The 13 Steps To Attract Everything You Want!

By

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# TABLE OF CONTENT

**DISCLAIMER**

**INTRODUCTION**

**DESIRE- The First Step to Success**
- What is desire?
- A true story about desire

**FAITH – The Second Step To Success**
- What is faith?
- How do you know if you have faith?
- How can you develop faith?

**AUTO-SUGGESTION – The Third Step To Success**
- First Step- Awareness
- Second Step – Replacing negative thoughts by positive ones

**SPECIALIZED KNOWLEDGE – The Forth Step To Success**
- What is specialized knowledge?
- What type of specialized knowledge do you have?

**IMAGINATION– The Fifth Step To Success**
- How can you develop your imagination faculties?

**ORGANIZED PLANNING – The Sixth Step To Success**
- What does organized planning really mean?
- Procrastination, the chief enemy of organized planning
- What are the tools that can help you develop your brain for ideas?

**DECISION – The Seventh Step To Success**
- Fear – The first enemy of decision making
- Lack of specific knowledge – The second enemy of decision making
- Lack of desire to succeed – The third enemy of decision making

**PERSISTENCE – The Eighth Step To Success**
- What is the definition of persistence?
- How can you improve your persistence level?
MASTERMIND GROUP – The Ninth Step To Success

- What does a mastermind group do?
- Everything was created in the mind
- Join a mastermind group to find direction in life

SEX TRANSMUTATION – The Tenth Step To Success

- Understanding the foundation of sex transmutation
- How to transmute sex drive into success drive?
- Channeling your sexual energy into your goals

THE SUBCONSCIOUS MIND– The Eleventh Step To Success

- What is the challenge of implementing new information in our subconscious mind?
- How can you plant (record) new information into your subconscious mind?
- How can you best reach your subconscious mind?

THE BRAIN – The Twelfth Step To Success

- The Brain – A broadcasting and receiving station
- Living proofs of broadcasting and receiving brain waves
- Using broadcasting and receiving brain waves to your advantage
- What are vibrations and how can you use them?

THE SIXTH SENSE– The Thirteen Step To Success

- What is the sixth sense?
- What type of people have more sixth sense?
- How can you develop your sixth sense?

CONCLUSION

The 13 Steps To Attract Everything You Want
INTRODUCTION

I have been studying the Laws of the Universe for years now. One very powerful laws of the universe is the Law of Attraction – but what is the law of attraction? Do you have a full understanding of this law? Do you know how the law of attraction affects your life right now? How it has affected your life in the past, and how it will affect your life in the future?

What is the Law of Attraction?

The first thing you need to understand about the law of attraction is that it doesn't “happen”, it's always there. Whether you want it or not, whether you are aware of it or not, whether you agree with it or not or whether you understand it or not – the law of attraction has been manifesting in your life all along.

Most people live their whole life without being aware of the law of attraction. This means that they are living their whole life without being aware of WHY and HOW things happen or don't happen to them. However, does this means that they don't attract things and events in their lives? No. What this means, is that they are attracting things in their lives by default.

You see, it's not because you don't know the law of attraction that it doesn't work on YOUR life – that would be impossible. But because you are not aware of the law of attraction you are attracting by default. When you attract by default – meaning without awareness – you are going to attract stuff we don't want.

Let me explain...

The law of attraction starts in our mind and it starts in the deepest part of our mind which is called the Subconscious Mind. In other words, the law of attraction works with our thoughts. We are processing thousands upon thousands of thoughts every single day. Even if we wanted to we COULDN'T stop thinking. The problem is that some studies have shown that 80 to 90 percent of our thoughts are negative. Yes, if not kept in check, our thoughts are negative for the most part. But why is that?
Why our thoughts are negative?

Well, a great part of the reason why are thoughts are mainly negative is because we live in a negative world. Have you ever watched the news? When was the last time you’ve watch the world wide news and saw anything positive? Their business is negativity. The drama, the disasters, the wars, the bad economy... so forth and so on.

The whole world is drench in bad news daily. As a matter of fact, if you want to avoid such bad news by shutting off your TV or radio, I bet that someone, somewhere, is going to tell you about it. So, yes indeed, one of the major reasons why our thoughts are tuned toward the negative is because we live in a world that is tuned into the negative.

Another reason why we are tuned into the negative is because we also have our own inner dilemmas and issues. We are all imperfect and raised by imperfect parents who brought upon us their own dilemmas and issues – most of the time inadvertently, of course, but they do it nonetheless. Then, on top of that we have our own issues brought upon us by our own bad or negative experiences. So, there is no reason to wonder why our mind is mainly set on negative thinking. Just about everything in this world is pushing hard to make it this way.

So, how can we change this?

You need to remember that what you focus on expand in your life. That's right, what you focus on all the time materialize in your life over time. This is called the law of attraction. What you see today around you in your life comes from what you’ve been thinking about – focusing on yesterday. If you want to change what you have in your life, start thinking – focusing – on what you really want more, and less, much less, on what you do not want anymore in your life. What you are thinking or focusing on today, will change your life tomorrow.

So, how can you start changing your thoughts – your focus- in order to change your life in the way you want it to change?

Napoleon Hill 1937 best seller book, Think and Grow Rich, talks about 13 vital steps that we need to follow to turn your life around. Those steps are:

• Desire
• Faith
• Auto-Suggestions
• Specialized Knowledge

The 13 Steps To Attract Everything You Want
• Imagination
• Organized Planning
• Decision
• Persistence
• Mastermind group
• Sex Transmutation
• The Subconscious Mind
• The Brain
• The sixth Sense

I have analyzed and practiced each of these steps since 2006, myself, when I first read Napoleon Hill's Think and Grow Rich Book. This manual is the result of what I've learned and applied, achieved as a result of my study of Napoleon Hill's book. It is my hope that you can take each of those steps to heart and empower yourself with them to make the changes that you want to make in your professional, emotional and personal life.
DESIRE - The First Step To Success

Desire is the first necessary step to attain success. In his famous book, Think And Grow Rich, Napoleon Hill mentions how without desire it is impossible to get what we want. So, what is desire and why is it so important to have a “burning desire” as Napoleon Hill calls it?

