

# THE AMERICAN MONK

## LESSON 4

by  
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### *The Power of Big Thoughts*

I want to get this out right now. Right here. Too many people have this mixed up.

To be spiritual does not mean you need to lead mediocre lives, free of material possessions and content with where you are.

**This is a lie.** It started with the hippie movement in the 60s when the myth arose that monks and enlightened ones live in caves as hermits in rags. The idea went on to say that to be spiritual, we need to cast away our material possessions and retreat from the world.

Wrong.

To be spiritual is to engage the world. It's to seek to elevate the rest of humanity. Sometimes through knowledge. At other times through power or money.

**Yes—I said those words. Power.**





If it made you cringe – then you are still far from enlightenment.

Power and money are not bad. They are tools that we can use to make this a better world.

- \* Gandhi used his power to liberate his countrymen.
- \* Bill Gates is using his money to wipe out famine and disease in Africa.
- \* My teacher, Pramahansa Yogananda used his power and money to bring meditation to the West.
- \* Kennedy used his power to put a man on the moon, elevating the limits of what humanity thought to be possible.
- \* Jose Silva, another teacher of mine, used his money to grow his organization, the Silva Method, into a global life-changing powerhouse. He trained over 12 million people to use their minds to shape their reality.

If you think big dreams, power, money, possessions are bad—banish this thought immediately from your mind.

Starting today, and with the techniques I will reveal in this lesson, I want you to focus on thinking big. It's a huge world out there. With many problems to fix.

The world needs strong, powerful people with the desire and means to help correct problems. You need to become one of those people. And in this lesson, I will guide you through three exercises to help you get there.

## HOW THE IDEA OF “LIMITS” AROSE

When you were born, you came into this life without limits. “Can’t” didn’t exist for you yet and the world was literally yours to command. But somewhere along the way, you began to believe that there were in fact, limits to your potential after all.

Somewhere, we got this crazy notion that fate had dealt us a certain hand of cards and what’s more, we were destined to simply play them without any say about the hand we might be holding.

**Now, how did that happen?**

It started with the words adults used on you as a kid. These words may have come from your religious upbringing,

*"You will only be rich if it is God's Will".*

Or from your parents, *"C'mon son, you can't be an astronaut. Be more realistic."*

Or from your friends, *"Dude, only nerds become great scientist. Stick with us, we'll take care of you."*

Or from your Teachers, *"You want to be a writer? Why? There's no money in that. You know how HARD it is to be a successful writer? Get an engineering degree."*

Along the way, we start to give up our great dreams and settle into mediocrity.

And we look at "great" people, world leaders, successful entrepreneurs, best-selling authors and world-changing social activist and we see their achievements as being beyond our reach.

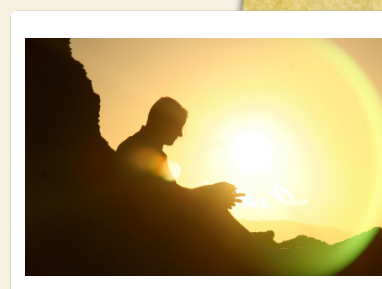
So, how is it that we've developed this sense that someone else might be "better than us"? Is it because they have more money? More knowledge? More experience? Perhaps we think they're more attractive or more successful or more charismatic. Whatever the reason, that sense of inequality begins to tear at our self-esteem.

Where we were once filled with wonder and excitement, now we're filled with dread and fear. Instead of enjoying the freedom to be exactly who we want to be, we now feel an enormous pressure to simply fit in and be like everyone else.

But the big secret is that it's not money, or intelligence, or inheritance, or luck that makes one successful.

There are successful people with college degrees, and successful people with little education. There are successful people who were born rich. And there are successful people who started out dead-broke and homeless.

There are successful people in developed countries, but also in poor nations. There is no single quality that stands out among the wealthy except ONE...



The Successful People in the World Understand and Use the Law of Attraction in their Daily Lives.

The Successful Ones understand that abundance is there for the taking. It is not a win-lose situation—there is enough for everyone. We can all be successful, rich and influential.

