



**A eBook which shows
you how to manifest (create)
the life you desire in ease and fun!**

Introduction

This ebook is going to explain an easy way to "Train Your Brain."

No it's not positive thinking

nor is it "new-age" thinking —

to be truthful, all the ideas expressed in this book are from what I've read, what I "know" and "having been led" to put out in a logical sequence for you to have a better and more successful life.

I've spent 37 years researching this subject and finally came to the point where I felt confident sharing what I "know." Many authors have written on this subject and many more will in the future.

This is just "**my take**" on a very old theme.

Am I happy? Absolutely!

Am I successful? Extremely so.

Quite a bit of this book will be devoted to "training your brain" to obtain what you desire in fun and ease.

By helping just one person understand how easy it is to train their brain to have a better life — and they use it for the good of humanity — the world is better for it.

If this knowledge is spread to even more people, we will no longer have famine, disease or anything else which hinders the "light (good)" coming into people's lives.

In this book, I use the name "Big U" because it is my nickname for God. Besides s/he and I get a kick out of it.

You should probably read "Train Your Brain" quickly to see if you agree with the overall concept.

If you do, then please go back and reread each chapter and section slowly because:

This ebook is filled with power!

The power to create a whole new life for yourself.

Don't make the mistake of ignoring or glossing over any of the chapters; all are equally important. Each of the chapters was concisely written on purpose —

to increase their power and impact on you.

Thank you and may you soon be successful in all areas of your life.

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Chapter 1

Thoughts

Thought precedes matter materializing in the Universe!

That's a pretty profound statement and one you must keep in mind as you read this ebook.

Nothing **from man** has ever come about in this world
without a "trained" thought **preceding** the result.

Edison knew this —
Einstein knew this and —
you also can be sure
Bill Gates knows it's validity.

You **MUST** have the **thought first** before ANYTHING can or will materialize in your life.

The only difference between you and them is the degree of ****knowing**** behind this truth and how to use it to your advantage. This book explains ****how**** to do this easily and in fun.

Now look at the statement again:

Thought precedes matter materializing in the Universe!

In other words, what you are experiencing now in your existence was created by thoughts you've already had. In order for your existence to improve, you must "train your brain" to consistently produce thoughts which will alter or affect your daily life.

Before you can change your life, you need to understand how your "THOUGHTS" influence the Universe. There are two Universal Laws which work with your thought processes. You must know about them if want a rich and fulfilling life.

These laws have been in existence since the beginning of time so keep an open mind when reading the following:

Understand this —

everything written in the last 2000 years
has never deviated from the fact
the Universe has laws which never change —
laws which we humans ignore or overlook because **the laws are so simple.**

One of the laws is:

Abundance

Every tree, plant, flower and animal has enough reproductive capabilities in it to produce thousands of offspring.

This includes humans!

Yet, we never think about this law
or ponder why it is in our existence.

The only people who do are
farmers and gardeners because —
they see the magic of this law in their daily lives.

No thought is required for this law to be in our reality

~~ IT JUST IS ~~

Our only thought should be — to accept it as TRUTH!

Yet, few of us do because we are "told" or "believe" there is lack. And, this my friends is bull pucky!

Abundant Law & Thoughts

As far as science knows, humans are the only species inhabiting the earth which has dominion (can work for or against) this law of abundance. How? Our thought processes.

We can stop our species from procreating and destroy all of the others mentioned above from doing the same. Thank goodness it's not in our self-interest to do so. Slowly, through the ages, we've learned all things are interconnected.

By knowing everything is interconnected now, our thoughts can finally accept this universal law or truth.

There is no lack of abundance on earth.

No matter what news reports or negative doom and gloom people predict, our world is doing just fine. We are no longer taking this planet for granted and are diligently working for the common good of all when it comes to our environment. Humans had their wake up call and the earth is reproducing what we've demolished. And, it will continue to do so. The Law of Abundance adapted to our stupidity but still provides for our well being.

For instance:

Just let one crack appear in cement, and a tree will grow. Or what about birds who now nest on window sills in New York City? This is the Universe adapting to our stupidity and continuing with its abundant ways.

Another law we ignore:

Attraction

Right along with the Law of Abundance is the "Law of Attraction." This law is a blast and you will think so too when you get the hang of how it works.