Many people are wishful and hopeful. They say things such as I wish I could, I hope I will, hopefully I will..., etc... However, we all know that none such statement has ever brought success to anyone mentioning them. The reason for this is that “wishing” and “hoping” have nothing to do with the strong emotion that is needed in order to succeed which is called “desire”.

What is Desire?

Yes, indeed; desire has nothing to do with wishful thinking and hope that you may have. Desire is the purposeful intent of attaining a goal in your mind with added emotions. A strong desire to acquire or attain something can actually be compared to an obsession. The difference is that it is a “positive obsession” that will lead the person having and entertaining it, to get what they want.

Years before I read Napoleon Hill’s book Think And Grow Rich, before I started studying the law of attraction and how the subconscious mind works, I unknowingly attracted something I wanted through my burning desire. And when I’ll tell you what that was, you will have to admit that it wasn’t something “easy” to attract, so to speak.

A True Story About Desire

I was born in Lyon, France and I was raised in a small village just outside that large city. When we moved over there, there were only 250 inhabitants in that village. As a matter of fact, people there liked to say that on any given day one could see more cows passing by the main road than cars. For anyone not liking country it would have been hell, for my family and I it was paradise. We loved it. By the time I reached the age of 16 there were still only 350 inhabitants in that small village.

Why am I telling you all this? Because, considering where I grew up and what I started to desire, there was a far cry, and one might have thought that I was completely crazy.
What was the desire of that small village teenage girl? To meet the then number one most famous movie star in France who happened to live in Paris, of course. Crazy thought wasn’t it? Well, if your desire to obtain or attain a goal is strong enough, there is no such thing as a crazy thought. It can and will be achieved if you desire it strongly enough.

For five years I nurtured that desire with all my being. I thought about it every day, I visualized it, dreamed it, and breathed it on a daily basis. No matter what I was doing this desire was ALWAYS in my mind. Without knowing it, I was applying the law of attraction the right way. I was not just wishing or hoping for what I wanted; I was obsessed with it. It was what Napoleon Hill called a “burning desire”.

Did that burning desire led anywhere in my case? Yes, it did. It took five years for this dream to come true, but when it did, it was a dream-come-true, indeed. The then 20 year old young woman who grew up in a small village met the number one most famous French male movie star that she was crazy about, backstage of a famous theater on the Champs-Elysées in Paris. As a matter of fact, this was only the first time I met him. I met him another four times in Paris and one more time in New York few years later.

So, does having a strong desire is necessary in order to bring about what you really want to have in life? It most certainly does. It did for me, it did for all the successful people you may or may not know about, and it will for you too. Success doesn’t happen by accident, but by design. The reason it does is that the law of attraction is one of the laws of the universe and it works always the same way for anyone, just like the law of gravity.

So, get to know what the law of attraction is all about and develop a strong desire for what you want to accomplish in life. My example above was the first time I used this terrific tool to my advantage in my life, but I still use it today for every goal that I set in front of me. What about you, do you have a strong desire? If you do, visualized, and feel what you want with all your being until you materialize it.

In order to do this, however, you need to have faith that it will happen. Let see how you can develop faith in what you desire.
The reason why desire is the first step to success is that before you can achieve anything you MUST have a desire for it. No one is ever going to acquire what they don’t even desire. However, once you have understood and applied the first step to success and develop a strong desire for what you want, you need to have faith that what you desire, no matter what that is, is coming to you.

What is Faith?

Faith is the certitude that you will have or achieve what you desire as if you already were in possession of it. When Napoleon Hill started to input positive thoughts in his son’s mind so he would be able to overcome what seemed to be a tremendous physical handicap, he had faith that those positive thoughts which he calls “white lies” would bear fruits in his son’s mind. It most certainly did.

When you desire, wealth, health, success or whatever it is that you may try to achieve in your life, you need to have faith that you will achieve your goal.

Interestingly enough, in his book, Napoleon Hill says this: “Some teachers of religion and many, who call themselves Christians, neither understand nor practice faith”. When I read this statement it really hit close to home. Years ago, when I was belonging to a Christian church and out of work for a while, a fellow Christian woman told me, “you will never find work”! If you had asked that woman if she had faith, she would most likely have told you that she did, however, as Hill mentioned in his book, her statement showed that neither she understood nor practiced faith. This is only one personal example. I could give you many more. I am sure you have seen many examples of lack of faith as well.

People who believe that they have faith, but neither believe in themselves nor in the powerful universal forces or God (or whatever you might want to call it) to bring about what they truly desire, actually have no faith at all. Their own words and actions is a testimony to this fact.

How do you Know if YOU Have Faith?

If you catch yourself making statements like the woman mentioned above, if you never truly believe that good outcomes can come about when you are putting a plan into action using proven methods of the law of attraction, if you find yourself being more negative than positive
about things in general, this could be a strong clue that you are lacking faith. If you do, however, don’t lose heart, faith can be acquired if only you'd be willing to do so.

**How Can you Develop Faith?**

The first step to develop faith is to replace the same kind of energy that you put forth for negative results into positive ones. When the woman told me “you will never find a job”, we could actually have said that she had faith that “I wouldn't find work” She had chosen to put her faith (energy) into something negative, but what about if she had chosen to replace that negative energy by positive energy? This would have been an excellent exercise to shift her faith in the right place.

If you find yourself having more faith for sorry outcomes and results try to develop more faith for great outcomes. Try thinking of all the “negative” faith you have and replace it with “positive” faith. If you get into the habit of this exercise for 30 days, you will be amazed at the results. Your life will change.

The way to do this is by auto-suggestion. Let's see what it is and how it can help you to bring success into your life.

