

# ALLOW

Mastering The Law of Least Effort to  
Receive Your Desires

Matthew David Hurtado

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No part of this book may be misconstrued as legal, medical, financial, or other “professional” advice. The results achieved by the author, or any other persons mentioned, may be considered atypical; not everyone will experience similar results.

Many of the concepts and insights contained in *ALLOW* are reflections of the work and ideas of great thinkers. The author has done his best to refer the reader to the author of several of the insights used to formulate the material contained in these pages.

By reading this book, you the reader acknowledge yourself to be of a sound mind and of legal age of consent to make rational “adult” decisions regarding your life situation.

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# Introduction

Wisdom is my obsession...

I've read hundreds of books.

Over a decade of my life was spent being an information junkie. We live in the post-information age today.

I believe today is all about inspiration. Technology is making all things possible; what we need is to unleash our dreams and desires.

The material in this book contains the wisdom I have seen work, time-and-time again. You'll also get to read some personal stories to further your understanding of the content.

Don't just read this book, do the processes. You'll unleash the magic inside and take your power back!

Now is the time for you to be given these tools. It's the end of a cycle in our collective agreement. Negativity is the culprit standing in the way of what you desire to be, do, and have.

You will soon have the opportunity to transform your circumstances, detaching from the negativity once and for all.

You were born to prosper. Wisdom is the answer that solves the unsolvable riddle - this book, *ALLOW* is the wisdom you've been searching for.

**Please read the entire book all the way through, to get the maximum benefit.**

Use the strategies contained in this book and break free to the next level!

You are worth it.

With love and gratitude,

*Matthew David Hurtado*



## CHAPTER 1



# They say struggle builds character. I'd rather build a successful life.

If struggle and hard work were the secret to a happy and prosperous life, there wouldn't be third-world countries; dry-wallers would be millionaires; and digging ditches would be the royal road to a billionaire lifestyle.

Have you noticed that the people who earn the most money are usually the “owners” and not the laborers? It's a perceived *risk* thing.

We'll talk about this in a bit...

If the truth were told, working is the worst way to earn money. Working hard, for most people, is the recipe for an early grave. Yet, hard work can bring personal fulfillment when it is a labor of love. Same activity, different outcomes.

The average person is so attached to their ‘paycheck’ to survive, they miss the opportunity to make a RE-VISION. You are holding the book that shows you how if you're ready to choose a new reality.

This book is not all about money. I will talk quite a bit about money because it is most people's god. We live in a world of comparison. The very thing that causes us to compare ourselves to others is the subject of much of this material.

You have an opponent that does not want you to live a relaxed and prosperous life.

Going from one adventure to the next and allowing your needs to be met with ease; this is what I'm here to offer you. You're about to discover a strategy to escape your limitations.

How do I know this material will work for you? It worked for me.

I should have been dead by now. And most certainly, there was no way I would have ever reached the 7-figure mark. Here's what was working against me:

- I was dying with Lyme's disease.
- My family bankrupted – we had nothing.
- I didn't have any friends to give me a job 'hook-up' or opportunity.
- We lived an hour away from civilization; I didn't have a car to get around.
- I didn't have a plan or any idea what I was supposed to do.

By using the strategies in this book, in three years:

- My home-based business was doing 7-figures.
- I had three homes (one mansion) and four new cars.
- I was working out again, as if still in my prime.
- My happiness was soaring.
- My health was superb... free from disease.

The reason all this changed is due to the fact that we all have God-like power. My curse was my blessing; I was forced to go "all in" and act boldly. Every step of the way I had to lean on faith.



You might not have the reason WHY like I did. I had a burning passion for succeeding because my life depended on it.

If your life situation is “comfy” and you are not irritated, you might not be ready to make the changes necessary to push through your resistance. Your blessing is then your curse. There are always two stories within every situation.

Robert Kiyosaki teaches it like this: imagine a coin. Most people think it has two sides. Robert says it has three sides. He recommends you have the vantage point of seeing the two sides from *the ‘edge’* of the coin – the third side.

You’ll discover why this is so important as you continue forward...

My objective in this book is to help you break the habit of struggling; you can begin allowing instead. Allowing is an attitude, a lifestyle of living on the edge of the coin, so to speak.

I won’t lie to you... your mind is not going to like these strategies.

If you want to go on this journey with me, get ready for the *climactic overthrow* of the **superstition** that you are your mind!

## The battle is for territory. Your mind is the target.

Your enemy is ignorance. If you find yourself struggling to make ends meet, the ideas you’ll learn here are the doorway out of that existence.

ALLOWING is the antidote you’re looking for. Turn on ALLOWING and you disempower the weapon that was formed against you.

Even if you are astute at manifesting, there are valuable insights here to further increase your abilities.

The weapon deployed against you is a virus. You call this virus **your mind**.

Seeking to create the life you dream of having, you may have been under the impression you are your mind. In return, it has bombarded you with its negativity.

The mind must be trained, ignored, or used for its intended purpose. Until then, the mind is your opponent.

You cannot beat the mind with will-power; a ‘white-knuckle’ flight will make things worst.

### It's the unsolvable riddle...

How do you win a game where your opponent knows your every move?

Here's how you beat your mind, once and for all...

Nobody told you this yet; it is a secret I learned reading Victor Boc's material. If your opponent is to be beaten, your best opportunity to win is to ***“do the one thing your opponent does not want you to do.”***

Your mind expects you to dabble with some ‘positive self-help’ and try to change your life. It usually won't work. You need to first change who you are BEING.

It's funny, I think of most self-help material working like this:

*A man was excited after hearing the message that he could have it all! He had his notecard with affirmations and ran to the top of a 10-story building to shout his excitement to the world.*

*Like Leonardo DiCaprio's character in Titanic, the man leaned over the edge of the building to shout, “I'm the king of the world!” Caught in his head, he failed to realize what was going on around him...*

*Just then, he lost his footing and fell over the edge.*

*Hearing a noise outside, some other attendee's at the motivational seminar yelled out the window to the man, "how are you doing?"*

*As the man nosedived toward the ground, he stuck his thumbs up and replied, "I'm doing great so far!!!"*

It's not the fall that kills you; It's the sudden stop at the end.

The man had it half-right. Unfortunately, *half-too-smart* is not smart at all. Most self-improvement fails to miss the obvious: ***if your life sucks, it's because you suck*** -- thank you for that gem, Larry Winget.

The answer: change who you are being. Become the solution to your problems.

## Peaceful protesting is for little men.

Most self-help enthusiasts try and petition with a random affirmation or another weak attempt to influence the unconscious mind. I propose a systematic overthrow of the mind.

If you want to change your life, you have to change your life!

There is nothing more comical to a cunning mind than a feeble attempt to escape its clutches. The mind will do anything to keep status quo. Keeping you there is the mind's job. It's good at it.

Peaceful protesting against your mind is useless. Unless you are ready to seize control and play like you've got nothing to lose; don't waste your time, walk away from this book. It's not for you.

Do a tarot reading and meditate on piles of dough falling in your lap, with zero effort on your part, instead. Most new-age teachings will make you so Heavenly-minded you become no *Earthly-good*.

Allowing is a BOLD state-of-being. Allowing is playing the game AS GOD, where you know instead of *'think, think, think, think'...*

I don't want you to think. You do that too much.

Being in your power is *not* a thinking man's game.

Reading this material is *preparation* for transformation.

You may have thought a book with the title ALLOW would be an airy-fairy book about feeling good and having it all.

It is. And at the same time, it is a book about getting to the next level with dogged determination to take your power back.

This is where I come in, with a sobering reality check...

### Be warned: there will be a pushback.

You must be equipped to push through when things get rocky. A crisis occurs at the season of change.

My expertise is in BREAKING THROUGH the crisis stage and claiming the new territory. My life has created repeat patterns where I had to become a scholar or die. I operate well in the trenches with *boots-on-the-ground* combat against the mind.

If you want to have couch-time with 'the-rapist' and play games with your mind, that's your decision. I can't help you with that.

If you want to NEVER MIND and push through to the next level, I'm here to help you push through.

Here's what is likely to happen, if you take my advice:

### A precision "knockout blow" to the resistance...

You're going to be equipped and offered an opportunity to become conditioned for "increased allowance" – an opportunity to partake in a **10-Hour BREAKTHROUGH Intensive program.**

You can condition these techniques with a ‘Strategic Partner’, it’s the ultimate way to lock-in daily habits that will serve you well. Daily habits build your destiny.

Whether you say YES or NO to the program, this book contains all the tools you will need to ALLOW at the highest level.

I’m going to show you how to infiltrate ‘*behind your mind’s back*’ and do a coup d’état.

Look, ALLOWING is not a weak process where you submit and say, “Okay, I surrender. You win.” You overthrow the mind and get the job done, once and for all.

Allowing is when *your mind knows better* (than to torment you with resistance).

When you have pushed through, rebuking negativity enough times, YOU will live from a place of being in control again.

When you realize you have **more faith in receiving the good** you desire and **less faith in your worries, fears and doubts**; you are in the ALLOWING state-of-being.

## Ever had a blowout with an enemy... Then, you became friends?

When you take possession of your mind, it pushes back.

Once you win the battle, your mind becomes your ally. The irony is; just like friends who are more likely to screw you over than enemies, same holds true with your mind.

An enemy usually respects you enough to know you’ll fight back. Friends can sneak in and take advantage of you quite easily. Friends are also more prone to resent you.

The best ally you can have is an enemy turned into a friend. Respect is earned this way.

## Think your mind is your friend and won't act out?

I advocate stepping into BEING who you dream of being at once!

DO THE ONE THING YOUR OPPONENT DOES NOT WANT YOU TO DO.

You'll quickly be in conflict your mind...

Warfare is always an opportunity to possess new territory. The territory is your mind.

Before you get your mind off the throne (where you belong instead), it will use every trick to keep control of you.

As you decide to reach for greater abundance, health, happiness or romance; whatever desire you are pursuing, it can lead you into the long fight.

I guess you could say it's like your own private "*Bundy standoff*," happening right inside your head.

## Intimidation is the mind's way of keeping you locked in your current situation.

I'm here to facilitate your crossing-over through the 'terror barrier,' as your mind sends the reinforcements to hold you back.

Using the tools I give you will allow you to win the fight by choosing out of your box. Once you do this, you will have possession and control over your mind again.

Warfare ALWAYS surrounds the birth of a miracle. The 'terror barrier'

(as Bob Proctor calls it) is the last ditch attempt from your mind to keep you stuck.

It is the mind's way of raising the stakes, betting you won't push through. This is when it unleashes fear and ignorance to thwart you off course.

External factors will emerge to break your focus.

You must have been on the precipice of a breakthrough to be attracted to this book, huh?

## Outflank your opponent with its own playbook.

**I'm going to show you the mind's playbook** and teach you how to escape your current situation. Best of all, I'm going to tell you the one thing your mind does not want you to do.

You will be victorious if you pay attention.

*"I don't have a solution. But I do admire the problem."*

*- Your mind.*

Most importantly, you must DO. Do life in a new way.

Show up differently in the world and you get different results.

After we are done, assuming you act on this advice, your mind will be taken off the throne and you will reclaim your power – soul power. The power of the "I".

*"Speak to 'I' The Soul! That is finite! I is finite! Got it!"*

*- Clemdi*

## Struggle vs. The Law of Least Effort

Least effort, or ALLOWING, means you are on the right path.

Everything in nature happens with least effort. Plants don't try to grow, they just grow.

Animals don't try to mate, they just do. Humans have become a bit more complex; our minds have "rules" regarding everything.

We learned how to complicate things and live through a highly developed (mostly negative) mind.

**A strong mind untempered with wisdom is a disaster;** being a bumbling idiot like Forrest Gump is more advantageous than being a heavy-thinker without wisdom.

This is common today as you see anxiety everywhere and unbridled fears being projected into the world. We have information overload, like fast food joints everywhere.

Wisdom is precious and rare, like *The Pink Star Diamond*.

## Being on the right path...

When you are on the right path, desire will flow downstream and you will feel exhilarated. One of the keys to knowing that you are on the right path is a feeling of joy.

When you feel joy, you are in your natural state of being.

Excitement is ALWAYS your compass towards what you truly want.

When we engage with our mind often, we end up pushing up against the rules we set up. Most often these rules are all the reasons why we can't be, do, and have our desires.



You make the rules in life that you are judged by.  
The only one judging you is you.

If you need to know the right direction in life and you are at a crossroads; stop and ask within. See the outcome.

Does the direction you are about to take feel peaceful or resistant inside after the consequences shake out?

Every action has consequences. Taking no action is still an action. You can't avoid gambling in life, so you might as well know how to win.

Reframing the way you look at risk and reward is a good first step to qualifying your actions.

## Inverse Risk Vs. Reward Thinking

There is a subtle art of contemplating risk vs. reward. To become a master ALLOWER, you have to activate FAITH at every crossroad where a critical decision must be made.

Successful people usually have an inverted risk vs. reward type of thinking.

Here's what I mean:

*The average person sees his or her situation through the eyes of wanting to play it safe. He or she may have a job they hate. Or maybe they are getting by and slightly comfortable.*

*They play reasonable, paying attention to their mind's warnings about the potential risks involved in every opportunity. If a new opportunity comes along, this person will think most of what it will cost them.*

*At every turn, this person will play the game "weak" – requiring little faith and zero boldness...hanging onto the safety of their*

*perceived “security”.*

*High achievers are the inverse risk vs. reward thinkers. They see missing an opportunity as the greatest risk! Put another way, these individuals are used to activating faith and taking calculated risks.*

*They fear “what is missing” as something that will cost them; potentially greatly. These individuals bet on the odds being in their favor.*

*For instance, if a new venture has a solid potential to bring in a 5 times return on their investment, they might jump into 5 of these deals. Even if they lose 3-out-5 times, the two wins put them ahead!*

*While the average person fears to lose their “security” of what they have; the high-achievers fear to lose the potential gains as losses they might incur for missing an opportunity.*

Everything is about perspective.

***The sinking of the Titanic was a miracle received that day for the lobsters in the kitchen.***

Regardless of what your idea of success is; this isn't about who is right or wrong.

If you want to live a simple life and avoid risk, then do so... if you are a big thinker and would rather stick a fork in your eye than work a job, I can relate to you.

Live true to your own self. If you don't, you will break your own rules.

The punishment is harsh when you do this, trust me. Do not break your own rules!

## What decision is the one to take now?

*I was friends with David in high-school. We played on the hockey team together. He was a good student; his father was the school principal.*

*My friend A.J. and I would head over to David's house for a late night drive to get some tacos. We loved tacos, late at night. It was a good time for a drive and it made some great memories.*

*We overlooked a few 'technical' issues; not having driver's licenses and borrowing David's father's car, without his permission. We were pretty wild. Three hockey players **who wanted immediate excitement** – we wanted to get out see girls, feed ourselves, and drive!*

***It never felt right;** taking Lou's car (David's father) without his permission and being underage to drive; we took bold risks.*

*We'd sneak out and push the car out of the driveway and David would steer it down the street.*

*We wouldn't start the car until we were about a half-block down the road, to avoid waking up David's parents.*

*As fate would have it, we got pulled over by the cops the night I was driving. It was so embarrassing to approach my grandmother and David's father to apologize for my actions.*

*I learned my lesson. It didn't feel right, it wasn't right. I got busted.*

*The universe has a strange way of working things out for the good sometimes...*

*As my driver's test approached the following year, David's father jokingly asked me if I'd like to use his car to take the test – seeing as how I had so much experience behind the wheel?*

*It was funny, after the fact. I did use his car to pass my exam; David also opened up a taco restaurant later in life – the irony, huh?*

If you feel a sense of inner peace, it is most likely the right action for you.

One of the lessons I learned in my journey is: ***joy is the reward for discerning the divine blessing in each moment.*** This is something I learned from Dr. Mike Murdock.

Make a habit of spotting the joy in each moment. It's always there.

You can shift your experience much quicker when you spot the blessing in the moment.

Until you can find the blessing and achieve the *beingness* of joy, you will struggle.

## To struggle is the antipode of allowing.

When I was desperately ill and bankrupt in 2009, It was the culmination of years of struggle and disappointment all coming to a head. In fact, I made my life about the struggle and always bragged about how hard everything was for me.

Do you know people who do this? They always want to 'one-up' you and tell you how hard their life is; *if only you knew what they had to go through in order to get to where they are* – it **creates a sense of significance inside.**

## The victim code

You will meet these people everywhere. As soon as you speak of what's wrong in your life, *say it's a minor headache...* you will hear about the death of their cousin; a migraine it gave them, and how the doctor said it could be a pre-tumor or signs of early dementia.

The person might pull out their pills right on the spot, and it will trigger them into a full blown panic attack, right in front of you. Before you opened the conversation, everything seemed to be just fine, and now this?!

(Meanwhile, their mind is watching you making sure you are noticing how significant this is!)

