half a day a week.

You can of course give yourself much more but if you don't know where to start, this is the best way to go.

Choose a time, choose a target and simply give this to yourself.

Invest as well in it! Don't think that your being, body or mind are not worth it.

If you find easy to buy a new set of dishes for your kitchen, don't hesitate a second to buy a new tie, new dress or a gym membership for a few months.

You are the number one priority in your life.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Put it this way: if you feel greater satisfaction and higher level of energy, everyone benefits from it.

You owe it to yourself as well.

When you feel down or low, everyone suffers from it.

When you are happy and shining, it's a win-win for everyone.

You are priority number one.

It is okay to be totally selfish and give first to yourself (at least once a week! 😊)

So, where or how do you invest in yourself?

What works best is to develop new life skills, gain effectiveness and satisfaction in key areas of your life like business, love life, social life, personal and spiritual development.

What matters first is that you understand the dynamics involved and simply take steps in that direction.

You will notice that your level of life satisfaction can raise a couple of points instantly the moment you do.

I won't sell you coaching here because you already know that coaching sessions go in the same sense.

It is all about validating and empowering your being.

Doing this is never a sign of weakness.

If you want to invest in yourself in a challenging way, take a para gliding course or go do some surfing in the Hawaiian waves.

You can care for your being in any way you want.

You can set up goals and warm up to the idea that you are worth it!

This is not a therapy line by the way.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

I am not talking about healing (even if this can be an avenue as well).

No, the most direct way to invest in yourself is to conquer new territories in your life.

The targets are simply new.

Focus mainly on yourself rather than systems or people around you.

You are the core of all that, right?

Empowering your mind and life is the most direct way to energize the totality of your existence.

Don't hesitate a second!

You owe it to yourself!

# **Part 15 – How to change your life in these situations**

In the next few pages, we will check key life situations which require shifts and effective strategies.

Focus on your target and take action!

# **I am not happy right now but I don't know where to start**

What you describe is very common.

If you were an artist, you would simply say that you face an inspiration gap.

With your life, the same can happen.

When you face an inspiration, motivation or energy gap, all you need is to reconnect with sources of power and renewal in yourself.

Imagine channels of energy flowing through your being.

When life and inspiration flows, your channels are active and you feel truly happy.

If some of your channels feel blocked, you feel unhappy and lack energy or motivation.

There are two steps you can take: The first one is to energize your life exactly the way it is.

This might mean changing your diet or exercising.

It might mean as well relaxing with some friends or energizing your social life.

If you work hard, you can give yourself a break and take some time off, simply to gain back some energy.

This is the first set of solutions: energize your life as it is.

The second set of solutions goes deeper: you reorient your goals, redefine your life purposes.

This implies a "structural change".

## Positive thinking

You start changing the way you do certain things in life, find new targets, or use your money, time and energy in a different way.

This implies a bit of "soul searching".

It means that you step back a little and observe your life from the distance.

You redesign the way you stand in your existence.

Imagine standing in front of your life's architecture.

You are the designer and your first goal is to create a life vision you are truly excited about.

You take what you have right now and add new qualities and actions to it. You can as well simply reshape what you have.

Where to start?

If all the goals you already achieved do not satisfy you, start looking for deeper and more profound targets.

This might mean stepping into some "spiritual" or "personal development" fields.

If you know nothing about these, then it's a good sign.

Discovering more about your values, energy and your life gives you an inner sense of support which radically shifts the way you stand in life.

Does this mean that you need to meditate 2 hours a day and give up your material wealth?

Not at all.

All you have to do is start nurturing these areas of your life (your mind and spirit) and define your inner goals in these fields.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

After that, you can simply conquer these new territories exactly the way you conquer anything else: by focusing on these topics, developing some new skills and expanding your awareness.

The moment you set up your mind and will power to gain a more powerful emotional or spiritual base, you naturally head for new targets which energize your life.

In many cases, it means one thing: keep the structure of your life the way it is but add new qualities to it: life force, fun, power, dynamism, pleasure, excitement, thrill, vision, generosity, love, complicity, synergy and so much more.

I encourage you to connect with sources of inspiration in these fields.

If you want to go for it, you can as well try solo and reinvent the wheel on your own.

There is no limit to it.

What matters is that you start exploring your mind and spirit and discover what truly goes on in it.

This is the first step of many more to come.