**AUTO-SUGGESTION - The Third Step To Success**

The third step to success is autosuggestion, also called “self talk”. Whether you are aware of it or not you are constantly suggesting something to yourself in your thoughts. The problem is that most of the time if you were to become aware of your many thoughts (suggestions to yourself) during any given day, you would realize that those auto-suggestions are negative. By the time we reach the age of five we have heard the word NO over twice as many times as the word YES. As children we are told about what we CAN'T do much more often than what we CAN do. This alone is shaping our mind into the habit of auto-suggesting that there are more things that we can’t do than things we can do. This becomes a deep belief that takes place in our subconscious mind. This is why it is so important that we replace those negative subconscious beliefs with the beliefs that they are more things that can be done than things that can't. We can change subconscious beliefs by using auto-suggestions.

**First Step – Awareness**

The first step to change anything is becoming aware of what you want to change. For example, if you wanted to get rid of a bad habit, a tic or mannerism, you would first need to become aware and fully conscious of that habit, tic or mannerism. Once you'd become fully aware of
it, then, you could better analyze how often this problem surfaces during the day and be better able to control it. Eventually, even stop it as it comes.

When you start becoming aware of your thoughts are, and try to focus when negative thoughts come to your mind, you become able to catch yourself in the act and stop negative thoughts as they come. This is called “watching your thoughts”. When you catch yourself with a negative auto-suggestion all you need to do is replace it with a positive one.

Easier said than done, you might say. Well, it becomes easier with practice.

**Second Step – Replacing Negative Thoughts by Positive Ones**

It took some time to put those negative thoughts into your mind, so you need to understand that it will also take some time to get rid of them totally. However, you need to remember that it is possible. Many people have learned to master their thoughts and over time replaced any negative auto-suggestive thoughts by positive ones.

For example if you are catching yourself saying (auto-suggesting, thinking) I can’t afford this, it is imperative that you replace this negative auto-suggestion with a positive one. I can’t afford it could be replaced by “I am a money magnet” or “I make more and more money each and everyday”, or even, “I am not buying it today, but I will tomorrow”. What ever positive expression you may choose is not the most important thing, the most important thing is that you immediately replace the negative auto-suggestion with a positive one. As soon as you hear a negative suggestion going through your brain, eliminate it right away.

The question is, what are you sending out to the universe with your auto-suggestive thoughts? The answer to that question is what you are saying to yourself (auto-suggesting) is what will come back to you like a bouncing ball against a wall. So, become aware, and beware of your thoughts – Watch yourself thinking. What your thoughts.

*The 13 Steps To Attract Everything You Want*
SPECIALIZED KNOWLEDGE - The Fourth Step To Success

In his book Think and Grow Rich, Napoleon Hill explains how just having “school education” will not make you rich. There is a huge number of people who have college education and even college degrees who are not rich, and a great number of those will actually never become rich. The reason for this is that knowledge alone doesn’t make anyone rich.

What has made some people rich is not knowledge, but specialized knowledge.

**What is Specialized Knowledge?**

When we are talking about specialized knowledge, we are not necessarily talking about something you would have to have learned in school. To take some of today’s examples, the richest internet marketers I know have not learned the “specialized knowledge” that made them rich in any school; they’ve learned it because they were putting forth the steps of success which specialized knowledge is part of; even though it’s not the only necessary piece of the puzzle to become successful and wealthy.

Regardless of our schooling or degrees, we all have some kind of specialized knowledge. Sometimes the only missing piece of the puzzle is getting “the idea” of what our specialized knowledge is. I personally had several areas where I had specialized knowledge, but it never occurred to me that I did until much later. It took me to start developing my mind by reading personal development books and studying with life coaches to become aware of what kind of specialized knowledge I had.

Sometimes, such qualities are dormant, deep inside us, until we decide to open up our mind and become conscious of our subconscious mind and start feeding it with new beliefs and ideas. The more you understand your mind and especially the subconscious part of your mind, the more your brain will deliver wonderful ideas where you can start from in order to develop specialized knowledge that can be worth millions of dollars of income for you.

**What Type of Specialized Knowledge do YOU Have?**

Do you have specialized knowledge in cooking, mechanics, writing, websites building, computers, home design, space, sport, cats, dogs, fashion...? The list is infinite just as much as knowledge itself. I am sure that you realized that none of those skills are necessarily learned in
school and whoever has this type of knowledge has most likely not acquired it in school. For example, I have specialized knowledge in writing, cooking, and the subconscious mind, but I have not learned any of these skills in school. None whatsoever!

We know that Thomas Edison or Henry Ford who had not reached as much as Middle School had no knowledge from traditional education, but they did have specialized knowledge, didn’t they? And they applied such knowledge to become the successful men that we know.

What they had, however, is a great deal of imagination. Let's see how your imagination can bring you closer to success and how you can develop it.

**IMAGINATION - The Fifth Step To Success**

Even if you and me are not Edison or Ford, we all have some type of specialized knowledge, and what is more is that we all can go deeper into our mind and find some dormant ideas and bring them up to the surface. Such ideas will transform into specialized knowledge that can and will, if your desire is strong enough, bring you success and riches.

Napoleon Hill said that “imagination is the most marvelous, miraculous, inconceivably powerful force that the world has ever known”.

The medium that you are using right now to read this book was created through imagination. Everything you see around you, cars, plans, houses, electric polls, bridges, television, TV sets, etc... were all created with imagination.

If humankind didn’t have this marvelous mental faculty we would still be living in the same way that we did in the middle age. Aren’t you glad that your marvelous brain is able to imagine? Yes, indeed, our imagination is a vital instrument of our life as we know it. Do you know that you can use YOUR imagination to create the life that you want? Maybe you are thinking that you don’t have a lot of imagination, but is that so?

Try to remember yourself as a child. Were you imagining that you were being places or someone you weren’t? Did you pretend you were a doctor, a fireman, a mom, a princess? Children can use their imagination in a terrific way! Were there a lot of images (imagination) going on into your brain? Did you have an imaginary friend maybe? If you remember yourself
as a child with a lot of imagination, most likely you have the ability to imagine as an adult as well.