After you say, “*WTF was that all about...*” Just realize that you invited it in.

**You complained or tolerated a complainer; this is the seed that brings about more to complain about!**

If someone can't solve your problem, they will only resent you for complaining about it.

Or worst yet, they will show you how significant their problems are!

It's not necessary to create a life full of resistance and put yourself into the hospital with a stress-related disease to find significance in life. I found that out the hard way.

Success for me came when I learned how to stop making life so challenging and allow the good that I desired to come to me, *using the law of least effort.*

This book is going to teach you the mechanics of how to undo all of the mental friction destroying your hopes and dreams.

This material is aimed towards putting you in the effortless flow of receiving the good that you desire.

If you can let go of ever wanting to play the victim card, it will make things much smoother. As Randy Gage says in his seminars, “*if I find your inner child, I'm going to kick his little ass!*”

You see, I told you I wasn't going to be good at doing couch-time with you and playing games with your mind. I'm not a doctor; I don't have the patients...

## The right thing at the wrong time is the wrong thing.

Action will be required, but it will be “inspired action” that occurs at the right time, and the right place. *The right thing at the wrong time is the wrong thing.*

Do I ever have a story about that to tell you. Wait until you hear this one...

*It was 2012, somewhere in the month of March. I had been in and out of the Emergency Room over a dozen times. It was my fault.*

*Let me take you back a bit...*

*I entered the hospital for some “help” because of a 10-day headache I had that wouldn't go away. The young hotshot resident-doctor-student wanted to be aggressive about this pain I was experiencing.*

*So the nurse hooked up the IV and they administered 6 drugs into my right arm. Within a few minutes, I was going in and out of consciousness. I lost the ability to use my legs.*

*I freaked out; the doc ordered some more drugs to get me out of my complaint... I was screwed big time. My mom had to help me walk out of the hospital. The worst part is; the female doctor laughed at me and said it was “anxiety”.*

*For months, I would go back into shock. I couldn't walk right. I could barely stand up. This was worse than anything I had ever been through – it made Lyme's look tolerable. My body was poisoned and my motor functions weren't working.*

*I had severe pain. Intense muscle spasms. I couldn't sit still without being in complete agony. Months went by and I'd have to talk to healers every day to help me cope. At least once per week, I'd end up in the E.R. again.*

*To make a long story short...*

*After a prolonged detox protocol and some amazing health products, I started gaining improvement fast. The only problem was; my mind was doing something called 'somatization illness'. It's where you lose control of your body and shake uncontrollably – in my case, it was for hours.*

*I had to have a caretaker. My wife couldn't be there all the time to help me with the emotional and physical support I needed. I still needed to run aspects of my company!*

*I had to push through and maintain my life.*

*One day, a caretaker decided to hold me, like someone would hold a loved one when I was asking for a trip to the E.R. due to the shaking.*

*In about 3 minutes or so, my uncontrollable shaking began calming down and I felt more in control. It at least diverted the E.R. visit and saved me thousands-of-dollars by doing so.*

*Here's where the story point comes along...*

*A woman on Facebook was featured for a business she had built, called The Snuggery. Her name was Jackie. It was a cuddling business. I immediately saw the benefit from the vantage point of a potential client.*

*I remembered the day that being held worked for me; many people in the world have nobody to turn to for this type of support. Of course, the society at large is ignorant about anything touch-related*

*that isn't involving sex, so the cuddling industry is by-and-large 'taboo'.*

*I decided to run a marketing experiment. I tested the market to see if there was a demand for cuddling and one for cuddlers to fulfill. This became a media frenzy; I purported that we'd open up and be called 'The Snuggle House' – therapeutic cuddling.*

*The City Attorney's Office was soon to visit, and out of their scrutiny, I developed a 300-page franchise manual. This idea was exciting to me!*

*Here's where I messed up...*

*I consulted my advisor and mentor at the time. He said, "drop the business idea; it's no good."*

**I IGNORED HIM. BAD MISTAKE.**

*The film-makers came along and did two documentaries, and I met some amazing people. There was some good that transpired.*

*Overall, it was a bad idea... it was THE WRONG TIME.*

*My passion died out almost overnight. It became a legal battle where I wanted to prove something. I wanted to WIN, at all costs.*

*I ignored the fact that my passion had left the building and my advisor had told me to walk away – fold the cards. I knew my idea would help people!*

*Yet I just plummeted emotionally as the weeks went by, arguing with the City about opening our doors. Don't get attached to the idea, I did and it became expensive, quick.*

*My mentor was right, I signed a lease and invested about \$50,000.00 into the business and it all came to naught. I closed the doors after being open for only two weeks.*



*Every day there was a reporter there, scaring away the clients. Locals either loved us or they hated us; the City ran up my attorney's fees and all it took was one look at the financials and I FOLDED, immediately.*

*I feel in my heart that touch therapy in the form of therapeutic cuddling may one day be accepted. Maybe in a clinical setting with strict controls to appease uptight bureaucrats; who knows.*

*It was the WRONG TIME, even if the idea was right, in my mind.*

*By LOOKING OUTSIDE of myself, the MENTOR'S advice came through...but it fell on deaf ears.*

*An instruction ignored can be devastating.*

*I have not since ignored the counsel of a wise mentor.*

The movie *Cuddle: a documentary*, by filmmaker Jason O'Brien, features *The Snuggle House* story and I'm proud of the staff; I met some amazing people who truly loved human beings.

It gave me hope that not everyone is *detached* in our modern world we live in today.

Fortunately, a mistake like that usually happens once. Most people, including myself, learn quickly when the losses pile up.

The mistake I made was not listening to someone who could notice what I was missing.

That's why you have a 'strategic partner' and mentor in the first place.

The good news is; you can get so rich that affording the luxury of dive-bombing a business like this and giving away all the assets, isn't the stress that does you in.

I moved on just fine... I considered it my *charitable bonus contribution*

for that year. I ended up giving away thousands of dollars in furniture to people who needed it and the media reach “for the cause” spread worldwide, fast!

## Inspired action can turn in a new direction, in a red-hot moment

Inspired action comes from a place of ‘knowing’ and not thinking. It’s beyond the mind.

When I did discover the path of least resistance, all of my dreams and desires became manifest quickly. I could barely contain the velocity of the expansion and growth.

Again, because things were increasing so rapidly at the time, I barely felt the ‘sting’ of The Snuggle House. It was a hand I had to fold, but staying in the game too long ended up costing me over \$100 grand.

If I listened IMMEDIATELY to my mentor, I would have saved almost ALL of that money. Wisdom provides the provision, protection, and promotion.

There is a lot to cover, so stay focused because we are going to take a journey together.

We begin now...

## CHAPTER 2



# Go where passion leads you, regardless of the fallout.

The struggle is a fool's game.

The secret to ending struggle is to stop pursuing a life of compromise. Instead, discover your **PASSION** and follow your highest excitement in every moment – regardless of the fallout.

Then, learn to **ALLOW**. And remember; like the story I told you a moment ago when your passion leaves the building, you should reconsider whether staying in is worth it!

Pay attention... don't stay with something for the wrong reasons.

This takes courage. It sounds simple, but put it to work and you'll experience the mind's rebellion, like a bucking bronco. Your mind will use reason, fear, guilt, or any other device necessary to get you back *under its spell*.

The rewards of pursuing excitement *moment-by-moment* are enormous. And the consequences of doing what you are not passionate about are equally detrimental.

If you want to master the law of least effort and create a rich and amazing life, take this string of ideas seriously:

*Prosperity is only guaranteed in the place where you belong.*

*You were born to solve a problem. Not every problem.*

*You don't get to choose your destiny, you choose your daily habits.*

*Habits create your destiny. Build a day and you can build a life.*

*If you pursue what you don't love, you will develop a habit of struggle.*

*You will design a life of mediocrity without passion directing your actions.*

*Pursue passion and excitement and you will eventually excel.*

*Excellence is always the seed for prosperity.*

## Resistance doesn't build muscles.

Resistance can be a good thing if you are trying to build strength and muscles. There is a place for resistance. *But here's what's up:* resistance breaks down muscles.

When you relax, the muscles grow!

People that think the harder they work the more success they will achieve, are living in their belief. It's not true, but it can be experienced as true.

If you want to build a muscle, you break it down and then allow it to build when you rest.

When you stop putting resistance on it, it grows.

Manifesting doesn't require muscle from you. The universe does the lifting. Your only job is to decide clearly what is it that you want, then get out of the way.

An outer action is required usually; the action has a 'perfect timing' for it to be right.

The right thing at the wrong time is the wrong thing.

## Being at the right place, at the right time, when action is required.

In the surrendered state-of-being called ALLOWING, inspired action will spring forth, naturally. Action will emerge from within as EXCITEMENT to take the action. It will be the fastest path to your joy, in that moment.

There is a difference between struggle and resistance.

A person who struggles to make ends meet every month is not growing stronger in their consciousness. They are actually beating their head against the wall by trying to do the same thing *over and over again* and expect to get different results.

A person who enjoys resistance (training) because it builds a muscle or increases endurance, is doing so because it is offering fulfillment on some level.

I have not met anyone who lives in a world of lack and limitation (or poverty) who experiences the basic struggle for survival as fulfillment.

It is unnatural to struggle to survive and have your needs met.

People learn to live this way from other disconnected humans who haven't figured things out. Learning to struggle to get by in life is a mental illness if you ask me.

My definition of prosperity is health, wealth, happiness, joy, love, connection, and all the desires of your heart **required to fulfill your unique purpose** in life.

Some people believe that prosperity is an 8-figure income or a lifestyle where they answer to no one ever again. It might be. And then again, it might not be.

It's important to approach prosperity from a sober perspective; not everyone is going to be a millionaire or a billionaire.

YOUR prosperity is having what YOU need in order to fulfill YOUR purpose.

Prosperity is good health; loving relationships; career satisfaction; a sound mind; anything that blesses you (or others) is prosperity.

### Happy and ready for more...

I was prosperous when I was earning \$1,000 per month and my bills were only half this amount. I was grateful already.

*Being happy and ready for more* is the ultimate allowing attitude.

Naturally, staying at the \$1,000 level wasn't my highest excitement. Desires evolve.

So what did I do? I reached for a bigger purpose in life.

And then reached again. And again.

So what about poverty. Is it noble to be a martyr and live in poverty?

Poverty is a disease. Poverty comes from ignorance. It is evil. Poverty creates more suffering on this planet than any other disease. Poverty is an unnatural state-of-being.

### How much good can you accept?

Our work here together in this book is to move into a state of being where you are **allowing control** through the **wisdom of surrender**. In my experience, this is when the good stuff starts to happen spontaneously and effortlessly!

The time for this material to reach you has arrived. The world is in chaos.

Uncertainty is everywhere. Only wisdom can exalt someone out of darkness. Darkness is ignorance.

Remaining ignorant is not an option in an orderly universe. We either wake up and figure out what's going on, or life provides increasing contrast to force us to reconsider our beliefs, attitudes, or behaviors.

The endgame of ignorance is despair. If you are ready to let go of struggle and to allow yourself to get out of the way so that you can be, do, and have; the ALLOWING state-of-being is for you.

## Have you experienced enough struggle yet?

*Take a good look at your life right now. Are you living prosperously?*

*Do you have the health to accomplish all that you want to do?*

*How about the finances to fulfill your highest excitements?*

*Are your relationships harmonious with a mutual win-win dynamic?*

*Do you find yourself wanting to spend quality time with yourself, first and foremost?*

*Or, do you seek to escape the feelings you would rather not have to experience?*

*Do you have the ability to lend, or do you continually borrow in order to keep up?*

*When you look in the mirror, do you see someone you fall in love with?*

*If not, why not?*

*Do you search for ways to add value into the world and solve problems?*

*Or, are you too busy worried about how your needs are going to get met?*

There is no reason to be upset if you didn't answer YES on all (or even most) of these questions.

You see, for most people alive today... they don't mind struggle as long as they can place the blame on someone or something else.

**It's not whether you win or lose,  
it's how you place the blame.**

In order to have a real life, you must be willing to look your situation *square in the eye* and take complete ownership – YES, you did create it all.

Your beliefs hold you culpably responsible for what you choose to interpret your experience as; whether positive or negative, you decided previously what you are experiencing today. You can change this, if necessary.

If you're not open to admit this, please put the book down. There is nothing here that will provide you any value whatsoever unless you said YES to full responsibility.

Ready to move forward?



## CHAPTER 3



# ALLOWING is the highest form of action, you can take.

Receiving, is you becoming aware of God's desires and surrendering your resistance.

Another word for receiving is allowing. Allowing is **being in a state of control** by *not "trying" to control* events, people, or circumstances – rather, you influence *because* of your inner state of being.

Relax, and then allow. Desire, then relax and then remain in the state of allowing until your manifestation occurs.

The formula is simple:

1. Desire (and qualify). Choose what you want and be specific.
2. Relax (take no thought for the how, who, what, where, when, and why).
3. Remain in the state of **ALLOWING**.

This formula above is like saying, “ask and you shall receive,” combined with “if you believe, it will be done.”

In real life application it's a 3,2,1 process that makes it work eloquently:

3. BE in the state of **ALLOWING**

## 2. **Never Mind** Your Lying Eyes

1. Choose and Be Specific – *ABC Break process.*

### **Repeat the process.**

I will teach you a simple technique for applying this process in a later chapter. I call this technique the **ABC Break** process. It is a “power grab” that usurps your mind’s control over you once and for all.

The more often you do it, the sooner your mind becomes the servant and you become the master. It’s the escape plan to move into your chosen reality.

### **Get out of the idea that you are a victim.**

If you live in a world where you believe that it is a necessary evil to struggle in a destitute situation fighting for every ounce of good you receive, you are the victim of bad programming.

The habitual thought a person with this programming has been “I Want,” which equals “I lack”. This is the resistance state of being which pushes what you desire away from you and creates struggle.

The more you engage with resistance, the further away you get from allowing.

*Remember; do the one thing your opponent does not want you to do.*

**ALLOWING is the highest form of action! Be the person you dream of being, then get busy allowing it to manifest.**

Prosperity is attracted to the ALLOWING state-of-being. I have news for you; *the state of allowing is the natural state of being in which you were born.*

All of your needs were being taken care of for you by the hand of God as you were cradled in the womb. You were fed, nourished, and completely sustained.

You were conditioned out of this natural harmonious state and imprisoned in a matrix of ignorance masquerading as intelligence. You were (so-called) educated in an upside-down anticivilization where perverse fears supplanted the truth of your being – YOU HAVE GOD-LIKE POWER.

The more screwed up your environment was, the more resistance you acquired. You learned to disallow.

We'll undo this. I'm setting the stage to get you ready for it.

## THIS BOOK SHOULD BE CALLED, "HOW TO UNSCREW YOURSELF."

Here is how you can create an uphill life that annuls the law of least of effort.

Below, you will see the mechanics of how most people walk around mentally beating themselves up all day (with a politically correct mind to offend no one, but themselves):

### **3 Steps to Self-Sabotage:**

1. I want something. I feel that the more I want it, the closer I'll be able to get it.
2. I then consult my mind for answers, like these:
  - Who is going to give it to me?
  - How is it going to arrive?

- When will it get here?
- Why is it taking so long?
- What is preventing me from having this?
- Where the heck is my manifestation, I've been wanting it so long?!

3. I can't get a solution that works from my mind; my mind then beats me up for not being 'good enough' or some other reason why I'm supposedly "less-than".

If you are guilty of doing this, please answer the question below:

## How is that strategy working out for you?

Here are **3 questions to ask** yourself:

- *Do you have all the PROSPERITY you need to fulfill your purpose and destiny?*
- *Are you living in a perpetual state of excitement and playfulness?*
- *Are you better off today than you were five years ago?*

If you did not say YES to all the questions above, you are missing the mark by creating some resistance and unnecessary struggle. It's okay to be honest.

If you're getting screwed, let's take a look at where this is coming from, shall we?

The first step is; I'm going to introduce you to your opponent.

## Know your enemy and the playbook used against you.

When you know your enemy and the playbook being used against you, you will find it much more savory to use the “Power Grab” I call an ABC Break.

You’ll use it and take your power back, or maybe you won’t. It’s your choice.



## CHAPTER 4



If your mind knew the answers, it wouldn't be asking you for them.

(And then beating you up for not having the answers).