# Change job

The first step is to make a quick assessment of where you are at:

- **What does your dream job look like?**
- **What realistically can you expect?**
- **How competitive are you on the market place?**
- **Are the other areas in your life secured?**
- **How do you feel about your past professional experiences?**
- **What can you get in a new position that you are not getting right now?**
- **Do you need extra training?**
- **What steps did you already take?**
- **What key information do you still need?**
- **What are your deep reasons for shifting jobs?**

At the end, what takes the decision is an emotional impulsion. To strengthen this emotional fuel, the best is to envision the future and to gather power to take steps.

# Change my life

Change comes with taking action.

What stops you from taking action can be lack of confidence, lack of strategy, lack of energy or resources, lack of skills or emotional fuel, etc.

All of that can be overcome with some determination and power. This is what we focus on in a coaching session: building up confidence and support to take small affordable steps.

Stepping beyond your comfort zone is always a challenge. No matter what step you take, changing something in your life always creates pressure or stress on your system. This is why there is a natural tendency to resist change.

The way to handle that is to increase your awareness and get familiar with the emotions and forces which are involved in any change.

These are concepts and ideas. Once you want to change something, the best is to focus on very practical steps you can take.

Accept that there is always an opening or some form of minor risk involved but don't let resistance emotions stop you from taking action.

Every time you sit back and hesitate, you feed your doubts. If you want to build up trust and confidence, the best is to take action in one way or another.

## Change my life – I don't know where to start

If you don't know where to start, the best is to focus on priority number 1.

Ask yourself this question: **"If I could change one single aspect of my life between now and next week, what would that be?"**

Write your answer on a white page. Take another page and write down your possible options to achieve your goal.

It is better to start with something small, a step which is affordable, realistic and that you can easily take. Once you get confident with taking small steps, start focusing on bigger steps.

**Give yourself 1 target per week.** In the beginning of next week for instance write down a target for the week. Write down your options. Design a strategy. And start working on it.

If what you want to **change a behavior**, the best is to look at it like a form of life training. If you want a new behavior you have to train yourself with it. It means repetition, experimenting until you feel you truly own that new pattern you want to integrate in your life.

## **Change my life style**

The best is to take a white page and write down the options which come to your mind. The easiest way to start changing your life style is by taking small affordable steps.

Any step you take should be oriented towards gaining more fun, freedom and excitement from life. Why? because unless you are excited about the changes you make, they won't stay for long.

Don't take hard steps that limit your spontaneity and freedom. If you focus on discipline, you are looking at short term success. If you want long term success, the best is to follow your instincts, inspiration and excitement.

Allow space for creativity. Don't rigidify frames or habits. Focus on increasing personal freedom instead.

Enjoy!

# Change something in me

What do you want to change in you?

Usually the answer will be:

- An emotion
- My way of responding to a situation
- The way I feel about myself
- The way I relate to others
- Etc.

**All these are mind patterns.**

What is a mind pattern?

It is a thought form, an emotion, a habit, etc.

All these are the result of either conditioning or genetic imprint.

Conditioning is the result of education and it can be changed. All you have to do is to reprogram your mind.

If your computer is not efficient, you'll usually add a piece of software, reprogram an aspect of the procedure, etc.

Your mind functions in a similar way. To shift a mind pattern, all you have to do is replace it by a new more efficient pattern.

Here are some examples:

If you tend to doubt a lot, all you have to do is replace doubt by trust and confidence.

If you miss social skills, go and get what you are missing.

How do you do that? By retraining yourself, retraining your reaction in very specific life situations.

## Positive thinking

You start by reducing the challenge to a size that you can handle. Divide the problem in very small parts and focus on one aspect at a time.

In the beginning of the week, you identify a key area you want to focus on. For instance if you want to strengthen your confidence, you consciously focus on taking risks or steps you did not take before. You go beyond your comfort zone by taking action. Focus first on small affordable steps. Once you feel confident with small steps, take bigger steps, and so on.

Focus on one target for 1 week. Make it your priority and focus number one.

The following week focus on a new target, for instance communication skills. Develop that skill for a week and move on to another target the following week.

Change will happen if you take action. This means taking steps and going beyond the limits of what you already know.

It is possible, easy, and within your range.

Action is what takes you from where you are to where you want to be.

## **Change the way I act**

The best is to gain focus first: take a white page and write down exactly the behavior you want to change.

Take a specific life situation and describe in detail how you behave in that situation.

