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# Foreword

As taking command is reality plus might, your alignment with taking command will by nature improve as you line up with those principles, so the drills from the reality and might books will be of value here as well?

However as taking command is more than the total of its parts, here are a few extra techniques to further evolve it.



***Law Of Attraction: Harnessing Your True Authority In Life***

***Attract Success With Others By Expanding Your Circle Of Influence.***

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# **Chapter 1:**

*Mastermind Little Uprisings*

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# Synopsis

*To get to be the expert of your life, you have to get to be comfortable arriving at independent choices, whether or not others agree with you.*



## **Revolts**

You can't be an expert and take command unless you break free of the stipulations that come from your peer group. Among the most beneficial ways to do so is to by choice violate other peoples' expectations by masterminding little uprisings.

A little uprising is an act of free will with minimum damaging outcomes.

You are merely asserting your independence, letting other people respond however they want. Illustrations include passing up an invitation you would commonly accept, wearing your hair in a different way, or placing some uncommon posters in your work area.

You have done nothing gravely incorrect, but you are able to anticipate that other people will respond.

Do not try to excuse or explain these uprisings. If anybody asks why you're acting funny, merely tell them you felt like doing it. If they pressure you for an elaborate explanation, simply respond, "I value your concern, but I would prefer not to explain my actions at this moment."

When I was a in my last year in senior high, one of my little uprisings was to do my mathematics homework with strange media. I would turn in my assignments done in wax crayon, on a midget 2" x 2" sheet of paper, or on a piece of a cereal box.

The other pupils thought I had gone over the deep end, However as luck would have it I had an astonishing instructor who was willing to



permit my creative thinking. You have not truly lived till you have done calculus in wax crayon.

The principle here isn't to act like a total dork or to violate laws that will land you in grave trouble. Your designation is merely to break the unwritten conventions of social compliance, conventions you aren't expected to obey but which you have been blindly abiding by.

Little uprisings remind you that you forever have an alternative and that you are able to stay independent of other people's responses.





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## **Chapter 2:**

### ***Doing Triage***

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# Synopsis

*Triage is crucial when it comes to your self growth.*



## **Choose**

In the battleground practice of medicine, the principle of triage calls for splitting up patients into 3 groups:

1. Those that will expire in any event, whether they get medical attending or not
2. Those who will come through anyhow, whether they get medical attending or not
3. Those that will come through only when they get timely medical attending

If resources are restricted, medical officers have to serve members of the 3rd group prior to the first and second groups in order to pull through as many people as possible.

Triage may likewise help you build up your way of taking command by centering your attention on the most important actions. In that case you split up your undertakings, plans, and activities into 3 groups:

1. Undertakings that will fail to have a important impact, whether you accomplish them or not
2. Undertakings that will succeed in any case, whether you accomplish them or not
3. Undertakings that will have a substantial impact only when you finish them in a timely fashion

If you center your attention on the beginning group, you're simply spinning your wheels while more significant undertakings stay undone.

If you center your attention on the 2nd group, you are blowing your energy for no meaningful payoff. However if you attend to the 3rd group, you will put your time and energy on the most beneficial possible use.

In order to center on the most substantial actions, you have to take away your attention from the first 2 groups.

Exercising triage is exceedingly challenging as it calls for repeatedly stating no to what you might instinctively sense are great choices. It is the time-management equal of stating no to injured individuals calling for assistance. However if you fail to get the hang of the art of triage, a lot of worthwhile undertakings will expire needlessly.

This procedure is a challenge of awareness. It's simple to lose sight of the large picture when you are staring at an undertaking hollering for your attention. However you nevertheless have to come up with the awareness to ask yourself: Is this the most significant matter for me to be executing right now?

Build a list of your group-three undertakings and activities, and keep it with in grasp at all times. Perhaps it's a list of your central goals, but it could likewise be a list of the things in life you wish to attend to, like your wellness, relationships, and spiritual applications. Look back at that list on a daily basis to keep reviewing its presence in your brain. This will help you arrive at the hard triage choices when the

need springs up. It's simpler to say no to groups 1 and 2 when you are able to view the whole battleground.

What are the group- 3 undertakings that are passing away in the trenches but that may still be pulled through if you reach them in time? Your wellness? Your family relationship? Your job? Your spiritual association? In order to attain time to pull them through them, what undertakings from group one and two are you able to pass up?



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# **Chapter 3:**

## *Experimentation*

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# Synopsis

***Among the most beneficial ways to step-up your brains anticipatory accuracy is with direct testing. Rather than simply learning from other people, go out and produce your own knowledge.***



## **Check It Out**

Do not blindly abide by the advice of authorities. Discover what works best for you by carrying on personal experiments. Everybody is different, so what works out for you might not be the same as what works out for everybody else.

If you come up with a fresh thought for increasing your effectiveness, try it out to discover what effect it causes. Do not dismiss any thoughts till you have really attempted them. The in progress practice of carrying on experiments will condition you to be more productive as you will always be on the lookout for processes to improve.