*Why problems exist or stay suspended is because the problem is sent to the mind "Talk to my lawyer (Mind)!" You need to change this immediately!*

*Rather say to the issue/ problem! "Talk to my Soul!" The soul is the supreme alchemist and can turn any energy ( $E = MC^2$ ) into the 5 elements!*

*(Ether, earth, Water, Fire & Oxygen= Soul) The problem, the item, which is the problem is not of your energy and because everything comes out of the soul; the soul is unlimited and can handle the problem and turn it back to the 5 elements to its Original State.*

*All your life you have been sending the problems to "The Mind" which is a super intelligent virus, also, built on false data, built on hypothesis, which is one virus fighting another virus!*

*Therefore, what you resist persists and it also has a devastating effect of rejecting the soul and putting you off center! The physical manifestation of this reality is "The Caduceus"!*

*“Fight poison with poison!” Therefore it persists, because you are solving it in the mind! The reason you are not solving it is because you are trying to resolve it in the mind! “Talk to my lawyer!” No! “Talk to my soul” and you know how costly lawyers are and they never resolve anything! They take you to the cleaners; clean your money out, not your problem!*

*Wake up! Wake up! Wake up time Now!*

*- Clemdi*

What you just read is an email from one of my mentors. I copied and pasted it; the message just arrived the other day as I was writing this book.

Clem specializes in Alchemy. He once told me the password to the American economic system is “cheaters”.

After reading his email (3 years ago), three people that were trying to rip me off were exposed, immediately.

## Ready to unmask your enemy?

You’re going to learn to let go of the method you were taught to engage with your mind and screw yourself all these years.

Letting go is necessary to get out of your own way. Since you have accumulated years of lies and opinions (resistance), it is important to learn how to let go of these lies.

Only then can you reclaim your natural state of being. No external influence is going to save you – only you can. The sickness in the world today is ‘victimhood’ and the solution is wisdom.

For the scope of this material, we’ll explore the wisdom of surrender – or allowing. This is what activates the law of least effort to operate and transform your life.



Letting go is a process that involves a few simple steps. The most important part of letting go is to be aware that **you are not your mind**.

Your mind is like a computer that was programmed by your external environment. Therefore, if you keep listening to your mind, you will remain the *human automaton* of the pre-existing programming.

*“When an inner situation is not made conscious,  
it appears outside as fate.”*

*- Carl Jung*

If you want to break free and let go of this programming, it's not important to psychoanalyze every thought that goes through your mind. Getting stuck in the labyrinth of your mind is a trap. It quickly becomes quicksand.

The mind has a way of keeping you stuck by keeping you busy in a conundrum where you can never solve the problem; **the mind can't solve the problems it creates**.

Only *awareness and surrender (letting go)* can set you free. If you need to fill a space with something new, something else must be released.

In most people's case, **incessant thinking is the problem**; they engage with *the six-degrees of separation* I will reveal to you in the coming pages of this book.

## You Can't Get There From Here!

Einstein said you can't solve problems with the same level of consciousness that created them. The important thing to realize here is that learning to allow has nothing to do with your mind.

In fact, human logic usually has no place in the allowing process.

*“Trust in the Lord with all thy heart and lean not on your own understanding.”*

*– Proverbs 3:5*

The greatest deception is when you desire something and then you engage (by using six-degrees of separation) your mind to *try and figure things out*.

This is what has been screwing you and the **ABC Break** process is how you solve the unsolvable riddle.

Again, if you reflect on *how your mind tempts you to create struggle*, you’ll see:

1. You want something. You feel that the more you want it, you’ll be able to get it.
2. You consult your mind for answers, like these:
  - Who is going to give it to me?
  - How is it going to arrive?
  - When will it get here?
  - Why is it taking so long?
  - What is preventing me from having this?
  - Where the heck is my manifestation, I’ve been wanting it so long?!
3. You can’t get a solution that works from your mind; so your mind beats you up for not being ‘good enough’ or some other reason why you are less-than.

You begin entertaining all of the doubts and opinions that you have ever collected; setting these beliefs up as adversaries against receiving what you desire.

So naturally, this is not how you allow and it is not your natural state of being.

You gradually lose your ability to allow as soon as you engage your mind to try and figure out how things are going to work.

**Since the mind doesn't have the answers, it will begin to beat you up!**

## Friends don't beat each other up.

Do you know why your mind doesn't have the answers?

It is creating the problem. So then it blames you for not having the solution.

It is the unsolvable riddle.

How do you solve the unsolvable riddle?

The **ABC Break** process, that's how.

In the next chapter, I am going to show you the alternate route that puts you back in the driver's seat.

You will discover the ABC Break process after I reveal the 6-degrees of separation.

## Here is your opponent's playbook:

### **The Mark of The Beast – 6 Degrees of Separation**

The mark of the beast, as in the numbers 666, has to do with *the 6-degrees of separation through three different kingdoms.*

You live in three kingdoms simultaneously:

1. The outer kingdom (your external reality).
2. The middle kingdom (your mind).
3. The inner kingdom (your emotions and feeling nature).

**Here are the 6 degrees of separation:**

1. Who
2. What
3. When
4. Where
5. Why
6. How

## Being the 'little man' separates you from your power.

Now, when you engage with the 6-degrees of separation through all three kingdoms, you are existing in the fallen state of man. Put another way, you separate yourself from your power.

Most people are influenced entirely by their outer kingdom.

We become what we see.

By default, you are born into the world (of illusion) to see with your lying eyes.

What you see outside of you (outer kingdom) is then processed through your mind (middle kingdom) and your judgments create beliefs.

When you were young, it was your external environment that programmed you, even in the womb. Since then, your *datasphere* all around you has influenced your perceptions to build some positive and negative ideas.

This data is then passed through to your emotional/feeling nature (inner kingdom).

### A belief is formed and operates to create the *perception* of reality.

For instance; you see someone having a heart attack as a young child. People show up and everyone is panicking; fear is everywhere.

You seek meaning for what is happening as you sense fear and panic everywhere.

Essentially, this all meant nothing up until now. You have no reference point to give this scenario meaning.

Based on the opinions of others influencing you as you search to add meaning to this scenario, you decided to give the situation meaning, as follows:

In a brief moment, your perception of ***what you think is happening is influenced as you engage your mind's 6-degrees of separation:***

1. WHO is this person?
2. WHAT is happening?
3. WHY is everyone afraid?
4. HOW did this happen?
5. WHERE will this person go if they die?
6. WHEN is someone going to be able to help this person?

In that processing, you create a **belief**. It might be something like this:

*“At any moment, I could be the victim of a disease that could take my life.”*

A subsidiary belief could also attach, like this one:

*“If I die, I will become nothing.”*

To make matters worst, you could also tie in this belief:

*“This world is not a safe place.”*

What you experienced in your outer kingdom has now influenced your inner kingdom as it passed through 6-degrees of separation, in your middle kingdom.

*Having set all this up in your three kingdoms, you might end up like me (this was exactly what happened to me, by the way) and develop an anxiety disorder in life with autoimmune issues or other stress related dis-ease.*

*It was later in life where I reached a point when a critical mass of ‘perceived danger’ seemingly triggered my first panic attack.*

*After I processed this panic attack through 6-degrees of separation, fear became my constant companion.*

*It was futile to try and analyze how this all began; where it started; when I broke down, etc.*

*Again, this is nothing more than engaging the very process that screwed me to begin with. The mind is creating the problem so it can't solve it.*

*Do you see how this works?*

*The way I broke the cycle of anxiety and panic was to change the meaning of “symptoms”. When I panicked, I demanded more of the*

*sensation!*

*When I was anxious in my body-mind, I said to myself, “these symptoms mean nothing.” I then ALLOWED them to be there, as best as possible.*

*I relaxed my body as if swimming in a pool and floating atop the water... continuously ‘re-minding’ my mind that, “symptoms mean nothing!”*

*Allowing the symptoms to ‘pass on through’ me in a relaxed state-of-allowing, shifted my being.*

*This broke the spell and collapsed the entire gamut of symptoms. The symptoms alchemized into peace. Gradually.*

*I was set free by changing the MEANING of the sensations; the attitude of ALLOWING transformed the situation for me.*

*“Circumstances don’t matter.  
Only state of being matters.”*

*- Daryl Anka, as Bashar.*

Man lives in a state of self-deception where events and circumstances seem to exist out of his control. Naturally feeling this way, a person is going to exert excessive thought to ‘plan life out’.

However, our best-laid plans seem to go awry, do they not?

So what use is it to ‘take thought for what we shall eat or drink, or the clothes on our back?’ Jesus was telling us something. It is profound.

Jesus said **to take NO thought** for these things.

**Rather, ‘seek ye first the kingdom, and all these things shall be added unto you!’**

Which kingdom was he referring to?

*The inner kingdom.*

Jesus said, “as within, so without.”

This is the secret of solving the unsolvable riddle. To understand what it means to “seek ye first the kingdom and all these things shall be added unto you.”

## What is it that you really want, right now?

Think of something you desire. Let’s say it’s a large sum of money.

*The first thing most people do is ask their friend,  
the mind, ‘how do I get it?’*

Immediately, this separates someone from their power by doing this.

The WHO, WHAT, WHERE, WHEN, WHY, AND HOW’S are the Universe’s job!

Separating ourselves with 6-degrees only stifles the process.

All this does is set up resistance by engaging the same mind that is keeping things at status quo.

Again, engaging the 6-degrees of separation is not the formula for success.

It’s a nasty habit of self-defeating behavior.

Again, let’s look at the formula for ALLOWING I laid out:

3. BE in the state of **ALLOWING**
2. **Never Mind** Your Lying Eyes



1. Choose and Be Specific – *ABC Break process*.

**Repeat the process.**

## What do most people do to create self-sabotage?

1. Desire and then move into the resistance with “I WANT!”
2. Engage the mind with, “HOW AM I GOING TO GET IT!”
3. Struggle into resistance, addicted to the LACK of “HAVING” i.e., “I WANT.”
4. Beat themselves up and feel “less-than” for not producing the desired outcome.

The average person is living in a state-of-being where they feel out of control.

As they try and control events, circumstances, and people – resistance builds.

Trying to control is losing control in disguise. It is inspired by “I WANT” ENERGY; lack vibration; struggle mentality; addiction to the feeling of NOT HAVING.

The only way to reclaim control is by using the wisdom of surrender, or ALLOWING.

*“Surrendering is allowing control.”*

*– Daryl Anka, as Bashar.*

We’ll get into the process of allowing in just a moment...

Before we do, can you see how you’ve been trapped in a cycle of frustration due to unnecessary thinking and trying to control what you cannot?



## CHAPTER 5



# This is a book about power. You have God-like power!!

Introducing, the magnificent process of BEING the answer to your problem(s)...

Darrell Rutherford has a fantastic book called *Being The Solution*. In his workshop, he references a technique called *The Power Pause*, as made famous by the author John Harricharan.

The **ABC Break** process is very similar to John's Power Pause method; I go a step further and amplify the inner kingdom. I use music.

Since "feeling gets the blessing," it's crucial to RAISE THE STAKES on the feeling you are getting yourself into when choosing your new state-of-being.

You choose a new reality that corresponds with this feeling when you do the ABC Break properly. I have made a video to assist you in this process, the link is below.

After reading *The Power Pause*, I realized the process was something I naturally did when I was younger. In fact, I used to do it all the time – in the exact way I will show you in just a bit.

I call what I do an **ABC Break** – to make an *Amplified Being Choice!*

Like the famous lyrics from  
Jackson Five's song, 'ABC':

“ABC... easy as 1,2,3”

**Remember the ALLOWING process, again:**

1. Desire (and qualify what you desire with specifics).
2. Relax (take no thought for the how, who, what, where, when, and why).
3. Remain in the state of ALLOWING.

*In application, it's actually a 3,2,1 process...*

3. BE in the state of **ALLOWING**
2. **Never Mind** Your Lying Eyes
1. Choose and Be Specific – *ABC Break process.*

**Repeat the process.**

**It's as simple as taking an ABC Break...**

How to choose OUT of  
your present circumstances:

Let me teach you right now how to take an **ABC Break and choose a new reality:**

1. BECOME AWARE OF RESISTANCE. The first thing you do is to tune into the resistance (problems) that stands in the way of what you desire. Allow yourself for a moment to feel the resistance.

Say to yourself, **“It is not it!” Disengage your mind.**

You are acknowledging that your mind’s desire to struggle is not the answer to your problem. *Key: when you feel negativity coming on, this is your cue to do step one.*

2. STOP TRYING TO FIND A SOLUTION. Ask yourself this question until you feel a sense of peace as resistance leaves:

**“Could I allow for just this moment, things to be exactly as they are?”**

Say either YES or NO. Both answers are correct. Resistance will leave as you move into allowing by using this question.

Wait until *you feel a ‘letting go’* of some of the resistance you’re creating inside. Ask the question again a few times if necessary. Get a sense of peace, as best as you can.

**You are not saying it is okay to have circumstances you do not desire; you are allowing circumstances (or feelings) to be as they are – keywords: for just this moment.**

*Key: when your attitude shifts to allowing, you are entering the surrendered state of being. This works for all situations, through the wisdom of surrender. You activate the law of least effort which moves you into ALLOWING.*

3. CHANGE YOUR STATE-OF-BEING AND AMPLIFY THE FEELING. Like Jesus prescribed, “seek ye first the kingdom, and all these things shall be added unto you.”

Go to a place of peace in your mind. Close your eyes and imagine you are somewhere that you feel at ease. Be in that space for a good minute or so...

Stay in that space for a few moments and then shift your thought into **BEING THE PERSON** who has already moved past the problem(s) successfully.

**Assume the identity of someone who is NOW being, doing, and having life the way you want it to be.** This is called a “**BEING CHOICE**” decision.

Mentally step inside this vision of yourself and see, feel, hear, taste, touch, and smell the world around you from this level of being.

**Again, you are BEING the person who has already moved past the problem. This is how you choose OUT of your current reality.**

You are looking back on events as they occurred to bring about harmony, peace-of-mind, and happiness to the situation that troubled you.

See who you are being from this perspective and most importantly, **FEEL the highest level of joy that you can possibly stir up** from within yourself.

*Key: I use my favorite music played at a loud volume (with headphones, usually) to induce these feelings and **AMPLIFY** the feelings.*

Let me guide you through  
the ABC Break process.

Right now, it's time to practice the ABC Break  
process.

Go to the link below now for a video  
demonstration:

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

**Before you read any further, go ahead and do a “power grab” by taking an ABC Break.** As you delve further into this material I will show you what to do between ABC Breaks to remain in the state of allowing.

The ABC Break process is the catalyst that gives you the opportunity to **CHOOSE OUT OF YOUR PRESENT CIRCUMSTANCES**. As you take several ABC Breaks **DAILY**, you activate a new consciousness level.

*Your level of consciousness determines what enters your life.*

*If you are trying to solve the problem(s) you currently have, it's useless to act UNTIL you have BECOME the NEW YOU, activating yourself AS THE SOLUTION to your problem(s).*

*When you have chosen OUT of your current circumstances and made your “BEING CHOICE” (as Darrel Rutherford calls it), you are NOW ALLOWING the corresponding “reality shift” to occur. You have altered the inner kingdom (with the good sensations your music produces) and directed your middle kingdom – the mind.*

*This process changes the physics of the mind; the outer kingdom is a feedback loop – by the law of consciousness, it MUST change!*

The time it takes to enter your new reality is completely up to you.

Often, there are lessons you have to learn – or skills to acquire.

For example; say you are wanting to become a multi-millionaire “serial entrepreneur”.

If the furthest you have come so far is to dabble in a home-based business idea, you may be inspired to take an online course to up your marketing skills.

Doing this because it feels DOWNSTREAM (the fastest path to your joy) is the path that leads you into your new vision. As you do the ABC Break process, you schedule the people, circumstances, events, and anything else required to bring about your new vision.

The reason I keep referring to war, pushing through, and having a ‘strategic partner’ to accompany you on this transformation is because your mind will try and get you to abort.

Your mind will tell you, *“this is all nonsense. Nothing is happening. You are being conned. This isn’t safe. Everyone is just after you money. You don’t need that person’s help to get what you want. I don’t want to do the work, let’s have a donut instead. At least, it’s safe where you work. You might end up homeless if you risk losing this job.”* It’s all an attempt to lure you back into your present circumstances.

Staying out of your present circumstances requires the remaining content in this book to be understood. Your mind will persuade you to be the old version of you.

You must have a way to keep OUT of your old circumstances and IN the new being choice you’ve made.



Here's an example most people are going to be excited about:

## Want to Choose a State-of-Being Conducive to Receiving Money Easily and Effortlessly?

Let's say you want a large sum of money. Who doesn't, right?

You may **perceive** (with your lying eyes) a problem where you see nothing but a stack of bills piled up and a limited income. (Remember, **your mind created this situation**).

To all appearances, this may be your present set of circumstances.

Or so you think.

The wrong approach to choosing a new set of circumstances is to consult your mind from this state-of-being. **You can't get there from here!**

## Activating the ABC Break Process IS the way OUT of your current struggle!

The ABC Break process changes the physics of your mind. You shift from one reality to another by making an *Amplified Being Choice*.

So here's how you might make the new choice to allow more money to flow to you.

You think about your current money situation... right now.

Has this been bothering you for a while, and you are now ready to deal with this issue?

Sense the negativity that you are creating by pushing against "what is".

Tune into the resistance you feel inside as you feel the LACK of what you WANT.