Take then another white page and describe the way you would like to act in this situation.

Take a real example and write in detail your answers.

Next step is to train yourself in this new behavior. The best is to be extremely aware next time you face this situation. Observe your emotions, feelings and what is happening in you. Then try to act according to what you feel is your best behavior in such situation.

Another option is to simulate the life situation you described and train your new behavior. The key with training a new behavior is repetition. It might not flow and feel really awkward in the beginning. Very soon though, you will notice how your new behavior starts growing and taking roots in you.

# Change the way I act – I need to free myself first

The best to change the way you act, is to make it very specific. Describe the situation and the key behavior you want to change in that situation. For instance if you want to change the way you relate to others, start by focusing in the way you greet someone.

Focus on your attitude in these 5 first seconds. Spend 1 week focusing on only that aspect of relating. The following week, focus for instance on the way you say good bye. Think of words, smile, body language. Etc.

To establish a new behavior, the key is training and repetition. You have to repeat your behavior a few times (real life and simulation) until you feel confident with your new skill.

Here are the 4 simple steps to establish a new behavior:

- Choose a very **specific situation** in which you want to change your behavior.
- Find out what your **new behavior** could be. Describe it detail on a white page.
- **Practice in simulation.** Repeat until you feel confident
- Do it in **real life**



# Free yourself first?

Here are 7 key ways to free energy, space and resources in your life

- **Clear your past**
- **Clear clutter**
- **Finish unfinished business**
- **Establish clear boundaries**
- **Free time in your agenda**
- **Allocate financial resources**
- **Build support structures**

## Change my diet – I don't know where to start

Here are some common unhealthy eating patterns

- Late dinner
- Lots of snacks
- No regularity in the meals
- No breakfast
- Only 2 meals a days
- Large meals with second serving
- Sweets, candy bars, etc
- Poor in vegetables
- Poor in fruit
- Lots of meat and fish
- Lots of bread

Do you recognize any of these?

Here is what you can do for a start: simply choose one of these and replace it by a better pattern. No need to take a drastic step. We are talking about a very simple and small affordable step you can take.

Here are some healthier examples:

- **Regular meals**
- **Replace bad snacks by good snacks (fruit, muesli bar, etc.)**
- **Cook smaller meals**
- **More veggies, less meat**
- **Buy more fruit**
- ...

Give yourself 1 week to establish 1 simple change and nothing else.

Just choose one, write it down on a "post it" and stick it on your fridge as a reminder.

Once this habit feels established and natural for you, focus on a new step.

Choose what feels natural for you, something which does not require a big effort.

The key for long term success with eating patterns is to focus on fun, healthy and enjoyable food, and find out natural habit patterns that fit you.

Enjoy!

## Clear clutter

Simple, sign in for a one time coaching session.

I will give you support and show you how to do it.

I know what you are thinking: "too complicate, too expensive, too whatever..."

Doubts, resistance, hesitation!

See the dynamic?

I can help you but you need to invest at least some time, energy and money into it.

Motivation is an energy. It is priceless. Once you have it and know how to access it, you'll have this skill for the rest of your life.

I know, it's not always an easy equation to understand: Motivation does have a monetary value.

Consider coaching as a "life market" where you can literally "go shopping" for qualities like these?

Of course you have other options: Find motivation inside yourself, ask friends, wait until it comes, etc.

If you already tried these and it did not work, I suggest you try another strategy and see what happens.

You and I want the same thing.

What you want is to get results with a minimum of effort, time and energy. That's exactly what I want for you as well. I am 100% committed to it.

Now, take a second to imagine your space without clutter. Imagine how it feels. You get this feeling of satisfaction and achievement. Done!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

You have now space, time and extra energy. It feels really good doesn't it?

I know, on the net, you come across lots of stuff. You are bombarded by a flow of propositions to buy products you often don't need. It is truly tough to sort out what is needed and what isn't, specially when dealing with professional marketers whose only goal is to push you to blind consumption.

Now, it is essential for you to use your discrimination.

If what you see in this message is just another marketing scheme, please, do run away fast! You have more than enough of that kind of stuff. My task is to protect you against stuff like that, not to make you a victim of it.

If on the other hand, you recognize in this message something "different" which is here to fulfill a real need with a powerful product, then go for it. The sooner you take action, the sooner you'll get results.