I have taken on some unbelievably unusual experiments from time to time, several of them documented on the internet. For instance, there was the time that I chose to see if I could, with success, adapt to intermittent sleep. Intermittent sleep has a lot of versions, but the sort I tested was to rest only twenty minutes at one time, once each four hours, day-and-night.

That's 6 naps each twenty-four hours, for a complete sum of two hours of sleep every day.

Many individuals who try out intermittent sleep can't adjust and give up inside the opening few days, but after nearly a week of vicious sleep loss, I was at last able to adjust.

It was a captivating experience that altered my understanding of time; however the downside was that I fell out of sync with the remainder of the world. I managed to keep it up for 5 and a one-half

months before finally returning to a regular sleep pattern, primarily for sociable reasons.

It was one of the most memorable and generative times of my life, however it only occurred because I chose to plunge in and test it rather than simply studying about it.

You do not have to conduct experiments as strict as intermittent sleep, However you will certainly benefit by carrying on your own growth tests.

Are you more generative while hearing music, or do you favor complete silence? What style of apparel makes you look and feel your finest? Does your domestic partner respond best to verbal, composed, or kinesthetic manifestations of affection? What effects do you observe in your body after consuming new types of foods?

You are able to spend infinite hours engulfing advice from supposed authorities, or you are able to run a speedy test and find out the answers for yourself.

For each authority who tells you one thing, you will discover somebody else who states the reverse. What's the most beneficial diet, spiritual practice, or sort of investing?

You have to make these conclusions for yourself. It's all right to consult with authorities, but in all instances you are the final expert.

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## **Chapter 4:**

### ***Commanding Body***

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# Synopsis

*I'm pretty certain that a lot of you are looking for assistance from medical practitioners for assistance in analyzing and restoring your health, at any rate that's what they're supposed to be doing.*



## Physical

I question how many individuals ever investigate their own inner self to think about what it is inside us that drives the demand to look externally from us and to other people for their help. When you take the time to mull over this question, I'm convinced you'll identify a principle that sounds like the following:

“I no more have complete control over my own brain and body.” As if you did, you wouldn't find it essential to look for outside help instead of count on your own inside capacity to help yourself. Right about now you may well be having a few contradictory notions or thoughts that sound something like this:

“Hey, it's typical for me to not sustain total control over my own brain or body.”

“Today I do feel a little susceptible, weak, insufficient and-or needy as I now understand that I have not got complete power over my own brain or body. Why is this the case; not experiencing might over my own brain and body, after all it does belong to me.”

The fact of the matter is you do bear total management capabilities over either your brain or body; it's that you simply trust that you don't and so you conduct yourself accordingly.

Today, I don't foresee that you'll accept what I'm stating as truthful, however, my trust is that I may convince you to let me lead you in a way that I feel will make you see the reality on your own – so let's get moving with what you assume as true:



“I'm not able to sustain and keep total and total charge of brain or body at all times.”

Let us now assess exactly how constructive it is holding on to a belief like this:

- Trusting this helps me in knowing what my limits are, so that...
- Once an issue does exist with my body or brain, I may seek out somebody who's able to provide me aid, so that...
- They may help me, so that...
- I may begin to feel healthier once more, so that...
- I'm again feeling fit, with a sense of well-being, protected, secure, calm, content, joyful, with a lower stress level and a calm confidence that I'm able to take care of myself, I've control over my wellness and it's my concern, I feel like my longevity has been bettered.

So in refreshing this we comprehend:

[A] Our strong belief that “we don't have complete, limitless and total control over our brain and body at all times” lets me feel fit, with a sense of well-being, protected, secure, calm, content, joyful, with a lower stress level and a calm confidence that I'm able to take care of myself, I've control over my wellness and it's my concern, I feel like my longevity has been bettered.

Is this truly the way you feel? You have to attempt and “own the feelings” that are part of the strong belief itself. “I don't wholly, totally and without a doubt, sustain any control over my own brain and body at any time” and while visiting this thought procedure, attempt and understand the feelings you have. Being entirely true with yourself you ought to detect a few or all of what comes next:

[B] Leaves you feeling susceptible, frail, edgy, anxious, insufficient, inferior, lonely, reliant, glum, powerless, and dependent, as though your level of stress has advanced leaving you weak and weary – I think you comprehend.

All this to state the conviction has linked with it the results explained in the preceding paragraph B. Consequently, is this condition linked with [B] adverse for you or no?

You'll likely concur that it's quite toxic, yes? At this point, compare [B] with [A]. Do you believe they're both stating the polar opposite things about the strong belief? If you are able to identify this then may the two of them be honest regarding the strong belief? Certainly not, as they're both entirely and wholly opposite of each other.

So which of [A] or [B] is exact for you?

Comprehend what you experience every time you consider the strong belief on its own. How does it make you feel? Rather likely all that's explained in [B], yes? In point of fact, even if you're not specifically evaluating the strong belief, you comprehend that it truly is eating you up inside and working away at you in an adverse manner.

In order for you to foil that sense of becoming swept away always due to the way this strong belief makes you feel, it becomes essential to utilize some of your treasured life force to keep these feelings hidden from your aware attention. By doing this you recognize it – this strong belief of yours – is siphoning away your critical energy supplies. This energy is what your body and brain require to stay healthy and functional.