Speak the words, **“It is Not It!” Disengage your mind.**

### **Step 1 – Become Aware of Your Inner Resistance.**

You do this to ‘re-mind’ yourself that *you can’t get there from here.*

Speaking the words, **“It is Not It!”** disengages you from your mind.

### **Step 2 – Stop Trying to Find A Solution. You can’t get there from here!**

You decide to dissolve the negativity you are creating (from being a person who pushes against your own creations).

You ask the question,

**“could I allow, *for just this moment,*  
things to be exactly as they are?”**

You then choose YES or NO as an answer, it’s your choice. Either way, you win.

You are moving your state-of-being from resistance to allowing through the wisdom of surrender.

You may have to ask the question a few times or keep asking it for a few minutes.

**You stay with this question, repeating it and answering YES or NO until you feel a sense of peace emerging from within.**

This is how you know that you are ready for step three.

**Step 3 – Take An ABC Break and Choose OUT of your present circumstances. Become the solution to your problem(s)!**

You mentally ‘RE-VISION’ being who you would be **BEING if the challenges you are facing were already resolved, to your liking.**

You make a BEING choice that puts you past the problem and into the solution.

*Imagination is a sneak preview of life’s coming attractions.*

You move past the problem into BEING the solution and **AMPLIFY** the sensations of JOY, by any means possible.

Some people will be able to make the colors brighter, the sounds louder, the vision bigger, etc. I do this and **imagine all the joy in my new reality.**

I prefer to play my favorite song and **really feel the positive emotions strongly** as I envision myself being the solution to my problem(s), now.

You can then remain in this state-of-being for as little as 1 minute or as long as 15-minutes. Any longer is unnecessary and will most likely create resistance again. I prefer to do this several times each day (3 to 5) for only a couple minutes.

A few times a month, I do this for a lengthy 30-minutes right before I go to bed. I don’t force it! I do this when I’m inspired to and only then.

By doing an ABC Break, you **ACTIVATE ALL THREE KINGDOMS** at once. You disengage from using the 6-degrees of separation *by directing the middle kingdom (your mind), instead of consulting it for*

*an answer it cannot provide.*

You make an *Amplified Being Choice!*

What this does is profound; you create the space for the SOLUTION to the problem(s) to emerge while simultaneously becoming the magnet to what you desire.

When you have done this process, you have chosen OUT OF YOUR CURRENT CIRCUMSTANCES.

## Here's how I discovered the power of The ABC Break process for myself:

*I was facing a dire situation within my nutrition store that was losing money.*

*My mind didn't have any solutions that worked, I tried countless ideas that failed. The previous store-owner left his playbook – none of the ideas worked.*

*Instead of allowing the negativity of my mind to persuade me into believing all was hopeless, I moved past the problem with the ABC Break process. Cranking up my favorite songs, I stepped into being the solution and replayed this several times a day.*

*I imagined the store successful and money flowing freely and easily to me. Most importantly, **I envisioned other people getting serious results!***

*Each time I'd replay the scene where I was looking back from being a success; I'd crank the music and really feel it strongly inside.*

*After a few weeks of doing this, a brain-child popped into my head. I had my epiphany! It was an answer from 'the other side' – I was BEING the solution, so I attracted new ideas.*

*I acted boldly and joyfully on the idea – it was a very exciting idea. My problems were solved in 24-hours from that moment of acting BOLDLY WITH FAITH.*

*The failing business became an overnight success!*

*Keys: Yes I had to DO something. **Taking an outer action is almost always required.** The state-of-being you take the action from is of primary importance! By BEING the solution to the problem, I created the space for the IDEA that was necessary to take action upon.*

*To solve the unsolvable riddle, you must change the LEVEL of mind you are operating from. Any time you activate your FAITH, you schedule the next season. Fortune favors the bold.*

*“If you persist as others have persisted, you will see the falling away of a fear or compulsion. It will fall away like an arrow in the midst of flight because you no longer give it the wings to fly.”*

Persist with your ABC Break processes and you will experience exactly what that quote above means from different levels of understanding.

## The Law of Attraction is Simple.

Let me explain how things come to you by **the law of attraction...**

Your state-of-being determines what you are attracting. Period.

Your state-of-being is a vibration. Everything in the universe vibrates. When you are trying to get something from a state of “I want” (which equals lack), you are vibrating in the state of disallowing.

Since *lack* is a *vibrational mismatch to what you desire*, it is like two magnets repelling each other away. Your desires are withheld in a vibrational escrow, awaiting your alignment with them vibrationally.

## The ABC Break process is half of your GOD-LIKE power.

Change your vibration to a state of HAVING or ALLOWING and you become an open conduit for the free-flow of your desired outcome. It's simple.

You see, you were endowed with the ability to change your own consciousness.

## RE-VISIONING is half of your GOD-LIKE POWER. The other half is the power of your SPOKEN WORD.

Somewhere along the way, human logic has convinced you that how you feel is not important. And the words that you speak are just "words".

The only thing God ever did was speak. Every word out of the mouth of God was created. Guess who God is? You. God is BEING you.

**WARNING: IF YOU THINK YOU CAN DO THE ABC BREAK PROCESS AND SPEAK WORDS OF LACK, LIMITATION, ETC., YOU WILL WASTE YOUR TIME DOING THE ABC BREAK PROCESS.**

The truth is; when you ignore your inner guidance system, you lose your ability to activate the law of least effort. You become rigid and struggle because you are left to the devices of your mind, instead of your soul.

As the late Rev. Ike said, **'feeling gets the blessing'**.

Jesus said, "as within, so without."

As you embrace the **ABC Beak** process, you activate your God-like power again.

Later on, I'll show you how SPEAKING "right words" completes the process.

In the Bible, it says, "let the weak SAY I am strong."

Your mind will tell you that this is LIE.

Here's what I have to tell your mind:

*If you tell a lie long enough, you will  
end up laying where you lied.*

**This is a book about POWER.  
ALLOWING is expressing REAL POWER.**

I have used the technique I described as a child to create the world where I excelled at hockey and lived out my dream.

I used it again intuitively when I was a teenager to clear acne from my face; I changed my reality so that I could be socially accepted and popular as my face cleared up.

I intuitively knew how to change my state-of-being. In fact, the ABC Break process was very intuitive.

I'm guessing you used to 'daydream', too.

Do you remember?

Did you ever imagine what you wanted when you were younger?

## Adults Suffering From Ignorance Without Bliss?

Consult a kid with a box of legos if you want to remember how to live your life prosperously.

Playfulness is not just for young people.

So check this out – you were raised by ADULTS, right?

The word itself sounds like a similar word: ADULTERATED.

Verb (used with object), **adulterated, adulterating.**

1. to debase or make impure by adding inferior materials or elements; use cheaper, inferior, or less desirable goods in the production of (any professedly genuine article):

*to adulterate food.*

Adjective

2. impure or debased; cheapened in quality or purity.

The CULT OF THE EDUCATION SYSTEM has made most people impure by adding their inferior elements: limitations disguised as education.

Once you are brainwashed out of your magical, playful state-of-being where you spontaneously pursued your HIGHEST EXCITEMENT in every moment; you get to be called AN ADULT.

Makes sense, doesn't it?

Being a responsible “adult” is a trap to get you to take life *too* seriously.



## Seriousness is a disease that repels what you desire.

I'm not advocating you become a *Kidult*, either – a so-called grown up that doesn't want to grow up.

I grabbed that word from the Urban Dictionary. [www.UrbanDictionary.com](http://www.UrbanDictionary.com)

### **Kidult:**

A so-called grown-up who doesn't want to grow up (or at least act like an adult) and would instead prefer so-called “children's” stuff for entertainment, like cartoons, toys, comic books, Disney movies, etc. He or she also enjoys colorful “kiddie” snacks like breakfast cereal and Spaghetti-O's and dresses like a teenager or perhaps younger. May or may not be great parents as well as being able to take on adult responsibilities. Not necessarily too immature at least in the public. Not to be confused with geeks or nerds either, of course!

Also known as “Peter Pan”, “young at heart”, and “kid at heart”.

*I'm almost 35 and I love Neopets, Archie comics, children's books, etc. So this makes me a kidult, heh.*

### **Adult:**

A middle aged grown up whose only purpose in life is to annoy and bitch to kids and teenagers. They hate pretty much everything and everyone, mostly their kids because they didn't have a good childhood and are now bitching and complaining about it to every other person 20 years younger than him or her, what a douchebag.

*At the age of 35, adults become uncool and zombie like, whose only purpose is to destroy the youth.*

## Remember learning to ride your first bike?

When you were a kid, did you sit around and ask your mind how the mechanics of riding a bike would work?

Did you evaluate the velocity of speed you would have to achieve to stay vertical?

Did you try and plan out the time of day the least probability of an accident would occur so you could be safe?

If you did, you've probably been in rehab ever since your first sip of alcohol. To live under the restraints of the so-called educated mind is the ultimate form of hell.

Most self-made millionaires are college drop-outs for a reason...

Okay, let's be "serious" here – you just **JUMPED ON THE BIKE AND BEGAN PEDALLING**. You wiped out, too. It hurt. You learned.

## The cult-like education system: the essence of what "screwed" you

The process by which you have become **ADULTERATED** is laid out above. Knowledge is a good thing and I'm all about learning.

The education system reinforces "memorization" and trains you to **CONSULT YOUR MIND FOR EVERYTHING**. You are graded on what you can remember. Useless information, mostly propaganda, is shoveled onto you for your mind to **EAT, EAT, EAT**.

All this does is reinforce the 6-degrees of separation by:

1. Training you to engage with your mind for the answers any-time you are faced with a problem.
2. Make you feel stupid for not knowing the answers (you were graded on this in school; ridiculed with bad marks if you couldn't get your mind to give you the answer).
3. Increase a number of limitations your mind can use to stifle your ALLOWING.

**It is Not It! You can't get there from here!**

The ESSENCE of what the cult-like education system has done to most people is the problem. It is the way we have been conditioned to GIVE AWAY OUR POWER to become subservient slaves to our own mental programming.

The education systems were created by minds, to reinforce the mind!

Recall...

What do most people do to create self-sabotage?

1. Desire and then move into the resistance with "I WANT!"
2. Engage the mind with, "HOW AM I GOING TO GET IT!"
3. Struggle into resistance, addicted to the LACK of "HAVING" i.e., "I WANT."
4. Beat themselves up and feel "less-than" for not producing the desired outcome.

## So, does the ABC Break process still work as an ADULT?

Most recently I used this technique when I was very ill and in a bankrupt state. I had lost everything and I was dying. I began to immerse myself in this technique.

Within a short period of time, I recovered all of my health and I became a seven-figure entrepreneur. I manifested businesses that I ran from my home; these ventures have done millions of dollars in sales. I also reclaimed my health and stamina so that it rivals the health of when I was half-my-age.

**The bottom line is; put this process to the test and experience the results for yourself. By doing this, you are using the mind in the way it was intended to use.**

### When you choose OUT of your present circumstances, you must learn to stay out.

The ABC Break process is only half of the ALLOWING lifestyle. You must learn to STAY OUT of your mind's trap once you choose out of your present circumstances.

Your mind will pull you back in if you are not equipped to stay out. Once you've been out for a while, your mind will build a new "set point" and raise the floor as you raise the ceiling of joy you ALLOW into your experience.

## CHAPTER 6



# How to NEVER MIND and make the right decision, every time.

*Years ago, when I was building my Network Marketing business I discovered Anthony Robbins work. Specifically, the idea of a ‘pattern interrupt’.*

*The idea is to STOP the mind dead-in-its-tracks; you can then insert a new choice and create a new behavior.*

*Maybe I took things a bit too far, it was a miraculous laugh we had after I got reamed out. I did something that worked very well, but it’s up for debate whether it was received well...or if the timing was right.*

*There we were, four of us at the dinner table in a nice, cozy restaurant...*

*Erica was in the middle of a rant, going into a negative place in her mind, real quick. She was clearly apprehensive about possible rejection as we discussed our game plan.*

*(Her boyfriend Troy was totally oblivious of what my next move was going to be). He wasn’t paying attention, either...*

*Erica had some bad associations to “recruiting” new people apparently; as she talked about these experiences, I tossed a cup of cold water in her face.*

*Gasping, Erica was taken back... I must admit, in terms of how this broke her pattern it was brilliantly executed. Fortunately, it also happened in a public place so I didn't get a dinner knife lodged in my eye.*

*This is one way to break the mind's association to past events, bringing forth present awareness and detaching the person from unconscious behaviors.*

*Sometimes it is necessary to employ dramatic tactics like this; most of the time, a more subtle approach is adequate.*

Saying **“thank you”** to your mind and *never minding* its nonsense by using the words **“It is Not It!”** is what you do between ABC Breaks.

Again, the mind is going to give you nonsense because it is creating the very problem you are engaging it to solve. It DOES NOT KNOW THE FUTURE.

It references the past to predict the future; if it had the answer the problem would already be solved.

Since your mind seems to be the very thing that is creating the problem and also standing in the way of you receiving the problem, it's safe to assume you won't need your mind to dictate endless demands to you anymore.

**“You know what they say, a mind is a terrible thing.”**

You must learn how to differentiate between intuition and the endless chatter that goes on in your mind.

If you feel a sense of peace, this is usually an indicator that you are perceiving the appropriate action step towards what you desire.

## Your decisions decide your habits; Daily habits decide your destiny.

Imagine each decision or action you are contemplating as a hand in a poker game.

You always have three choices to make; hold 'em, fold 'em, or raise the bet!

You have three choices at all times when a decision must be made:

- *Call or Hold (stay in the game and play weak).*
- *Fold or Opt-Out (walk away and cut your losses).*
- *Raise or Up The Stakes (go all in and play with boldness).*

Weakness repels riches of all kinds – health, wealth, happiness, love, etc.

Most people play each hand in life with weakness; I call it *'playing small like a little man'*.

I've been guilty of this most of my life, too.

### A habit of playing weak will create weak results.

The habit of “calling or holding” is the worst choice you can make.

*“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, **raising** in one's favor all manner of unforeseen incidents, meetings and material*

*assistance, which no man could have dreamed, would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”*

*– Johann Wolfgang Von Goethe*

**I noticed Johann mentioned RAISING in his famous quote... synching it with BOLDNESS.** I'll mention more about this in a bit...

**The only reason people fail is when they lose focus.**

You will lose your focus when you consult your mind.

All kinds of negativity and doubts will appear disguised as 'reason' to tempt you to *call or hold*. It's the equivalent of tip-toeing around the pool but never jumping in.

Every day, millions of people spend the majority of the day doing what they do not like – these people are “holding” onto something ‘*just in case,*’ because it seems reasonable.

This behavior is a recipe to become miserable.

Resistance and struggle are common adversaries in this type of fear-based approach to living. Resistance and struggle are synonymous with the mind, and so is fear.

**God only responds to faith  
– not your necessity.**

Most people tip-toe in opportunity and never fully commit. They also hold onto people, jobs, habits, circumstances and anything else you can think of; these things have usually long outlived their initial excitement.



People hold onto these things because they are afraid of the unknown. The truth is; **all you will ever experience is more of yourself as you enter the unknown.**

## Life is actually a game you are playing between you and you.

Life usually has to force these people to redirect their course of action. It might be a catastrophe, an illness, a fallout, or something unexpected.

Most people live from a place of uncomfortable-comfort and only embrace change when life forces them to adapt to change. These people play weak. They are the people of “little faith”.

As soon as they need God, they cry out for a miracle.

God doesn't care about need and only responds to your faith.

## The faith zone vs. the safe zone.

So the safest place to be is in the FAITH ZONE – perpetually.

It is actually unsafe to remain in the “safe zone” by playing weak.

## Uncommon success requires boldness and protocol, not necessarily genius.

Most people think creativity is the secret to riches or uncommon success.

Unfortunately, they are wrong. Following a *protocol* will take you further than genius any day of the week.

**One of the mind's greatest tricks is to keep you searching for the next option!**

As soon as you consult your mind, you become a “creative genius” (in your own reasoning) and you lose your focus.

Focus is the elimination of creativity. Focus is the elimination of the search for more options.

“Stupid is what stupid does.”  
– Forrest Gump

The mind’s greatest trick is to get you to search for answers instead of trusting your own inner-guidance and acting on your HIGHEST EXCITEMENT, NOW!

Remember the analogy of riding the bike above? When you were a true genius, you just jumped on the bike and started peddling. That is acting on your HIGHEST EXCITEMENT, in the moment – regardless of the fallout.

Now that you are an ADULT, you use ADULTERATED thinking to talk you out of this FAITH-BASED approach to pursuing what you desire.

Do you understand what you just read?

**Your mind wants you to keep “searching” because it requires zero faith to search.** It takes faith to follow protocol when there are no guarantees.

Life is a gamble. Whether you believe it or not, playing it safe and ignoring your greatest passion, moment-by-moment, is betting against the house.

The house always wins.

