

☆ With a Secret Introduction from Dr. Joe Vitale ☆

The Mysterious Truth about Limiting Beliefs

12 Quick and Easy Tools to
Lovingly Transform Your Blocks
and Manifest Your Dreams

Bob Wakitsch

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Dedication

This book is dedicated to anyone who has desires.

God DOES answer your prayers.

All of them.

If that's true, why don't we get what we want?

Resistance blocks caused by limiting beliefs.

Traditional wisdom says you must eliminate them.

Screw traditional wisdom.

Ironically, you must do the opposite.

The answer is not in your head, but in your heart.

Do what your heart was made for.

Love.

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Lastly, the Divine, for offering second chances. And third chances. And fourth. And fifth. Ad infinitum. Apparently, I need them all.

A Secret Introduction by Dr. Joe Vitale

I know Bob and have heard him speak. He gave a presentation at my *Attract Money Now Live* event that made everybody stop and listen. We all knew something new and powerful was being offered. We all wanted more. This book is it.

Bob's got a secret. He hadn't shared it in public before my event, and now is the first time he's shared it in a book. You and I are lucky. This secret is something that can help us have, do, and be what we long for. It's a new tool for attracting the dreams we have been hungry for.

I know my wife, Nerissa, was in the audience when Bob spoke. She was so moved and inspired, that she went and spoke to Bob privately. His advice truly helped her take care of herself better, and fine tune her path to fulfilling her own goals and dreams and intentions.

Rather than write a long introduction, I'd rather step aside and let you hear from Bob himself. What he has to say is important, and can help transform your life dramatically.

And now, here's Bob....

Love,

Dr. Joe Vitale

Author of way too many books to list here

A star in the movie "The Secret"

Creator of Miracles Coaching

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Introduction

Limiting beliefs are NOT bad.

There you have it. The Mysterious Truth.

Since they aren't bad, there is no need to get rid of them, or clear them, or clean them, or delete them, or erase them, or replace them, or scour them, or flush them, or destroy them, or eliminate them, or explode them, or banish them, or whatever word you can think of to make them disappear.

The mysterious truth is you must acknowledge them, accept them, embrace them, and love them. Zakariah, whom you will meet later, tells me to "love them to death." Not death in the manner of killing off, but in the manner of changing the energy. Isn't that a contrarian approach to limiting beliefs?

Ahh...but what benefits!

All of this will be explained in full. You'll discover what a limiting belief REALLY is. Once you understand, it all becomes much clearer, much easier.

If you're reading this, the odds are good you're a Law of Attraction (LoA) follower. Perhaps you're already a seasoned pro, or perhaps you're just a neophyte and desire becoming a LoA expert. That's a noble endeavor. Ever since the movie *The Secret* came out in 2006, the LoA universe has expanded exponentially. If you're a serious student, you can find an unlimited number of teachers dishing out the goods. I've studied with many of them myself, spending close to \$50,000 in the process. Some teachers are fantastic. Some not so much. What I've found is all of them discuss the basics, then add their own particular spin. I don't fault them. Nothing wrong with that philosophy. It's basically the same message, just encased in a more colorful bottle. My experience is overflowing with times I've heard the same information said in slightly different terms and the new approach made a huge impact. But...

...if you think that's what I'm doing here, you'd be wrong. Dead wrong.

The reason you want to seriously study this book is because there are many misconceptions about the Law of Attraction itself.

I know, I know...you've most likely heard that before too. Some proponents promote themselves, claiming there's something missing in all the other literature, and if you don't spend your hard-earned money on their products and listen to their material, you're losing out; missing the "real" secret that makes all the difference. More often than not, they're just trying to create controversy. After all, controversy sells.

Right about now, you may be asking yourself, "Well, Bob, what makes you any different? Aren't you doing precisely the same thing?"

Sure sounds like it, doesn't it? Yet, if I had ever been a Boy Scout, I would perform the hand signal and swear the Scout's honor.

There IS a difference between what you've already learned from others and what I'm about to explain. A massive difference.

If you're skeptical, I invite you to reread the opening lines of this Introduction.

Dig through your noodle and recall all the other books and audios and videos and courses you've already devoured about the Law of Attraction and limiting beliefs. Has anyone else ever told you to accept and embrace your limiting beliefs? To love them? Exactly!

I promise, most of what you read here will be brand new to you. It'll be like hanging a left turn and skipping through the woods instead of staying on the supposed expressway and getting stuck in traffic. You'll find the shortcut and arrive at grandma's easier and faster than you ever thought possible. When you truly understand what is being revealed

here, your mind will be stretched past the point of elasticity, meaning it will never be able to snap back into its previous shape. You'll no longer hold sacred your original beliefs.

I also promise that, if by some miracle, you have heard some of the material presented in Part I, then I guarantee Part II will deliver some new territory indeed. It's where I've collected a dozen easy action steps you can take that will quickly transform your life.

Why should you believe me?

Because I'm the guy who can SEE the Law of Attraction, and your limiting beliefs, in action, operating in your life. When I say SEE, I mean that LITERALLY.

Instead of roaming in the dark, bumping into obstacles, you've been given night-vision goggles.

What are you waiting for? Turn the page and let's dive in head first.

SPECIAL NOTE: I use the term "God" throughout the book. If that upsets you, please substitute it with "source" or "universe" or "collective unconscious" or "energy" or "spirit" or "Divine" or even "Mildred." Use whatever makes you comfortable. I use the term "God" for a very specific reason. You may have your own reasons for not using it. I still find you just as lovable, no matter what.

Chapter One

Part 1

God's Eatery (Prologue)

Let's go on an adventure to a special place. Join me.

"Howdy folks. Howdy. Welcome. Come on in and get yerself out of the rain. That's it. Scootch together a little closer so y'all fit. Get yerself cozy.

"Welcome to God's Eatery. How many are in your party? Great!

"Have you ever been here before? No! Then yer in for a real treat, yessiree. Let me 'splain the 'stablishment while we saunter over to yer table.

"Now right over here, we have yer buffet. As you can see, it looks like it's a mile long, goodness gracious. It's got every dish known to man...and a few not known to man, let me tell ya. So you start over here, and grab yerself a platter. That's right, a platter. We don't go fer no reglar plates here at God's Eatery. Fact is, we don't do much of anythin' like other places. We's different. Anyway, ya mosey on down the line and you just take whatever strikes yer fancy. Jus' pick it up and pile it high...as high as it'll hold...and it'll hold a lot, let me tell ya.

"Then ya take it over to yer table, and ya just chow down. Feel free to use yer fingers, if ya like. And this here food is yummy, let me tell ya. Stick to yer ribs good! And when ya finish, ya wipe the juice off yer chin and ya come right back over here and ya do it again, because this here buffet is all can eat. And I promise ya, we ain't gonna run outa food, so don't worry 'bout dat.

"But I know some of ya want to get waited on, am I right? I get it. Sometimes I like to be pampered, too. Well, right over here is our full service restaurant. When you sit yerself

down at yer table, you'll notice first off, there ain't no menu. Don't bother lookin' fer one. I tol' ya we weren't like no other eatin' place. When your waitperson arrives, you just tell them whatever yer heart desires...anything at all. They'll write it down and run it back to the kitchen where one of our master chefs will jus' whip that up fer ya as quick as could be. And right to yer likin' too.

“Well, here we are at yer table. Get yerselves seated and comfortable. So, now, ya got yerself two choices: either the buffet, or the full service restaurant. You go ahead and get yer fill, and I'll stop by a little later to see how y'all are doin.’”

Chapter Two

My Colorful Story

God's Eatery. Sounds good, doesn't it?

Well, I'm here to tell you it looks even better than it sounds. I'll explain that in a moment.

First, a question. Have you ever asked God for something you really needed or wanted, but you didn't get it? I know I have.

Or even worse, you asked for something, and not only didn't you get it, but you got the exact opposite of what you asked for? Yep, that's happened all the time, too.

I used to think God wasn't listening...or worse, God didn't care about me. Like I wasn't worthy enough. Have you ever felt that way? Like you just aren't worthy of God's attention? That's one of the most depressing feelings you can experience.

Good news! I'm here to spread the word that I was dead wrong. I now know, beyond any doubt whatsoever, your unworthiness isn't true. Let me explain.

I'm weird.

Not funny, "haha" weird, like Robin Williams doing improv. No, I mean Twilight Zone weird, like Haley Joel Osment in *The Sixth Sense*. Remember his famous line? "I see dead people."

Well...I see...(drumroll...)...colors.

Agreed...that doesn't sound too strange...yet. I don't mean I see colors like everyone else does. (Well, I do that, too.) No. I see colors everywhere. They're moving constantly. Some are flowing. Some are sparkling. Some are like wisps of smoke. Some are like dust particles, glittering and falling from the sky.

I see these colors all around you. More importantly, I see them 'within' you. I'm not talking about auras or chakras, either. This is completely different.

I saw these colors even as a little kid, for as long as I can remember. Truthfully, I thought it was normal. I assumed everybody saw them. I should have had an inkling it wasn't normal when one day, my younger brother, Joel, and I were playing in our bedroom. I looked out our window and noticed a neighbor across the street. I remarked how he was both yellow and blue. Joel rushed to the window, looked at the neighbor, turned to me with an odd look, then said, "And he has a banana for a nose. And his mouth goes up on one corner and down on the other." Then he started laughing, so I joined in with the joke. We took some crayons and drew pictures of the funny looking character. Still, it never occurred to me he hadn't seen the colors in the neighbor the way I had.

One fateful day, I told the nun who was my teacher that instead of being "red" as usual, she was "blue" that particular day. With a scrunched brow, she asked me to explain. I did as best I could. Her response was...

"Robert, you are of the devil and if you don't confess that mortal sin immediately, you'll go straight to hell!"

Frightened of her anyway, this caused extreme terror. After school, I rushed home as fast as I could run. Apparently, the nun had called my mother, who met me at the door and said, "Bob, why can't you just act normal?"

This was heavy stuff for a seven year old.

I vowed "never again." I hated the desolation of rejection. Choosing to ignore the colors, they eventually went away. I can't remember the exact minute it happened. One day, I just realized they weren't there anymore. I felt relieved.

I didn't really think about them again, until 40 years later. Forty years! I'd not told anyone in all that time. Not my immediate family, not my grade school classmates, not my high school classmates, not my college classmates, not my

girlfriend, not my first wife, no one. I had essentially forgotten about them.

