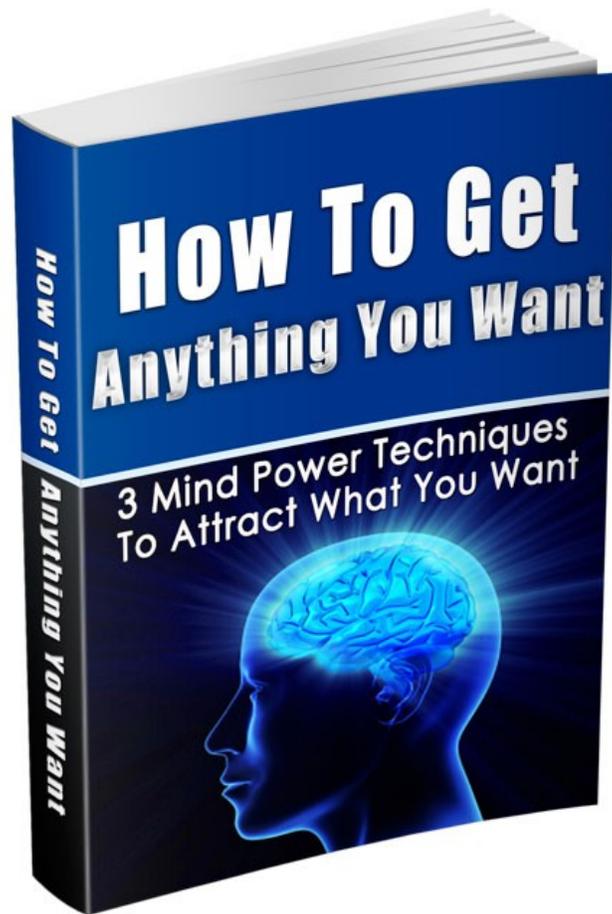


# How To Get Anything You Want



**3 Mind Power Techniques  
To Attract What You Want**

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The image shows a group of diverse young adults in a classroom setting, all giving thumbs up. The background is a bright, modern classroom with large windows. The text and logos are overlaid on the image.

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## **Introduction**

In this report, you are about to determine the 3 Mind Power Techniques to Get What You Want. The main point of the report is to let you realize the power of your mind with regards to attaining what you've always wanted.

Remember that your mind has the ability to make things possible if you are just willing to take the necessary actions. Meaning, the things you've always wanted are already in your mind. This is the reason why your mind and body should be in synchronicity to fulfill the things you wanted in life.

It is critically important that you enhance your mind power simply because it can also enhance your mental health as well as your whole being.

With your positive affirmations, creative visualizations and positive thinking, you will eventually develop your own character towards your own success. And this will bring you to greater heights in life and that is undoubtedly for sure.

Keep in mind that not everybody believes in the power and the capabilities of their mind. However, once these "skeptics" have tried to implement the mind power techniques themselves, their life will surely change. All they have to do is to believe, be positive and picture the things they want and as the end result, they will claim it.

Now, as your guide to achieve success, here are the 3 mind power methods in which you can learn to fulfill your dreams and have a better life.

## Positive Affirmations



Positive affirmations are simply right decisions in which you are acknowledging to maintain the balance of your intentions. This means affirming the things you want to do in a positive way.

Affirmation is your “guide” to provide you a clearer picture with regards to what you are thinking or to what other individuals say to you. With this, you are given the opportunity in having a fresh idea since new ideas and mental images are produced in your mind and you are simply affirming it in a positive way.

Also, affirmations are your mental guide in developing your future plans and action. Just remember to decide well and affirm the things you want to do in a positive way and you also have to be optimistic in affirming the things you want to achieve.

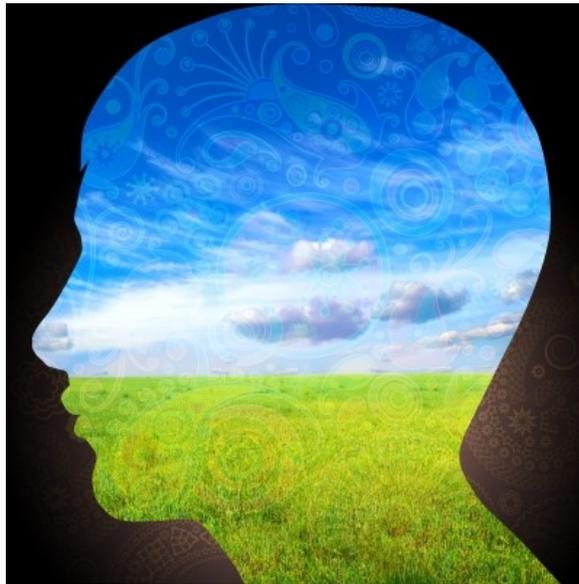
The good thing about positive affirmations is that you are able to draw out the true strength within you (physically and mentally) and you are utilizing this to maintain your intentions in a positive manner.