If you think about it, the Law of Attraction has been working in your life all the time but producing results you don't like. Especially if you "think" your lifestyle sucks. Yes, you are responsible for where you're at — not society, not them — whoever "them" is — but YOU.

Not exactly your fault though because you didn't understand the reason why "The Law of Attraction" works is — **energy.**"

The great thing about living in our "new" technological age is our ability to discern all things are energy now. This knowledge only used to be known by a "chosen few" two thousand years ago.

Because they knew,
they could do "miracles" or,
what the people thought were miracles.

By knowing everything (matter) is energy now, we can take this new found knowledge and apply it in our daily lives.

There is nothing mystical or magical about this knowledge. It's merely a scientific fact.

Some matter (furniture, cars, money, etc.) is denser in its vibration and because it is, seems solid. But once this denser material is seen using high powered microscopes, we discover the truth — it's constantly in a state of flux (moving energy) and not solid at all.

That's why it's easy for
humans at a higher vibration level (less dense)
to call into our reality the matter (things) we need to survive.

In other words:

We have the capacity to **attract** anything we ****feel strongly about**** into
our lives.

Some would call this "*Mind Over Matter*" —

but it's more than that — it's:

Thoughts Over Matter!

Mind over matter is just positive thinking which works occa-
sionally but not every time. Whereas **thoughts over matter**
works all the time.

That's why learning how to:

TRAIN YOUR BRAIN

is so important.

Because once you learn to control your thoughts, you'll have the life you want! This
is fun and easy when you learn how your "**Whole Brain**" works.

Chapter 2

Whole Brain

Before we delve further into how to "Train Your Brain," we need to discuss the brain and how it works. There are two main parts and two which complement them. They are —

the conscious (smaller) and,

— the subconscious (larger).

Plus the left (logical) and right (creative) side.

They are inter-related and create the "**Whole Brain.**"

Most people are unaware of how they work but as we advance into the area of computers, we are getting a general idea of how the whole brain works.

Computers have a Read Only Memory (REM)
and a Random Access Memory (RAM)
and so do our brains.

The REM part of our brain is the left (conscious/logical/smaller) side and the RAM is the right (subconscious/creative/larger) side.

In computers, the REM is only a small percentage and the RAM is the larger percent of memory.

This is also true of our brains.

For too many years, we have been trying to do all the work with the REM (logical) part of our brains and not let the RAM (creative) part take over and do the majority of the work.

This is back asswards and is the reason most humans struggle when trying to find solutions to their problems.

Instead of applying "thoughts over matter" —

We apply "mind over matter."

Which means:

We are only using the small area of our brain to bring what we desire into our reality, instead of using the full 100% of our brain.

And then, when nothing materializes, we say —

"The Universal Laws of Abundance and Attraction don't work."

Well, it doesn't take a rocket scientist to figure out, we should be letting our subconscious (the largest part of our computer/brain) — which is linked to the Universe — unbridled freedom to bring what we desire into our reality (lives).

So how do we do this? Easy! We let the smaller (conscious/logical) side tell our larger (subconscious/creative) side what it desires and then get the heck out of its way.

This is done by "**Focusing**."

Chapter 3

Focus

To help you understand focus, dwell on this statement again:

Thought precedes matter materializing in the Universe!

It is your key to having the lifestyle you want.

No other sentence in this entire ebook is as profound.

So dwell on it until it is **burned** into your brain!

Why is it so important?

Because you have hundreds if not thousands of thoughts which go through your brain each day.

These random thoughts do nothing for your reality

— except —

give you a "hodgepodge" life

until you recognize you must

learn to control your thoughts.

It's like the computer saying we all know —

"garbage in, garbage out."

Your subconscious (creative/RAM) part of your brain doesn't know what you want so just takes the majority of what you think about and produces an end result you may or may not like.

The key to creating the life you want is
training your thoughts
to see only the good you want in your life.

In other words, you have to "train your brain" to focus.

And, all focusing is —
is a "laser like" **paying attention**
to what you desire to happen in your life.

This laser like paying attention (focusing on what you desire) is extremely important because:

**Your thought produces energy which
goes out to the Universe!**

This **thought energy** becomes a form of telepathy to produce matter (material items) into your life.