The Return

In the early 2000's, Deb, my beloved, enrolled in a nationally recognized 'energy medicine' school. They were training people to be healers. She'd had a tough childhood and had no intention of working with others, but went to 'fix' herself. What she learned led her to a different type of energy school. This one was more spiritually based. Deb was intrigued because she'd always felt especially close to God. While attending that school, she found the teachers had all been trained by an enlightened Sufi Master from Jerusalem.

Her teachers are all very powerful healers, but this Master is amazing. Just being in the same room with him can raise the vibration of everyone there. Shaykh Sa'id Muhammed Al-Jamal, or Sidi, as he is informally and affectionally called, has students all over the world, with a large following in Africa. At the time, he was trying to establish his healing techniques in America, and he would come to the United States for a few months every summer.

Deb became enthralled with the Sufi community and school. I had left the Catholic Church earlier and didn't want to be involved in another 'religion.' My impression was, religions were all about power and control, and very little to do with spirituality.

This will sound very petty, but I quickly became jealous of Deb. It appeared she had found the spirituality I had been searching for. She was totally in love with God now. Like a little child, I reacted poorly. I felt threatened. I mean, how could I compete with God? If she loved Him so much, how long before there would be no room for me in her heart?

I realize now how ridiculous that sounds, but at the time, it made total sense to me.

Deb kept inviting me to different events or workshops, but I refused. I didn't want to get involved. I just wanted my wife, not a spiritual groupie, which was how I was beginning to view her.

Whenever she would come home from a week at school or a weekend workshop, she would be floating on cloud nine, a constant grin on her face, and she would try to share her joy with me. I would pinch up my face, grumble, and argue with whatever she had to say. I did my best to turn her newfound passion into a painful experience.

Yet, she never fought with me, or argued with me, or got mad at me. No, she just loved me.

To her face, I let her know I despised her spirituality and her "holier than thou" attitude (even though she didn't have one). It was just my prejudice working double-time. However, silently inside me, I wished I owned what she had. I just stubbornly refused to get religious again.

One day during the summer, Sidi was being hosted at another student's house not far from us. Deb spent the day there, and I joined her after work. Deb pulled me over to introduce me to him. She was over-the-top excited, and I was apprehensive. He took my hands, looked squarely into my eyes and said in his stilted English, "You are a very holy man." Deb was ecstatic. I took it with a grain of salt and thought he probably told that to everybody, trying to recruit them as a follower. Later, she assured me that was not the case.

During the second summer of her involvement, the Sufi Master was coming to Chicago for a weekend. Deb begged me to come and hear him speak. She told me that whenever he taught, her heart would just "sing."

I relented and attended. The year was 2003.

Sidi would lecture and tell stories several times per day during the weekend. He frustrated me. Being from Jerusalem, his native language was Arabic. Sometimes, he lectured in Arabic and had a translator, and sometimes he spoke in broken

English. It didn't matter to me. I didn't understand anything he was saying. Everything he said flew right over my head. I could not fathom his appeal to the packed hotel room. What were they getting that I wasn't?

Toward the end of the first day, while he was speaking, I was daydreaming; however, I noticed I was rocking in my seat. A very steady beat; forward and back. Whenever I became aware of doing it, I consciously made myself stop. Within a few minutes, I'd realized I was rocking again. I scanned the audience and found a number of people doing likewise.

It was during his next lecture, while I was comfortably rocking in my seat, that suddenly the colors returned. He had reawakened them within me.

They had disappeared in 1963. Forty years later, 2003, they had reappeared in all their glory.

Stunned, my head felt like it was on a swivel. I was checking out every person in the room. Yes, the colors were back. The only question was 'why'? I had no idea. So, while I enjoyed the scenery, I kept quiet about it. I didn't even tell Deb. Since I had completely forgotten about them for so long, I had never told her about them before. Now they were back. What did it mean? Was this good news or bad news?

Initial Experimentation

I began attending more weekend workshops, but still didn't get too involved. I liked the feelings I had when I was there. It felt like anticipatory 'excitement' wanting to burst out of my chest. Like you'd feel on a roller coaster as it ratcheted the cars up to the top, right before the bottom drops out. Still, I kept silent about the colors. They were still an anchor of the dread of 'rejection.'

Two years later, I attended another weekend event in a suburb of Chicago. I still didn't understand what the colors were, what they meant, or what they were for. Why was I

seeing them? Obviously, they were a divine gift, but a gift I had not requested, nor had any comprehension of why they might be valuable.

Two of Sidi's earliest students in the U.S. were a couple living in Michigan at the time. They had formed their own school of spiritual healing. Deb and I had attended a weekend seminar given by them perhaps one year earlier. I liked their easy going teaching style and felt a connection with them. Their school was not the same one my wife was attending. Over the course of the weekend, I found flyers for their school. They were enrolling people for the next year, starting in January, and they were going to hold the school in a town 10 miles from our home.

After discussing it with Deb, she was overjoyed for me. I enrolled. As the couple lived in Michigan and would travel to Illinois every eight weeks or so for the year long program, holding the classes in hotels proved expensive. Eventually the class sessions for the small group of ten students ended up being held in our home.

Over the course of the year, they helped me discover the first inkling of what the colors were and what they meant. As the classes were in our house, my wife attended also. As the teachers and I discussed my colors, it was the first my wife had heard of them. Yes, I was still keeping them a secret from everyone but my teachers.

They encouraged me to play with them, to experiment on the other students in the class, to try them out in different ways and see what happened. I found they affected people's hearts in rather strange, but refreshing, ways.

When the year ended, the couple moved to Portland, OR, so the classes stopped. I was back on my own to discover more about the colors. Other than the few students in my class and my wife, few people knew about them. Those I did share it with, though, shied away from me. Rejection was rearing its ugly head. Again, I was weird.

One of the people I discussed them with was Kevin. He was my adopted son from my first marriage. I saw him several times per week because his mother still lived only a mile or so from me.

Kevin was really too young to understand what I was trying to tell him, but one thing was evident: He rebelled against it, and me, whenever I talked about them. Not wanting to suffer rejection, especially from my son, forced me to do some serious thinking.

So, I did what I had done before. I tried to make them go away.

This time, though, they wouldn't leave. But I could ignore them!

"Life's Too Short!"

Kevin was born with severe medical and emotional problems. More than one third of his first year was spent in one hospital or another.

No matter what the diagnosis or what they did to him (he had many operation before he was two years old), Kevin was a happy-go-lucky kid. He was bottled joy.

That lasted until sixth grade, when everything unraveled. His mind flipped one hundred eighty degrees. He went from happy to angry. From content with his medical situation, to despising it. From being great friends with all of his classmates, to creating enemies within them. Kevin became a grumpy, angry, bitter and lonely old man, though he was only twelve years old.

His teen years were even worse. His mother and I were forced to stick Kevin into behavioral hospitals for weeks at a time. Unfortunately, while inside these places, he learned a multitude of new "activities" from his hospital mates. When Kevin would get out, he immediately would put these newly learned shenanigans into effect, causing us or the authorities to place him in these hospitals, again and again.

In 2010, Kevin's one remaining kidney shut down and he needed dialysis, three days per week, four hours at a time. Since Kevin had experienced seizures earlier in his life, he was not able to obtain a driver's license, so it fell upon me or my ex-wife to rearrange everything to get him to these sessions. It became very stressful for everyone.

Obviously, there is a lot more to this story, some of which is very mystical and mysterious, but I'm going to conclude this part here.

Kevin died on February 4, 2011, of multiple medical conditions at the ripe old age of 22.

My overwhelming thought became, "life was too damn short."

The 700 Day "Dark Night of the Soul"

Have you ever experienced two completely opposing emotions at the same time? It causes strange sensations in your brain and feels like smoke is coming out your ears. That's how I felt after Kevin's death.

On one hand, I was very sad. Yet on the other, I experienced relief.

I missed him every day. I felt devastated. The last half of his short life was such a struggle for everyone involved. While I know in my heart I did the very best I could, I still felt as if I had failed him.

Yet what I remember most: the very last act he performed before slipping into a coma two days before his death was to smile at me and flash me the universal sign language hand signal for "I love you." That was his last conscious act on earth. Love.

Some days I felt so depressed, yet my life had suddenly had a tremendous burden lifted from my shoulders. My relationship with both Deb and Cady, my daughter, had suffered because of the extensive time, energy, finances, and

attention Kevin took. Insurance covered a great deal of the medical expenses, but my out-of-pocket portion sent us into the hole by six figures. While my family understood the situation, they still felt neglected; pushed aside. I didn't blame them, but I resented them, since I felt as if there was nothing I could do about the situation. He was my son!

It took quite some time to reestablish my loving trust with my family.

With this newfound acknowledgment that life was too short, I determined I was going to find my path and purpose and not spend any more time or resources resisting it. I determined that if I had been given this gift of colors that nobody else had (at least to my knowledge), then there must be a reason. I decided to find out what the colors meant and what they accomplished.

At the same time, I needed to relax and let the stress of the past few years leave me.

So, in essence, I made a pledge to find my purpose with these colors, and still I did nothing different in my everyday life. How idiotic is that?

I went to work every day in the business I own with one of my brothers. I finally spent more time with my wife and daughter. I had fun during the day. At night, when lying in bed, my unkept promise to live my purpose would arise from the depths of my soul and almost suffocate me. I felt terrible about myself, beat myself up.

Then, I'd awaken the next day and do the exact same thing.

During the day, feel good and relieved; at night, condemn myself for not doing anything about my promise.

Almost one year from Kevin's death, the nightly pain in my heart became so intense, it felt physical. I almost thought I was having a heart attack. Yet I knew, deep within me, it was

my soul saying, “Come on Bob, let’s get to it. Let’s do what we came here to do.”

I surrendered, and so it began.

I purchased books, and programs, and audios, and videos, searching for anything I could find that might direct me to someone who either had the same gift as I did, or someone who could help me discover more about it.

I began two daily journals. One was my gratitude and scripting journal. Every morning I would write down what I was grateful for, and then make a list of things I would “Be” or “Do” that day that would help me move forward with this quest.

The other journal held my personal observations and feelings about what was going on. It started out as one thing, and transformed into another. I would watch the colors, both inside me, and inside others. I would say prayers during these observations and I would watch to see what happened. I made extensive notes.

All this became exhausting as I was waking up at two in the morning to write in these journals, and then trudge off to work. Still, I kept at it because I was finally making some progress.

I experimented like a scientist. I would make a hypothesis, a guess about what I was seeing, and then take different actions to see what would happen to the colors, and notice if anything changed on the outside, either for me or whoever I was observing.