#### Some ideas on where to start?

Everything is made of energy. We have an energy or psychic link with absolutely everything we have around us. Every object and element in our personal environment impacts on our daily lives.

There are a few places you can start

- **Administration**

Take this pile of unsorted bills and paper and sort them out. Throw away what you don't need.

- **Emails**

Sort your inbox. Create folders for what you need to keep. Organize and delete.

- **Clothing and personal stuff**

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

Create space. Clear the past. Clean your personal environment.  
This will greatly clarify your mind.

Clearing clutter is a great way of freeing energy. Once you start, you feel this energizing and stimulating force. When you finish, you can almost touch the clarity you created.

Take steps. This will greatly clarify your mind and prepare you for enjoying more the present and the future.

Now, what I want is simply to give you space.

How does that feel?

# Clear the past

If you want to clear the past, start by clearing your physical environment.

Clear the clutter, past memories, objects, paperwork, etc.

Create space in the present so that you can start moving into the future.

Clearing the past means gaining emotional freedom. It means having free resources in you to invest into the present and the future.

Identify what is draining you right now and strengthen your personal boundaries to protect your personal space.

You gain emotional freedom by taking control of your life. You decide what goes in it. You take control of your agenda, time frame, actions and activities. This can mean a major shift.

You are the most important person in your life. You are the centre of your existence. You take the decision and make choices. You are in power! You are in charge!

- **I free myself**

I unhook myself from the past. I clear the clutter. I free energy in me and get rid of anything which holds me back.

- **I focus on what thrills me**

Emotional fuel is the key energy which makes me move and take action. The way to build up motivation is to focus on excitement. I make anything exciting a priority.

- **I gain clarity**

I design my vision. I bring in the elements I need. I am the architect of my life. I am the designer of my destiny. I am visionary and realistic at the same time.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

- **I take action!**

Action is what brings me from where I am to where I want to be.  
I love risk and learn from experience. Nothing can stop me.



## Find a new career

In the initial stages, the best is to gather information and check with experts. You can't make your choice unless you have all the info you need.

Having extra info will give you the confidence and support you need right now. Dare to go out there ask straight questions and get answers from those who can help you.

- **What are your options?**
- **What are your desires, passion and ambition saying?**
- **What are your realistic expectations?**
- **How competitive are you on the job market place?**
- **What are the top 10 qualities you have to offer?**
- **What top 10 qualities do you expect from any future profession?**
- **What does it take you to be successful with your career shift?**
- **What are the new skills you need to learn?**
- **Where can you get targeted training?**
- **Who can help you or mentor you with these steps?**

Take small non committed steps and gather key information. The only thing that can take you from where you are to where you want to be is action.

## Find answers

If you need to find answers, the best is to start asking questions.

Send me an email and tell me what your questions are. I can give it a go. You have thousands of experts online. You can tap into this infinite source of wisdom.

If you feel you need to find the answers yourself (it's okay, it's very stimulating to search and get excited about getting closer and closer) I can ask you the questions and simply let you answer them.

If you feel you don't want anyone else but you to get involved, simply take a white page and write down your question in the middle of the page. Then write down any idea which comes to your mind, even the ones that you believe can't be right.

You might notice at the end that you get a strong feeling about one of your answers...

## Get fit – I don't have time

When you say: "I have no time", you are in fact saying: "I have other priorities".

This is fine.

It is okay.

We all have very busy lives.

The trick to create time is to block space in your agenda.

Make a choice, like twice 1 one hour somewhere in the week.

The second step is to focus on a way of exercising or training which is fun, exciting, social, energizing, etc.

The fun aspect of training is essential. If your training is purely based on discipline and long term goals, forget it, it won't work.

To succeed, exercising must be fun and flow naturally for you.

Surround yourself with people who train.

Get to meet new friends and make training a more social event.

Give yourself a treat or do something together after training.

That way, motivation will double.

Enjoy!

# **Get rid of an addiction – I can't take action**

The best to get rid of an addiction is to focus on something better than that.

Most addictions are self destructive.

They literally destroy your life.

The only reason they stay with you is because something in you tolerates their presence.

Who or what can do something about it? YOU! Mainly you!

You are in charge of your life.

You have full responsibility for your actions and behaviors.

The key for shifting is to increase your power.

You have an infinite source of power in you which can simply break through any form of self destructive behavior.

The only thing you have to do is decide once and for all to be in charge and win a battle against anything which is stopping your from being where you want to be.