The universe has rules.

The rules are simple... it boils down to one thing:

## Get Happy or Get The Heck Out!

*Great flicks to watch: The Man Who Knew Too Little (Bill Murray), YES MAN (Jim Carrey), and Forrest Gump (Tom Hanks).*

*The characters in these movies are master ALLOWERS. Whether through handicap, fantasy, or desperation – they disengaged their minds and allowed the impossible to be “what is”.*

I fell in this “searching” and “playing it safe” trap for over a decade.

I read over 700 books and the *addiction of accumulating other people’s ideas* snowed me from my *true place* success.

Again, this was the **search for creativity instead of the elimination of ideas. It broke my focus.**

It did not activate faith.

No faith = No Miracle.

**If your current situation does not require  
your constant faith, opt-out.**

A better option is to fold or opt-out.

Saying NO to what isn’t your highest excitement is much more powerful than saying YES for all the wrong reasons.

Your true place for success is a moment-by-moment thing. It may change at any moment.

You must activate faith to follow your highest excitement to stay in the center of your true place of prosperity!

## Learn to say NO to endless options.

Mastering the skill of saying NO is essential. Great achievers are never in search of the most avenues to get to the top. They are obsessed! Most of the time, it is with a laser-beam focus inspired by raw passion.

### **Passion is the necessary ingredient to unlocking uncommon faith.**

Great achievers are master allowers because they can easily say NO to what is a waste of their time. They are in love with the process of what inspires them; the outcome is guaranteed if you are in love with the process.

When I was on my journey of building my first seven-figure business, I was approached often by individuals with great sounding opportunities.

I instantly said NO.

It was easy to say NO because I was sold-out to my passion.

My passion led me into my *assignment, where prosperity is guaranteed*. This must make sense to you if you are to be able to master the law of least effort!

## How do you find your passion?

*What do you like to talk about all the time?*

*Whose pain do you feel?*

*What is your downstream focus?*

*What transformation do you want to make?*

These are good questions that can lead you there. The simplest way is to simply ask and answer the question, “what is the fastest path to

my joy, in this moment” or “what is my highest excitement, in this moment?”

Instead of looking for some grandiose idea, recognize that your AS-SIGNMENT or TRUE PLACE OF PROSPERITY is an ATTITUDE OF ALLOWING.

This attitude GUIDES you into the UNKNOWN – the only place your miracle can find you.

## When your moment comes, go ‘all in’ and be bold!

Master achievers pick their moment. When your moment comes, this is when you **raise and go all in**... unleashing uncommon faith in order to unlock uncommon success.

Again, read this quote on more time...

*“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, **raising** in one’s favor all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamed, would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”*

– Johann Wolfgang Von Goethe

If you are pursuing your passion and following protocol instead of genius, your moment will come.

Your faith will schedule the next season in your life.

**A crisis will usually occur at the season of change – so be warned.**

**Enormous success is usually preceded by a series of false accusations.**

When you are going for unreasonable success, *haters gonna hate!*

Ignore the voice of fear and doubt and stay committed by following the 3,2,1 process and doing the ABC Break process.

Consider calling in reinforcements BEFORE you are presented with a crisis or the season of false accusation...

## CHAPTER 7



# The absolute FASTEST PATH to Supernatural success that everybody ought to know...

The MOST powerful manifesting strategy that is commonly mistaken for some form of therapy – the ‘strategic partner’ relationship.

A coach or mentor is the ultimate asset when you are serious about reaching for greatness. When I aligned with the right mentor, my income increased over 10-fold.

Until I reached for the mentor, I couldn’t break through the ‘terror barrier’.

I began mentoring before I reached my success.

As soon as I reached for MY ‘STRATEGIC PARTNER’  
– my success arrived, too.

My first two guys, I mentored years ago broke the million-dollar mark in earnings before I did.

They possessed a secret that exposed my weakness – pride.

While they were willing to reach, **I was untrusting and my pride kept me broke.**

A powerful exchange is made when a mastermind alliance is formed. As Dr. Phineas Parkhurst Quimby stated, “mind’s mingle”.

I only realized this because I was able to clearly SEE what was happening – by focusing outside of myself. My two friends were RICH and I was broke.

What did they do differently than I did? They reached and were willing to be coached.

Paying attention to what is going on outside of yourself is important; missing the opportunity to obtain favor from a mentor, or sponsor, is devastating to success.

*“An ounce of favor is worth more than a lifetime of labor.”*

*– Dr. Mike Murdock.*

The way you gain access to a mentor (someone who has what you desire and can help you get it) is by *sowing* HONOR upward toward him or her.

Honor is appreciation and acknowledgment combined with the *willingness* to be coachable.

The willingness to reach is a success trait that most people have too much pride for - they remain stuck, instead. I was one of these people, even when I began mentoring!

There is a dynamic that exists in this ‘strategic partnership’ where miracles can happen.

## The right mentor can move mountains by unlocking your faith.

It reminds me of lifting heavy in the gym. If I’m on the squat rack and a Promethean giant is standing behind me, spotting me, I can push



WAY PAST my threshold.

Your FAITH is multiplied when you enter the ‘strategic partnership’. Until then, your ego can get the best of you.

On top of that, most people aren’t willing to submit to someone else’s wisdom... even though they know success requires FAITH and boldness to activate transformation.

Why?

People aren’t usually thinking with simple logic; they act on emotion and predominantly allow fear to control their decision-making processes. They distrust and allow pride to keep them stuck like I did. It’s the ego creating a trap.

### The ‘*know it all*’ crowd...

Worst of all, most people are uncoachable. They know all the answers and have none of the success.

They say, “yeah, I know” and then don’t do what they allegedly know.

### To know and not to do is not to know at all.

My friend Katrina is a perfect example of a coachable person. Here’s an email I recently put out explaining a key characteristic I admire about Katrina. Her daily habit of using this “*magic allowing*” behavior has endowed her with many miracles:

*I had an amazing New Year’s Eve. I flew out to San Diego to escape the Wisconsin weather and connect with friends.*

*My friend Katrina invited me out to a New Year’s party. Afterward, a small group of us had an intimate conversation about healing.*

*It was a great opportunity for me to pick Katrina's brain; she overcame Lyme's disease and became a best-selling author and "serial" entrepreneur. What we were both most passionate about was how our mind played a role in both our recoveries.*

*Katrina did a fire walk at Anthony Robbins event when she was ill. She heard about Tony's personal healing recovery at the event; he spoke for eleven hours straight without a break.*

*She knew she could get well. If she could train her mind to walk on fire and other people had recovered – she could, too.*

*Listening intently for the unspoken "thing" that gets missed often, I extrapolated the essence of what I felt gave Katrina her personal power.*

*She has a rare ability to trust and believe in the goodness of the Universe. When she learns something, she acts upon it. Her discipline is strong, but it is inspired by her willingness to be "coachable".*

*Many people think that they are coachable; they are anything but coachable. Most people have all the answers and none of the success.*

*You've met these people, they say, "yeah, I know" and yet they don't do what they know. To know and not to do is not to know at all.*

*It takes a big person to admit they may not have the answers and submit to the wisdom of someone else.*

*It takes a champion to act on the advice given and see it through to the end.*

*The greatest success secret in all of history is the willingness to reach; to sow honor into greatness.*

*Katrina showed honor to her mentors by acting on their wisdom. In return, the “mantle of greatness” was passed down to her – that’s how it works. It’s called favor. One day of favor is worth a thousand days of labor.*

*As you embrace your New Year’s resolutions, be willing to reach. Someone close to you is your doorway out of trouble. Honor is the seed for access. Access is a moment-by-moment phenomenon.*

*Honor flows up, favor flows down. You become who you hang around.*

*Katrina is a perfect example of how to get access to great leaders. Her attitude towards their greatness inspires their favor towards her.*

Do you see the “magic allowing” behavior that Katrina demonstrates in her life?

I did a video with Katrina that’s titled, **7 Keys to 7 Figures – Increasing Your Allowance.**

It’s available for you to watch at the link below, whenever you are ready:

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

Reaching for access to ‘strategic partners’ (mentors) has been the best investment I’ve made, hands down.

## I Wouldn’t Have Made Millions Without Mentors.

One time, I invested just over \$6,000.00 into one mentor and the dividends were in the millions-of-dollars.

Is that a good deal? You tell me.

In exchange for your willingness to be coachable and the seed money you invest; you get to obtain the WISDOM of the person you are partnering with.

It’s the equivalent of sending your investment into your future where it multiplies!

Most importantly, you activate FAITH. This sets up EXPECTANCY.

You get what you expect. Life is all about negotiation, so NEGOTIATE with your mind to BREAK FREE!

## The most common difference between wealthy and poor people:

- Poor people cram their future into their present moment and create ‘bad’ debt.
- Wealthy people invest in ‘equity’ and fill their future with prosperity.

Poor people will invest their money in the trappings of wealth, without the wisdom to sustain it. Most lottery winners are proof that money doesn’t make you a wealthy person.

## Wisdom is my obsession.

Until you become obsessed with something, you are easily distracted with options.

Wisdom Is the most valuable “equity stock” you can obtain. The rewards are always favorable. Here’s a parable I believe I heard Deepak Chopra speak in one of his audio albums years ago:

*Inside of you are two goddesses; the goddess of wealth and the goddess of wisdom. Most people pursue the goddess of wealth and she forever eludes them. Wise people chase the goddess of wisdom. The goddess of wealth becomes jealous and chases them for a lifetime.*

## Expand your ALLOWING – introducing the 10-Hour Breakthrough Intensive “Increasing Your Allowance” Workshop!

*Condition yourself to ALLOW unlimited prosperity.*

*When I was a hockey player, I had the good fortune to be coached by the late Bob Suter. I consider him among the finest coaches to ever walk the planet.*

*Bob knew how to impart greatness. He lived it. A former member of the famous 1980 Olympic “Gold Medal” U.S.A. Hockey team, Bob’s hockey career was one championship after another.*

*I grew up wanting to be a high-school hockey star. Unfortunately, my dream*

*wasn't any bigger than this; I didn't see myself playing beyond this level.*

*I achieved my dream and then some... it was not my destiny to go further. A different calling was upon my life. My greatest moments were playing for Bob Suter. Being next to him, I not only gained confidence for the game... I also gained confidence outside the ice arena.*

*As far as achieving the dream of being a star player in high-school...*

*Success came too easy. My goal was too small. I slacked off and felt no reason to give it my all – my skills were solid and playing well was effortless.*

*Bob wasn't one to allow his team to live in a sheltered, small city reality. He did something I've never heard of; he scheduled our high-school team to play entirely out of our league and go up against a top-ranked 'select school' – ranked at the top of high-school hockey's most elite players.*

*At the end of the first period, we were already losing 14-1. The game went to running time and we got annihilated.*

*It was a world-class beatdown. My ability to dominate the game was interrupted by speed and skill I hadn't been exposed to before. I was merely "average" amongst the most average of players on that team.*

*Overall, our team looked like a group of 'benders' who belonged on the pond. My ego was humbled, big time.*

*Bob showed us a new world. He raised the bar. Great coaches do not allow you to remain idle, stuck on yesterday's successes. After this experience, Bob initiated a new team where he recruited talent, similar to the team that destroyed my high-school team.*

*I was invited to play on this team. Bob expected "full on" performance, every practice and in every drill. At this level, there was no allowance for anything less.*

*In practice, we would run drills and master the fundamentals, building*

*lightning-quick response time.*

***Bob conditioned us to develop habits to play at the next level.***

*“Touch-and-go” hockey; you play ahead of the game, anticipating where the puck is going at all times. You transform into a better player under these circumstances.*

*Greatness is either born inside of you or you quit. It’s that simple. It took faith for me to skate with this team. I had many reservations and doubts about my abilities.*

*Bob was equipping players for the highest level of hockey, at all times. He did this by refining you; developing your ‘play style’ and habits (on and off the ice) of an elite athlete.*

*“No excuses,” that was Bob’s motto.*

*Bob’s heart-and-soul was for the game, translating his passion into protégé’s – like his son, Ryan Suter. Ryan is currently amongst the top hockey players in the world today. Bob’s legacy lives on in Ryan and thousands of other players.*

*Back to the story...*

*I guess I should tell you how it felt to step on the ice and go up against the team that made fools of our former high-school team.*

*Yes, we played them again.*

*This time, it was our new team and a new level of playing we were accustomed to. We kicked their asses. It’s that simple. Bob made that happen. The coaching was the miracle-on-ice for us, just like it was back in 1980.*

*Bob’s legacy lives on inside of me, years after he imparted his wisdom.*

*The power of the coach who inspires greatness is the power to unlock your destiny.*

*Are you ready to go beyond your comfort zone?*

*Ready to reach for more?*

You can use the wisdom in this book to change your life, faster than anything I know of. I've read hundreds-of-books over the years. I take nothing at face value. The foolish trust and the wise test.

The techniques you are learning here are proven. What you do with them is entirely up to you. Most people will do nothing. The fact that you have read this far in the book is a clue to your potential; the "average person" dropped out already.

**"F\*\*k being average."**

*-CT Fletcher.*

I want you to enroll in the workshop below. It's not enough to know what to do; you must ACT BOLDLY and step into the faith zone.

Due to the time-restraints I have running my companies; being a father; not to mention having a social life; SPOTS ARE VERY LIMITED and there is a QUALIFICATION PROCESS to be accepted.

## **If This Is You, You're Not Right This Program...**

I'm not wasting my time with complainers, tire-kickers, or people-pleasing pushovers who suddenly become passive-aggressive.

Nor do I want to work with individuals who happen to be 'politically correct' in order to hide their authenticity.

Nobody can help these people. They won't reach for help or take instruction.

Prosperity is aligned with AUTHENTICITY.



If you've been searching for a way to develop your authentic self, here's your opportunity to shine...

## I Admire 'Humble-Champions' Who Are Willing to Reach and Transform Their Lives

I'm looking for humble-champions who want to TRANSFORM THEIR LIVES.

This is done with qualified 'strategic partners' to hold you accountable to achieving your BREAKTHROUGH goals.

This is not for the weak or "average" person who 'calls' when they should RAISE their bets.

We both know "average people" don't exist.

It's time for sobriety...

There is no such thing as being average – this is cop-out language for NOT PURSUING EXCITEMENT in life because of fear and allegedly "not knowing" what to do.

## Activate Faith and Activate Miracles!

Getting aligned with qualified mentors is WHAT TO DO; dealing with the fear and procrastination has to do with being addicted to the mind. NEVER MIND.

***You Can't Get There From Here! It is Not It!***

Everyone was born with greatness potential. It's our natural state-of-being.

Unleashing your full potential self into the world is simply a choice.

It's YES or NO. Are you IN or are you OUT?

Fold 'em or RAISE the bet! The universe is paying attention.

*How you do ANYTHING is how you do EVERYTHING.*

## Are You Ready to Condition Yourself for ALLOWING Unlimited Prosperity?

The 10-Hour "Increasing Your Allowance" BREAK-  
THROUGH Intensive is the

*'Boots On The Ground'* Transformation to

Play at The Next Level:

For more information, visit:

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

## CHAPTER 8



# Passion is a moment-by-moment pursuit of your highest excitement.

I have started over a dozen businesses. I've abandoned many of them.

The key to success is to follow your passion and yet, don't get attached to the outcome. Passion can lead you into another business totally unrelated, in a New York minute!

### **Let me tell you how I failed in life for over a decade...**

*I was head-strong about network marketing. I joined many MLM (multi-level-marketing) companies and kept trying to make them work.*

*I would always imagine myself as the most successful person in all of the land and keep pushing to create it. I'd do this by consulting my mind and following its advice tirelessly – spinning in circles.*

*I was not passionate about the process of the business. I hated meetings, and I didn't even believe in the products.*

*One thing was the ONLY thing that I enjoyed – the idea of freedom.*

*Not paying attention to what was happening outside of myself, I kept struggling to make it to the top. I wasn't being a successful Network Marketer, nor did I truly want to become one.*

*My passion was always in finding products I wanted to create. Truth is; I felt most of the products the company sold were crap.*

*I had seen an independent third-party review analyzing the products; they were at the bottom of the spectrum in terms of quality. My integrity was in question; instead of selling the product, I focused all my efforts on recruiting.*

*I didn't listen to my inner voice that wanted me to DO MY OWN THING; following other people's opinions, I stayed in the business and beat my head against the wall, for years.*

Let's examine why this failed as I give you another miracle success key:

- I was not in love with the process. I hated the meetings and the products weren't something I truly believed in. I just wanted the lifestyle.
- I consulted my mind for answers it knew nothing about. If it knew the answers, it wouldn't have created such resistance to "what is" – the mind is a virus. I'd draw out plans to recruit new people and try to figure out how to succeed. The problem is; my mind had no clue and I was consulting it.
- I imagined myself as the king-kong *silver back guerilla* who would beat his chest and conquer all the land. (Keep reading: a very important key is about to be revealed). I was so caught in my head that the OBVIOUS elephant in the room was overlooked – *I was not interested in the mechanics of that business.*

**Pay attention to what is happening  
outside of you.**

**The clues are everywhere.**

*Before I was alert and awake, I was unconscious like most people. Staring at their phones and totally distracted, hardly anyone pays attention outside of themselves anymore.*

*Most of our modern technologies are extensions of ourselves, allowing us to become petextrian's in a modern society.*

*Another gem from UrbanDictionary.com:*

*Petextrian:*

n. One who texts while walking, usually unaware of their surroundings.