Finally, in early 2013, I had a breakthrough. I finally figured out exactly what I was observing.

The Law of Attraction in Operation

Before I explain what it was I uncovered, I need to tell you something else about me that I have skipped over.

I became a serious student of the Law of Attraction in the very early nineties. I sought out everything I could about it from any source I could find. At the time, there wasn't much. Bob Proctor was my first real introduction into it, and when he would reference other sources, I searched those out. Arnold Patent became another teacher I studied extensively. So did Neale Donald Walsch. Truthfully though, it was slim pickings.

It wasn't until *The Secret* came out in 2006 that it became trendy to study and apply it.

At first, I was overjoyed when that movie hit because it started a movement. Suddenly there were teachers and information everywhere. I bought programs and courses and still I couldn't sate my hunger for more.

Every program said much the same thing. Of course, the big obstacle for manifesting whatever you desire was labeled "limiting beliefs." Each teacher had a different way of ridding yourself of those nasty things.

When I bought a new program, I would be overjoyed. I would study it and try their approach to eliminating my limiting beliefs. Most didn't seem to work very well for me. Perhaps it was my fault as I didn't give them much of a chance to work. I hurriedly skipped on to the next shiny object.

I became a contradiction; joyful for the new information and awareness, and frustrated that another set of instructions didn't seem to work very well for me. Oh well, on to another guru.

I turned it into a game. As I worked with new information, I would watch what was happening inside me or Deb as we practiced the techniques.

Suddenly, in August of 2012, it dawned on me what the colors were; what I was seeing.

I was watching the Law of Attraction in action; in operation, inside people.

The Investigation

I determined the colors were the different aspects of the energy flowing into and out of people. Through my extensive experimentation, I made inferences.

To be sure, I made many mistakes and misjudgments. I thought I knew what was happening inside people when they would desire something. I would watch the outcome. I would watch the energy flow, and watch it get blocked up. Different colors meant different things. Some were the emotional blockages derived from their limiting beliefs, and some were the precise energy needed to transform those blockages. This will be discussed in full later.

Many of the assumptions I made were incorrect. Some were right on. And some were correct at the time, but as I grew in my knowledge of the subject, the next level of understanding unveiled itself to me and I could see a deeper evolution of truth replacing an earlier version.

At first, this frustrated me. I considered myself a failure, as I had gotten it wrong. I would say, "How could I have missed that? I mean, I'm watching it for God's sake. How could I make that mistake?" My pattern of beating myself up mercilessly emerged.

Deb finally explained it to me, as only she could, to help me understand. She said to look at arithmetic. Kids learn the basics first; adding and subtracting. Then they progress to multiplying and dividing. Then algebra, followed by geometry, then calculus. Each advanced level reveals a new set of evolving truths. Some of these new truths might even contradict earlier truths, yet that doesn't mean what was learned before wasn't valuable and necessary. Like a child, they must crawl before they walk and walk before they run.

I heard Roy H. Williams of Wizard's Academy in Austin say something in May, 2013, which also shined a light on this concept. He said that the second most proven scientific theory is 'relativity.' The only theory proven more

scientifically is 'quantum physics.' Yet, the two are mutually exclusive. If relativity is true, quantum physics can't be, and vice-versa. Still, they are both proven to be true.

Niels Bohr once said, "The opposite of a correct statement is a false statement. Yet, the opposite of a profound truth is usually another profound truth."

Anyway, I have come to the conclusion that whatever I am seeing at the moment is truth – at that moment. However, I may come to see it and understand it very differently as my expertise grows.

I am telling you this for one simple reason: Everything you will read in the upcoming chapters are EXACTLY how the Law of Attraction is working in your life – at least the way I currently see and understand it.

That doesn't discount the fact that in the future I may come to an awareness much different from the conclusion I present here.

While I may say things that contradict one of your favorite teachers or beliefs about the Law of Attraction, believe me when I say I'm not advocating they are wrong. I'm just revealing my truth as I have come to understand it as of this writing. As Niels Bohr said, we may both be stating truth.

Let's proceed to learn about the Law of Attraction and reveal some of the major misconceptions held by many.

Chapter Three

Major Misconceptions about the Law of Attraction

In this chapter, I'm going to describe exactly what it is I see, but I'm going to present it a little differently than you might expect.

I will inform you of the several misconceptions people hold about the Law of Attraction, and then show you what I see to explain it.

In the last chapter, I confessed I'm still learning and evolving through this gift, and sometimes my beliefs change when I observe the Law at a higher level of understanding. This first misconception is one of those that I recently had to change. Several months ago, I was convinced of what I'm about to share. Now, while what I see is still valid, I don't know if the belief behind it is. New evidence has been revealed to me which might prove this first belief is incorrect, but I'm not finished experimenting with it yet, so please, accept this first misconception as under investigation.

Misconception #1: You are the creator.

Truth #1: You are NOT the creator.

I'm not even sure you're a co-creator. I realize what a bummer that is. It was one of my favorite aspects of the Law of Attraction.

The good news is: You don't have to be! God has already created everything. And I mean everything. Everything there is, and even the things we don't know about yet, they've already been created.

Our life is just like God's Eatery (see Chapter 1). There is a buffet available with every imagined dish known to man, and some unknown at this time. All you have to do is walk along and take what you want. You just need to pick it up

and place it on your platter. It's all yours for the taking. (That food, like everything, has already been created.)

Ah, but some people don't want the buffet. They want to be waited on. So, they pray and ask God to give them what they desire.

Neither way is better than the other. Here's what I see:

I see everything you see, but I also see above you, and behind you, and within you. I call it my 'behind-the-scenes vantage point.' What I see, the colors, is God as a Maestro, conducting an orchestra, and He is creating a symphony – just for you. Your own private, individual symphony. And it's all for you.

This symphony consists of colors flowing, glittering, and swirling. It is so stunning, it takes my breath away. Yet, at the same time, it breaks my heart. I'll explain it more with the next misconception.

(Side note: The evidence I observe assures me that what you desire has already been created. Even before you ask for it. What I believe YOU DO CREATE is your own experience of life. I see it as a distinct difference. I hope that clears up my position.)

Misconception 2: The traditional procedure of the Law is correct.

Truth #2: Most of what we believe about the LoA is backward.

Here is the traditional order presented about the Law when it works in your favor: 1) You ask for what it is you want; 2) You visualize it, and believe you'll get it; 3) You take action, doing the things that will lead you to its attainment; 4) You receive it; 5) You tithe your gratitude.

Most of the scenario above is one hundred eighty degrees backward.

Here's how it really works: You pray to God (or the Universe, or Mildred) for what you desire. (In reality, you could just go take it from the "buffet," but most of us don't believe we can.) God listens to your prayer and I watch Him create this beautiful symphony just for you. He sends it right to heart, and He plants it deep. The color He plants within your heart is royal blue.

At that exact moment, the very moment you want or ask for something, God has already planted it in your heart. What breaks my heart is that almost no one realizes this truth. Because what that means is...

You Already Own It! Hooray!

You already have the spiritual DNA of your desire within you. It's already there. It is now a foregone conclusion that it will show up in physical form.

Some teachers have this aspect nailed. Derek Rydell is correct with his Law of Emergence.

Still, here is what I see happen that you probably don't know.

The Law of Attraction is not a "thing." It is not a parchment scroll with ancient writing on it, to be revered and worshipped, like some make it out to be. Truthfully, it is a circuit that flows in a specific way. It flows through, and outside, of your body. Let me describe this energy circuit IF it is allowed to flow unobstructed.

Your desire is already residing in your heart, as royal blue. You own it; it is yours. This energy is not stationary, it flows. I watch it move toward your right shoulder and down your right arm. (If you know anything about energy medicine, you'll know that the right side of your body is your "giving" side. It is the masculine energy.) This royal blue color travels down your right arm and out of your right hand, where it is dispersed to others.

This is one of the areas where the traditional thoughts about LoA are in reverse. We're told that when we receive, we need to tithe. Yet, when I observe the colors, you already own the spiritual aspect of your desire, and now it travels down your right side and out your body to others. In effect, you need to give it away FIRST.

What exactly is it you're giving away if you aren't in possession of the physical? Answer this: what is it you ultimately want to feel by having your desire? Essentially, you want the **feeling** of having your request fulfilled. The spiritual DNA of the "feeling" you want creates a "quality" within you. Whatever "quality" is created is what you give away to others. I find there are four basic categories of these qualities. They are: Mercy, Peace, Power, and Love. I will discuss this in greater detail in another chapter. For this illustration, though, it is one of those four qualities you want to give away.

In other words, you will be giving away to others some aspect of Mercy and Compassion, or Peace and Security, or Power and Ability, or Love and Gratitude. When God plants your desire into your heart, you already own it, and by owning it, you feel an aspect of one of the above qualities. Whichever quality you were ultimately searching for is now overflowing in your heart. Now, give it away.

Back to our description: The royal blue energy leaves your right hand and is offered to others to feed on. The energy now returns to you from outside you to your left palm. (The left side of your body is the "receiving" side. It is feminine energy.)

Interestingly, the energy you put out from your right side and dispersed to others does not come back diminished. It returns to you multiplied. For example, if you gave Peace to others, you will receive back multiples of Peace.

Now, the increased royal blue energy travels up your left arm and back into your heart, endowing you with even more energy—in this case, Peaceful energy.

Since the Law of Attraction is a circuit, it must continue circulating. You don't keep it locked away in your heart. You don't hoard it. You send it on its journey again down your right arm, to return multiplied again into your left hand and back into your heart.

That is the foundation of how the Law of Attraction operates within your life and through your body. Which now leads us to the next misconception...

Misconception #3: If you say you "want" something, all you'll receive is the "wanting."

Truth #3: You receive MORE than what you ask for.

You've all heard that warning from most teachers of the Law of Attraction: Do Not use the word 'Want' for the universe takes you literally and will deliver only the "wanting" of your desire.

From my thousands upon thousands of observations to date, that is HOGWASH.

I have never, ever, ever, ever, ever, ever, ever seen someone receive into their heart, the "wanting" of the thing they desire. Never! Yes, it is true, you may experience a continuation of wanting the desire, but that is NOT because the "wanting" was delivered to you. (We'll discuss the real reason why that happens in the next chapter.)

Here is why you don't receive the "wanting:" God (or the Universe, or Source, etc.) is all-knowing, all-powerful, all-everything, right? You mean to say an all-knowing entity can't tell what you're asking for? That He or She or It is going to misinterpret and give you the "wanting" of your desire instead?