Imagination, of course takes place in the brain and as any function of the brain, the more you use it the more it will work for you. If you were to put your arm in a sling it would eventually become useless. On the other hand if you were to lift weights on a regular basis, that same arm would become very strong and enlarged. It is the same thing with your brain. The more you use it the more it will work efficiently. So, use your brain to a maximum. Imagine like a maniac. There is no limit in imagination and dreams, only maybe, the ones you create yourself.

**How Can you Develop your Imagination Faculties?**

Try to create pictures in your mind of how you want to live your life. Try to imagine that you have all the money you’d ever wanted and that you are able to do whatever you want. You have no limit in your brain; you can imagine anything and everything you want just by using this tremendous mental faculty which is called imagination.

Imagine that you are someone totally different from who you are now. For example, if you are not rich, imagine you are very rich. Imagine you are stepping on money in your kitchen floor, imaging that you are bathing in money in your bathtub, imagine you are taking the vacation of a life time on some islands or whatever appeals the most to you. Imaging yourself in extraordinary situations that will bring you all the happiness and pleasure you would ever want in life. If you are looking for the man or woman of your dream, imaging that your are in a perfect relationship. Remember, the more you force yourself to imagine, the more your brain will be able to create things easily.

Another great way you can start to develop your imagination is by using some meditation recordings. I use mediation CD's all the time. Such recorded meditation sessions can help you to “imagine” yourself to be in a different place or even a different being. It will help you develop your imagination greatly.

Imagination is a key step to becoming successful and wealthy. Most successful and wealthy people have got where they are today because they used their imagination to the full to CREATE the life that they wanted. Use your imagination to create the life that YOU want. Your limitations are ONLY in your own mind.
ORGANIZED PLANNING – The Sixth Step To Success

In his book, Think and Grow Rich, Napoleon Hill wrote a whole chapter about organized planning, because it is an essential and most important step to success. There is an organized planning behind all successful ventures and all successful people. However, you will notice that people who fail in a specific area or in their life in general did not have any kind of organized planning behind their goals.

As an internet marketer as well as a life coach I deal with a lot of new comers in the internet marketing world. Either I deal with new comers or even people who have been around for some time, I have noticed that the ones who fail are the one who; a) Don’t have any organized plan or b) Are not able to follow one, even when it’s given to them. So, with this in mind, what does organized panning really means and how can you create an organized plan for your success?

What Does Organized Planning Really Mean?

An organized plan starts with an idea. To find ideas or to have ideas coming up to your mind you need to help your brain develop this feature as I mentioned above. However, there are several ways you can use to develop your brain so you will have more ideas coming up to you, and we will talk about this more later.

An organized plan needs to be written down on paper and followed through step by step. Adding date lines for each step is a very good idea, and makes it work better and faster. When you have a date line it pushes all the forces in you and outside of you in action to meet that date line.

Procrastination, the Chief Enemy of Organized Planning

Maybe you already are a person with a lot of ideas, but you are finding yourself not being able to act on it. This is what we call procrastination. Procrastination is the chief enemy of organized planning, because even you may know how to plan well, your procrastination habit will prevent you from going through with your plan. I see this happening everyday to people I help.

If you are a person with lots of ideas, but don’t do anything about it, the first think you need to do right at the very moment that the idea comes to your mind is writing it down. No matter what you are doing at that moment, do your best to stop what you are doing right then and there, and write your idea down. I have pulled over on the side of the road, to write down an idea, and that's worth it.
Once you have written your idea down on paper, start to develop on that idea. Ask yourself, what will it take to develop such an idea? Look where you are now and try to think about what you could do about setting that idea in motion today! If you wait for the right time to make a move on an idea, the right time might never come. There is no such thing as the “right time” because the right time is NOW. The right time is when you get the idea.

If you don’t act now, procrastination will. And it will put a stop to your plans before they even start.

Putting things in writing tends to do two things; a) It will always be there for you to see, edit and expand on it, and b) When you write down a goal it tends to make it “happen” faster.

**What are the Tools that Can Help you Develop your Brain for Ideas?**

One of the tools you can use is Quantum physic [subliminal mind control audios](#) which are designed to create “more connections” between your brain cells over time. I have been using subliminal audio such as “Holosync” every day for a year and a half now, and the results were gradual, but incredibly marvelous.

Another tool that I use to develop my brain cells and subconscious mind is personal development reading materials. Such tools are very easy to find online, either for free or for a low price and they are well worth it.

As you are getting more and more involved with you own mind, you will see that organized planning will become easier and easier and so will your successes.

**DECISION – The Seventh Step To Success**

Decision, decision, how important it is in order to be successful in life! In my list, decision is probably the MOST important ingredient of success. Why? Well, if you don’t make a definitive decision about anything, there is NO way, and I repeat, no way, that you will be successful at it. Right?

Everything that will make a difference in your life will call for an important decision making. However, this said, what would be the stumbling blocks of decision making? Well, there are several, but let’s look at three major ones that are huge stumbling blocks for decision making.

**Fear – The First Enemy of Decision Making**
Do I know about this from experience? I remember the days when I was a victim of such fear and I can also think of some people very dear and close to me who have never really succeeded in life because of it. The people I am talking about had extreme talents in their hands and did absolutely nothing with such talents, only because of never making the decisions they needed to make in order to turn those talents into fruitful incomes.

Why did they let fears take the best of them? In general they let people tell them what their decision would mean according to their own limited beliefs and which limited beliefs inculcated fear in them. Also, they let their own fear get in the way, never making the decision to move forward. Some of those fears were rather pathetic and went like this: “It’s a hassle to go through a patent or license in order to start your own business” or “experts are telling me that my paintings are too “perfect” and people don’t like this anymore”.

Fear can translate into an incredible list of excuses, some more ridiculous than others. Unfortunately, if not kept in check, fear always wins.