*Marshall McLuhan talked about the five bodies. The most common form of self-indulgence today is the 'chip body' addiction.*

*Social media allows us to interact today in a way that's never been done before. We get to live vicariously in a digital extension of our five senses.*

*I love some of these technologies, and you probably do too.*

*Most people are LIVING almost vicariously in their 'chip body' and sometimes completely ignoring their 'chemical body' (physical body).*

*We can still be stuck inside of our ourselves and ignoring our external world if we get addicted to 'online escapism'.*

*Here's one example of countless times I was "not present" while carrying out an assignment...*

*Candace asked me to get a bag of rabbit food for her since I was already heading to the store. She described in fine detail the 20lb. bag she wanted.*

*When I returned, I expected the smile on Candace's face to light up as I delivered her the bag, just as she asked for.*

*Her look of amazement had me curious. "Yes, it was a smaller bag.*

*I got a great deal on it," I thought.*

*Did Candace just marvel at my brilliance to find a better option for her?*

*I couldn't figure out what her look of amazement meant?*

*After all, I did price the bags out and grab the most logical one...*

*Candace laughed. She said, "look at the bag real closely, and tell me what you see."*

*There it was, a picture of a hamster just like she asked for; wait, what!*

*How did I grab a bag of hamster food instead of rabbit food?!*

I wasn't present during that shopping trip, whatsoever. I was in my head. The good news is; nobody missed me online that day.

The bad news is; accidents occur all the time because people are doing this same type of behavior. It's like nobody is operating their vehicle. You drive by them and they are texting and looking at their screen.

I missed the mark that day because AN INSTRUCTION is always an opportunity for promotion. I was already on Candace's crap list at that time in my life.

My desire to receive a promotion in our relationship was met with more proof of my inability to be counted on.

What I did wrong was a HABIT. The habit was NOT PAYING ATTENTION OUTSIDE OF MYSELF. This habit is one of the biggest reasons most people miss their opportunities in life.

## Back to my story about failing in Network Marketing...

Life gives us feedback from our external world – our outer kingdom. The feedback I was getting was a direct result of my being choice.

- I was being a person who enjoyed struggle and resistance. I kept consulting my mind for answers it didn't have. The answers I'd get would create more problems which led to more struggle.
- I was pushing against "what is" instead of allowing. If I allowed myself to WALK AWAY, it would have been the right choice. Folding was the best option; instead I 'called' and stayed in long after the excitement ran out.
- I was getting feedback that I was not aligned with my purpose: prosperity shows up when you are in your true place of success. My results indicated I was in the desert! There were no signs of prosperity. IF I PAID ATTENTION TO WHAT WAS HAPPENING OUTSIDE, I would have seen this and FOLDED.
- I envisioned myself as the success. Other people respond to our true intentions. Since it wasn't about them, they weren't interested in what I was offering.

**If you want to experience external success,  
you must focus on external things.**

When you are envisioning yourself BEING the solution to your problem(s), make success about OTHER PEOPLE – make yourself 'invisible,' if you will.

Please understand what I just wrote. It's critical. Showing up to your

celebration party and realizing you're the only one there is quite boring. This is the desert I found myself in during my Network Marketing years.

Instead of being subjective and caught in your own delusion, **PAY ATTENTION TO WHAT IS GOING ON OUTSIDE OF YOU.**

Is prosperity showing up?

What are you noticing? Pay attention!

The role of **GOING WITHIN** to change your **BEING CHOICE** with an ABC Break is to change **THE FEELING NATURE** you are vibrating in. This is how you choose out of your current situation.

**After you choose out of your circumstances,  
focus outward and pay attention.**

After this, your best move is to **FOCUS OUTSIDE OF YOURSELF** and live from the heart; **FOCUS ON OTHERS!**

Even Jesus said, “take no thought for your life, what you shall eat or drink or the clothes you will wear.”

If you are focused outside of yourself, you will easily spot the proof of success or failure in your actions.

If you are noticing that things are coming together with least effort, you are on the right path. If you are struggling to get ahead, you are missing something.

**How do you spot what you're missing, if necessary?**

Ask yourself these questions:

1. Am I passionate about what I'm doing? Would I do this for **FREE**, if I already had all the money I ever needed?



2. Am I making this about myself, or others? (People will sense this, and respond accordingly). **Everything good you will receive usually comes from other people.**
3. Am I grateful for what is showing up or am I allowing my mind to push against “what is” and sabotage me with ‘I WANT’ or ‘lack’ thinking?

Be brutally honest and self-correct if necessary.

One person that I have resonated with is Darrell Anka, who channels a being named Bashar.

Darrell Anka says that when you **follow your highest excitement in every moment, this is the all-encompassing toolkit** for obtaining your true heart’s desires.

## What if my excitement is to get drunk and lay on the couch watching football?

Let’s say my highest excitement in this moment is to go and watch the football game and to get drunk with my friends.

I don’t see how this is going to put any money in my pocket, make me healthier, or manifest the love of my life?

You have to understand how desires evolve on their own and this is what naturally occurs if you say YES to your desires. It happened in the movie, *YES MAN*.

You may find yourself enjoying the experience of getting drunk with your friends and watching mindless entertainment, and then the desire may evolve into a new impulse to take action towards building a business.

Or you might meet someone at the football party who sparks your interest romantically?

Desire is born out of contrast.

I mentioned this dynamic a bit ago; your passion can lead you into a new venture in a New York minute.

## How my desire spontaneously evolved for me, overnight.

Let me tell you how this worked for me...

*I was inspired to go to massage school. It was after I had gotten well enough to get out again and meet people, after recovering from Lyme's disease.*

*I liked the idea of helping others with a therapeutic touch. Touch is my love language. Since it was a passionate pursuit, doors opened for me spontaneously.*

*Faith seemed to make the impossible, possible. As things were moving forward, I was told that no one in my family could help me with the tuition required to get into school. I hit a roadblock, or so it appeared.*

*In spite of hearing this, I decided IN FAITH to go and meet with the owner of the school. He was a very funny and charismatic man. The problem was; he liked making money. He was a businessman. I was worried.*

*He asked me how I was going to pay for the classes. I told him that it wasn't possible; this was my first true leap of faith after being bedridden for quite some time. He walked away to gather his thoughts...*

*After a few moments as he pondered what I just said, he offered me a job to pay for my tuition. It was an easy job and it solved both of our problems.*

*Faith unlocked the door for me.*

*Yet, soon after, my passion led me on an unexpected change of course...*

*After a couple months at massage school, I followed my passion elsewhere to work at a nutrition store. I didn't want to do massage anymore. My reasoning mind told me to "hold (or call)" and keep the massage schooling as a back up plan, just in case. But it wasn't my excitement anymore.*

*Instead, I folded. I opted-out. I focused entirely on my new job at the nutrition store. I loved being there! The prospect of doing massages all day began feeling upstream.*

*I suppose it was exciting to learn how to do massage, but the actual "work" felt upstream – doing it everyday was not exciting to me anymore.*

*The store soon became a prospective business ownership opportunity. This was even more exciting to me!*

*I began taking this thought into my ABC Break process. I'd imagine myself running the store, making people happy, and getting stronger and healthier myself.*

*Day after day, I'd take my ABC Break in the downtime. I did this about two to six times each day for a few minutes each time.*

*It wasn't a long and drawn out process; I'd crank my absolute favorite song and get the goosebumps and BE the person (in my mind's eye) living as the successful business owner and picture of perfect health. Usually, one song was enough.*

*My exact vision did not manifest. Something better did!*

*Doing the ABC Break process, I was becoming an open conduit to HIGHER thoughts, since I was BEING at a new, HIGHER level of BEING in my mind's eye.*

*Living from this perspective opened up miraculous ALLOWING...*

*I became inspired to sell some of the products online. The store was not doing this. I listed products online and made a few sales here and there.*

*One day, an epiphany came and I listed a bodybuilding stack "review" video on YouTube. The idea excited the heck out of me and I pursued it.*

*I wanted to HELP OTHERS discover the benefits I had discovered with this product line. It was REAL. The products transformed me and I knew they could HELP OTHERS, too.*

*Overnight, the video started getting heavy traffic. It was a success. The market indicated it was a success by the fruits of orders coming in, daily.*

*I PAID ATTENTION TO WHAT THE MARKET WAS TELLING ME...*

*This is when I RAISED and upped the anti. I went all in! It was time to make my move and claim a bigger vision.*

*I borrowed \$7k from a business colleague and friend. He gave me the seed money to develop my own brand of products and birth my own bodybuilding company, online.*

*I did it because it made me very excited and the market had indicated my formula was working. If it didn't succeed, I would have liquidated the products and paid off the seed capital loan I borrowed.*

*But THIS WAS MY MOMENT!*

*In 30-days, I was already earning over \$10k per month, just from free YouTube videos and landing pages I developed; I was HELPING OTHERS get the same results I obtained.*

*Other people were picking up on my excitement – it drew them in. It was real. The products really worked and people intuitively knew it. So the sales came pouring in, daily. I FOCUSED ON OTHERS.*

*In two months, things were going so well that I decided to get rid of distractions and FOLD MY CARDS with what wasn't working. The store was withering away due to road construction that killed the walk-in traffic.*

*So I got rid of the physical storefront.*

*It was unnecessary overhead. Most of the products were a waste of time to have. I focused only on the products that the market indicated THEY wanted. I folded on that bad hand (the store) and raised the stakes on the winning hand – going all in.*

*I lost money on the physical store, but I made a TON MORE on RAISING the stakes where success was pouring in. The important thing is that you always come out ahead!*

Important points to consider in my journey as it unfolded, are as follows:

1. I went “within” to solve problems that my mind didn't have a clue how to solve. I had to go to a higher level of consciousness to allow the solutions from the “other side” of the problem.
2. At every turn, I acted in faith that the universe would support my decision to choose happiness over priority. When

passion turned the corner, I did too.

3. I was feeling my highest excitement and this chronic state-of-being HAPPY was infused in all my actions, magnetizing success to me.
4. My FOCUS WAS ON OTHERS. The products really worked. I wanted to solve a problem and help others experience the results I achieved.
4. When something wasn't working, I noticed by paying attention to what my external world was revealing to me. I folded and walked away on failures.

As things would appear fruitful and the “market” (people’s responses) were favorable to certain ideas, I UPPED the stakes and went ALL IN – quickly.

## How the ABC Break process and pursuing my highest excitement helped me heal a chronic, incurable illness:

*It was 2009. I was barely able to walk. My legs were weak and my body would shake; eating and even talking right were becoming a problem.*

*My hands would struggle to hold my guitar and play. A mystery illness had consumed my mind, trapping my body in a prison of pain and weakness.*

*I let my mind scare me day in and day out with “what if...” thoughts, creating relentless anxiety. Fear was my dominant*

*state-of-being.*

*Like most people who are scared and sick, I scoured the internet and searched for hope. I felt worst most of the time – the internet can be a pretty negative place. A lot of minds hang out on the internet.*

*My case appeared hopeless. I had already spent months in this condition and it was getting worst. My joy was but a long lost memory.*

*I decided to see if the ABC Break process would work; it was a dire situation, a real test of faith.*

*I didn't have a name for this process at the time, I just intuitively remembered doing this my entire life when things got unbearable. The pain was my impetus to do this process. My back was against the wall.*

*Gathering together a few magazines, I found images of things I wanted to see in my life. I picked up a poster board and created a “dream board” to help visualize what I wanted to manifest.*

*The board had a picture of a healthy bodybuilder; a dream home; a pile of money; my family; a gym, and images of a healthy and active lifestyle.*

*Since I was virtually bedridden, I went within myself to make contact with what I believed was my unconscious mind. I put on my headphones and cranked my favorite music.*

*I would stare at the board from time to time... then close my eyes and imagine BEING the person I'd be BEING if this were my life – now.*

*Certain songs would induce goosebumps when I'd play them loud; these songs I'd play on repeat a few times while visualizing the*

*most desirable thoughts – usually me doing workouts and expressing myself vigorously again.*

*Each day, I'd "clothe myself in righteousness" as in; I would carry myself in my day as if I were already this person.*

*It began with building up strength to walk around the block. Next I was doing pushups. At times, it felt like nothing was going to stick – it hurt so bad I wanted to cry.*

*Mostly, I wanted to cry because I thought my life was going to end, in spite of my best efforts. Leaving my family behind scared me, every day.*

*The weeks went by. A few months went by. I continued doing the ABC Break process. It was one of the only things I found gave me relief.*

*Out of the desperation to be near family, my wife decided it was time to move. We packed up and moved to be near her parents for their support.*

*At this point, I reached an all time low. This was the crisis that occurred at the season of change. I had a fallout with my father-in-law, leaving me potentially 'out of the family'.*

*I kept doing the ABC Break process (what I described above) because it was my only opportunity to BE who I wanted to be.*

*I finally hit rock-bottom. I thought all I had to look forward to was my ABC Break that I'd take at least once per day – usually about 15-minutes.*

*It was about 6 months after I began doing this process that I found an unusual mentor – as if by some stroke of pure luck. I started doing the process when we lived in St. Louis. The synchronicity began lining up right away – it was just hard to notice.*



*Soon, we were back living in Wisconsin. Looking back, I can see how this move was absolutely critical to my healing and success. I didn't know it at the time.*

*Fast-forward to when my mentor appeared...*

*My mentor told me, "ask and answer the question, what is my fastest path to my – in this moment?" He told me that my habit of 'taking it on the chin' my whole life had led me to this place of being ill-at-ease.*

*He asked me about what I was eating and if it was making me happy. I told him that I was so strict that it was making me miserable. He told me to stop it and eat whatever tasted good.*

*I was challenged to step out in faith and take my life back – to pursue what I would love to be, do, and have. This is where I enrolled in massage school and started taking leaps of faith toward being well again.*

*In essence, we worked together and I took the instruction literally – moving my state-of-being from 'resistant and afraid' to empowered and optimistic.*

*I did so by ONLY taking actions that qualified as being 'the fastest path to my joy – in each moment'. Moving forward was scary at times because my mind kept using the old habit of fear and "what if.." thinking to hold me back.*

*I had all-out panic attacks and days where I could barely get out of bed on days where I was supposed to work at the nutrition store. My mind wanted me to retreat – the pushback was real intense.*

*I pushed through... the "terror barrier" was breached!*

*Doing this made everything else I was doing to get well seem to all of the sudden work. I started getting better. I began learning to*

*enjoy what was possible and within a few months I was back in the gym and working out again.*

*In three years, I had regained ALL of my wellbeing. Aligning with the JOY state-of-being ALLOWED me to accept my healing at every turn.*

*It took months to perceive what I felt was the real breakthrough. However, in hindsight, my circumstances began shifting the moment I decided to make that “dream board” and begin doing the ABC Break process.*

*The universe began conspiring and lining up all the things I could not see available at the time.*

*My only real job was to ALLOW – to choose out, decide exactly what I wanted, and then ALLOW the unexpected and unknown to enter.*

*Until I began doing this, my resistance to “what is” was spiraling me downward and keeping me stuck being ill-at-ease.*

## How do you know what is your true highest excitement or fastest path to your joy?

If this is not explained, someone might assume it's okay to pursue adultery, theft, murder, or other potential disastrous action.

Someone could feel it is their highest excitement to knock over a liquor store and snatch the loot... only to find themselves landing in a world of trouble.

Or, how about having an affair and losing a spouse?

Or, how about telling the boss to go to hell and quitting a job, only to find a bankruptcy on the other side?

Before taking a BOLD action, consider doing the following quick analysis:

- Is this the highest excitement available at this time?
- If this action affects other people, will it still be my highest excitement afterwards after the consequences occur?
- Can I walk away from this right now?

*Anything you cannot walk away from has mastered you.*

This is an indicator of an addiction and not a true passionate pursuit that is healthy for you.

For instance, when I was a bulimic my impulse to binge and devour food on a long road trip seemed like a quick fix. It wasn't necessarily exciting, but if I didn't do it I would find myself in a world of emotional hell.

Either way, I was screwed. *Since I couldn't walk away*, this was an indicator it was not a true desire of my heart.

Another example is this; a man is on vacation and tempted by the prospect of having an affair. His wife is at home and would be devastated if he became unfaithful to their marriage.