No, it doesn't work that way. As I've already explained, you pray and ask for something, and God sends it to you immediately, with no hesitation. You now already have it, in spiritual DNA form. It's yours.

Here is where I think the misconception comes in. Do we always get exactly what we ask for?

No! God does not send to you exactly what you've asked for. In truth, He sends you something even better; even more.

Clarity will come with a concrete example. Have you ever asked for one million dollars? I think that's a universal request. So, when you ask for \$1,000,000, does God send you \$1,000,000?

No.

What God delivers right to your heart is total and complete, boundless and limitless abundance and wealth.

Why? Because God has no limits. One million dollars, while it may seem huge to you, is still a limited amount.

Truthfully, God CAN'T give it to you.

What?

People think God has no restrictions. Makes sense, doesn't it. He is all-powerful, right?

Yet God does have ONE restriction: HE CANNOT BE LESS THAN HE IS.

If God is "total and complete, boundless and limitless" of everything, how can He possibly give you less than He is? So when you ask for a limited amount of something, He can only plant into your heart "total and complete" of what you asked for.

If you have a disease and you ask for healing of it, God sends you total and complete health, not just the healing of that specific disease.

You've heard well-meaning LoA teachers say you must focus only on what you desire, not what you don't desire. For example, if you are in debt and you constantly fret about it, you'll attract more debt, right? They say if you focus on the

lack, you'll only get more of the lack. If you say, I'm broke, that's what you'll get.

It may be true you'll get more "broke-ness," but it is not because God or the Universe is so stupid He or She or It doesn't understand what you're really asking for.

God can't send lack! Why? Because there is no lack in God! So, if He can't send it, that means if you say you're broke, He still sends total and complete wealth and abundance. God can't send anything else.

So, then, why don't we have everything we've ever asked for?

Remember earlier, I said when I watch God as Maestro conducting his orchestra and creating his symphonies for us, and I said it was stunningly beautiful, but it also broke my heart?

This is the heart-breaking part: God delivers more and better than we could have ever imagined. The problem is we DON'T ACCEPT what God offers. We could take anything from the buffet, to our heart's content, yet many of us still walk away hungry. How can that be?

Finally, that leads us to...

The Mysterious Truth about Limiting Beliefs.

Chapter Four

The Mysterious Truth about Limiting Beliefs

Everybody has limiting beliefs. I've looked inside thousands of people over the past ten years, ever since the colors have been reawakened in me. While I didn't always know what I was looking at, I still saw the same variety of colors in roughly the same places. Now that I know they are the limiting beliefs, I can confidently state, everybody has them.

The Dalai Lama has limiting beliefs. The Pope has limiting beliefs. Eckhart Tolle has them. Thich Nhat Hanh has them. Bob Proctor has them. Esther Hicks has them. Joe Vitale has them. Jack Canfield has them. Think of the most successful or the most spiritual person you can think of. They have limiting beliefs. How do I know?

I have never looked at anyone and not seen them. (To answer your question, yes, I've looked at the above people.) Sure, some have less limiting beliefs than others, but it also depends what they are asking for at the time I look at them. I see the colors in real time, at the precise moment I'm looking. Still, I'm not psychic in the sense that I can read minds. I can see the royal blue color inside the center of the heart and know, with absolute certainty, that they already have what they desire, but I don't know what that desire is unless they tell me. Since I see this in everyone I pass in daily life, I don't stop and ask each person what they're wishing for.

I already told you in the introduction of this book what the Mysterious Truth is. In this chapter, I will explain exactly what I mean.

Limiting Beliefs are NOT bad! That's the mysterious truth.

They are not to be gotten rid of, eliminated, replaced, cleared, cleaned, released, broken through, crushed, deleted, or exploded.

Let me use this analogy to explain: Have you ever been driving on an expressway and traffic was flowing smoothly with everyone driving at 65 miles per hour? Okay, 70 mph. Fine, 75 mph. Then all of a sudden, there is someone in the right hand lane driving only 55 mph. People have to put on their brakes, and try to safely swerve around them. It causes some congestion; some disruption.

What happens when two of these slowpokes end up next to each other, taking up the two right lanes? Now there is screeching of brakes and suddenly two lanes of traffic are trying to merge into the left lane which already is full.

The flow has been disrupted and it can cause serious problems.

They're not bad people; they're just traveling at a slower speed than the rest of the traffic.

Limiting beliefs are exactly like those slowpokes.

I already explained the circuit of the Law of Attraction in the last chapter. It originates in the heart area, travels down your right arm, out to the community, back in the left hand, up the left arm and into the heart, where it continues the journey over and over.

If left unobstructed, this God's-Loving-Energy flows smoothly, round and around.

Now, let's throw some limiting beliefs into the mix. It's essentially the same as coming upon the slowpokes in traffic.

Nobody wants to eliminate those slower drivers (well, maybe some people do, but...). They just want them to speed up and become one with the flow.

All limiting beliefs are the exact same God-Loving-Energy flowing through the body, except they are vibrating at a slower frequency.

If the blockage caused by the limiting belief is small, the energy flow contends with little or no disruption; but if the blockage is large, the energy that emerges out the other side is traveling significantly slower. When that happens, the flowing energy is a diluted form of the original, powerful, all-there-is energy.

That diluted energy continues until it hits another limiting belief, causing another disruption and even more dilution. The more limiting beliefs, the less potent the energy is when it finally returns to your heart for the next go round. Where it again encounters those same blockages, diluting it even further.

That is why we don't get what we ask for. God gives us total and complete wealth, for example, but every time the energy flow makes a circuit and it must slow down, it dilutes itself, leaving us with smaller and lesser portions of our desires.

What's the Answer?

Since the limiting beliefs are really a part of the energy, just vibrating slower, we are not to get rid of them, or delete them, or whatever term you want to use. Truthfully, you can't! They are a part of the same energy and you can't cut pieces out of it.

The answer lies in getting the blockage to vibrate at a higher frequency until it transforms itself back into the original, flowing, royal blue, God-Energy.

Fantastic. Now you know the remedy, but how do you do that?

By acknowledging the belief, accepting it, embracing it, and ultimately, loving it.

That is what will transform the limiting beliefs and speed up their vibration.

The Colors of the Limiting Beliefs

Here is an explanation of the different colors and what they mean, at least the way I see them. Remember, this has been verified through years of experimentation, and while I am still learning more distinctions, this is my system of color identification.

Let's start with the colors depicting the three categories of limiting beliefs:

Yellow is the color of "fear." When it comes to limiting beliefs, I see yellow the most. Fear is the category. Therefore, I do not know if the person is scared, worried, uncertain, self-conscious, doubtful, or any other form of fear. When I see yellow, all I know is there is fear creating a blockage.

Orange is the color of "sadness." Again, I don't know if it is sadness, grief, depression, unworthiness, or any other form of sadness.

Red is the color of "anger." It could be anger, rage, violence, vengeance, or any other form of anger. Many times, when I see red, it is covering either a fear or a sadness underneath.

Most of the time, I see these limiting beliefs disrupting the flow around the joints of the upper body. It's not 100%, but most of the time. So, I'll see them around the shoulders, the elbows and the wrists, in most cases. However, I've also see them in the bicep areas, the forearms, and the palms.

Another place I always find them is on the side of the heart. Both the right and the left side. That means that before the pure royal blue energy can even leave the heart area and begin its journey, it is already facing a disruption and experiencing a dilution. Before it even moves an inch!

When I work on transforming the limiting beliefs, I always begin on the right side of the heart because that is the location of the first obstacle. Once that obstruction is

transformed, I then move to each blockage in turn, down the right side and back up through the left, ending with the obstruction on the left side of the heart.

With the way I see the process, I also use the term “healing” for “transforming.”

Before I describe my healing process, I must describe the colors of the “transformational agents.”

The Colors of Transformation

I’ve already told you that I see the color of God-Energy flowing through the body as royal blue. It is vibrant and pulsing and alive, and when it is allowed to flow unobstructed, it is such a beautiful sight.

But flowing unobstructed doesn’t happen on its own. Remember, I told you I’ve never seen anyone without a limiting belief causing a disruption in the flow.

However, I have found four categories of healing colors to speed up the frequency of the limiting beliefs.

The first category is Mercy. I see all the qualities inside this category as emerald green. Different qualities of Mercy may be compassion, forgiveness, tolerance, and acceptance.

The second category of healing is Peace. The color representing Peace is white. Qualities of Peace may be security, protection, tranquility, and inner calm.

The third category of transformation is Power. The color representing Power is purple. Qualities of Power include truth, wisdom, majesty, magnificence, certainty, and awareness.

Finally, the fourth category of transformation is Love. This color is a darker blue than royal, but not quite navy. I haven’t found the correct name for it yet. Qualities of Love include love, provider, generosity, responsiveness, and self-sufficiency.

Obviously, there are more qualities for each of the four transformational colors, but you get the idea.

By intentionally acknowledging a limiting belief, then accepting it by knowing it has only been there to try to keep your ego safe, then sending one of the four categories of transformation to the belief will set the vibration moving faster and faster until it once again becomes the royal blue God-Energy.

How the Transformation Works: An Example

I'm going to give you a depiction of exactly what I see by using an example. You'll be able to follow along with exactly what the problem is, and how it transforms to manifest your desires.

I will explain the procedure in three different scenarios: 1) With no limiting beliefs obstructing; 2) With limiting beliefs, but no transformation of them (which is the most common and why we don't usually get what we want); 3) With limiting beliefs, but transformed.

For our example, let's say you desire \$1,000,000.

Upon merely asking for it, unlimited wealth and abundance is delivered directly to your heart, totally and completely. It is yours. You ARE it. It is your BEING. You own it in spiritual DNA. To convert it into a physical reality, here is the procedure. First, I'll describe it without limiting beliefs.

Scenario 1 with no limiting beliefs: What is the feeling you are craving by having one million dollars? Total security? Freedom? Complete confidence? Whatever that feeling is, you now own it. It travels out your heart, through your right arm and out your right hand, where you "give" that same feeling away to others. You radiate it.

Others feel it through your transmission of your Beingness, and they will vibrate faster. That vibration returns to you multiplied, back through your left hand, up your left arm and

into your heart, where the cycle continues. Each time you give it away, it returns to you multiplied. It is only a matter of time until your desire, in this case, \$1,000,000 or more, comes into your existence. It MUST. God gave it to you and you own it. Give it away and it multiplies.

As an aside, when the material, physical aspect arrives, tithe it to receive even more. You give to receive, that's the sequence.