Remember that to implement your positive affirmations; you have to have a clear mind. This means you have to clear out your conscious and unconscious mind from negative images that enters in your mind. This way, your affirmations and decisions are done without hesitations.

### **Step 1 - How do Positive Affirmations Work**

Positive affirmation works once your mind is cleared and relaxed. However, if doubts run through your mind, affirmations may not be duly be “claimed” since doubts in your mind may stop you from affirming the things you want.

You have to provide a “huge room” in your mind to make your positive affirmations work. Eliminate the stress and negativity in your mind and empower your inner strength to effectively utilize your affirmations.



Now, since affirmation can be done with a relaxed mind, you can think optimistically and you will then start building up your skills and actions to get what you've always wanted.

Bear in mind that positive affirmation is quite similar to creative visualization wherein you have to mentally picture the images you want using the power of your mind to confirm and achieve your goals.

As stated in the Law of Attraction, this is the only rule in the world where "like attracts like". By creating positive vibes, you are more likely to allure positive energies all throughout your life and might as well give you high chances of abundance.

## **Step 2 – Manifesting Your Affirmations**

Once you have affirmed the things you want in your life, you also have to manifest it positively. This means that you have to declare your affirmations without hesitations and avoid using words that are negative.

Don't be afraid to say the things you want to achieve. Instead, use these positive affirmations as your "inspiration" to be successful.

For instance, your affirmation is about health, you don't have to say, "I will be healthy"; instead you can say, "I am healthy". This way, you are already affirming that you are definitely healthy.

Another example is about wealth, you can manifest this by telling to yourself, "I am wealthy" instead of "I will be wealthy".

Now, to start manifesting affirmations, you can "utter" these ideas in your mind.



- I can get what I want
- I am beautiful
- I can forgive and forget
- I love myself
- I can change for the better
- I have time for myself
- I am one with God
- I am loved
- I am not alone
- I am respected
- I am happy
- I am a good father
- I am a good mother
- I am a good son/daughter
- I love my family

- I am wealthy

These are just some of the affirmations you can confirm using the power of your mind.

### **Step 3 – Implement Your Affirmations**

Bear in mind that you also have to implement your positive affirmations. Meaning, don't just say these affirmations in your mind but you also have to take necessary actions and make a move to get what you want.

Be active in a way that you are simply using your affirmations as your daily exercise or daily routines. Some of these actions to help you apply your affirmations are as follows:

1. Use a mirror – Once you wake up in the morning, you can use a small mirror or a life size one and look in front of the mirror. Using your affirmations, you can tell these to yourself by looking into the mirror. With this, you are empowering your mind and body to go on with your daily life and with positive outcome.

Example: You are ready to work. Tell to yourself in front of the mirror, “I am happy to go to work” instead of, “I will be happy to go to work”.

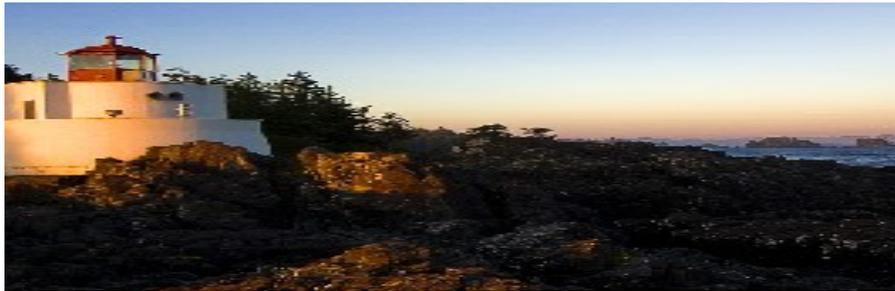
With this, you are already affirming to yourself that you are happy to go to work and this will surely happen all through the day.

2. Jot it – It is also an excellent idea to write down your affirmations. Make a list and read these lists of affirmations everyday to inspire you in your everyday endeavors.

3. Make it visible – You can also make your affirmations visible. You can do this by representing pictures or things that you see every day in your home or in your work.

As an example, you have a picture of the car you want. All you have to do is to place it in front of your mirror, screensaver, work table and etc. to simply affirm that you will get the car you want. The image of a car will serve as your “inspiration” in having a new car and all you have to do is to affirm it repeatedly every time you see the image of the car.

## **Creative Visualization**



Creative visualization is another type of mind power technique wherein you are also empowering your mind to get what you want. This kind of mind technique has also been implemented by other religions (in a spiritual way) such as Hinduism to attain them spiritual enlightenment.

One thing is for sure with creative visualization, you are to picture in your mind the things you really wanted. Although you can say that most of the time you are picturing in your mind materials things, it can still be attainable if you practice visualizing these things. Also, you can visualize your success regardless of your profession.

Now, to enhance creative visualization, here are some of the steps you can consider and apply.

### **Step 1 – Empower Visualization**

It is important that you empower and enhance your visualization techniques. Even if you are a student, a professional or an ordinary person, you can surely visualize using your imagination and get what you want.