Lack of Specific Knowledge – The Second Enemy of Decision Making

Probably the main reason why the two people of my example above let fear take the best of them, preventing them from making some life changing decisions, was that they lacked specific knowledge. What do I mean by this? I mean that if they had known how exactly the procedures of getting a patent or a license worked, or if they had known exactly for themselves what consumers like when it comes to buying paintings, much of those fears based on ignorance would have been eliminated from the get go.

Knowing where you are going as opposed to not knowing will make a great difference in your decision making. Know your stuff. If you don't, don't get scared or start listening to people who know less than you do. Get the specific knowledge that you need. It will make you stronger with your decision making.

Lack of Desire to Succeed – The third Enemy of Decision Making

It goes without saying that if your desire for success in general and for what you want in particular is not strong enough it will be a long shot to success. Strong desire as mentioned above is a MUST in order to succeed. The reason why is because when your desire is strong enough it will help you go through all the difficulties or problems you may encounter such as, negativity, criticism, lack of support or many other tough spots you may run into. Strong desire will beat all the stumbling blocks which stand between you and your decision to become successful.
Thinking about the two people I mentioned above, the lack of desire to success was evident in them. When this is the case, fear become way stronger and kills any little bit of desire that was there in the first place.

Decision is a crucial step to success. Making the decision to take all the necessary steps will lead you to your goals. Once you've made that decision you are going to need to apply the next step.

**PERSISTENCE – The Eighth Step To Success**

There is no door to success without persistence (my own quote). Instant success is very rare, and therefore, anyone having reached success has most likely had to show persistence in order to attain it.

If Thomas Edison had not shown persistence, most of his inventions would have never came to be. There is no doubt that if you want to be successful in your professional and personal life, persistence is something you've got to have. If you lack such quality, you need to learn how to develop it.

This chapter will show you how you can develop persistence and use it to you best advantage in order to become a successful entrepreneur, business owner, internet marketer, author, or whatever you may want to achieve.

**What is the Definition of Persistence?**

According to one dictionary the definition of persistence is “the quality of being determined to do or achieve something; firmness of purpose”. Yes, indeed, determination of achievement is an important ingredient of persistence. Determination is the cause - Persistence is the effect of strong determination and desire to achieve your goal.

Without persistence it would be difficult for anyone to be able to go on and by-pass all the stumbling blocks that they may encounter in their way.

Whatever is it that you are trying to achieve, a career, open a business, make money online, etc... there is going to be some times when things won't turn out the way you expected it. Those are times when you are going to feel down, when you are going to be disappointed by lack of results. Those are the times when your persistence level will be tested. Depending on how persistent you are or not will ultimately determine your level of success and the rapidity...
at which you will attain it.

**How Can You Improve Your Persistence Level?**

Needless to say, some individuals have more persistence than others, however, anyone can improve their level of persistence by putting a little will and effort into it.

If you are aware that you are not very persistent naturally, ask yourself the following questions:

- How much do I desire success in my life?
- How important is it for me to be financially free?
- What is my definition of success?
- What is the true image that I have of myself?
- What is my “WHY”?
- What are my Goals?

Defining your level of desire will help you to know how much persistence you are going to have. The number one factor that is going to give you the necessary “juice” for persistence is desire. So, my question to you is how much do your desire what you want?

Do you just say, well, *it would be nice*, or do you say, I *will get this done no matter what, even if it takes everything I have.* The answer to such questions should give you a clue about your level of desire. Just remember, the stronger your desire, the stronger your persistence.

How important is it for you to be financially free? For some people, it’s not important at all. As a matter of fact, they are not looking to ever be financially free, thinking all kind of negative things about money. Such beliefs are sometimes conscious but mostly they are subconscious or (unconscious). What about you? Where do you stand in this regard?

What is success to you? For some people, their idea of success is to have a good job and a family, and there is nothing wrong with that, but it would be safe to say that the level of persistence for such people might not be the highest when it comes to persistence to high achievement. What is your idea of success?

What is the image that you have of yourself? Do you know that successful people hold themselves differently then unsuccessful people do? If you take a look at yourself, try to NOTICE how you are holding yourself when you walk and when you talk. How do you truly feel about yourself?
Catch yourself in the act, it will reveal to you very interesting things!

What is your “why”? What drives you? What makes you want to succeed? Who do you want to prove wrong? Answering those questions will help you determine your level of persistence.

Do you have specific goals? Did you write them down? Are you reading your goals out loud every day, twice a day? These exercises will improve your persistence ability as time goes on.

You need to have big dreams and hold on to it. Then, take all the necessary actions you need to take to see your dreams come true. Your persistence will make your dreams come true.

This is a vital too that can help you be persistent. Let's see what that is...

THE MASTERMIND GROUP – The Ninth Step To Success

Again, in his famous book Think and Grow Rich, Napoleon Hill says “Power is required for the accumulation of money! Power is necessary for the retention of money after it has been accumulated”. Behind success there is power and a marvelous way to generate such power is belonging to a mastermind group.

What Does a Mastermind Group do?

A mastermind group can leverage power because it is the gathering of high level minds that are in harmony with one another. When two people or more gather together there is a tangible power that is being created. As Napoleon Hill explains in his book Think and Grow Rich, just like there are units of “matter” that can be broken down to molecules, atoms and electrons, there are units of energy. After all, that is what the universe is made of matter and energy.

A mastermind group multiplies that energy unit and although it cannot be seen, it certainly can be felt by all its members. A mastermind group will exploit that energy to the full while experiencing a tremendous generation of ideas and aha moments.

Energy is what nature uses to build matter. This includes us, humans, animals, vegetation and any shape or form that you can see and touch. Our brain is the place where energy can be absorbed from the ether. Such energy, commonly known as “thoughts” is transformed into things or events.
Everything was Created in the Mind

Everything you can see or touch was created twice. It was first created in someone’s mind in the form of thoughts “energy” and such thought took form and became a thing “matter”. This process is what is happening in a mastermind group.