I believe in you simply because I know your potential as a human being.

The moment you take a decision without looking back and aim for where you want to be, nothing will stop you.

Enjoy!

# I need to free myself first

Free your energy using these 7 simple approaches

- **Clear your past**

Find out if there are any negative emotions, fears from past experiences which are holding you back from taking action.

- **Clear clutter**

Create space around you by simply clearing your physical environment. Old unsorted stuff, papers, mess is often what keeps you from moving forward.

- **Finish unfinished business**

Especially with people. Are there hidden conflicts, unsolved issues in your life?

- **Establish clear boundaries**

Protect your personal space and energy. Is anything draining your energy?

- **Free time in your agenda**

Open space in your agenda. This is an excellent way of establishing clear priorities.

- **Allocate financial resources**

Put some money aside for a special project. Create a reserve.

- **Build up support structures**

Gather the support you need from friends, family or peers. Gather the tools you need. Collect essential information.

## **I would like to move**

The best is to take a small step and go there first to check it out. Take a trip to Montana and see how it feels first. Establish contacts there. Ask lots of question to the locals. Visit real estate agents. Do all that in a non committed way, simply to gather key information.

Sometimes you are in a period in your life where you want to change something. Changing location can be the first reflex, but there could be other options.

Explore other "changing" options, like career and jobs, new life directions, putting some fresh energy in your relationship, etc. make sure that if you decide to move, you do that consciously because you know that it is what you want.

Take a white page and write down the 10 key elements you will find in Montana that you can't find in Louisiana.

When you know what you are looking for, it greatly strengthens your motivation and gives you a kick to go ahead and do it.

You are realistic and that's excellent. Don't lose it. Stay with your two feet on the ground. Estimate how much the moving will cost and how you will finance it.

# Change house – I am not sure of my next move

Ask yourself these questions:

- **Why do I want to move?**
- **What will I find in my new location that I don't have right now?**
- **Is this the most important step I can take right now?**
- **What are my possible destinations?**
- **What is my financial plan for this move?**
- **Is this plan realistic?**
- **What is exciting about moving to this new location?**
- **What will it change in my life?**
- **Is there anything which needs to be secured before making the move?**

Take a white page and answer these questions one by one. It will give you clarity and focus towards your target.

Enjoy!

# Renewal power

The single most important quality to change is not ideas and strategy.

It is free energy and power.

As long as resistance is too big, change does not happen. The situation simply stays the way it is.

The key to change and evolution (whatever that might be) is to connect with the inner power and energy to actually go ahead and do it.

Of course you need as well a clear target, ideas and strategies on how to do it.

The first quality you will need though is always this: Power, energy, emotional fuel.

I know nothing about your situation.

I don't know if your challenge is inside yourself, with relationships, with work or something else.

When you have extra power, you can apply it to any area of your life.

This extra force is conquering power or renewal power.

It gives you the ability to dissolve resistances and move forward.

The key is to connect with sources of power which "sponsor" your change.

Most of the forces in and around you are geared towards creating resistance and simply freezing your moves.

It is natural.

These forces are called preserving or conservative forces.

They are what keeps society together and stable.



## Positive thinking

They are projected by doubts and endless hesitations coming from friends, coworkers, family, conditioning and self limiting beliefs.

When you decide to change something, the forces of change need to be stronger than the forces of resistance.

It is a simple physics equation.

If you want to change, you need to connect with a stream of renewal power.

You can connect with this inside yourself or you can connect with sources of power and energy which will support you in moving forward.

You have a wish and desire to change something.

The question is: "do you have what it takes to make that change?"

If the idea of investing a bit of time, energy and money is already too much, I believe you are stacked my friend.

What you are saying is: "I actually love my comfort and the idea of stepping beyond the limits of what I know is just too much".

Change is stressful.

It requires the integration of a new set of energies.

This is why there is a natural tendency in you to resist change and renewal.

You can sometimes get frustrated because a force in you wants to move forward while another one is resisting, stabilizing and simply freezing your moves.

You probably know many examples of people who want change but do nothing about it, right?

They sit back and the idea appears in their mind every now and then.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Positive thinking

They think about it, get frustrated and then move on with their lives doing exactly what they were doing the day before.

This means one thing. Their will power is not strong enough.

They miss the inner renewal power which allows you to break through resistances and shift key elements in their lives.

They simply don't have the resources in them because there is no determination to do something about it.