For instance, you are a professional athlete (swimmer); all you have to do now is to implement your creative visualization by thinking about having a perfect stroke as you swim. As you practice your swimming techniques, you are visualizing your stroke techniques and with this, you are mentally training your muscles to make it stronger and have the perfect stroke.

Another example is visualizing about your dream car. The first thing you need to do is to visualize the brand, the model and the color of the car you want. As you do your daily task or work, you can repeat visualizing the car you want. With this, you are inspired in your work since you have a goal to reach and this is by having your very own car.

## **Step 2 – Be in Control**

Although you can surely say that you can apply creative visualization, you also need to be in control of your thoughts. Don't ever let the negative aspects enter in your mind since this will only "cloud" your creative visualization.

Remember that as you implement creative visualization, you are also empowering your body. This is the reason why your action should also be one with your visualizations.

Just think of the law of attraction wherein you are thinking about your positive goals and at the same time the things around you will also complement with what you are thinking.

You also need to stay focused my friend. Use the power of your mind and be in control. Although sometimes, you are unable to say the things you want but by using your creative visualization, you can even shout it out loud in your mind.

To make you in control of your creative visualization, all you have to think are happy thoughts and images. Use these happy thoughts and images to control your visualizations and this will help you eliminate or clear away the negative images that may run through your mind.

Confidence is also a must to control your creative visualization. If you don't have enough confidence, then your imagination towards having your goals is not attained since you know that you are not that confident about your mind is still "clouded" with negativity.

### **Step 3 – Stimulate Visualization**

It is also important that you stimulate the things you visualize. Well, if you want to make your goals happen, you have to think of better ways on how you can surely implement your creative visualization and how you are able to get the thing you want.

Now, as you wake up in the morning, stimulate your creative visualization by thinking positively. Don't let problems run through your mind but instead wake up in the morning thinking about having a beautiful life, a beautiful environment and a new day ahead of you.

Now, you can think of happy thoughts by visualizing yourself riding on your dream car or unlocking the door of your new house. This way, you are stimulating your mind and body to achieve your goals and not just by imagining or dreaming about it.



## **Positive Thinking**

The power of positive thinking is another mind power technique to help you get the things you want in life. This will also enhance your health and even your spiritual and emotional growth.

Remember that the impact of positive thinking will change your life for the better. This means that you need to erase the negative aspects in your mind. Your mind should stay focused and think of the positive things that are already happening in your life.

However, how are you able to erase the negative thoughts that run through your mind? Well, the first thing you need to do is to search for the main cause of negativity in your mind. Once you have “located” it, think deeply and look within you. Once you have found the answers to these negative thoughts, vanish it by empowering your mind with your positive thinking. With this, you are able to eliminate the negative images in your mind and you can move forward towards achieving your goals in a positive way.

To further enhance your positive thinking, consider these steps and be on the road to success in attaining your goals in life.

## **Step 1 – Have a Positive Mindset**

Prior to having a positive mindset, you have to stay healthy physically and mentally. This means that you have to eat well, have a healthy exercise, mentally and physically by reading books that relates positive ideas and by exercising every day. This way, you are already implementing positive actions.

It is also a good idea that you forgive yourself. Don't be hesitant in doing this since you are only holding back. Once you hold back you are not yet ready to have a positive mindset since you still have negative aspects you need to conquer.

Once you forgive yourself, you also need to give credit to yourself as well. In this way, your mind has been cleared from the “perils” of negativity and you can move on with a positive mindset and with this, you can get what you want. You also have to visualize positively and think of happy thoughts and positive images to help you attain your goals.

## **Step 2 – Positive Concentration**

Having a positive concentration means you have to meditate positively. Erase all the negative aspects that are “bombarding” your mind. Be still and meditate deeply. Just relax and search deeper towards the positive things that will happen in your mind.

Believe in yourself and don't just dwell on negativity. Even if you think you have done wrong, don't dwell on that aspect. Just concentrate and clear your mind.



Another positive concentration in which you can apply for you to have positive thinking is to enhance yourself spiritually by praying fervently. Regardless of your religion, you also need to pray. This is to relax your mind. Just make sure that you are in a quiet place once you pray and by doing this, your mind will be relaxed and positive things will “enter” in your mind because you are inspired by your religious beliefs.

It is also a great idea to speak positive words. Once you concentrate on positive speeches, you will eventually be skilled in having a positive attitude as well.

Remember that it may take you some time to concentrate on having a positive mind since you need to learn how to take away the negative aspects that may “boggle” your mind. Just be patient and resist negative thoughts.

### **Step 3 - Pull Your Desires with Your Positive Mind**

Pulling your desires using your positive mind is just like a magnet wherein you are making your desires happen “physically”. Well, how are you able to do this?

Firstly, you have to believe. It is a fact that you have to believe in yourself positively. You also have to believe that your dreams will truly happen. This is the reason why you have to believe that you can draw

out (in your mind) the things you want to achieve and this will surely happen.

You can also use your positive mind to monitor all your actions and emotions. With this, you are assuring that your actions are done effectively and your desires are achieved