He may desire this other woman in the heat of the moment, it's natural to desire someone who turns you on. However, since the consequences could bring suffering to him and his wife (and others), it may be worth checking:

## CAN I WALK AWAY FROM THIS RIGHT NOW?

If not, this is an addiction or compulsion – not a true desire of the heart.

Also, consider this example; a young couple wants to escape from a situation where they feel trapped in unhappiness. They decide to move across the country and start a new life together.

Caught in the picture of possibility, they begin preparing things and trek across the country. Having not seen ‘what is missing’, they end up in a tight situation where nothing is working out for them.

What was their problem?

It is a subtle thing to recognize, but the problem with this couple is that they were **inspired by unhappiness to run from themselves**; it’s not a true passionate pursuit.

When you are inspired by happiness and joy, this is a much better decision to make.

**Anything that cannot increase you  
will inevitably decrease you.**

I think it’s also important to add in here that **when you feel a sense of shame regarding any action, the action will be repeated.**

When you feel shame or guilt after taking an action, it is not your true highest excitement. It is inspired by pain and not the type of passion leading to joy.

The reason I say this is because sometimes we can mistake our highest excitement for the impulse to pursue a form of escapism or addiction.

There are similar feelings that appear in addiction and compulsion; these feelings are like desire, but always lead to shame or guilt, fear or

frustration.

**The difference is that a true desire is followed by a sense of peace.**

An addiction or escape is followed by a feeling of shame or guilt. Some people are addicted to guilt.

If you are addicted to guilt, you will be living in perpetual punishment (from yourself).

## How to escape self-sabotage decision making:

If this is the case, I want to give you the escape plan for self-sabotage decision making.

Along the way you are going to run into what I call decoys or imposter desires. The best way that I know of is to **remove the meaning or judgment that you have placed upon yourself for taking the action, and the action itself**, that has brought about the shame.

For example, I had anorexia and bulimia for five years. Every time I get triggered, I would lose control and go off on a binge and purge cycle. I would experience incredible guilt and shame after every episode.

This would set up an overcompensating action to want to starve myself and over-exercise, which in turn would create a starvation conflict initiating another binge.

The emotional sabotage-cycle kept repeating.

So naturally, what might seem like the highest excitement after a binge, is to avoid food and the highest excitement after starving is to indulge in endless amounts of excess calories.

- However, in each of these actions lies the seed of shame and guilt.

- Also, the actions negatively affect others and;
- I couldn't walk away from the desires.

Those actions were not my highest excitement because they were birthed from shame and guilt. If you cannot walk away from an impulse, or action, it means you are stuck in a state of WANTING something with intensity.

Since WANT equals LACK, it is inspired by LACK and can only bring about MORE LACK.

*How you go into something is how you come out of it.*

## A true desire of your heart is something that:

- Brings you the highest joy available in the moment.
- Allows you to feel a peace of mind after taking the action.
- Is something you can walk away from and return to again in eager anticipation.

**The true fastest path my joy, or highest excitement – how it was discovered.**

Remember a true desire brings about peace and improves your self-esteem. A false desire brings about negative feelings and diminishes self-esteem.

Here's my story of how I overcame both bulimia and anorexia, completely.

*It was 2002, and there was just a handful of hours left before the New Year. I had been hiding bulimia and anorexia from my girlfriend for about a year.*

*She had just invited me to move into her house and stay with her; I was there celebrating with her family and friends. The urge came over me to binge.*

*I was drinking and eating trigger foods long enough to reach a breaking point. It was an all-or-nothing mindset that plagued me emotionally.*

*As the moment came where I plotted my escape to use the restroom (to purge) neared, I forgave myself. I knew what I was about to do would change the way my girlfriend felt about me.*

*As I entered the bathroom, I detached from the shame and guilt. The belief that I had an eating disorder was no longer tormenting me with shame.*

*I decided that I would go along for the ride and allow the purging without giving it any meaning whatsoever. I would witness the event as an observer.*

*Something miraculous happened; my emotions felt love and connectedness all the while. I witnessed the actions as if it were someone else taking them.*

*In the moment, I remember thinking a new thought, "I am loved and I choose to ALLOW love into my heart, now." It must have been God Himself sending me His thought in my moment of ABSOLUTE SURRENDER.*

*I accepted this thought and chose the highest excitement for me; the fastest path to my joy was to love again. To trust my girlfriend*

*and surrender to the pain, allowing my heart to touch the garment of unconditional love and pure awareness.*

*It was the perfect storm of surrender where I literally released the shame, stepped out of guilt, and embraced unconditional love towards myself.*

***My highest excitement all along was to surrender to love and trust again.***

*The next morning, I woke up feeling like I was a new man. A few weeks went by before I recognized that I hadn't purged at all. Each time I would be triggered and overeat, I would retrace this same experience I had in the bathroom on New Year's eve.*

*The emotional pain inside would dissolve into the SURRENDERING STATE-OF-BEING that I was allowing myself to experience.*

*I ALLOWED myself to be okay with me – accepting the love that my girlfriend and her family wanted to give, relaxing into a new dynamic.*

*My highest excitement was to choose love over fear. Making that decision to ALLOW love to enter my heart and FAITH to trust again, broke the spine of that eating disorder.*

*It has been over a decade since I walked away from my eating disorders.*

*The right answer solves the problem, every time.*

*The wrong answer will always create additional problems.*



Pure awareness is the power that **ALLOWING** harnesses; it transforms anything it touches into peace and establishes order out of chaos.

God's first law is the law of ORDER.

You were born BEING in control. It's God's first law.

You have to use 6-degrees of separation to disconnect yourself from this natural state-of-being.

When you must attempt to control situations, people, events, emotions, etc., through willpower, you are BEING out of control.

If you find yourself doing this, it means you are engaging your mind for answers and getting the wrong answers. Your problems are multiplying because you are looking in the wrong direction. **It is Not It! You Can't Get There From Here!**

You can activate pure awareness by saying “**thank you**” and acknowledging all of the endless amounts of nonsense the mind throws at you.

Just say “thank you” and then *never mind the discussion*, remaining detached.

Just observe.

ALLOW yourself to feel how you feel. If you fear, allow yourself to fear completely.

If you are angry, allow the anger to be there.

Embrace any emotional state by relaxing into it and surrendering your

resistance to it.

**The goal is to remain unattached and also inspired by passion, at the same time.**

When you feel resistance, it is coming from your mind.

Immediately say, “It is Not It!”

Watch this below, video where I demonstrate

STEP 2 in the ABC Break Process,

Releasing Your Resistance!

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

(Consequently, step 2 is also a good idea for calming down the anxious, worried mind.)

Then, proceed with an ABC Break if you can. After you do your ABC Break process, remain in your power to *choose* the highest excitement or fastest path to your joy, in every moment.

## CHAPTER 9



# Add gas to the flame of ALLOWING:

Use the most powerful weapon your opponent  
can't defend against – gratitude!

Allowing what you desire is as easy as breathing.

However, when a person becomes obsessed with their breathing, *engaging the mind to get involved*, they can develop breathing disorders.

This is what happens when you focus inward too much and allow the mind to run the show.

Any time that we give too much thought to anything by inviting thought into the equation, It is very easy to pervert the entire process.

## NEVER MIND!

The name of the game is to get out of your mind and to leave your mind out of it.

When you begin to build a daily habit of allowing, it is wise to begin by becoming aware. Notice how the natural instinct is for you to engage your mind for an answer it doesn't have.

When you engage in this 'mental chatter' process, you are engaging as what is called the 'little man'.

Again, you were given God-like power and you are made in the image and likeness of God.

## You are so powerful that you can enslave yourself.

The proper use of the mind is to remember the good times and be grateful.

**If you begin your day with a gratitude ceremony and end your night with a gratitude recap; you are making proper use of the mind's resources.**

Anything you celebrate will be increased in your life. When you give “thanks” for what you are given, you attract more to be thankful for.

Dr. Mike Murdock says, “worship is the correction of focus”.

Since the only way you can fail in life is to permit your focus to become broken, you now have tools to protect your focus – *the ABC Break process, Speaking Only of What You Desire, Never Minding, and now... Perpetual Gratitude.*

A powerful Catherine Ponder teaching I employed successfully, went like this:

*I was visiting Chicago, IL. My friend was eager to go out and have fun; I wasn't feeling so well. My anxiety began building. I felt the negativity and the “what if..” thoughts stirring as my mind tempted me to engage fear.*

*We walked to the train station. Truth is, my body was very tired. I was worn out. I didn't sleep the past couple nights and I was struggling with the idea that ‘I was becoming sick’.*

*I did the one thing I knew my opponent (fear) didn't want me to do – I took an ABC Break and saw myself enjoying the evening and looking back at the end of the night in satisfaction. I disengaged from the mind.*

*Next, I completely surrendered. I relaxed and began allowing, keeping my focus outward and in the present moment as much as*

*possible. My mind kept tempting me, like a pesky neighbor who won't turn down the noise.*

*I used my words to call in help, "God, please show me what I am missing."*

*Then, I surrendered again. Relaxing in the moment.*

*A few moments later, the thought emerged in my 'heart' (the space where you receive a direct intuitive knowing, far different from the mind's chatter).*

***"Only the good is true. God is all there is!"***

*In that moment, I was filled with intense gratitude. I knew it was true.*

*Immediately, this insight took me back to a Catherine Ponder book I read years ago. She wrote those words and I had not yet used them.*

*Suddenly, while I unleashed the power of my tongue, these words filled me with peace. Anxiety vanished. Strength returned to my body.*

*Symptoms disappeared. My consciousness shifted and I ended up having an incredible night and partied harder than anyone.*

*My friend who was all excited about going out, worried I wouldn't last, ended up tiring out long before me.*

## When God speaks, creation happens.

The only thing God ever did was speak.

When you are surrendered in a state of allowing, you are open to receive and hear!

A sudden insight can cause a spontaneous healing; a windfall of cash;

or any other necessary thing you need.

Remaining in the state of allowing, you will receive the right answer at the right time.

Usually, it's not a moment sooner. That's why it is important that you don't miss your opportunity. You miss the opportunity when you are 'lost in your mind' and living in the past or future.

Most of these imaginings are rooted in fear or in solidifying your present set of circumstances.

After you have done the **ABC Break process**, you do not require engagement with your mind for most of what you'll be doing.

Unless you are studying or recalling information stored in your mind, it has nothing else to offer you – it doesn't have the solution to the problems it creates.

## The proper shift is from worry to gratefulness.

Gratitude is the ultimate form of worship; your focus is always in the right place!

Make a gratitude journal and write down, at least, a couple dozen things you are grateful for. Go ahead and do it now, so you 'remember'.

Begin focusing on this list and **GIVING THANKS** for a few minutes every morning and again before you go to sleep.

I can't make you do this. You have to use your faith and take what I'm saying for checking. You'll never know unless you know. You can only know from experience.

Nothing in this book is designed to change the way you operate your life. You are the only person capable of making the actual changes.

Information is useless until you put it into an application.

## I want to ban gratitude.

Giving thanks, each morning and every evening is the equivalent of taking steroids before you try and reach new strength records at the gym – it's an unfair advantage.

*If I could just BAN you from being grateful, the idea would sell like guns after an Obama speech.* If you knew how powerful gratitude was, you'd place similar value on its potential absence.

You truly are disarmed without a heart filled with gratitude.

In my experience, gratitude is the one thing that demoralizes your opponent; it puts the mind into total submission. It's kryptonite or *coffin-nails* to the resistance that the mind tosses in your path to success.

With gratitude, anything is possible. Without gratitude, you stumble upon the greatest roadblock to ALLOWING, ever...





## CHAPTER 10



# The greatest roadblock to ALLOWING, is...

Forgiveness is the key to staying clear.

Holding unforgiveness will block your allowing like a tree in the road, obstructing your path of least resistance.

Whether it's with yourself or with someone else, holding unforgiveness means you are identifying with the very thing you are holding a grudge about.

**You become what you hold a grudge against.**

For example, if you feel someone has done you wrong, the very thing you think they have done to you; you are identifying with and putting that vibration in your now!

You are going to set up experiences to match that state-of-being.

It is futile to hold unforgiveness, placing it in your now, and trying to manifest joy in your life.

**How holding unforgiveness cost me my first  
family:**

*Growing up without a father present, I was at a disadvantage in many ways.*

*The worst disadvantage is that I was never taught WHY we are commanded to 'honor our mother and father'.*

*I resented my father for leaving me. He was everything that I was never going to become. Living in the shadows of his alleged betrayal to my mother left me angry and burdened with low self-worth.*

*My held unforgiveness was towards my father AND my mother.*

*My mother was to blame because she saw my father in me; my feelings were damaged and I felt unloved often.*

*Pushing against my father's legacy, I vowed to never be like him. All the while I was filled with inner-hatred for both of my parents.*

*Back then, I didn't know that ignorance of a law doesn't forgive you from the consequences of the law. We are commanded to honor or parents.*

*Since it is commanded in scriptures to 'honor our mother and father' (for a very good reason), I was breaking that commandment. Nobody taught me any better.*

*My relationships with girls were terrible. I disrespected girls, thinking that they were always out to screw me – no pun intended.*

*And men, they were naturally out to betray and abandon me. I felt this way, so this is what was created in my universe.*

*In spite of my best attempts at being a superstar achiever and all my accomplishments, I became exactly like my father at age 19.*

*My relationship fell apart and I left behind a daughter – signing full custody over to her mother. Suddenly, I had become my father.*

I believe the reason we are commanded to honor our mother and father is because this is our **FIRST RELATIONSHIP** in life. How we relate to them becomes how we relate to others.

The keyword is HONOR. Dishonor is deadly...

## Dishonor is the step you take right before you experience a significant loss.

The reason you are supposed to honor your mother and father is because they are your first relationship. How you develop and interact towards your parents will determine a lifetime of experiences.

You either develop a habit or HONOR or DISHONOR, depending on your choice to relate to your parents.

The keywords in the scripture, 'Honor thy mother and father' is HONOR.

- Every lawsuit stems from a root cause of DISHONOR.
- Every relationship that falls apart is because of DISHONOR.
- Every time you experience a significant loss in your life, you can trace it to DISHONOR.

## Dishonor comes from forgiveness issues left unresolved.

Forgiveness is as simple as understanding that there is no right and wrong experience that happens to you until you see it that way.

*For instance, if my father had not left the family, I wouldn't have been able to choose my own destiny path – seeking out the mentors I felt drawn towards.*

*If my mother had not been so tough on me, I wouldn't have built the strength inside to push through hard lessons in my life.*

Every time someone has done what you think is wrong, it can be looked upon in a different understanding – remembering the quote below:

*“When an inner situation is not made conscious, it appears outside as fate.”*

*– Carl Jung*

I became bulimic and anorexic right after losing my first family at age 19, harboring guilt and shame for years. The judgment I cast upon my father became the net that was tossed on my own head.

It was when I surrendered and stopped judging, forgiveness set me free to choose out of suffering.

*Was I to blame for something I was not conscious of?*

*Could I have made a better choice without the wisdom to guide me?*

No.

The same usually applies to anyone who has seemingly done you wrong.

Therefore, everything is *phenomenon*. It is neither good or bad until you label it – putting your judgment on the situation.

**“Only the good is true!”**

If you are holding a grudge against someone or yourself, the way to release that grudge is to do the following:

1. Acknowledge the emotion that you feel, stirred up in your inner kingdom.

2. Say yes to the feeling and allow it to leave.
3. Choose a different BEING decision to relate to the perceived problem differently.

In other words, take an ABC Break! Recognize that ***"It is Not It!"***

And, "You can't get there from here!"

After all, *you can be happy or you can be right.*

Which one do you prefer?

The purpose of your life is to be happy.

Catherine Ponder writes that you can unleash your spoken word upon your circumstances and say, **"only the good is true!"**

When you change the way you look at things, things begin to change.



## CHAPTER 11



# The other “Daily Deuce” you should be doing...

## 1 - Words are the only physical thing in the universe.

Words create the entire universe.

The spoken word is the only physical thing in the universe.

“Every word out of the mouth of God came to pass.”

Who is God?

You are.

It is the power of God inside of you that gives you creative capacity.

**Nothing is more important than the words you speak.**

In fact, the only way to instruct a doubting mind is to **SPEAK FAITH TALK** in the face of appearances that suggest lack, limitation, or other unwanted outcomes.

Let me give you an example...

