

Lee Milteer's Millionaire Smarts® Coaching Program

Program Title

Lee Milteer Interviews Mark Victor Hansen

III. Re-Pattern for Success

Dear Millionaire Smarts® Members,

As Mark Victor Hansen shared in our interview this month, a quote that has stuck with him is from Andrew Carnegie, who said "any idea held in the mind will begin at once to clothe itself in the most convenient and appropriate form available." So how do you hold an idea in your mind for it to come to form? Through mental rehearsal, or re-patterning.

You have the ability to create movies in your mind and you do it with total perfection. You do it every time you think of someone, remember something, or even daydream. Without being aware of it, you create pictures in your mind in countless different situations every day. As an example, try choosing an object near you, examine it in detail, and note its shape, color, and size. After you have examined it, close your eyes and picture in your mind what you just saw. If you can do that, you've just proven to yourself how you can direct your imagination and imprint a new pattern in your subconscious mind. That new image now re-patterns the vibrational frequencies of what we notice and pay attention to in daily life. We each use our inner movie screen slightly differently because every person is unique. The way you see or feel these new images is perfect for you. Some people see their pictures in color, while others see them in black and white. There is no right or wrong way. Today is the day to stop judging yourself against others. You are a unique energy field with different potentials and different purposes in life. You must follow your own heart and mind and not compare yourself with others.

It's important for you to understand that re-patterning or mental rehearsal is not a method of self-deception; it is one of the strongest tools known to date for self-direction and tapping into your potential. Do not confuse re-patterning with idle fantasies or grandiose daydreaming. Although both involve the use of your imagination, it's only when you commit yourself to a goal that you can truly take advantage of re-patterning your Inner Energetic Blueprint, your brain. Daydreams and fantasies are usually unrealistic thoughts that we really don't expect to happen or have little investment in, such as becoming an overnight success in a field in which we have no experience!

The first step for effective re-patterning is to clearly define the miracle (goal) you would like to have or to create in your life. You must have the faith and belief that you can realize your goal. This goal has to be one you actually can accomplish even if it requires a huge stretch.

Next, you will need to have a tangible picture of the goals you are consciously creating. Start to collect the symbols for what you want to create in your life from various sources, such as magazines or newspapers. These symbols can be in the form of pictures, sayings, or statements that represent the goals and dreams in your life. Put them in a place where you can see them

several times every day to reinforce your true wants and desires. These are called "vision boards." To assist you to create a vision board, I invite you to go to www.leemilteer.com and look for one of my best-selling programs called: *Live Bigger, Dream Bigger, Your Guide to Manifesting with Vision Boards*. This program will help you create your own vision board with full instructions and templates.

In this step, your goal is to create a mental picture as if the goal were already yours; act as if the picture were real today, not sometime in the future. Be sure to fill in the small details of the sights, colors, smell, textures, and feelings; the more realistic the detailing, the better. If you can see, hear, touch, smell, and taste your goal, your picture will be that much clearer and will work that much better. Big hint: the more realistic the images, the better the results. Imagine yourself with the goal or in the situation as you desire it. Do not think about or reinforce negative pictures, thoughts, or feelings about the goal; just let those thoughts float away from your mind. It's very important to see what you want and to be willing to take action towards it so that you imprint the new pictures in your subconscious mind.

To get the best results, you must program your brain with the most empowering images and electrical energy possible. Doing this re-patterns your electrical energy to go in the direction that you have been actively shifting your vibrational frequencies toward so that you can attract what you want. Begin by getting your brain in the correct mode for re-patterning. The best method is for your body and mind to be deeply relaxed. This is called the Alpha state, where your brainwaves become slower and ready for programming and your mind opens to fresh ideas and new techniques.

During this relaxed time your subconscious can re-pattern new programs that you have chosen more effectively. Two of the most effective times to use re-patterning are as you awaken in the morning-while your mind and body are very relaxed and receptive-and at night just before sleeping. Experts agree that having your body in a position so the spine is straight will help you come into the alpha state faster. You can do this in the middle of the day by sitting in a comfortable chair in a quiet place, to relax and renew yourself by playing your own mind's movies. The point is to go to a quiet, protected place where you can really relax, focus inward, and let the outside world take care of itself for a little while.

Your Mindset and Performance Coach,
Lee Milteer

P.S. Remember to take advantage of the resources on your Millionaire Smarts® Membership page. Each month, we provide you with digital copies of the reports and transcript, an MP3 of the call to download to your mobile devices, information on our featured expert guest and links to free gifts & helpful resources, and supplementary content from our team of expert faculty coaches—who include Dan Kennedy, additional reports from me, Phone Sales Doctor Chris Mullins, Health and Fitness Coach Joe Carabase, Leadership Coach Kevin Eikenberry, Newsletter Guru Jim Palmer, and Sales Coach Steve Clark.

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