Scenario 2, with untransformed limiting beliefs: (Remember, this is just an example. The actual experience for you or someone else will be different based on your limiting beliefs.) You ask for \$1,000,000 and God delivers total and complete wealth and abundance to your heart, and it is royal blue. Unfortunately, there is a large orange mass along the right side of your heart, which means sadness. Let's pretend you have a limiting belief that says you don't deserve \$1,000,000; that you are unworthy, because people in your life said you were not acceptable as you are.

If that orange obstruction is not cleared up, the royal blue energy comes out the other side a somewhat lighter shade of blue. Then, suppose it encounters a red block of anger in your right shoulder. Of course you're angry. You think you should deserve what you want even though everyone said you were unworthy, and that ticks you off. However, the unworthiness is unresolved and still there, joined now by the anger. As the once royal blue God's-Loving-Energy emerges on the other side of the anger, it is now an even lighter shade of blue.

Where it runs into a yellow blockage in the elbow. You're afraid that even though you asked for a large sum of money and you really, really need it, you don't believe you're going to get it because you don't feel you deserve it. As the energy moves past that blockage, it is now a robin's egg blue. A significant difference from the color it started as.

Now, it exits your left hand and the transmission you give to others is, “I really need and want \$1,000,000, but I don’t feel I deserve it, which pisses me off, so I don’t think I’m really going to get it.” That transmission is picked up energetically by others, who may actually be in a position to help you get what you want, by perhaps buying your products or in giving you grants, or in other ways, but with your transmission, they now don’t think you deserve it either. Therefore, any judgments they make about you or actions they take toward you are clouded through your distorted transmission.

The unworthiness (felt by others) now returns to your left hand, only multiplied, because it has been confirmed by others outside of you. There, it encounters another orange block in the left wrist. This converts the diluted robin’s egg blue into a lighter sky blue. That energy runs into another orange block of sadness in the left elbow. Now, what started as royal blue is a milky white sky blue where it runs into some yellow fear in the left bicep region because now you’re certain you’re not going to meet your financial needs. Oops, now the very faded, almost white-blue runs smack dab into some more red anger in your left shoulder, and by the time the now almost whitish blue limps to your heart, it must face another orange blockage at the left side of the heart.

It is this faded, almost clear color that will be cycled again through the flow, eventually leaving you, not with one million new dollars, but another carload of expenses you can’t pay.

You’ll blame God for not delivering on His promise, even though He gave you boundless abundance, and you diluted it yourself with your fears and judgments about Who You Are.

Sadly, the above description is what normally occurs.

Breaks my heart and makes me want to cry. But, there is hope...

Scenario 3, with limiting beliefs, but transforming them: You ask for \$1,000,000 and God delivers total and complete wealth and abundance to your heart, and it is royal blue. Unfortunately, there is a large orange mass along the right side of your heart, which means sadness. Again, let's pretend you have the same limiting belief that says you don't deserve \$1,000,000; that you are unworthy, because people in your life said you were not acceptable as you are.

What I do is I look at the first sadness blockage and I silently say, "Thank you for showing yourself. You're a valuable asset to (your name, if I know it); keeping him/her safe. I appreciate your protection and diligence." (Acknowledgement and acceptance.)

Then I ask what is needed. Instantly, one of the transformational colors shoots from my heart straight to yours. Let's say, for this example, your sadness attracts the green color from me. That means Mercy. Once I see what color goes to your limiting belief, I immediately start saying the name of the color, in this case Mercy. I pray the name of the color in a sacred language to get quicker results. I choose to use Arabic because it was the most accessible to me at the time of my learning this. (In Part II I will tell you the exact word to use and why you should use it, but truthfully, you could say it in English too. It just won't pack the same wallop, or work as quickly.)

Suddenly, the orange starts to vibrate a bit faster. The Mercy is speeding up the vibrational frequency of the blockage. Imagine "steam" is the flow of God's-Loving-Energy. Picture a pot of water as the limiting belief. Same element, different frequency. Now, put the pot on a stove and turn up the heat. Watch the water achieve a boil with bubbles rising to the surface, and then popping into steam. Most times that is what it looks like is happening to the limiting belief color. As the vibration rises, the bubbles pop, and when popped, they reconvert back into royal blue.

I continue praying Mercy until the entire orange blockage has popped back into royal blue. This could take anywhere from thirty seconds to ten minutes or more. Now, the flow of God's-Loving-Energy is no longer diluted as it travels to the next blockage, which in our example, was red, located in the right shoulder.

Red is anger. I acknowledge and accept the anger and share my appreciation for it. Then I ask what color is needed to transform it. In this example, let's say white, or Peace. As the white smoke contacts with the red blockage, I start reciting the appropriate Arabic word for Peace. I stay with it, until it vibrates faster and eventually turns to royal blue.

Now the royal blue is pure from the heart all the way down to the right elbow, where it runs into a yellow blockage. I accept it, embrace it, appreciate it, and ask what color is needed. This time, let's say it is Love, which is almost navy blue. I pray the Arabic word for Love until the yellow transforms back into royal blue.

In the previous scenario (#2), at this point, the God-Energy would be robin's egg blue because of the dilution of moving through the limiting beliefs. But now, through acceptance, appreciation, and loving energy, it will be exiting the right hand as a pure royal blue. That means you will be transmitting your God-Energy out into the world in its purest form. When it returns to you multiplied through your left hand, it will still be royal blue.

You get the idea of my process, now. I would continue until we have transformed every limiting belief back into royal blue, so the complete circuit is pure and powerful.

The entire session usually about 45 minutes; some more, some less, depending on what is desired and what blocks are restricting that desire.

Of course, if I was working privately with you, I may ask you some questions, such as, "You have some sadness in this area. Do you know what that's about?" Other times, I don't

ask anything. Identifying the specific limiting beliefs is not critical to the success of the process.

Also, if I'm working privately with you, I will tell you the Arabic word of the color I'm transmitting and we repeat it together. The more prayers being said seems to speed up the healing process.

At one point in my experimentation, I became a bit arrogant and decided I knew which color to use for which category of limiting belief. Unfortunately, many times those healings became a struggle, like trying to force the wrong key into a keyhole. It would take much longer. Eventually, I wised up and now just let the Divine show me which color is needed for that blockage, and I just say the appropriate prayer.

Realize, the above scenario is what happens in a private session. However, I'm healing blockages all the time, every day. If I was passing you on the street, I can't help but see inside your heart. It's automatic. I don't ignore it anymore. I immediately see the first blockage on the right side of your heart. As we pass each other, my heart automatically shoots the correct color needed for transformation, and you would be receiving a mini-healing. I term it "mini" because as soon as we pass and another person comes into view, my heart goes to their heart and stops working on yours, unless I keep my focus there.

At this point in my life, I can only work on one person at a time. It all depends on where my focus is drawn. However, I have no doubts that eventually I will be able to offer transformative colors to multiple people at a time. Just need more practice and more experimentation.

I can, however, transmit one color to large crowds at the same time. For example, I could transmit Peace (white) to one hundred people at one time, but it would only be Peace. If you were one of the one hundred, you would get tremendous benefit of having Peace delivered to your heart; however, your specific block may have needed Truth instead. Assuredly your

heart will readily drink up the white smoke of Peace delivered to your heart; it just wouldn't have gotten the purple (Power/Truth) your specific limiting belief needed for transformation.

"But Bob, You're Not Going to Be With Me at All Times. What Should I Do?"

My guess is, if you're reading this, you've already been studying limiting beliefs and been trying different techniques to rid yourself of them. (Of course, by now you know they aren't bad, so they don't need to be eliminated, right?)

Perhaps you use Emotional Freedom Technique (EFT or Tapping), or you use hypnosis, or Ho'oponopono, or a Chakra clearing, or affirmations, or Afformations, or any of a myriad of choices out there. I have found, to my surprise, they all work! They just don't all work the same way on everybody.

My experimentation has included observing people as they are using one of the above techniques, and I can watch the blockages speed up and transform. The problem is that each individual is different. We all have certain beliefs about each of the modalities. If you trust it will work for you, it usually does. If you don't have the faith, it usually doesn't.

Yet, even if a certain technique works for you, it may not be the appropriate one to use for a specific blockage. If the healing feels forced or you struggle through them, another technique may work better.

Therefore, don't stop doing what you already know. Just understand that if you aren't getting the results you desire, perhaps the technique you're using isn't doing the trick for you.

With that said, though, I have found the colors flowing from my heart to yours ALWAYS works, and most times, quicker and easier.

Unfortunately, at this time, I haven't found a way to teach people how to see the colors yet. But I'm always searching and praying for answers, and I know some day, in the near future, I will be able to teach you how to do this for yourself and others.

Until then, I have compiled twelve ways for you to speed up your limiting beliefs and connect more fully with God's-Loving-Energy and get more benefit from it, including manifesting your desires quicker and easier. You'll find them explained in Part II.

Let's not wait any longer...

12 Quick and Easy Tools to Lovingly Transform Your Limiting Beliefs

Part 2

This part of the book is geared toward helping you transform your limiting beliefs by raising your vibration. Whenever you speed up your vibratory frequency, it goes to work on your limiting beliefs.

The following twelve techniques allow you to work on yourself, especially when your teachers or healers aren't available to work with you personally.

Some take only a few moments. Some will need a little more time. However, all of them work fairly quickly and are easy to do. Not all of them will be right for you. Some will work better for you than others. I suggest you try each of them and see which fit your needs the best.

Each one of them works. I know that for a fact because I've used myself as a guinea pig, and watched what happened to my blockages. Truthfully, I've tried many more than are presented here, but sadly, some just didn't have any affect. The twelve included in this book have been chosen because they are effective. Again, play with all of them. See which ones fit you and your circumstances best.

As I constantly learn and grow, I will continue to experiment on myself before presenting it publicly.

There is one caveat: I have not found any to work as quickly or as thoroughly as when I direct the proper healing color where it is needed and pray over the limiting belief. Unfortunately, you can't keep me in your back pocket. As stated above, these tools are for when you find it necessary to work on yourself in private.

The *Biggest Question* I Hear Asked About These Tools

How do you know if they're working for you? Make sure you read Tool #1 immediately following this introduction. This is your guidepost; your compass to let you know if you are on course.

There is one rule to using these tools. Have Fun! As you read Tool #1, you'll discover why taking your limiting beliefs so seriously is a mistake. Sure, your obstacles create chaos and havoc. They can cause great distress. I found, beyond a doubt, they work quicker and easier if you...

HAVE FUN!