No it's not "wishful/positive thinking" but an actual cause and effect approach to the Universal Laws of Attraction and Abundance.

Remember the Universe is interconnected.
There is no such thing as coincidence.

Where we humans muck up our lives is by not understanding we must control our thoughts; otherwise, the Universe has no idea of what we want to produce (have appear) in our lives.

So it sends us what we most "think" about and, if that is lack, that's what we get — constant struggle and a life filled with hardship instead of one filled with ease, fun and joy.

Another way we muck up —

If it's not exactly as we stated or

"thought how it should appear,"

we tend to ignore what the Universe offers.

And, this is where "**FAITH**" enters the picture.

Chapter 4

Faith

A huge word — **FAITH**. And most people associate it with religion but in this instance, it simply means having faith in your sixth sense.

We all have this sixth sense (a inner voice from the Big U) but only a few
(probably less than 1% of humanity)

follow it completely and live their life ****knowing**** it always leads them to make the right choices.

The rest rely on their five senses and the logical side of their brains. Thus they struggle and wonder why life has to be so hard.

Well, FAITH is the answer!

All the great teachers of the Universal Laws **knew about faith**

and kept preaching its use over and over again
in all their parables and stories.

Yet, humanity never got this simple truth.:

Focused thought with faith = what you desire.

Now think back on your life. When you truly "desired" something with your whole being — not mildly wanting or wishing — but an **INTENSE FOCUSED DESIRE** that consumed you and to the point of knowing beyond a shadow of a doubt it would happen, it did.

And, you probably said to yourself, "Dang, what a stroke of luck!"

Which means you did not really think about the correlation between your:

INTENSE DESIRE,
FAITH
and RECEIVING
what you wanted.

Yet, to paraphrase the statement "Ask, have faith and ye shall receive!" is exactly what you did.

Your "intense desire" was the asking, your "knowing" was the faith part of the equation so you couldn't help but receive. Therefore, no luck was involved! Merely the laws of abundance and attraction working in your life.

A simple scientific equation —

Focused thought with faith = what you desire.

Sure you might understand this intellectually but not enough to where you apply the "faith" principle constantly as a way to live your life.

It just seems too "flaky" a way to live.

Rely on something you can't see, hear, feel or touch...

How insane!

But, now as more scientific research is being done, it is becoming more and more apparent that —

"faith" and "energy"

are synergetic to each other when applied to thoughts. **Each** must be **present** to produce **results** in your life.

The degree (intensity of feeling)
you apply to each will determine
how successful you are in what
you produce (have manifest) in your life.

In other words, how much of the good life comes your way.

And for you to have the good life, you must have:

Trained Thoughts

Chapter 5

Trained Thoughts

Now we get to the nitty gritty of discussing exactly how you bring what you want into your life.

"What you want" may mean health, happiness, wealth, etc. so the next six chapters will deal strictly with how you make this happen.

Once you learn how to "train your thoughts," then all the parts of your life can fall into place and you'll live your life in ease, fun and harmony.

And, harmony means you'll be living a balanced fun-filled life!

And that is the key to a good life.

Will it be easy? Yes if you let it be so. Just as you trained your body to walk, ride a bicycle, or drive a car, you no longer have to think about the process.

The same will happen as you train your thoughts.

At first it will take conscious effort because you've had many years of random thoughts running through your brain. You were never taught to "really focus" on what you were thinking. Now, you must if you want to change your life.

This means you must be diligent about "knowing" what thoughts are passing through your brain at all times.

If you are dissatisfied with your life, GOOD! It means you are willing to accept there might be a better way to live.

And, the better way to live is to:

"Train Your Brain"

to have what you want —

not what you don't want.

You will be sending out your thoughts as energy to produce positive, constructive changes to your life. Will it happen overnight? Sometimes yes, sometimes no — it depends on the intensity of your thoughts and whether you pay attention to what is offered in the way of opportunities.

As you get better at training your brain (thoughts), you become aware of "coincidences of good luck" happening often in your life and on a regular basis. And, that's when you start to "know" the Law of Attraction and Abundance are just as real as the "Law of Gravity."

So keep this firmly planted in your mind:

**Trained thought precedes matter
materializing in the Universe!**

Good thoughts = a life you want.

Bad thoughts = a life you don't want.