**“Money flows freely and easily to me now.”**

*In 2010, as I was climbing my way out of hopelessness and poverty, money was the one thing required to break through hard circumstances.*

*Again, my opponent was the same enemy you have – the negative mind; the cause of poverty and most dis-ease. I had a nasty habit of always complaining about my situation, to everyone.*

*Most people got smart and began avoiding me...*

*My bank account was non-existent. I had just bankrupted. My car was repossessed. My family was living in a 120-year-old abandoned farmhouse.*

*We had bugs crawling on us; the house was almost too dilapidated to live in. Yet it was a blessing. I grew accustomed to the simple living we did.*

*Expenses were less than \$500 per month and we had government assistance.*

*At the time, our living situation was a miracle. I had two mentors that I began following to reach a higher level of prosperity.*

*Although simple living had its rewards, I did not want to live off the government and stay put there.*

*One mentor reminded me of **the miracle of Tithing**. I had to admit; tithing worked before to produce prosperity in my life, but for some reason I stopped (right before things all fell apart).*

*I unleashed my faith again and began the practice of Tithing!*

*After activating my faith and incorporating Tithing back into my plan, I was instructed by another mentor to **ONLY** speak the following words, regarding my what appeared to be my financial situation:*

***“Money flows freely and easily to me now.”***

*My mentor taught me that my tongue was the only power that could override my negative, habitual mindset. In other words;*



*my opponent was my mind and the way it sabotaged my money supply.*

*I had unwittingly engaged with this mind and allowed it to operate as if it were me...*

*I began speaking only the words I was instructed to. Any time a thought came to me regarding bills, expenses, or anything financially related; my tongue would correct the mind with the spoken word!*

*Remember, the only thing God ever did was speak.*

*So I began:*

- 1. Tithing*
- 2. Speaking Only of What I Desired*
- 3. Doing the ABC Break Process*

*By doing this and the ABC Break process I was doing, it became the perfect trifecta to unleash uncommon supply into my experience. Within just a few weeks, the idea that set up an immediate six-figure income landed in my lap.*

## **2 – Tithing establishes order in mind, body, and affairs.**

Tithing is an ancient spiritual practice whereby you give 1/10 of all you earn to the source of your spiritual nourishment.

What you sow into is the anointing you receive; where you give matters.

For example: if you want to give your money (spiritual substance) to the less-fortunate, you will receive the blessings of health.

Feeding the needy is a recipe for health. Few people know this or are willing to embrace any sort of GIVING principle.

If you sow your Tithe into a ministry (or calling) with the financial anointing, you connect with the anointing and it becomes your “mantle” too!

## The arrogant will never Tithe.

People who are opposed to Tithing often have the perception that it’s just a racket for the church to get your money.

Often, these individuals are imagining a pastor in a high-rise building and the private jets, multimillion-dollar churches, etc.

My advice to these people is – get over it.

If you don’t think the spiritual leaders deserve prosperity, you must refer back to the forgiveness principle. Who are you to judge another person for being prosperous?

You can’t be prosperous if you are continuously judging others who are demonstrating the fruits of success.

The blessings fall upon the righteous and the unjust; certain laws are in place to ensure this.

God is no respecter of “man”.

*The principle of Tithing is this: **what you can***

***walk away from, you have mastered.***

*If you cannot give your money away lovingly,*

*GREED will REPEL your money.*

*The practice of Tithing is this: activating FAITH in*

*tomorrow's harvest by offering the first-fruits of your time, talents, and treasures to your spiritual source.*

Your Tithe never leaves your hand. It enters your future where it multiplies.

Why do I say that money is your highest gift?

Money is the god of this world. It takes all of your time, talents, and energy to accumulate the money you have.

It's important. If you don't think so, you are reading the wrong book. I can't help someone who lives in self-denial.

## **Break the back of poverty, once and for all.**

Tithing will break the back of poverty, once and for all – when you do it with the right attitude.

Tithing silences your accuser! Your mind births expectation when you tithe.

**Your tithe is the only proof that you have overcome greed.** Greed will ALWAYS repel money away from you. Greed sets up a force that operates against you, like sailing against the wind.

Tithing sets up EXPECTATION; the force that sets the wind behind your sails!

You must wrap your faith around your Tithe and unleash your words, simultaneously.

When I send my Tithe off, I say these words:

**"I release this money freely and it returns to me exceedingly, 100 times over!"**

Lastly, I give my Tithe an assignment. Remember, **faith is what moves you into the consciousness of the “miraculous”**. I write the assignment of each Tithe check in the subject line of the check each week before I send it off in the mail.

## So, The Other “Daily Deuce”

I love to take, is:

1. Unleash my words on my mind.
2. Activate my faith through the practice of Tithing.

You can Tithe your time, talents, and treasures.

All forms of good that you sow into the lives of others can be considered a Tithe.

Just make sure you remember; God likes money, too.

It proves you have mastered Greed.

## CHAPTER 12



# The Allowing Blitzkrieg!

## 7 Keys to Unleash The Law of Least Effort to Manifest Your Desires.

- Wake up with a gratitude journal. Celebrate your blessings for a few minutes.
- Do the ABC Break process – at least 3 times per day (3 – 15 minutes/max).
- Remain in the state of relaxed ALLOWING by NEVER MINDING.
- Recognize choices as opportunities to follow excitement and play bold.
- Speak ONLY of what you desire. Control your tongue.
- Give what you wish to receive. Tithing or other daily giving ritual.
- Give gratitude before you go to bed. Repeat the morning ritual.

Ready to Condition Yourself for Unlimited  
ALLOWING?

Fortune favors the bold.

A strategic partnership with a “power-pact”  
mentor (or several) is the shortcut to success.

A mentor can unlock inspired action like steroids  
to unlock strength gains.

Visit the link below if you're ready to participate, today!:

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



# The Philosopher's Stone Rediscovered? "Liquid Software for The Brain?"™

*Stop Struggling to Access Dormant Mental Powers...*

## How To Instantly UNLOCK "Alpha-Brain-States" Where 'Super-Learning' and Creativity Are Enhanced...and More?

Brain Power 'Super Nutrient' Discovered by Man With 6th Highest IQ, Allows People to Achieve Brain-Balance in *As Little as 3 Seconds\**? Instead of Meditating For Months, Can You Achieve A 'Super Learning' Brain State, Almost Instantly?

Who Has Time to Meditate For Hours Each Day?

Meditating to access self-mastery like Monks do, is laborious. I can't even sit down for 10 minutes and meditate each day. Who has time to practice meditation for months, hours each day?

## The Benefits of Meditating For Months, Achieved in *As Little as 3 Seconds* In Swiss-Study, With ‘Super Brain’ Nutrient?

Fortunately, I read about a research Scientist who discovered the brain’s unlocking nutrient. Sean Adam, the man with the 6th highest recorded IQ, says this about his discovery, “the worst thing that could happen is only a little improvement.

But, Improvement there will be!”

The benefits of brain function achieved by doing many months of meditation were achieved in 3 seconds, according to EEG comparisons. It is important to note that this was not a psychological study. This was a chemical/physics study with hard data.

### A Super Nutrient For Brain Function With 2 Immediate, and Cumulative Effects?

During the course of Sean’s six-week study conducted at the Alpha Learning Institute in Switzerland, these positive effects were noted:

1. *Increased balance between the right and left hemisphere of the brain. This is the ‘Holy Grail’ of all meditative and martial arts practices.*
2. *This is also the ‘Holy Grail’ of all reading, memory, and learning. The ability to learn is maximized in the Alpha range.*
3. *No negative effects were at all reported, by any of the participants in the study. The Super Brain Nutrient is what is known as, Monatomic Gold.*



## Does Monatomic Gold Assist Whole-Brain Balancing and Stimulate Creativity and Learning Ability?

According to another study, Robert Dallas Ph.D. states, "...Gold balances the differences in the strength of these frequency ranges between the right and left hemispheres of the brain."\*

Dallas continues, "Gold operates electromagnetically to harmonize the two hemispheres of the brain.\* This action helps the brain's beta and alpha waves. High beta waves are associated with greater stress. Alpha brain waves are associated with clearer thinking and greater tolerance for everyday stressful situations.\* Alpha brain waves also stimulate imagination.\*"

## The Alpha Learning Institute Study Was Conducted in 2003... New Advancements Have Since Developed.

What research has discovered since the previous studies on monatomic elements is a potential breakthrough for human development.

Potential Health benefits of the following monatomic elements:

*1 - **Gold** is a powerful electrical conductor and tends to bring the "golden" you to the surface. It helps with physical and mental energy, it's very calming and balancing, strengthens the blood and heart, and boosts the immune system.*

*It's great for the skin and hair and has healthy-aging properties.\**

*2 - **Silver** significantly increases the synaptic firing efficiency in the neural connections, bringing about a powerful clarity and focus. Silver is also a great detoxifier, especially of the brain.*

*Silver also works very well in increasing the vitality needed in*

*sexual function, and where a balanced but high-level sexual function is present; a healthy brain is also present as the brain functions with a direct conduit to sexual vitality.*

*Silver colloids in clays, soils, and water supplies have been conclusively shown to be common among very healthy and long-living people in various places around the world.\**

**3 – Iridium** *is more associated with the central nervous system below the brain stem, and itself functions in the photosynthetic capacity of rhodium in using sunlight.*

*Iridium also tends to neutralize and/or eliminate hereditary programming for the predisposition of health conditions. Iridium in these higher-spin conditions has been shown to have antigravity capabilities, having been used in levitation experiments.*

*Rhodium and iridium assist in the efficiency and performance of the neural circuitry, in the synaptic connections. Using these increases clarity and strength of the brain, making multitasking much simpler and more natural.*

*They'll also increase the vividness of dreams, and help with recall of them.*

*Rhodium has the effect of grounding the body through the nervous system, giving an energetic circuit of completion. So, while rhodium serves as the down flow of energy around the spinal column, iridium serves us the up flow. They're both also becoming more and more known to have potent healthy-aging properties.\**

**4 – Ruthenium:** *In the Scientific American journal of May 1995, the platinum metal ruthenium was discussed in relationship to human DNA. When single ruthenium atoms were being placed at each end of the double helix, it became 10,000 times more conductive to light.*

## TODAY, you can get these monatomic elements in one proprietary solution!

Safety is paramount in purchasing Monatomic Gold, Silver, Ruthenium and Iridium. Our research team identified a world-class manufacturer in Switzerland. All our monatomic ingredients are produced with high-end equipment capable of ensuring a COA (toxic-free analysis).

### Watch My Real-Time Demonstration Now!

If you are into consciousness exploration and cutting-edge brain “hacks” to achieve peak performance, head over to the link below:

[www.OfficialRNADROPS](http://www.OfficialRNADROPS).

Complete Ascentials *RNA DROPS* aka **DNA Evolve** are produced in strict cGMP standards; guaranteed not to contain any toxic or harmful substances.

A corpus of standard effects that are being reported on the basis of clinical trials of m-state (monatomic elements) associations, are as follows:

- Increased capacity of the association of ideas \*
- Increased concentration and feeling of higher energy charge to the level of neuromuscular response\*
- Cell signaling augmentation and improvement in a feeling of joy and relaxation.\*

All these effects were mapped with a specific reference to neurosignaling, neurochemical, and neuroimmunitary response.

\* These statements have not been evaluated by the FDA. Not intended to treat, prevent, cure or diagnose disease. Results may vary. The Alpha Learning Institute Study can be found at this link: <http://bit.ly/1mJiPHG>

## CHAPTER 14



# ALLOW Strategic Partners

Join The *Secret* Facebook Group:  
A *Power-Pact* Group to Support  
Your NEXT LEVEL BREAKTHROUGH!

Dear Colleague,

*You become who you hang around.*

All successful leaders are involved in “mastermind” groups. Access is through qualification.

Not everyone is qualified for access to greatness.

When I was younger, I didn’t deserve access to greatness. I was prideful and resistant to change.

My earliest mentor was a Network Marketing leader. He believed in me; the patience he demonstrated was unbelievable.

I didn’t want to participate any anything he offered.

*I thought he was trying to take advantage of me.*

Prosperity occurs in the place  
where you belong.

The irony is; I had nothing to offer him that he didn't already have.

Yet my mind doubted his genuine concern for my success.

After I witnessed his other proteges become successful, my stubbornness dissolved. I hadn't grown at all; my success reached a plateau.

I decided to participate with his group of leaders. I attended the meetings.

**My consciousness expanded.** I started to believe.

After a couple years, I left Network Marketing. It wasn't for me.

The world my mentor opened up for me **shaped my destiny.** He taught me by his example.

Our connection **amplified my power.**

**Active participation is required  
to ALLOW your highest success.**

Every consecutive mentor I partnered with, my success grew in proportion to my ACTIVE participating.

It wasn't enough to "know". Taking an outer action is required.

One famous success guru has a group you can join for a \$60,000.00/ per year price tag.

It's his highest level group.

This doesn't include airfare, trip fees, or other expenses.

You have to participate! It's not a passive strategy.

**Where you invest your money says a lot  
about the future, you are expecting.**

As my colleague told me about this group, I said, “this price is a STEAL!”

She replied, “I know.”

We both know that one idea or one connection made can manifest millions or billions of dollars.

Every miracle begins with a conversation.

I currently invest about \$20 - \$50k per year in group participation like this.

You become who you hang around; you must **activate your FAITH to schedule your next promotion** in life.

You either have *faith in your ALLOWING* or *faith in your doubts*.

Strategic Partners multiply your power by *unlocking* uncommon faith.

## A private group for Strategic ALLOWING Partners...

I'd like to offer you an OUTRAGEOUS opportunity.

**I want you to join** our Secret Facebook Group, ALLOW.

*Here's why I say the offer is outrageous...*

It's not \$60k per year or even \$6k per year to join.

In fact, if you're looking at “how much this will cost you,” consider Inversing your Risk Vs. Reward thinking, now:

## What is the real cost of missed opportunity?

How much will you miss out on if life stays the same?

If not now, then when is the time to activate your faith and unleash uncommon success?

How much is it costing you by missing an opportunity to **BECOME** your **FULL POTENTIAL SELF**?

If you want to change your life, you have to change your life.

It's a decision of **YES** or **NO**.

No decision is a default decision to say **NO**. That's fine. Nobody is judging you.

There is always a cost to obtain access.

**Successful people are willing to  
pay the price for success up front.**

The **ALLOW** Strategic Partner group is only \$297.00 per year.

It's restricted to people like you and me; willing to invest in our future.

The cost to get access to The Secret Facebook Group, **ALLOW** Strategic Partners, is **81 cents per day**.

One latte is usually setting some people back about \$4.00 per day. They get to feel good for about two hours.

Building your dream life by **ALLOWING** it to manifest, gives you a **LIFETIME** of feeling good.

Let me show you **an OUTRAGEOUS opportunity to take the plunge**, now...

**Let me put up the risk  
to compel you to participate.**



I believe in **REVERSING YOUR RISK**, it has always been my modus operandi to GIVE MORE VALUE than anyone else. This is how I like to challenge myself.

**But I can't do this for everyone.** It costs me a great deal.

I've worked out a bonus offer, below.

**Get the full year upfront and save 20%, PLUS your choice of BONUS PACKAGES.**

**Enroll TODAY and PARTICIPATE!**

The Secret Facebook group

ALLOW Strategic Partners

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

**Here's THE BONUS you get, while supplies last:**

*3 Bottles of Complete Ascentials RNA DROPS/DNA Evolve.  
(\$298.99 Value) My secret weapon to ALLOW!*

Or...

*A \$300 Voucher towards the 10-Hour "Increasing Allowance" BREAKTHROUGH Intensive 'Strategic Partner' program. (1-on-1 'conditioning calls' where you work directly with me, privately.)*

If you are ready, NOW is the time to ACT BOLDLY.

**I reserve the right to pull this offer at any time.**

It does not come with a refund, either.

At the checkout link at [www.ALLOWStrategicPartners.com](http://www.ALLOWStrategicPartners.com), you can **choose the yearly option and save an immediately 20%**.

Plus, you **get the immediate BONUS PACKAGE!**

**Or choose a monthly option  
to get started, today:**

If \$297.00 is too costly right now, I understand.

You really **NEED** to begin **ALLOWING** if this is the case; another option is to participate on a monthly basis.

We have an option for \$29.99/month.

You can cancel at any time, but you cannot upgrade to claim the paid-in-full option above after enrolling month-by-month.

**Get a piece of the action!**

**Participate in The Secret Facebook Group**

**ALLOW Strategic Partners,**

**Visit the website below:**

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

As an **ALLOW Strategic Partner**, you will be given **VIP** access to get your questions answered promptly; The Secret Facebook group is **OUR** meeting place.

We will be sharing ideas, opportunities, and releasing breakthrough strategies as they emerge.

Participate with us and BREAKTHROUGH to your next level success!

My team is standing by, ready to serve you.

Warmest,

*Matthew David Hurtado*

<http://www.ALLOW.ws>

<http://www.EarthOneEssentials.com>

<http://www.BeatingFoodAddiction.com> (Coming Soon!)

<http://www.RNADROPS.com>

1-888-550-8231 9 am - 4 pm CST (Mon - Fri)

**P.S.** Thank you for investing your time in reading this material. The insights and strategies have worked time-and-time again; now it's your turn to ALLOW Unlimited Prosperity by Using The Law of Least Effort.

**P.P.S.** My staff is available to answer your questions or help you, if necessary. Our phone number is: 1-888-550-8231 9 am - 4 pm CST (Mon - Fri)

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