When two or more minds gather together to create a mastermind, more of that energy “power” is shared between minds and, therefore, the creation level is accelerated and more powerful.

Andrew Carnegie claimed that a large part of his success in business was due to his mastermind group which included about 50 people. His mastermind group was a pillar of his business which brought him quite a bit of his fortune and success.

Join a Mastermind Group to Find Direction in Life

I joined my first mastermind group in September of 2005. Back then, I was just a beginner in the personal development field, and I have to say that the master mind group helped me set my first success goals and move forward in an area of my life which I had never really taped into before.

In April of 2006, I joined another mastermind group who introduced me to the wonderful book of Napoleon Hill, *Think and Grow Rich*, which has been the inspiration behind this eBook.

Needless to say, that those mastermind groups have changed my life forever. They were the beginning of a different life for me; a life where I finally realized that what was going on in my mind was controlling everything I had ever experienced in my life. Most of all, the mastermind group showed me how I could change that.

Over time this mastermind group taught me many things about myself that had not been very clear to me thus far, and it wasn’t long before I realized that I wanted to become a coach, myself, to help people grow and improve every facet of their lives just like I did.

Belonging to a mastermind group should be like a membership at the gym, you should keep on going for ever. There is no reason to stop, because we never stop learning from a mastermind group, no matter at what level of personal development we may be.
SEX TRANSMUTATION – The Tenth Step To Success

Here we are with our 10th step toward success based on Napoleon Hill’s book “Think and Grow Rich”. Sex transmutation – what on earth is that? I have to say that it is definitely the most difficult step to success to grasp and the one that Napoleon Hill himself seemed to have had the hardest time to fully and clearly explain.

Some modern law of attraction mentors have actually said that the reason why Napoleon Hill was not giving very specific details about what steps need to be taken in order to be able to achieve success using “sex transmutation” is because while he knew that this was a strong factor toward success, he didn’t really know how one could **develop it**.

As someone who read the book “Think and Grow Rich” a handful of times and studied it myself, I would have to agree that Hill doesn’t really help us to **fully understand** what we can do in order to **CREATE** such mutation in order to channel our sex drive into creativity and achievement.

As a **life coach** who has been helping people improving their life for the past couple of years, I have studied Hill’s book very closely and I have studied this chapter very deeply to try to understand what was not quite explained in the book. The best way to explain it to you is to give you some very easy to understand illustrations and give you some guidance to try to apply this great force of the universe into your life.

**Understanding the Foundation of Sex Transmutation**

To begin with, the main reason why people are so confused about sex transmutation is that they see “sex” only as something “physical” a physical force or worse even a physical need ONLY.

Any good life coach will teach you that sex is much more than that. Sex is not only physical but, spiritual. **Sex is the physical expression of a spiritual state**, and when it’s taken completely out of that context it’s no more than what most people make of it; a simple physical need which of course has nothing to do with the transmutation that we are talking about here.

Sex is also a strong driving force for action. Just think about a time you had more energy and will than when you were madly in love! There are probably very few circumstances in life that gave you more punch than that, is there? This is because the desire that is backed up by the force of sex is one of the strongest emotions for both humans and animals.
Look at the case of animals for example – As Napoleon Hill explain in his book, a bull that has been castrated will become docile as opposed to a bull that has not, which would express an incredible ferocity. Look at animals fighting in order to be able to mate? They will fight to death if they have to. Just castrate such ferocious animals and they will become completely docile. The desire to fight will be completely gone.

This is because the sexual gland is part of “the personality” of both animals and humans. It's a driving force.

**How to Transmute sex Drive into Success Drive**

The one and only obvious channel that you can use to transmute sexual drive into success is your brain. You can decide consciously to use this force and transmute it into your business, career or any thing you may want to achieve. This sounds great, you might say, but how do I do this?

It all comes down to making a conscious decision of mentally channeling such driving force into other areas of your life such as you career, business and goals. However, when I say conscious decision, I mean that you will have to involve your subconscious mind as well for better result.

A very helpful tool that has helped me do this successfully is meditation and hypnosis. When I say hypnosis I am not talking about the kind of hypnosis you’ve seen on TV where the person loses grips with reality, I am talking about what is called [self hypnosis](#) which can help you achieve what you are looking to achieve and teach you how to [channel energy](#) and successfully use sex transmutation to bring success and riches to your life.

**Channeling your Sexual Energy into your Goals**

I am not going to lie to you and say that this is easy to do, but with knowledge and practice you can learn how to channel your sex drive into energy that will drive you to success. In order to do this you might need some help such as learning how to meditate, getting acquainted with [self hypnosis](#), getting into the habit of using a positive daily self talk and of course writing your goals down and reviewing them every day.
THE SUBCONSCIOUS MIND – The Eleventh Step To Success

Napoleon Hill compared the subconscious mind to a *file cabinet* where thoughts could be recalled and/or withdrawn. Similarly, other modern personal development professionals have compared the subconscious mind to a *tape recorder* that receives all kind of information and data from the conscious mind which in turn helps *plant* or *record* such information or data into the subconscious part of our mind.

**What is the Challenge of Implanting New Information in our Subconscious Mind?**

Why is it that even for people who have been introduced to the knowledge of the subconscious mind still have a “hard time” to accomplish what they want in life?

The reason why, is that many people can’t seem to be able to *erase* the old tape with the new one.

Think about it, if you have a tape recorder (or CD) with an old song recorded on it and you are trying very hard to tape another song over the old one, but you don’t know how to *push the recording button*. Until you do, you would *never* be able to record that new song, would you?

You are playing that new song over and over and yet, every time you check your recorder, that old song is still playing. You are getting frustrated and wonder why even though you keep trying to play that new song, that old one is the still the one on the recorder. What you don’t know is that in order for the old song to be erased and replaced by the new one, you need to push that little button that says “recording”.