Because the greatest secret is your mindset, not your current circumstances that determine success. But humanity must learn to harness the correct thought process to attract success...

Once you are successful in your own way, you can begin to use your success to elevate the rest of humanity. Think of the causes you could fund, the people you could mobilize for good, the jobs you could create, the beauty you could bring to the world. Ready to start?



“Every person on this planet is equal to the others. We are all human beings, regardless of race, religion or social status. Every president, every cashier, every farmer and every housekeeper are all the same. Each may have their own unique qualities and perspectives but when we get right down to it, no One is superior to another.”

This is the three step process I am going to guide you through.

## STEP 1: REGAIN YOUR CONFIDENCE

The thing about confidence is that when you’ve got it, everyone knows it. Even though it’s not a tangible “thing” that you can bottle up or put in your pocket, confidence is that extra “something” that draws people toward you. You move differently, you speak differently, you even think differently. And why? Because you have a little voice that says,

**“I Can!”**

But when you lose your confidence, well, everyone knows that too. Your posture droops, your eyes lose their sparkle and your entire demeanor begs to just be left alone. And why? Because that little voice says, “Who are you kidding?”

Ironic isn’t it, that something as simple as a belief could have such a drastic effect on the way we approach life? That the difference between a multi-millionaire CEO and a minimum-wage clerical worker is nothing more than a perception?

Even more interesting is that this perception isn’t something you can buy or sell like a good wine

or a quality suit. You can’t take your confidence out and hold it. You can’t stash it in your briefcase or carry it in your purse. Your confidence isn’t something that you can see, touch or smell, but yet, you definitely know when you have it and when you don’t.

*A confident person is someone who simply has the inner knowledge that he or she can do what they desire to do. The notion that they might not succeed isn’t even an issue because they know their self-worth isn’t measured by individual tasks.*

We all fall short at one time or another. Maybe you’re not the best tennis player or maybe you can’t draw to save your life. Who cares? Does it really matter? The only way to discover where your talents lie is to try your hand at different things.

You’ll be good at some, you’ll be great at others and there are also those things you won’t naturally do as well. But now you know and you can move onto something else instead.

You’ve probably heard the saying that the only things you’ll really regret are the things you didn’t try. This is true because without trying, these things remain a picture-perfect ideal in your mind.

“If only I had played football when I was younger...”

“If only I had taken that trip to Europe when I had the chance.”

If you’ve thought about going to law school but never gave it a shot, the “idea” of being an attorney will forever remain appealing. You’ll never know if you really would have liked that calling because you never gave it a chance.

Had you gone to law school, you might have discovered that it wasn’t anything like you thought it would be. You might find that this particular field isn’t for you after all. And if so, that’s great... you’ll have no regret because you gave it a chance.

But not knowing? That’s a regret just waiting to happen. Unfortunately, a lack of confidence can set us up to fail before we even try.

Coming to this realization is the easy part though, isn’t it? I mean, it’s one thing to say you need to be confident but quite another to actually do it. After all, if you’ve lost your confidence, where do you look to find it?

To send your fears packing, you’re going to use a technique I call Kahuna Boldness.

This technique is used to help you get rid of a fear that may be holding you back from achieving great things.

For example, you may desire a promotion to a senior management position, but you fear public

speaking. This allows you to end your fears. It comes from my friend, Robert Stone, a Kahuna Master from Hawaii.

### STEP 2: TAPPING YOUR MOTIVATION

Here’s a little secret that many people may not know:

***Your Confidence is Directly Related to Your Level of Motivation.***

Why? Because a motivated individual will push through that lack of confidence in order to feed a deep, inherent desire. A painter must paint. A writer must write. To not do these things isn’t even an option. So, when the words won’t come or the paint doesn’t flow, the creator finds a way to tap into their inner muse.

Motivation and ambition are why we juggle two jobs at once, take college courses at night and bring children into the world.

We are driven by a unexplainable need to do the thing we’ve set out to do.

