

Lee Milteer's Millionaire Smarts® Coaching Program Create Miracles in Your Life

Lee Milteer Interviews Mark Victor Hansen

I. Your Miracle Mindset

Dear Millionaire Smarts® Members,

We have a fantastic interview for you this month with a huge guest celebrity, Mark Victor Hansen. He is the co-creator of the fantastic Chicken Soup for the Soul book series, which has sold more than 500 million books worldwide.

He is considered one of the most compelling leaders of our time. He has appeared on television programs such as Oprah, the Today Show, and great publications that you all know such as Time, USA Today and the New York Times. I have known Mark for a very long time and consider a dear friend and a support system.

During our interview, Mark and I discussed his new book, The Miracles in You. One of the things we discussed in our interview was the power of intentions and vision, and making those dreams a reality. We talked about The Miracle Mindset, which in Mark and Jack Canfield's case, was the determination to meet their goal of making Chicken Soup for the Soul a success despite being rejected 144 times.

In this month's reports, I'm going to share an amazing tool that will help boost your Miracle Mindset and assist you to more easily fulfill your goals.

Our culture holds widespread skepticism and even disbelief about the power of the mind, and that we can use it to enhance our abilities and potential in life. There are universal wisdoms and natural magic that have been taught throughout history, in books by famous and well-respected authors, and in the Bible.

We are programmed from birth by society, school, and contemporary science to trust the brain's logical functioning much more than its imaginative functioning. If we only trust our logical mind, we leave out the inner connection to our brain's intuitive abilities and knowledge. In today's world we need all our brain functions to be successful.

Our physical world—our entire universe—is made up of energy and matter. Physics tells us that neither matter nor energy can be created nor destroyed. Both matter and energy can be transformed, however. Think of the various states of common water: it changes from liquid to ice, or liquid to steam and back again. We don't think twice about this phenomenon, but it is matter changing form, isn't it?

All of the objects that we see appear to be solid and separate from each other. Though our physical senses perceive objects as solid, science has shown that they are really made up of particles moving in space, which eventually turn out to be pure energy vibrating at different speeds. Energy vibrates at different rates of speed. Light vibrates with different qualities, from very fine to very dense.

We, and all the matter we see, are parts of a large constantly moving energy field. Further, all forms of energy are interrelated and can affect one another.

Matter is considered to be compact energy and is relatively dense; therefore, it is slower to move and change. A perfect example would be a rock: though it appears to be unmovable and unchangeable, a rock is changed over time by the natural energies of water, light, and wind. On the other hand, our thoughts, which are made of very light, fine forms of energy, are very easy and quick to change. So, by controlling the thoughts we are predominantly thinking, we can change our feelings and our patterns of behavior, which will change our experiences in this world. It seems so simply logical, doesn't it?

In studying the metaphysical laws of our universe, we learn that the Law of Attraction is often stated simply as "like attracts like." Thoughts and feelings have their own energy, which always attracts energy of the same nature. For example, positive-thinking people tend to attract other positive-thinking people; negative people seem to be attracted to other negative thinkers. Some refute this, saying that like charges repel each other, but that's only true when it comes to electromagnetic forces. In 1935, Nobel Prize winner Dr. Hideki Yukawa discovered that there's a force that's a hundred times stronger than electromagnetic force, where like attracts like. Confirmed as more than theory in 1947, physicists today accept this as principle, and it is known as "strong force." Not only does this theory of strong force relate to atoms, but it also applies to our thoughts. Because of decades of research by physicists like Dr. David Bohm, today it is a widely accepted premise that thought creates particles, which are affected by strong force.

You are constantly creating your personal reality with your thoughts, which have energetic properties to them. Your thoughts act like energetic blueprints of the image you want to create. The energetic blueprint guides the physical energy to flow into the form you have imagined, allowing you to manifest your desires into reality. Consciously holding thoughts and images of what you want to manifest in life is known as mental rehearsal.

This is a simple principle you already know: as you sow, so shall you reap. As in your thoughts, so in your life. You always attract into your life whatever you strongly believe, think about, or imagine most vividly.

Researchers at Stanford, Yale, and Harvard conducted studies of high-powered executives to see if the technique of mental visualization was beneficial. They found that a shared trait among "super achievers" was the ability to sense what they wanted before they got it. These "super achievers" have the ability to translate their ideas or goals into actual physical visions; they create pictures of what they want, down to the smallest detail. Knowing exactly what they want,

they can see it, taste it, smell it, and even imagine the emotions and sounds associated with their main desires or goals. Their sharp sensory vision allows them to pre-live their goals before they become realities. Among the “super achievers” studied, mental rehearsal was found to provide a tremendous boost to performance and the achievement of goals.

Your performance can be improved at any level and at any time in your life. Use your mental abilities to imagine a “new you,” to help you reduce the effects of stressful situations, to rehearse an important call, to ask for a raise or a job interview, to cope with difficult people, to lose weight, to quit smoking, to improve relationships, and to perform better at sports.

One of my favorite celebrities who has certainly made himself successful is Arnold Schwarzenegger, movie star and former governor. He said, *“The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it—as long as you really believe 100 percent.”* He also said, *“I used weights to tone my body, but I used my mind to shape it.”*

Mental rehearsal or visualization techniques can improve motor skills and muscle memory according to athletes who use it to improve their scores in competitions. Most world-class athletes utilize mental rehearsal, according to golf legend Jack Nicklaus, who said, *“Good golf is 50 percent physical coordination and 50 percent mental rehearsal.”* In his book *Golf My Way*, Nicklaus describes how he never took a shot without first playing it out in his head like a movie. He would play the scenes starting from the end result—his ball on the green—fade in to the ball’s course and trajectory to reach the green, and the final scene of the swing he would take that would make his goal a reality.

Based on Jack Nicklaus’ success and the empirical evidence of the power of visualization, this is a skill that everyone should use before doing anything important. We have this magical, inborn talent of creating mental images, and we hear from successful, talented people about how well it works, yet people still don’t take the time to use it for their own lives.

There is so much research about using the power of your mind to help you succeed at your goals. At Stanford’s Business School one of their professors who taught creativity, Dr. D. Thornburg, wrote: *“In mental rehearsal you’re engaging your subconscious as an ally in pursuit of goals. With imaging reinforcing the goals’ importance, the subconscious will put that goal very high on your priorities, making it far more likely that you’ll unconsciously begin adjusting your actions in ways that will make that goal happen for you.”* The mind is a marvelous tool. When freed, it will find so many ways for us to achieve what we want.

One of the secrets of success is to not work so hard with your physical sweat, but instead use your mind to work out the details of how to be the person you want to be. The difference between average people and outstanding people is the degree of motivation within them. By deliberately creating the picture of the upcoming experiences of success in your mind, you can turn aspirations into realities.

Your Mindset and Performance Coach,
Lee Milteer

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