If you don’t push that button, you can play your new song until you’re blue in the face, you will NEVER be able to record something new.

This is exactly how our subconscious mind works and that’s exactly why so many people who have watched the movie “The Secret” for example, are saying that it doesn’t work for them. You can play the movie The Secret until the cows come home, but if you are not pushing you “inner recording button” Playing the movie The Secret will not change anything in your subconscious mind and, therefore, it won't change anything in your life.
How Can you Plant (record) New Information Into your Subconscious Mind?

How do you find the recording button of your subconscious mind? Where can you find that trigger that will allow you to record new ideas on top of the old ones that you want to get rid of?

That valuable place, that recording button of your subconscious mind is best found through your emotions using your five senses. A very easy access to this place is by reaching what is called the critical factor which is like the guardian gate between the conscious and subconscious or what some people also call the conscious and unconscious. That gate of the mind is easily reached using three different tools.

How Can You Best Reach Your Subconscious Mind

Personally I use these three simple tools to be able to reach my subconscious mind and tape new information over old one. Those tools are affirmations, vision boards and self hypnosis. Let’s see how these tools can help you.

NOTE: These tool work when you are involving emotion into your affirmation and vision board. As for self hypnosis it works a little differently.

1. Affirmations

Affirmations, also called self-talk are positive statements that you repeat to yourself throughout the day over and over. Such affirmations, however, really work when you put emotions into them, using any of your five senses or all of them.

For example, if I say “I am wealthy” all day long, but can’t stop thinking about how broke I am, it’s not going to work. It’s like playing my new song without pushing the recording button. As I repeat my affirmations I need to feel and believe it all through my five senses. In other words, I need to be “really emotional” about it.

2. Vision Boards

A vision board will do the same kind of work affirmations do but, it will put a visual sign in front of your eyes. As you watch your vision board either a physical one or an digital one, you will also need to plant those images into your subconscious mind through your feelings, emotions and beliefs. Remember, those are the “recording” buttons.

The 13 Steps To Attract Everything You Want
3. Self Hypnosis

To reach my subconscious mind I use self hypnosis which is not to be confused with the type of hypnosis you might have seen on TV that knocks you unconscious. I am talking about the kind of hypnosis where you stay conscious the whole time between a waking state and a sleeping state and where the "critical factor" is more easily reached and opens the doors to your subconscious mind.

When using this method you do not have to concentrate much on your emotions but more on concentration of what you hear. The recording of positive affirmation and your subconscious mind will do all the rest.

Remember that achieving success will always involve putting new data in your subconscious mind, and knowing how to do it will simply change your life for the best. Once you've mastered that, you can attract everything you want.

THE BRAIN – The Twelfth Step To Success

The brain, this vital part of us without which we couldn’t move, speak, see, feel, smell, think, or even lift an eyelash. Without our brain we would basically be “nothing”, reduced to the state of pure object that needs to be picked up and moved around.

However, even though our brain is responsible for all the actions mentioned above and more, there is a side of the brain that is much, much less known. As a matter of fact, many people totally ignore or dismiss this attribute of the brain.

In this chapter we are going to talk about this side of our brain and see how it can help you in your success.

The brain - A Broadcasting and Receiving Station

The attribute much less known about the brain is that it’s a broadcasting and receiving station for thoughts. It can broadcast and receive thoughts just like a radio can broadcast waves through the ether to transmit sounds.

How can the brain receive and send out thoughts?

To understand better how the brain can receive and send thoughts you have to remember first what we are made of. Everything that you see, trees, houses, the ground you walk on, the piece of furniture in your living room, your pet or yourself, are all made of energy. Energy is
behind everything that exists that you can see and hear, and things that exist that you cannot see or hear. For example, radio waves do exist, but you can’t see them. There are sounds that are audible only to dogs, but you can’t hear them, however, they do exist. All of it is energy moving at a different frequency.

You can’t see, hear or touch thoughts; however, you know that they do exist. You have thousands of them passing through your mind each and every day. Even when your body is fast asleep and immobile and your mind unconscious, your thoughts show up in the form of dreams. Thoughts are energy too.

The medium that creates thoughts is the brain and it’s that same medium that is able to broadcast and receive such thoughts from one brain to another.

**Living Proofs of Broadcasting and Receiving Brain Waves**

You may not be aware of this at all, but there are some people who can feel so strongly what is going on in other people’s brain that they can feel their pain. Maybe this sounds incredible to you. Well, it’s true. I can’t say that I am one of them, but my own mother had a lot of this ability. Recently, I read a blog post from someone who writes about the mind and who is what she calls an “empath”. An empath is a person who is able to read the suffering thoughts of others subconsciously.

In her blog post she described about a time when all of a sudden she felt an extreme anger towards her daughters, except that she had no reason whatsoever to feel such anger towards her daughters with whom she gets along very well. Shortly thereafter, she found out that a woman who was in the same room she was in felt that way.

This lady has such a strong capacity of receiving other brain’s thoughts that she was able to capture those thoughts from a stranger in the room and felt the consequence of such thoughts. People with such a strong capacity of receiving other people’s thoughts subconsciously are called “empaths”. The truth to the matter is that we are all empaths to some degree even if we are not aware of it.

For example, have you ever felt very drained and fatigued after you’ve spent some time in a crowded place, such as a shopping mall? It happens to me all the time – this is why I do not like crowded places. When you feel drained after spending some time in a crowded place is because your brain is receiving a lot of other people’s thoughts at once, many of them probably quite negative. Such overwhelming rush of foreign thoughts creates a drain and fatigue in your body.
This is why you feel the way you feel when you leave a crowded place. What a relief it was to me to finally understand why I would be more tired after two hours at the mall than eight hours of work.

**Using Broadcasting and Receiving Brain Waves to your Advantage**

I know that you are saying, this is all good and fun, but what does this has to do with success? The brain, the twelfth step to success, right? Yes, indeed. Let me explain how you can use this fantastic ability of the brain for your own advantage, and to work for you in your pursuit of success.