Each one of us is driven by something different. Some of us will be lawyers while others may choose to volunteer. Some will want to be doctors while yet another group may lean towards comedy or music or art. And just as we are all equal, our array of ambitions are also just as admirable. No one desire is better or worse than another.

### THE SECRET IS FIGURING OUT WHAT IT IS THAT MOTIVATES YOU

In order to tap into your motivation, you're going to have to decide what you want out of life.

A friend of mine, who teaches the Silva Seminar, tells a story that I think will help you understand.

### THE WAITER AND THE SOUP

Imagine being at a restaurant and ordering soup. You decide on Minestrone Soup and you tell the waiter to bring it to you.

The waiter takes your order to the Head Chef who starts to make your soup.

But while the soup is being made you change your mind.

You now tell the waiter you'd like to change your order to Tomato Soup. The waiter goes back to the Head Chef and tells him to stop making the Minestrone and to focus on Tomato instead.

So the Head Chef tosses away the Minestrone and takes out the tomatoes.

But just then—you call the waiter to you again and tell the waiter that you'd like to try Mushroom Soup instead. It's too hot for Tomato Soup today, you explain.

Once again the Waiter rushes off to tell the Head Chef and once again the Head Chef tosses away the soup he was preparing and starts all over again.

You wait... and wait... and wait.

But as the soup is long in coming, you decide to leave and try another restaurant.

### Now...

Think of the waiter as Your Subconscious Mind. The Head Chef as Higher Intelligence. And the Soup, as Your Goal de Jour (Goal of the Day).

### Do you see the Problem?

Whatever you have been asking for has been coming to you.

But you stop asking, or you change your mind, or you give up when it is so close.

What you seek to create has not been coming to you because you lack the clarity to stay focused. You cannot create what you want because you do not know what you want.

**Get out of this trap if you want to lead an extraordinary life!**

### ASK YOURSELF: WHAT IF...

- \* You had more friends than you could ever want?
- \* You always felt confident and self-assured, no matter what the situation?
- \* You traveled to all those exotic places you also dreamt of visiting.
- \* You had a job you truly loved.
- \* You were well-liked and respected among your peers?
- \* You had a wonderful relationship with your spouse and kids.

\*You had enough money to be wealthy and you were able to donate millions to local charities during your lifetime.

The first step is just IMAGINING what could be...

**The secret to building the life of your dreams, is to start imagining the life of your dreams.**

Get a scrap of paper and write down 10 things you want to do, have or be in this life.

Next, sit back, meditate and imagine yourself being, doing or having these things. The technique we will teach you to help building your motivation and desire is called the “Golden Image.”

Two magical things happen when you use the Golden Image.

**First**, you start experiencing positive feelings towards this future life you seek. You get excited and motivated. And even upon coming out of the meditation—this motivation stays with you. You have lit a fire within your soul to reach for something greater.

**Second**, You’re thinking of a beautiful new future. And you’re feeling the emotions associated with it. The thought plus emotion causes the Law of Attraction to swing into your life. Remember this equation.

*Thought + Emotion = Attraction*

Strange coincidences, chance encounters and all manners of “luck” will start coming into play to help you move towards this future “you.”

Now for Step 3...

## STEP 3: THINKING BIG AND STRIKING BALANCE

With your fears no longer in the way, you have a clear path to discover your motivators.

You’ll recall, at the beginning of this lesson I spoke briefly about our self-imposed limitations. These limitations can literally keep you from becoming motivated because after all, it’s difficult to get excited about pushing paper for the rest of your life.

If you really want to discover your motivation, you’re going to have to learn to think BIG. The beauty of this statement is that in truth, you already know how to think big. You’ve just learned not to use it.

When you were a child, you had dreams of doing what?

Becoming President? Landing on the moon? Back then, you still saw the world as it truly is—an infinite Universe full of infinite possibilities.

There was a very thin line between your imagination and reality and, quite honestly, the two intersected on a regular basis.