Determination is an inner decision.

One day, you wake up and decide: "I am going to do what it takes to shift this situation".

Change is a line of action, behavior and emotions you learn to master in you..

Change is renewal power.

It is a form of energy you build up, concentrate and use in your life.

To tell you the truth, your power of renewal is more precious than money.

It is more precious than anything material you have in your life.

When you connect with your renewal power, it is your whole life stream which shifts.

It is as if you open the doors and allow a free flow of life power.

It is refreshing.

You either watch the river from the side or you jump in it and go with the flow of transformation.

That's the choice you make.

## Positive thinking

You can't be super resistant to life, feel threatened by the forces of evolution and want change at the same time.

You want to change?

Then lift up your natural resistances and accept to go with it, take risks, open up and move forward.

What can stop you?

Fears, doubts or hesitations.

You get the picture?

You might think I am trying to sell you something?

Definitely yes!

I am selling you your own potential.

I believe you have a strength and inner power waiting to come up.

Don't sit on this inner volcano of power without daring to open the lid and free your energy.

You have the power to free your inner resources of energy.

Imagine this inner stallion ready to be freed.

Using your power is a natural human right!

Go ahead and use it!

# Something has to change

Here are some key ideas on how to change:

- **Change is stressful**

You, like anyone else have a natural resistance for change. Why? Because change requires energy. It requires the integration of new mind patterns. This means that if you engage into changing something in you, you'll be under pressure or stress during this transition period.

Sometimes you will choose for stability rather than change simply because of that. Stepping beyond your comfort zone and trying something new is challenging no matter what.

- **I love action! I take risks!**

To go for change, you need to totally shift your mind set. Action is your friend. Every time you sit back and hesitate, you feed your doubts and comfort yourself in the present situation. Going for change means picking up the challenge. You go for it even though you know that taking action means stepping beyond your comfort zone.

- **The easy way**

The easy way is to get help! Instead of seeing change like a mountain to climb, see it like a swim into a refreshing stream. You can reinvent the wheel if you want to. You can as well simply benefit from other's experience. The hard way is to isolate yourself and reject interaction and sources of support.

- **Look beyond**

Focus on what comes after. Focus on what you can do once you changed what you needed to. Your mind, body and life are your vehicle. The sooner you make that vehicle performant, the sooner you can focus on taking it to the next step. Get rid of what holds you back. Move forward. Don't stay half way.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# Something is resisting in me

The first step is to identify what is resisting in you.

- Fear?
- Doubts?
- No clear idea or strategy?
- Not sure of what you want?
- Etc.

Resistance is very natural when wanting to change something.

Why?

Because change generates stress on your system.

It generates pressure.

The integration of something new, new energies, new ideas is always something you have to take inside and integrate in your own terms.

This integration requires extra energy and focus.

Sometimes, you simply don't have the time or energy to invest in it, so you let it go instead of doing something about it.

From the moment you are born, your mind is being conditioned (Nothing scary. It is positive and just happens for everyone).

This conditionings are your thought patterns, behaviors, attitudes, emotional reactions, etc.

When you want to break through and free yourself from an old conditioning, you need extra energy and extra power. It is quite natural.

When something new wants to take place, something old has to be dissolved.

Enjoy!

# Take an important decision

Before you can decide you have to find out what your options are.

Ask yourself these questions to gain clarity:

- Is there something you have to let go if you choose for one of the possible directions?
- For every option, you could choose, what is it that you would have to let go of?
- Do you have enough resources, energy and time to follow up with your choice?
- Are there any conflicting interests?
- Where is resistance coming from?
- Is this resistance in you or outside of you?
- What is this resistance telling you?
- Are there any risks involved if you take your decision?
- What are these risks?
- How will you feel once you take your decision and move forward?

Sometimes, all you need is simply a little bit of extra power and confidence. Is this the case for you?

Enjoy!