Couldn't be more straight forward, yet how few believe this. Wayne Dyer, has a saying "When you believe it, you'll see it!"

Now if you've always said the reverse — "I'll believe it when I see it" — that's where you got into trouble and the "energy" stopped flowing to make your life better. Or worse — never happened.

If you sincerely want a better life, you should commit whole-heartedly to the following:

How to Train Your Thoughts:

==> Step One — Quiet your Mind

When you have "random" thoughts flitting in and out of your brain, it means you are not in control so you have to make a **conscious** effort to quiet your mind.

For instance:

I can remember the exact moment I quieted my mind. I was disgusted with hearing the continual "chattering" (thoughts whizzing in and out) inside my head so I yelled at the top of my lungs:

*"Shut the F**K up!"*

Instantly I heard a "zip click" and then, total silence. It was awesome. From that point forward, I've been aware of each thought going through my mind.

Now, you might not have to shout at your brain (mind) like I did to take control but you do have to do something to make yourself consciously aware of each and every thought. Because:

**Your thoughts have immense power
(energy) attached to them!**

And, if you want to improve your life and its circumstances then you must be fully aware of what you are projecting out into the Universe.

Another way to quiet the mind is to meditate. Some people find this quite effective — me, I just fall asleep. Something about sitting in a relaxing position, slowly breathing in and out and blanking my mind does this :-)

But, the goal is to have a quiet (blank) mind; and, if "ordering your mind to be quiet" doesn't work for you, go to your local library and pick up some books on how to meditate.

==> Step Two — Concentration

This is where you train the REM (conscious) part of your brain to kick in and help you.

In order to have constant awareness of each thought, you must discipline the conscious portion of your brain to be fully "awake" and not allow random thoughts to constantly pop in and out of your brain.

To be fully awake is to "**pay attention**" to every moment.

This is what I call staying in your **NOW!******

And "paying attention" can happen immediately if you simply relax and make a conscious effort to stay in your immediate moment (your now).

Your objective is to be INSTANTLY aware when an undesirable thought comes into your brain and cast it out immediately.

A simple procedure is to recognize the thought as "negative" — the thoughts beginning with "I can't, etc. — and say "Next" in a firm voice.

Even more effective and one which will "train your brain" even faster is to

put a rubber band around your wrist and snap it when the "negative" thought enters. The slight pain you experience will reinforce your paying attention.

==> Step Three — Replace with Desire

Replace your negative thought immediately with an intense desire. In other words, what you want to appear or experience in your life. By doing this, you will be using:

"Trained Focus"

Chapter 6

Trained Focus (Energy)

Trained focus energizes your thoughts
before they go out into the Universe.

The formula for this is:

$$\mathbf{T + E = GL}$$

Thoughts plus Energy = Good Life!

Each thought you have has an energy to it and if you allow thoughts with negative energy to constantly flow through your brain and out to the Universe — the world, your life and your surroundings will reflect this.

This is known as the cause and effect of energy and its vibration. It's just like your throwing a stone into water. You know the ripples (effect) that flow out from where the stone landed (cause) was going to happen.

This same type of ripple effect also happens with your thoughts. Throw out bad negative thoughts (cause) and the effects (a crappy life) shows up.

That's how the Law of Attraction works. It's impartial — doesn't care whether your thoughts are good or bad — it just works with the "energy" you are producing (sending) to the Universe.

There are no
could haves
would haves
or *should haves*

once you start
applying "**conscious**" energy
to your trained thoughts.

**This is a commitment you are making
to the Universe and it to you!**

Because once you start using your energy, the Law of Attraction starts working overtime to bring you what you CONSCIOUSLY (focus) THINK on.

To help you train or focus your energy, make a:

Motivational Mural

You are going to create something you can look at to constantly remind yourself of how you want your lifestyle to be. This can either be a ****Motivation**** mural, small wallet size cards you will use daily or both.

True, your brain can have an image
but in order to concentrate
your entire focus (energy),
you must have something tangible
to periodically "zoom" in on.

Before your brain is totally trained, it can get side-tracked (ambushed) with day-to-day living issues."

Having a **motivation mural or cards**
to focus on means you are learning
how to control your path (thoughts)
to bring about your good life.

As you create a mural of the "events you want to experience in your life," you are instilling (reinforcing) to both sides of your brain exactly what you expect (desire).