This is despite everything, the exact purpose of what your critical energy supply is utilized for. So if you are able to now comprehend that [B] is true and therefore [A] is false, where do you stand?

You value that [A] was deduced from an evaluation of the strong belief which, as you were being walked through it, you likely agreed with it, right? Consequently, this signifies that you subconsciously presumed that [A] was correct even if you were unaware of it. Put a different way, you bought into a fake idea.

That's simply one more way of stating that you weren't being truthful to yourself. Is this truly what you wish to be doing? If it is not, than this is what you are able to do about it.

Reach deep inside your being and make a proclamation that item [A] be abolished eternally from your body, brain and your life. Now once again dig into your depths and ask that the original strong belief itself – not blanking out how harmful this is to you – be cleaned and eliminated from your body, brain and your life once and for all.

So at this minute, as hard as it's been to follow along, you ought to be experiencing some fascinating feeling inside you. Perhaps you feel more “there” than previously, more together, more industrious, lighter, more cheerful, more peaceable, mighty, more durable, more contented, safe and sound, healthy and fit etc, etc.

How would you like to forever feel this way? If that's the case then make sure you're telling yourself this and see how you start to feel.

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# **Chapter 5:**

## ***Commanding Mind***

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# Synopsis

***Your mind is the engine of your body and a lot of cultures throughout history have used the brain/mind to handle every function and factor of the body. When you're able to use your brain to aid your body, no part of your life will stay unchanged.***



## **Mind**

A technical enhancement for the mind would beyond any doubt be the most influential piece of equipment to own. Your mind controls so many different pieces of your life; among those is your immunity system responsible for the status of your health.

Your brain likewise manages your pattern of rest and wakefulness, whether you'll arise at a particular time and if you'll have the energy to make it through your every day activities. It regulates your memory and insightfulness – those factors that determine how you'll learn and remember.

If these brain functions may be augmented, the potential of what one may achieve is infinite. There's an available technology that may indeed do these things in the world of psychology and it's called psycho technology, more specifically in this case it's brain entrainment technology [or BET].

BET uses light, sound and a lot of assortments of sensory motivation to regulate the brain. The most widespread type of BET uses sound and is known as Neuro-acoustics [mind sound] or Psychoacoustics [mind music]. It uses sound waves designed in a peculiar manner to manage the neural frequencies inside the mind.

Your mind continuously drops electromagnetic currents for each of its actions. These electrical charges from your mind may be read when electrodes are attached to your head. The indication signs returned are shown on a monitor referred to as an EEG. Light and sound are arousing for the brain and consequently our mental activity is likewise affected along with feelings we get.



Neuro-acoustics include sound or music that intentionally entrains our brainwaves into frequencies that peaks all functionality of the brain. Entrain means to pull along after. These frequencies from neuro-acoustics pull the frequencies of your brainwaves along after it.

Once this is placed beneath sedating music, it generates a totally brain altering experience, along with advantages, for the receiver. This causes a dramatic increase in the amount of endorphins and numerous others that have demonstrated a capability to slow the aging process and increase longevity and well-being.

It may bluntly stimulate the immune function in the body and help sustain peak health or enhance the speed at which a receiver will recover from an illness or disease. Astonishingly it may both aid you into a gentle sleep and help in perking you up from a particularly sluggish beginning to your day therefore avoiding the need for caffeine.

It will advance the capability to gain knowledge, better creativity, provide augmented intuition, help in concentration and remarkably advance personal self awareness – the lot of which the scientific community refers to as “total brain functionality”. Consider the magnitude of this if we may alter our brain state whenever we want, then we would be able to command the superfluous or unhealthy places our brains take us to and replace them with more suitable experiences and conditions.

It would be similar to swapping channels on a TV, switching moods and states like depression, pain, jitteriness and anger – click into – bliss, wellness, intuitive, affection and lucidity.

Now if this technology is beginning to sound familiar, it might be because there are likewise methods available to accomplish many of these same results without the technical equipment and expertise demanded to pull it off. Controlling your brain, or mind over matter, however you wish to refer to it, may be achieved by practicing meditative exercises and learning how to assist yourself by tapping into the potential of your mind and your deep subconscious. Self hypnosis is effective and truly any technique that will bring you into an at ease, suggestive mental state sets the stage for practicing mind over your body.

Subduing your fears, poor life-style choices, enhancing your wellness, alleviating killer tension and bettering your potential longevity are all possible once you take charge of your brain and body to influence your health and well-being.



# Wrapping Up



You are the commander in chief of your life. There are no ifs, ands, or buts about it. You are able to attempt to give your power away and pretend to be weak, but the undeniable reality is that you're still in charge.

Connect with what's most crucial to you in life. If you felt responsible for the whole world, what would you wish to change first?

If you chose to become an authority at something, what would that be? What may you say about the great spirit that lies inside you, waiting for the chance to express itself through purposeful action?

What truly matters to you?

Even as you learn to embrace your command, you'll still come across situations where lining up with reality and might isn't adequate.

In order to successfully navigate such spots, you'll have to call upon what follow in the course.