Tool #1

Joy to the World.

I've taken a poll over the past few years and asked, "What is it you want to feel?"

Most often, I receive the answer, "I want to feel love. To love others and to feel loved."

I nod knowingly and smile. Then I try to explain to them that love isn't really a feeling. I know, I know, it sure seems like it is. Especially when it appears to be missing from your life.

In truth, Love is God-Energy. It is the royal blue I see circulating through your body. It is the Law of Attraction in action. That is what Love is.

The "feeling" that accompanies Love is Joy.

Joy is like a spectrum inside you. At one end is pure Joy; at the other, the absence of Joy. There is every degree of Joy, from pure Joy to none at all, and everything in between. When you feel utmost Joy, Love is flowing abundantly. When Joy is absent, you have limiting beliefs strangling the flow.

Basically, I'm a pretty happy guy. I love to joke around and have fun. Yet, like everyone else, I have obstacles in my life and I can get focused on them for extended time periods. Interestingly, until I learned that God's-Loving-Energy equates to the emotion of Joy, I had a strange hangup. My wife and daughter will confirm this. Whenever we went out to eat at a restaurant, which is usually several times per week, invariably, when our food was brought to the table, the waitperson would say, "Enjoy."

I used to cringe. When my wife or daughter would comment about the sour look on my face, I would jokingly remark, "Hey, nobody has the right to tell me how to feel. I decide if I'll enjoy it or not." It became a game for the two of them. They would wait for the food to be delivered to us and sit

in anticipation, wondering if the waitperson would say the word or not, and then watch for my reaction. If it was spoken, as it most often was, they would laugh out loud at my automatic response.

It has only been for the past several months that I learned the truth about Joy. Once I was informed by Zakariah, whom you'll meet in a later Tool, that Love wasn't an emotion at all, but an energy, and that Joy was the emotion of Love—Finally it started to sink in.

As I wrote earlier, I'm a pretty happy guy anyway, but now I focus my internal energies on BEING Joyful whenever I can. When I, or others, are feeling Joy, I can see the limiting beliefs vibrate much faster and convert back into the royal blue much quicker and easier. Now, I don't mind when waitpeople say, "Enjoy." I relish when they say it. It reminds me to focus my attention on feeling good, and so I do. While it's a great benefit for me, it has taken a bit of fun out of Deb and Cady's eating experiences.

It doesn't matter what you focus on, either. If it makes you feel good (especially if you feel good about yourself), then grab onto that feeling and hold on for as long as you can. The transformation is taking place.

Dr. Robert Anthony, in his audio program, *The Science of Deliberate Creation*, says, "Choose the thought that feels best." I used to wince at how trite that sounded. Now I realize it works wonders.

One of the best tools at your disposal is your imagination. One of the things you can focus on to absorb that feeling of Joy, is your desires. See yourself living the life you would be enjoying if you possessed your biggest desire. Try it right now. Think of a huge desire you have. Now, imagine yourself in possession of it. You own it and no one can take it from you. Does that feel good? If it only feels like mid-range Joy, see if you can intensify it somehow. What would have to

happen for you to feel 10 out of 10? Go there and experience it in your mind and your heart.

Feel the Joy and let it start the transformational, healing process.

One word of warning about the above exercise: When you imagine yourself in possession of your desire, make sure you are feeling Joy about it. I see many people paint me their most fantastic desire, then, when they picture themselves experiencing it, their Joy turns to fear, worry, or doubt. They let pictures creep in about all the problems or troubles they'd have if they did manifest their dream. If your imagination runs amok and you begin to feel less than Joy, stop the process immediately. Moving down the spectrum to the absence of Joy will do one of two things: 1) reinforce a limiting belief you already have, giving it much more power and strength, disrupting the flow of God's-Loving-Energy; or 2) it will create a new limiting belief you didn't previously have to contend with, just giving you another obstacle you have to transform.

Use your imagination (in the positive way) as many times during the day as you can. The more time you spend feeling Joy, the more the Love is flowing smoother.

I'm not saying your limiting beliefs will just up and disappear by doing this (although they might), but it does have a vibrational effect on the blockages.

I think you understand the lesson here. Joy is transformational. That's why I described it first. While it may seem like common sense, my experience working with people tells me otherwise. As you continue to work on yourself with the rest of these tools, let Joy be your compass as to your effectiveness. Have fun and feel good. It really does work well.

(Side note: I heard world-famous actress and energy healer, Dee Wallace say her mantra is "Love-Joy-Fun." Isn't that tremendous? Why not adopt it as your philosophy?)

Tool #2

Transmissions Are More Powerful Than Thoughts

The colors of yellow, orange, and red are the limiting beliefs. As you'll recall, they equate to, in order of above, fear, sadness, and anger. Please notice the three words depicting limiting beliefs are emotions. Not thoughts, but feelings.

Many Law of Attraction courses or books tell you that your thoughts direct your energy. From my visual perspective, that is true, but your thoughts have substantially less power behind them than you might think. Your emotions, however, are very powerful and direct a great deal of energy. Emotions have much more influence on the frequency of your vibrations.

The reason? Your thoughts endlessly jump about and unless focus is kept on the thought, it dissipates quickly. However, your emotions impart tremendous impact on the direction of your life because they are "transmitted," not merely thought about.

A transmission comes from your heart.

I've done experiments about this phenomenon and the results are quite startling. I first investigated this aspect when I was talking with someone who told me they constantly think, "I love you." They wanted to be spreading love where ever they went, especially with their spouse, since their marriage was a bit rocky at the time. She couldn't understand why her husband, or others for that matter, didn't seem to be picking up the message.

I asked her to think the words, "I love you" while I watched. She directed it at another person in the room, who was busy writing something and whose back was to us; not paying us any attention. After five minutes of continuous loving thoughts, I saw a very thin dark blue (the color of Love) wisp making its way to the other person. It was about the thickness of a piece of string. Yet, when I observed the dark blue essence leave my heart when I said it, it was the thickness

of my forearm. The difference between the strength of the two was intriguing.

We experimented. I asked her to imagine shouting it to the other person. Same result. I asked her to hold her hands a certain way and direct it. No substantial change.

Finally it came to me. I asked her to stop sending her thoughts to the other person. Instead, I instructed her to direct them downward to her own heart. Once there, I asked her to imagine opening her heart and direct the message from her heart, to the other person. Bingo. A thick trail of dark blue Loving Energy slid right to the other person's heart.

Although the person I was working with couldn't see the change, she could feel a dramatic difference in how it felt leaving her. Within a minute, the subject of the experiment, having had no knowledge of our game, turned around, smiled widely, and nodded at us. Then she turned back around and resumed her writing.

We giggled like little kids. She was wowed!

Since then, she uses it everywhere. She has kept in contact and has told me her husband has appeared much more attentive and loving to her. It is because her thoughts of love for him are no longer simply thoughts, they're "transmissions" of love. And what a difference it makes.

Here is another example: Recently I spoke at Dr. Joe Vitale's *Attract Money Now Live* event. I wanted to teach a great lesson while finishing my talk with a bang. I asked a volunteer from the audience to join me on stage. Earlier in the day, I had asked her to think of something she wanted and I noticed her first limiting belief needed "Love." With her on stage with me, I had everyone in the audience stand and silently say, "I love you," to her, for thirty seconds. I asked if she felt anything. She said she had, and it felt great. Then I taught the audience how to transmit "Love." They thought to themselves, "I love you" and directed that thought down to their own heart. Then, they opened their heart and sent it to my

volunteer on stage for thirty seconds. Within ten seconds, she brought her hands to her face and sobbed, the feeling of love directed toward her was so intense. She immediately had to sit for a bit.

Afterward, my wife talked to her and she said, “I have no words to describe the feeling that came over me. It was wonderful. The place I went to was so peaceful, as if I was one with everyone and everything. There were no problems, nothing needed fixing. It was perfection.”

She handed me a very nice note that I’ve kept. It is special to me.

I discovered that, unintentionally, I’m constantly transmitting the needed color. When I’m working with someone, the transformational colors automatically emerge from my heart. I’ve always seen this happen, I just never put two and two together before.

Since that initial experiment, I make sure whenever I want to send a transformational thought to another, I always direct it down to my heart first, and then out from there.

Try it and see what happens. I’m betting you’ll get great results.

Tool #3

Success Emerges From Who You Are, NOT What You Do.

Almost every success book I've read tells me I must exchange something I do (a service) or something I have (a product) for money. They say, the more value you give, the more money you will receive.

I "see" things a little bit differently.

If you remember from Part I in this book, I explained the flow of God's-Loving-Energy. It starts in the heart, flows down your right arm and out the right hand, then returns through the left hand, up the left arm and back to the heart to start the cycle again.

The right side is your "giving" side. Which also means it's your "doing" side. We'll return to this in a moment.

Your heart, though, is your "Being-ness." It's the location of your Higher Self.

Not only can I see the flow of the Law of Attraction and the different colors that are causing disruptions in the flow, I can also see your personal essence, or what I call your "soul color." Usually, you will have the same soul color throughout your life.

If I focus on it, your entire torso radiates one of the four transformational colors. Some people have a White "soul," so they have the essence of Peace as their primary gift to the world, at least at that moment. (I have seen some people's "soul colors" change as they become more enlightened.) "White souls" are here to discover their true essence is Peace. Once aware of their soul's purpose, Peace radiates from their Higher Self to impact those they encounter.

Others have a Blue "soul" and they emanate "Love" to the world.

Still others have a Purple “soul color” and shine the light of Power, or Truth onto others.

Lastly, others (like me) have a Green “soul” and are charged with dispatching Mercy and Compassion.

Even though your “soul color” determines the essence you’re here to share, I have found it is most often so wrapped up with childhood programming and limiting beliefs that you don’t even recognize your essence. Strangely, oftentimes it seems as if it’s the complete opposite of what your personality exhibits.

For example, I’ve seen many people with the “soul” of Peace, yet they live the most chaotic and out of control lives imaginable. My late son Kevin was one such person. Anyone who knew Kevin personally would never admit he was a Peaceful being. He was usually the most disruptive energy in the vicinity. Peacefulness was his essence to discover and then share it. Unfortunately, he didn’t live long enough to find that out.

Your soul’s essence is your gift to discover. It is your walking here on this physical plane to work through all the veils you have cocooning your “soul” so you can let the vibration of your true essence out. The more veils you unwrap, the cleaner the energy can radiate. That’s why it’s important to transform your limiting beliefs, as it is those beliefs that make up the fabric surrounding your heart.