This part is total fun because it is where you get to create your vision into reality. Your mural of pictures, words and affirmations will be specific to your desires of what you expect to flow into your life in ease, fun and joy.

For instance, mine has a picture of me sitting at my computer smiling and the statement "Make my livelihood by writing and painting God's Love". I also have other statements on my white erase board I bought at Walmart.

This mural sits beside my computer where it is receives my energy (focus) many times a day.

Notice I said I focus (pay attention) to it but only for a few seconds at a time.

Nothing more is needed.

It is **extremely important** for you to **create your own mural**. Your left (logical) side must have something to focus on for your right (creative side) to acknowledge and work on to bring you the ideas which will create the life you want.

This does not mean you stare at it constantly and give yourself a headache. If you do it that way, you still are trying to use —

"mind over matter" and not "thoughts over matter."

No this method of focusing (concentrating on what you desire) is fun, easy and has no strain involved.

Because now, you are into:

"Trained Faith"

Chapter 7

Trained Faith (Knowing)

This is where you take your "head out of the fog it's been in all these years" and understand the real workings of the Universal Laws of Abundance and Attraction.

The **harmony** of these two laws is the fact they are interconnected to every "*body*" and every "*thing*" in the Universe through energy.

So by periodically concentrating throughout the day on your

****Motivational Mural****

you are tapping into your
exceptional energy magnet
to bring you what you desire.

If you have done your "Trained Thoughts and Trained Focus" correctly, you will find your "desire" brings you into harmony with "higher" more "spiritual" laws.

Since the beginning of time, all prophets, master teachers, sages and seers have stated "ask and you shall receive." Yet we doubt this irrefutable truth

Well guess what folks, it is!

There is no such thing as coincidence (chance).

Only if you take yourself out of the high energy cycle can you pervert the laws and get a cause and effect you don't like. Which simply means you have not controlled your thoughts."

You have let fear and doubt enter in thus negating (blocking) the good (your health, happiness, joy, wealth, etc.) coming to you.

And, you know this to be true because "if you aren't enjoying the good life" then you have been blocking it with your doubt (negative thoughts)!

Remember you are connected to every "body" and every "thing" via energy.

This energy is in every piece of matter in the Universe.

Because you are of a ****higher**** energy than material possessions, you can call whatever you want into your life.

How?

By training your brain to stay connected via vibrations emanating from your thoughts to every other piece of **energy** in the Universe.

So.....

If you want to influence more of
your good coming into your reality,
be diligent about controlling
your conscious brain's thoughts

so your energy goes out to the Universe
and brings ****you what you really desire!****

So the old saying "you are what you think" takes on real meaning when applied to abundance.

**You must consider yourself totally worthy of
having the good life for it to become part of your life.**

By the way, there is nothing wrong with ****asking for money**** or ****being open to receiving it**** in your life — money is merely the way you exchange energy and creates nothing but good in your life.

It's when you don't exchange energy, the Laws of Abundance and Attraction become perverted and stops life's goodness from flowing to you.

So stay open, have faith and let the **Rich Flow** happen!

Chapter 8

Rich Flow

Rich Flow is the power magnet between you and the Universe.

This power magnet is activated by the "*spoken word*".

Every prophet, master teacher and seer used "words" to demand miracles (Universal Laws) into their existence. Do you really think this has changed through time? This power magnet of words is simply using vibration to increase the flow of good into your life.

So the saying:

"walk what you talk"

is indeed real and very powerful. What you speak out loud or "think" on continuously will come about in your life.

As within, so without — *cause, effect.*

If you honestly think about your life and your circumstances, are you not living your thoughts (beliefs) and your words you've had up to now? Your only answer can be yes — especially if you dwelt on (worried) about LACK.

Don't like your life?
Then change your thoughts
and your words.

It can't be more straight forward than that. The only way you will change your reality is by remembering this formula:

$$\mathbf{T + E = YGL}$$

Thoughts plus Energy = Your Good Life!

And the ****energy**** now includes — what you want — must be "spoken" out loud. Since we are all interconnected, the Universe needs to hear what you want in order to bring the flow to you.

Not only must you focus on what you want,
have faith (knowing it's already yours)
but add to both by speaking your demands.