This perception of infinite possibilities is what allowed us to believe that we could fly a spaceship, lead a country or become a cowboy and ride horses all day long.

And as long as we believed in the possibility, the possibility actually existed.

So, now that you've learned to let go of your fears, I'm going to ask you to rekindle that inherent ability to **think Big**.

Dig down deep and find that part of you still dreams of soaring among the stars or putting a stop to world hunger.

Tap into that place that believes in the genius that is you, that anything is possible and that limitations and boundaries don't exist.

And then ask yourself the question again:

### HOW BIG IS BIG?

At the beginning of this lesson, I asked you, "How big is 'big?'" When I tell you to think big, where should you draw the line?

The answer is that there is no line.

Remember, the Law of Attraction implies that anything is within your field of possibility if you desire it strongly, believe in it, and take action towards it.

If you had a genie ready to grant your wishes, would you ask for something small? Say, for instance, a chocolate milkshake?

No. You'd be nuts. You'd be asking for bigger things. A business, a soul-mate, glorious health, glorious wealth.

The Law of Attraction is like a genius. So don't squander your potential on small things.

Now here's why it's important to think big. It's because there is so much that can be improved in the world

**But you cannot do this by being mediocre.**

Jose Silva, founder of the Silva Method, studied the Law of Attraction for many years. One of the things he found out, was that the Law of Attraction works best for you if you can ask for something that will benefit not just you, but others as well.

Setting a goal of getting a \$1000 raise is a small goal. There's not much you can do to benefit the world with that extra \$1000 per month. But setting a goal to run your own business and earn \$50,000 a month is a good goal. With that money you can not only create a good life for your family, but also donate money to your favorite charities or fund neighborhood projects.

You owe it not just to yourself, but to the world – to THINK BIG.

So how do you tell if your goal is big enough?

Joe Vitale, one of the teachers from the Secret has a wonderful quote:

**A good goal should SCARE you a little.  
And EXCITE you A LOT!**

That simple quote sums up some really important lessons. If the goal doesn't excite you, you're not going to attract it.

Goals that EXCITE you are the type that let you pour your heart and soul into them. The



bigger the goals—the more excited you can get about them.

Now let's look at the second part of that quote. "Scare you a little". If you don't feel a tiny bit nervous about the goal, odds are, you're **THINKING TOO SMALL.**

Apply this principle to your goals.

Do they excite you? Do they scare you a little?

Those, which do, are probably the right ones.

Now, before you begin to visualize your goals, remember... the point of all of this is...

### **SEEK TO BETTER HUMANITY.**

You're probably starting to see that the Law of Attraction isn't just about having more money or attracting more success. It actually goes much deeper than that and by choosing to live in a positive and accepting state of mind, you are actually changing the world as we know it.

Just imagine the creative energy that would be flowing around the planet. Global warming would no longer be a concern because we would all be living an eco-conscious life. War, poverty and hunger would become a thing of the past because these things would no longer fit with our accepted vision of the world.

What we believe—that the world is a wonderful and wondrous place—would become our reality and it would be impossible for such negative concepts such as war and hate to even exist.

Now, think about that for a second.

### **YOU ACTUALLY HAVE THE ABILITY TO CHANGE THE WORLD.**

Not just your little corner of the Universe, but the entire planet. Because as you begin to emulate the kind of life we've discussed here, others will begin to follow your footsteps.

As you become the charismatic and confident leader, others will be drawn to you and want to mimic these characteristics.

It's in our nature to be drawn to what appeals to us. Success, happiness and inner peace are all things that radiate out like a beacon in the night. When we find a person who demonstrates the kind of life we'd like to lead, we want to learn that person's secret.

We read their books, we watch their shows and we follow their guidance in the hopes that we, too, can enjoy success, happiness and inner peace.

So, when I tell you to "think big," I'm serious, really **think BIG.**

You can have any reality you want.

Your life is completely at your choosing.

There are no limitations to what you can accomplish when you combine your creative energy with a little confidence.

Lesson 4: Download & Listen To The Golden Image Technique [here](#).