Okay, but what does this have to do with “being” and “doing?”

Since what you “do” flows from your heart area down your right side, it is, therefore, a direct product of Who You Are; your Higher Self, or your “soul.”

What that means is, your actions are determined by Who You Are Being in your heart/soul. The great thing is...

...you get to choose Who You Are at any given time.

You can choose to be Success, or you can choose to be Failure. You can choose to be Abundant and Wealthy, or you can choose to be Lacking and Poor. You can choose to be Joyful, or you can choose to be Sadness.

Any quality of life you want to experience you can Be.

It is from that Being-ness that your Doing-ness comes.

Here is a very simple way to tell what quality you have chosen to Be at any moment: What is your experience? How are you feeling?

Who You REALLY Are (your soul's essence) can be different from Who You Are Being at the moment. Truthfully, it usually is.

Whatever quality you hold in your heart at the moment, determines the actions that follow. The results from those actions will affect how you feel. If the results produce a joyful type of feeling, Who You Were Being and Who You REALLY Are were in congruence. If, however, you feel a negative emotion, it is because Who You Are Being at the moment is filtered through your "soul" before moving down your right side. Your Higher Self knows Who You REALLY Are, and if Who You Are Being at the present moment is less than your True Self, it will cause incongruence and you'll feel negatively.

If you recall, I said that almost always, there is a blockage on the right side of the heart, causing an immediate disruption in the flow. This incongruent energy is that block.

For example: My "soul" is Compassion. Now let's pretend I give an employee an important job to do, but they don't do it, or they do it wrong. We can easily identify Who I Am Being in the moment by my actions. If I yell and scream and call them names, you can deduce that, Who I Am at the moment is an Unforgiving Tyrant. What's happening is my ego has taken over and my Tyrant has to travel from my heart through my Compassionate Soul. Due to this incongruence, a block of either yellow, red, or orange immediately forms on the

right side of my heart. This slower energy determines the actions I take. In this case, yelling and impatience. Since Being a Tyrant is not Being Compassionate, my actions cause me to feel negative emotions because Who I Am Being is not congruent with Who I REALLY Am. The vibrational frequencies do not match, thereby causing distress within me, forcing negative emotions.

Yet, if I become aware of Who I REALLY Am (Compassion), and I choose to live from that quality, my actions would be very different. I would inquire why the assignment wasn't finished. I may find out it was my fault. Perhaps they didn't have the proper training. Perhaps my deadline was out of whack for the job. Maybe I chose the wrong employee for the job. Maybe there were extenuating circumstances that prevented the employee from having a successful outcome. Or maybe they did just choose not to do the assignment.

Whatever the case, if I choose to BE Who I REALLY Am, my actions will be dramatically different.

If Who You Are Being at the moment is in alignment with Who You REALLY Are, the flow of God's-Loving-Energy has a much better chance of moving easily through the cycle. Yes, it will meet some resistance when it encounters limiting beliefs, but those beliefs are usually a lot less disruptive than the very first blockage on the right side of the heart. I refer to it as the "Being Blockage."

There is a fabulous saying, "We judge others by their actions, but we judge ourselves by our intentions."

Now you know, it's not what you do that is the most important; it is Who You Are Being, because congruence causes right action.

Become aware of how you are feeling. If you experience any negative emotions, it is because Who You Are Being at that particular moment contrasts with Who You REALLY Are; either Peace, Mercy, Love, or Truth/Power.

Once you can feel joyful about your results, even if they aren't what you'd hoped for, you will know you are "acting" in congruence with your "Being." What a blessing that is, for you'll know Who You REALLY Are and what you're here to share.

Tool #4

Use a Sacred Language for More Powerful Transformations

Depending upon who you listen to, there are either very few, or very many, sacred languages spoken in the world.

Don't quote me on this because I am not an expert, but my understanding is that a sacred language is one in which the words themselves vibrate at the exact frequency as the thing itself. For example, if you say the word 'chair' in a sacred language, that word is vibrating at the same frequency as the chair itself.

Like I said earlier, I'm not an expert, but I do know a few of the sacred languages are Aramaic (the language Jesus spoke), Arabic, and Sanskrit. Wikipedia has a whole list of languages considered sacred, but they are not using the same type of definition as I am.

The sacred language I use is Arabic. The only reason is because that is the language I was taught when it came to this information. Believe me when I say I do not know how to speak Arabic. I only know a couple dozen words that help me in my transformational work.

When I see a limiting belief color and ask what is needed, a transformational color flows from my heart to reenergize the limiting belief and speed it up. Whatever color flows to the blockage corresponds with a certain quality: Purple = Power, White = Peace, Green = Mercy, and a Dark Blue = Love. When I see which color God has directed to the blockage, I assist it by repeating the Arabic word for the quality being used.

As I repeat the Arabic words, my understanding is they vibrate at the same level as the transformational quality themselves; i.e. the Arabic word for Peace vibrates at the frequency of Peace. Therefore, it is a much more powerful

healing, and much quicker, whenever I transmit the appropriate word.

Here are the words that correspond to the Qualities:

Purple = Power/Truth = Haaq (pronounced Hahk)

White = Peace = Salam (pronounced Sah lahm)

Green = Mercy = Rahim (pronounced Rah heem)

Blue = Love = Wadud (pronounced Wah dude)

I realize, you don't see the colors, so you don't know which color is flowing to your limiting belief. So how do you choose what to repeat? Be assured, any of the above qualities will help the situation, even if is not the one God would have sent. Feel inside your heart and ask yourself which of the four qualities would help transform your limiting belief. Trust your intuition. Then, begin repeating whichever of the four words corresponds to the quality you were told to send. Keep doing so until you feel an expansion in your chest. Limitations cause tightness or compression, and healing causes openness or expansion.

For example, when you transmit (see Tool #2) the word Wadud to your blockages, the vibrational power behind the word itself is truly sending LOVE right to it, not some diluted watered-down version of Love.

In my studies, I have found a great many people suffer from unworthiness. So do I. If you also have a core limiting belief stemming from unworthiness, a great Arabic word to use on it is Karim (Kah reem). Literally, it means "Generous," but I have read where a side benefit is it builds self-esteem and self-love in the person reciting it. The 'generous' aspect of it is that you cannot give away something you do not have. So, if you feel unworthy of being loved, how can you possibly give love to another?

I have been transmitting Karim to my own heart for a few weeks now and it is helped a great deal in helping me connect with my true divinity. I know in my head I am God's-Loving-Energy, but believing it in my Being; my Soul, has proven a bit more difficult. Karim has helped me progress quicker in a few weeks than in the few years I've been working on my unworthiness issue in the past.

As with every Tool I give you, experiment with it and see for yourself.

Wadud!

Tool #5

Journal to Discover Your Soul

Eighteen months ago, I decided to start journaling. I had heard a speaker and his message was to “give what appears missing.” I decided to experiment with that philosophy and chose to keep a written record. Each day I would check my inner self to see what appeared to be missing in my life. Did I feel I needed more money? Did my relationship seem to be lacking passion? Was my body rebelling? I would then ask myself, “What ‘goodie’ will I receive if I get what I want?”

For example, let’s take the money desire above. If I felt money was missing from my life, what was it I was really trying to “have?” What ‘goodie’ would more money give me? For me, it would be security, or peace of mind.

Once I identified what it was I was truly wanting, I would then make a commitment to give ‘that’ away that day. So, in the example above, I would determine to give “security” or “peace of mind” to as many people as I could that day. It might be in the form of money, or perhaps it was just a compliment they were doing a good job. Whatever it was, I would record my actions in my journal. Giving it away meant I must already have it or I couldn’t give it away. If I gave others the feeling of “security,” it reinforced inside me “I felt secure” myself.

The above exercise is a great way to help raise your vibration, and I would suggest you try it.

However, that is NOT what I wanted to share with you in this Tool.

What the above did for me was get me in the habit of writing in my journal every morning. After a few months, I discovered I was not only giving what appeared missing in my life, but I suddenly realized I was also recording things that were going right in my life, including coincidences and miracles.

I began to write out questions, or problems I was facing. I would describe my challenges and hoped that if I wrote them out, a solution would present itself. After stating the problem, I would just continue to write, scribbling any random thought that came to me. Some had no bearing on the topic, but some were actual, feasible solutions I had never thought of or considered.

It became a game to play. I would jot down a problem and just keep writing until no more ideas came to me. It was fun – and productive. Some great solutions presented themselves, as if I was tapping into my subconscious. Then something interesting happened...

Suddenly, it seemed as if my pen took on a life of its own. I began to write answers that I knew in my heart were not coming from anything I had stored in my subconscious. The more I played this game, the more I became aware I was tapping into something more, something bigger, something better, something higher.

I was connecting to the “collective unconscious.”

That is the word Carl Jung used to describe the “one mind.” Where the collective knowledge of the universe was accessible. I knew it wasn’t from my own brainpan because some of the answers were things I had never heard of. They surprised me.

Then, I realized I was connecting to my own Higher Self, my Soul.

My writings started to resemble conversations rather than a problem solving exercise. I would ask a question, and I would get an answer, as if I was talking to someone else in the same room.

Later, I read in a book called *The Shift* by Beca Lewis that she recommended a similar exercise, and she recommended naming your Higher Self. I named mine Zakariah. That was the Sufi name bestowed upon me when I accepted Sidi as a teacher. I decided to use it as the name for

my Soul, although I choose to spell it differently than the name Sidi gave me.

If you have ever read books such as *Conversations with God* by Neale Donald Walsch, or watched actress Dee Wallace give presentations, or seen Esther Hicks, or followed any other “channeled” material, you now know what these Q & A’s felt like. I would jot a question, and I would receive an answer. Most times the answers were dead on, sometimes they didn’t work out. I experimented to try to discover why sometimes it worked and sometimes it didn’t. Soon, I discerned a certain feeling in my chest/heart area, like excitement. I realized that when I experienced that excitement, I was receiving much clearer communication and the answers seemed more accurate or correct. When I wasn’t feeling the butterflies in my chest, then the answers didn’t usually work out. I believe that at those times, it’s my ego answering; my lower self, containing all my limiting beliefs and other bullshit, getting in the way.

Zakariah became a great friend, and an excellent resource. Once I was complaining about not feeling “love.” Zakariah informed me “love” was not a feeling. “Love” is the energy of God flowing throughout your body, and the universe. “He” then told me that the feeling of Love was “Joy.” I wrote about this earlier in Tool#1, **Joy to the World**.