Only when you have instilled the above into every fiber of your being will you and the Universe act in harmony so "your good" comes bounding into your life.

Now here's the really fun part. It ain't necessarily going to come the way you think it should! So —

PAY ATTENTION

to the opportunities the Universe presents. And there will be a lot and they will come at a fast and furious rate once you become attuned (in harmony) with the Universal Laws of Attraction and Abundance.

You're going to have to learn how to say "yes" even if the logical part of your brain tries to tell you "no."

Is it some kind of a test?

Perhaps. But, it's really a way of teaching you how to use your *sixth sense* (inner voice) in your day-to-day living.

As you become more attune to your Inner Voice, your "yes" responses will become more automatic. But your yes response has to feel good, be fun or else the opportunity should be bypassed.

But make sure you're not rejecting what's offered just because you want to stay in your comfort zone. Stretching (expanding your consciousness) is also good for your soul and for the Universe. And, the reason the Universe will bring opportunities to you which you might be reluctant to accept.

Think carefully before saying "no." The Universe usually has a perfectly good reason for what it presents and you need to figure out what that is before saying yes or no.

But it must feel right!

It's perfectly okay to say "no"

if in your heart you know it doesn't

align with how you want to live your life.

"You do have free will."

In other words, once you know
in your heart the Universal Laws
(plus the Big U) will never harm,
you can live your life easily
by "submersing yourself in its flow."

And because you do, you will never cut off your good again by believing there is
ever a lack of Abundance or Attraction Energy flowing through your life which will bring
you the:

Rich Life

Chapter 9

Rich Life

So what is a "rich life?" Anything you want it to be so long as it is good for YOU, the Universe and brings **GREAT JOY** to your life.

By reading and applying
what's in this book,
you are well on your way
to what you **intensely** desire.

By the way, it's perfectly all right to desire wealth — extreme wealth is good because that means you are exchanging energy and fulfilling your purpose in life. It's also important to be extremely happy and filled with joy while you are amassing your wealth.

It's called **enjoying your journey****.**

Another point to remember:

The Big U is your source of supply
so don't hoard your wealth
or you will cut yourself off
from the flow. Sharing is a big part
of the Harmony of the Universe.

The point is to keep **energy circulating!**

"Manna" from heaven was promised and the promise has never faltered — only humans have separated themselves from it by not **believing** it could happen in their life.

And what is "manna" — all the good things you want to happen in your life — Happiness, Health, Joy, Peace, Harmony and Wealth!

Lack simply does not exist — only your belief that it does is the reason manna is not in your life right now. The Laws of Abundance and Attraction are the same in the Universe as the Law of Gravity.

Each is real — as you believe — **SO IT IS!**

Chapter 10

Rich Gratitude

Thanking the Universe for what it **has** provided,
is providing
and **will** provide
is very necessary to having your good life.

Just as you like to be appreciated so does the Universe.

By giving thanks, it also keeps your **thoughts centered** on exactly what is important to you.

And, **being grateful** also means you must spend a few quiet moments each day coming into **harmony** with the Universe and how the Laws of Abundance and Attraction are always there for your asking and use.

Where people get hung up and creating a block to their good is thinking they shouldn't ask (command) their good.

I know, I was there for a number of years until I realized **not asking** is against everything that has been taught by all who were very spiritual (religious leaders or enlightened masters).

Don't believe — read the Bible, the Koran or any other document which "master teachers" have given to humankind.

Each tells you to have faith and **know when you ask it will be given.**

The whole idea is to use the Universal Laws
for the betterment of every one and thing on earth.
By swapping "creative energy, you help maintain the flow.

Which brings up a "caveat" — you do have to "create energy" by producing something.

Yeah you knew there was going to be a catch didn't you?

True, there are some who inherit money and do nothing but if you think their life is better than yours — the Universe has a few surprises in store for you.

By constantly being grateful (writing your thanks and saying them out loud each day), you learn to have **stronger thought** processes (focusing) which in turn keeps developing your sense of **knowing** you truly do live within the flow and anything you ask will be given.

As you "see (**pay attention**)"

to the **opportunities** which will come out of nowhere

(miracles to those who don't know the secrets of the Universe),

you will find yourself **thanking** every blessed event

and **sharing** the joy with all you meet.

And that my friends is the whole point!

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