As Napoleon Hill puts it very well, the creative imagination is the receiving set of the brain. In other words, it can be said that inventors have a great capacity of “receiving thoughts” from other brains, but they are not the only ones. The brain of an inventor is not any different than yours and mine; it’s just that they have learned how to **stimulate** their brain to work at a much higher frequency. Sounds complicated? It’s not really.

People who are able to receive other brain’s thoughts easily have just raised their vibrations.

**What are Vibrations and How Can you Raise Them?**

Vibrations are energy that you send out there through the ether. To use a very simple nutshell explanation of what vibrations are, it’s like a *barometer for thoughts*. Positive, happy thoughts raise your vibrations, while negative and dark thoughts lower your vibrations. The lower your vibrations the less likely your brain will be able to receive other thoughts that could lead you to success.

However, if you have studied **The law of attraction** and how it all works, you know that when you finally decide to attract what you want versus what you don’t want, you find out how an idea can suddenly pop up to your mind, or you are led to go somewhere or do something that will lead you to what and where you want. We call this a “hint”. What it really is, however, it’s your brain receiving signals from other brains with thoughts vibrating at the same frequency as yours. This is using your brain waves toward your success.

So, remember to always try to raise your vibrations, because it's going to put your brain waves (your broadcasting) at a higher level. Then, and only then, will you be able to **receive** signals from higher vibration individuals as well.

*The 13 Steps To Attract Everything You Want*
THE SIXTH SENSE – The Thirteen Step To Success

The last step to success in the popular personal-development book written by Napoleon Hill “Think and Grow Rich” is “The Sixth Sense”. But what really, is the sixth sense?

Many people are very unclear about this. They believe the sixth sense to be some kind of fictional power that is not real or that is not attainable by just anyone. Either way; there is a great deal of confusion about what the sixth sense really is and what it has to do with success.

What is the Sixth Sense?

While some individuals are trying to confuse the masses about what the real definition of the sixth sense is with movies and stories that are portraying it as an alienated and fictional weird power, the sixth sense is simply an extra perception of things.

In other words, the sixth sense is your intuition speaking to you. Intuition is that awareness which comes from your inner-self sending you messages to let you know what path you should be taking, or what choice you should be making or not.

Most of us have had at least once a sixth sense manifestation in our lives. The only reason why many people have had only very few extra perception experiences it’s because it was never cultivated and in many cases even rejected.

What Type of People has More Sixth Sense?

The closer you get to your inner-self the easier it will be for you to get in touch with your extra perception. The reason why so many people have very little to no intuition level is because they have far removed themselves from their inner-self, their true self. They are what I call “fleshy” people as opposed to “spiritual” people.

When I say spiritual, I don’t mean religious, as some people link spirituality only to religion. I know some so called religious people who are not spiritual at all. On the other hand, I know some none religious people who are very spiritual.

In the same manner I have witnessed some so called religious people who have shown very little to no faith in a higher power while I have witnessed non-religious people who are certain
that there is such thing as a higher power (or God) and demonstrate faith in such power in everything thing they do.

In my studies and observations over the years, it has been very obvious to me that people who tend to have more of a sixth sense, extra perception, intuition, whatever you might choose to call it, are people who have developed a true spirituality. The question is how can you develop such spirituality if you feel that you are lacking in this area?

**How Can you Develop your Sixth Sense?**

There is no doubt that some people are more inclined naturally to spiritual matters than others. I guess it’s more something that one is born with than something that was taught to them. I have always been attracted by inner-powers and how I could learn more about them since I was a child. I never believed things just because they were told or taught to me.

On the contrary, I always questioned everything. I always tried to go deeper and ask questions that a lot of people around me would never thought about or were maybe afraid to ask. Was this because I was smarter than anyone else around me? No; of course not! I would never say that I was smarter than the people who I grew up around. However, I certainly was more inclined to spiritual matters than most people who happened to be around me. This is what has led me to be passionate with the powers of the mind and led me to study the subconscious mind and the laws of the universe.

As I said above, not everyone is going to be naturally inclined to mind and spiritual powers and that’s OK. However, if you have been interested enough to read this manual it’s because your inner-self is trying to tell you something.

The best way to develop more inner awareness such as the sixth sense, intuition, peace of mind, etc... is to learn more about it. Today there is a tremendous variety of information that can educate you about mind power such as eBooks, CD’s and software. There are also blogs that you can read and even [life coaches that you can consult](#). The knowledge and expertise is really at your fingertips and it’s up to you to take advantage of such vast knowledge to develop more spirituality, more insight and more sixth sense that will affect your mind power for better results in your life.
CONCLUSION

Grandma Moses said “Life is what we make it. Always has been. Always will be”.

This is why we must use these 13 steps available to us in order to “create” the life that we want. The source that we can tap into in order to do this is our subconscious mind which is this very deep part of ourselves that makes us.

You were not born with a subconscious that was what it is today. Your subconscious mind was shaped by what you've learned and experienced as a child and over the years. Once you understand this process, you can continue to shape or (re-shape) it in order to attract what you want in your life. All you have to do is “tape” new data over the old one as it was discussed above.

As you work on re-shaping your subconscious data using your desire and your faith in what you want along with your self talks (auto-suggestions), your specialized knowledge, organized planning, imagination (visualization) and persistence, you can create a new life.

You brain is a marvelous machine that will help you put together the 13 steps to success even if you don't do it “perfectly”. In order to achieve success, you do not need to be perfect, but you need to start. Start applying those steps today the best way “you” can right now. As time goes on you will notice that your mind and your whole persona is going to start growing.

Things are going to start happening and you will keep attracting what you are looking for. You will have less and less taste of what is destructive and more and more taste for what is constructive. The right circumstances and the right people are going to start showing up. You will be applying the law of attraction on steroids.
No one was born successful, but success can be learned.
UnderstandingYourSubconsciousMind.com

Sylviane