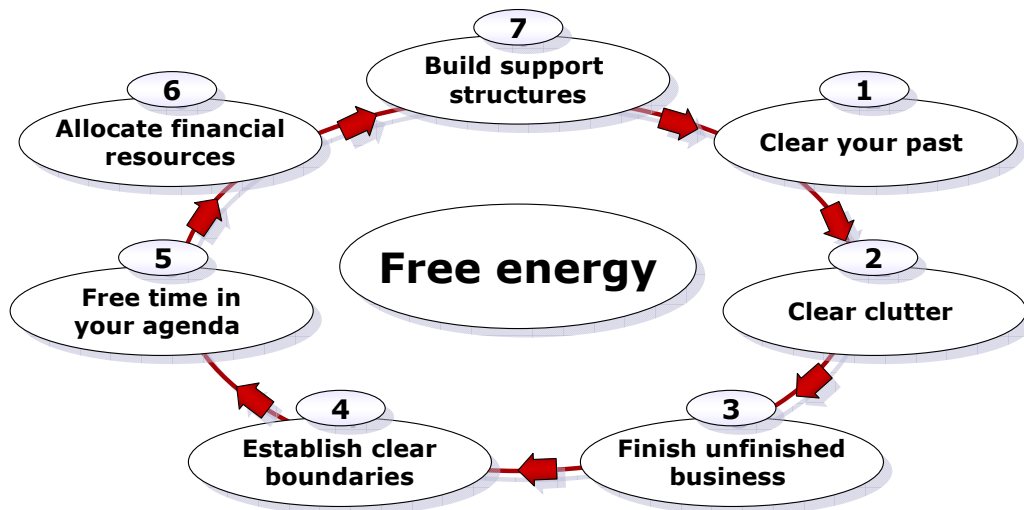
# **Part 16 - 7 key steps to change your life**

This is a simple method to gather energy and shift key aspects in your life.

At the end, change is very instinctual. It is like jumping in a river and going with the flow.

However if you feel that change does not happen spontaneously for you, you can give nature a little help by understanding more about the dynamics involved and how to empower your transformation path.

# Free your energy



Free energy using these 7 simple approaches:

- **Clear your past**

Find out if there are any negative emotions, fears from past experiences which are holding you back from taking action.

- **Clear clutter**

Create space around you by simply clearing your physical environment. Old unsorted stuff, papers, mess is often what keeps you from moving forward.

- **Finish unfinished business**

Especially with people. Are there hidden conflicts, unsolved issues in your life?

[www.vitalcoaching.com](http://www.vitalcoaching.com)



- **Establish clear boundaries**

Protect your personal space and energy. Is anything draining your energy?

- **Free time in your agenda**

Open space in your agenda. This is an excellent way of establishing clear priorities.

- **Allocate financial resources**

Put some money aside for a special project. Create a reserve.

- **Build up support structures**

Gather the support you need from friends, family or peers.  
Gather the tools you need. Collect essential information.

# Identify and eliminate top resistances

Resistances are forces you can understand and overcome. Here are some simple mind tricks to empower your action and set you up on a path of transformation.

A mind set is more than an affirmation. It is a whole stream of energy which sponsors your action.

Here are some key mind set which will put you on the renewal high speed track:

Simply focus on the mind set which matches the resistance you might feel:

- **Conflicting interests**
  - **I am sure of my next move**
  
- **Doubts**
  - **I know I can do it**
  
- **Hesitations**
  - **I take action**
  
- **Lack of time**

→ **I free time**

- **Lack of knowledge**

→ **I know where to start**

- **External resistance**

→ **I break through any resistance**

- **Too many choices**

→ **I see my line of action with total clarity**

- **Lack of energy**

→ **I resource myself**

- **Lack of focus**

→ **I stay focus on my target**

- **Not sure it is the right step**

→ **I gain total clarity**

- **Can't afford it**
  - **I free financial resources**
  
- **Inner resistance**
  - **I wake up my conquering power**
  
- **Too risky**
  - **I gather strategies for any situation**

# Identify and focus on priority number one

This is one of the top action taking keys.

Take a minute to gain clarity and identify your number one priority.

This is not a mental decision.

Trust your instincts!

Deep inside you know exactly what you need the most right now.

Focus on your number 1 priority.

This will give you extra fuel and motivation to take steps

- **What is your most urgent need?**

# Find out why change did not happen yet

If you tried already to shift the specific element you want to change, find out what was missing when you first tried.

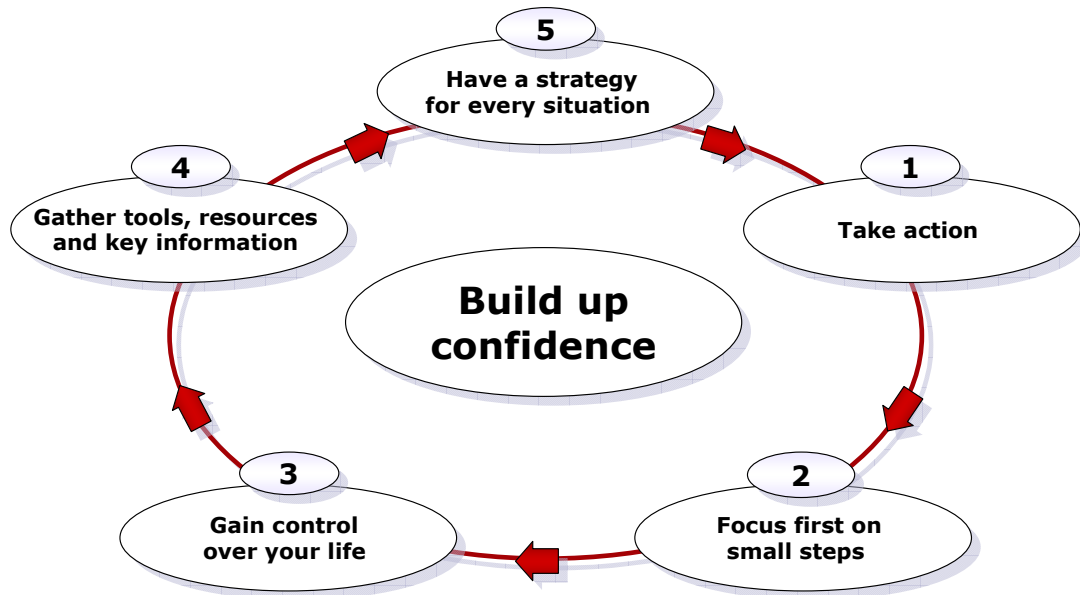
Any experience gives you valuable information.

Use your experience to understand the dynamics you are in and develop new power and strategies.

What was missing?

- Lack of ideas?
- Lack of action?
- Lack of follow up?
- Too high expectations?
- Lack of resources? time, energy or money?
- No clear strategy?
- Lack of support?
- No sense of urgency?

# Build up your confidence and emotional fuel



Discover these 5 essential ways of building up your confidence and emotional fuel:

- **Take action**

Action wakes up an instant stream of life force in your system. The moment you take action you invoke power in your life. It is the most direct way to build up energy. Take action even if you go first for a small step.

- **Focus first on small steps**

You heard this before: every journey starts with a first step. Sometimes you don't have the full picture of where you are

[www.vitalcoaching.com](http://www.vitalcoaching.com)

going. The best way to gain clarity is to take one step forward. This allows you to test the waters and gather essential information, feelings and insights.

- **Gain control over your life**

It is your birth right to be in charge of your existence. When you are born, you are given a reserve of controlling power. This controlling power is your ability to sit in the cockpit of your life. It is a human right! You own it! Use it!

- **Gather tools, resources and key information**

To take a sound decision, you need to have key information. Information gives you power. It is like road map of the country you travel to. Learn from those who have been there before and if you miss anything for the trip, take steps to gather what you need.

- **Have a strategy for every situation**

A strategy is a plan. A strategy is what you need when you engage yourself on a conquering path. You face challenges and you win them because you have the right mind set to deal with them. You foresee pitfalls and deal with them before they even arise.



# Take action



Take action using with these 5 key techniques

- **Affirmations**

Identify and use key affirmations and empowering thoughts

- **Resources**

Read and research info, resources and tips on this subject

[www.vitalcoaching.com](http://www.vitalcoaching.com)

- **Train yourself**

Train yourself to respond or react differently in specific life situations

- **Find support**

Find the right support with communities, groups, experts and professionals

- **Design empowering environments**

Design environments to stimulate and encourage your new behavior

## Choose an exciting context

The core of any action you take is motivation and emotional fuel.

When you focus on exciting targets and establish your actions within an exciting context you multiply your level of power and energy.

Focus on these key qualities you want to have in the core of any action you take or any transformation path you engage yourself into:

My wishes about any new step I take in life:

- **Fun, exciting and energizing**
- **Easy, fast and direct**
- **Respect for all aspects of my life**
- **Social if possible – meet people while doing it**
- **Fit with my natural rhythm**
- **Makes a significant difference**

# Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

[www.vitalcoaching.com](http://www.vitalcoaching.com).

To your power

Francisco Bujan

[www.vitalcoaching.com](http://www.vitalcoaching.com)