Zak also explained to me about how to experience becoming “one with The All.” I will describe that in Tool #6. It’s heavenly.

You can connect with your Soul the same way. Here’s how:

Get some writing materials out and put on some soothing music, nothing hard or fast, but gentle and melodic. Great choices are subliminal selections from Mathew Dixon (the Guitar Monk. <http://www.zerolimitsmusic.com>). Before picking up your pen, say a prayer asking for awareness and clarity in your guidance. Be reverent about the procedure.

I usually start by making a list of things I'm grateful for in my life at the moment. This gets me into a more "open to receive" state because I'm already experiencing some Joy. After making my list of gratitude (anywhere from 7 to 20 items), I'm ready to begin describing a challenge or problem or question I'm dealing with at the time. I write the problem out and make it as clear and succinct as I can. Then I begin to write whatever comes to mind. I don't judge and I don't edit what comes. Usually, I start by writing how the problem is making me feel, or what the negative results are that I'm experiencing. Understand, I'm not focusing on the problem, I'm just stating it and how I feel about it. Then I ask for the solution and write that I expect to receive an answer.

Do not force it. At first, the answers didn't arrive immediately. I didn't feel Zakariah's presence immediately. I usually had to doodle a bit first. I don't mean I technically doodled pictures or cartoons. I use "doodle" as my word for writing down any random, stream of consciousness thoughts that came to me.

At the beginning, many times I would realize an answer was "enclosed" inside my "word doodling," like a fortune hidden inside a Chinese cookie. Even if it feels as if nothing happened, make sure you reread what it is you wrote. You may just find a gem.

A tendency occurs for beginners to self-edit; to determine ahead of time that something is gibberish or ridiculous, and so you just choose not to write it down. That is a huge mistake. Some of my biggest breakthroughs came about from something I wrote that seemed preposterous. Yet they were exactly what was necessary to solve my problem.

This Soul Journaling is for your eyes only anyway. Since nobody else is ever going to see your ramblings, just write it all down. Like a prospector, you can sift through it later to find the gold hidden in the sludge.

The more you practice it, the better you become at it. Very often now, Zakariah steps forward immediately and we hold our conversation. Sometimes, I don't feel the connection (those chest butterflies), but I still write anyway and examine the scribbling. Many times the answers are there, even though it didn't seem like Zak was present.

Here are a few rules I use. You can use them or not, but I find those who follow them make a real connection sooner, rather than later.

1. Once you state your problem, let go of the emotional charge you're feeling about it. Take a few deep breaths and expect to receive your inspirational solutions.
2. If at first you don't succeed, keep trying. It took several weeks before I recognized that I was receiving real honest-to-goodness answers. It doesn't have to take that long, but at the beginning I wasn't aware I was connecting to my Soul. Once I realized what was happening, I began to institute some rules and expectations.
3. Let go of any "force." Your Soul is positioned at the highest point of the spectrum of the "qualities" of God. You will not find your answers in "fear" because fear does not exist in God, or your Soul. You will never find your answers in "lack," or "sadness" or "anger" or any negative emotional state. That's why you let go of any emotional charge after stating your problems. Assume you will receive only the "highest" or "purest" of any quality.
4. If you ever get yelled at or criticized or put down in any fashion, realize that is your ego pushing its way into the conversation. Your Soul is only Love and cannot give you grief. It may correct a wrong belief you have, but it will always do so in a positive, loving manner. **One caveat:** Zakariah's sense of humor correlates with mine, so He gives me some good-

natured ribbing sometimes, and I return the favor. We joke around. It is never harsh.

5. If criticism occurs, realize it is your ego and “thank it” for having its say. Tell it (by writing) that you appreciate the fact it is only there to try to protect you. Then, send Love to it as you continue to keep “doodling,” always expecting a loving response/solution. (Remember, it is your ego that is responsible for all your limiting beliefs – and your limiting beliefs are NOT bad. They are just a slower vibration of the same God’s-Loving-Energy flowing through you. You transform them by acknowledging, accepting, thanking, and Loving them.)
6. When you find a solution to your problems, thank your Soul for the connection. Then, take action. If you ask for a solution, but continually disregard it by not taking the appropriate action, your Soul may eventually stop communicating with you. I mean, what’s the use? Your Soul’s purpose is to help you feel your connection to the Divine; to be One with The All. Open yourself to receiving that connection by following through.
7. Realize not every solution comes through during your writing. Keep vigilant and stay aware. Many, many times the answers show up in other forms, like through synchronicity, or the lyrics of a song you hear, or an article you’re drawn to read, or a sign you see. Be open to God’s answers in any form.
8. Know this: God ALWAYS provides an answer (Remember, when you ask for something, God immediately plants it in your heart). If you don’t think you receive one, just realize you weren’t clear enough to recognize it. The next time you journal, start the session by stating you know you received an answer, but you just missed it. Thank your Soul for its expertise and ask for more clarity and more awareness

during this session. At the beginning, this may happen frequently. Stay with it and it will come easier and faster the more you practice it.

9. Have FUN with it. Play with it. God does not do boredom. If it doesn't seem to happen that day, thank your Soul for playing and write that you will reconnect the next time.

Your Soul does not have to “speak” in reverential tones or ancient dialects. Zakariah speaks to me in much the same way that I talk. In fact, this list of rules was given to me by Zakariah and I simply took dictation. It sounds just like I talk – because my Soul IS ME, and I AM MY SOUL. There is only my Soul and my ego. My soul knows we're all one and connected; my ego believes in the illusion we're separate.

Also understand, you can hear your Soul many ways, it doesn't only have to come through writing. I have good luck with it, but I consider myself ‘a writer.’ Many people I've talked to also connect this way. All I'm asking is you try it.

When you are in the zone and your Soul is conversing with you, you are automatically vibrating at a much higher frequency, which means any limiting beliefs you are holding at that moment will be healing as it happens.

Now, if you think I'm crazy and you can't possibly connect with your Soul and get answers, realize that thought itself is a limiting belief from your ego, and send it some Loving energy. Repeat Wadud, or Salam, or Rahim or Haaq, and let those qualities do their job, healing you. Then give it another try.

(Pssst. Come closer. Let me whisper something to you. Your Higher Self, your Soul, wants you to know Who You REALLY Are. Its job is to get you to radiate your essence to the world. It wants to communicate with you. Listen for it.)

Tool #6

Become the Raindrop Merging With the Ocean

One time, I wrote in my journal that I hadn't been feeling especially connected to the Divine. I felt lost. It was at that moment Zakariah made his presence known and this is the exchange we had. I am taking this directly from my journal.

Bob: I'm feeling a bit lost. As if I'm not connected to my Divine Source. Like I'm left to fend for myself.

Zakarriah: You're never alone. I'm always here, right with you. Always.

B: Well, there you are? Where have you been?

Z: As I said, I'm always here, right with you. Always. I can't disappear because I Am You, or rather, You Are Me.

B: Zak, that's comforting, but sometimes I get frustrated when I don't feel you, or feel the connection with you. I'd like to be able to feel connected at all times. Is there a way to do that?

Z: Rest assured, you CANNOT be disconnected. You are ME and I am YOU. There is no difference. The thinnest piece of onion skin paper cannot come between us. We are inseparable. It is only your fears that direct you to believe we are apart.

B: Well, it doesn't always feel that way.

Z: I've said before, in other conversations, that you are one with The All. We're all one. Space and distance are all illusions. We're one. That is all there is. There is only The All; including you.

B: How can I be cognizant of that fact? Even though I can see the colors flowing through other people and I realize it is God, I still find myself believing in the illusion of separation. Then I kick myself for being so idiotic. Help me.

Z: Imagine the ocean is God. Through evaporation, some of the moisture of the ocean ascends to the sky, invisibly. Once there, the moisture collects until it become too heavy to hold.

Precipitation occurs. As it rains, choose just one raindrop to observe. Watch it fall from the sky in slow motion. Follow it all the way down until it hits the ocean. Did you see it?

B: Yes.

Z: Good. Now, I want you to gather that specific raindrop from the ocean. Remove the exact same drop of water from the ocean.

B: Fat chance. You know I can't.

Z: Exactly. The raindrop has MERGED with the ocean, and as it hit, it has BECOME ONE with the ocean and ceased being a raindrop. It is unable to ever be separated from it in the same way again. It has become one with the ocean.

B: Right. I get that.

Z: Now, let's back up to the beginning of my story, to when it starts to rain. As it rains, imagine YOU are one of the individual raindrops, falling from the sky. You are OF the ocean, of God, but at that moment you are an individuated aspect of God. That raindrop is your Soul; an individual persona of the Divine.

As you are falling from the sky, you are being and doing exactly what a raindrop is designed to do. There is no fear in you, the raindrop, because you know you are being your highest essence, experiencing yourself just as it is required.

As you, the raindrop, falls, you notice you're approaching the ocean, and you feel Joy because you know you are about to become reunited.

Plop! You hit the ocean. Now what happens? What do you feel?

B: Wow! I feel myself truly merging with the ocean and my raindrop self disappears. I become part of the ocean and my individual boundaries no longer exist. I could never be put back together in the same way again. I am ONE with the ocean.

Z: Ah, but remember, the ocean is God; The All. You are ONE with THE ALL. How does that feel?

B: Like pure bliss. Absolute Peace and tranquility.

Z: Whenever you assume you are on your own and separate from me, remember this metaphor. Step into being the falling raindrop. Say to yourself, "I am ONE with THE ALL. I am the raindrop merging with the ocean."

Whenever you ever feel any negativity, you can increase your frequency and transform that energy just by becoming the raindrop and experiencing the merging with the ocean. Become one with it. Un-separable. That is your truth.

And never feel alone again. I'm always here, right with you. ALWAYS. Un-separable.

Later, that same metaphor was given to me for someone else too. When a friend of mine was in a stuck place in her life, I asked Zakariah for any advice for her. He instructed me to tell her that she, like everyone, is the raindrop merging with the ocean; becoming ONE with THE ALL.

I've made it a habit, now. Several times per day, I imagine being the raindrop and experience hitting the ocean, spreading out and becoming one with it. It feels so boundless, so expansive, so very indescribable. Whenever you feel alone, try it and feel your vibration accelerate.

Once you become adept at communicating with your Soul, you can have the same kind of conversations as that one. Those are the kind of answers you can receive. Let me assure you, I would never have consciously thought of that metaphor in my life. I know it came from someplace higher than my consciousness. I urge you to try journaling. I can't describe the feeling I get when I receive information like this.

Tool #7

A Quicker and More Effective Way to Use Ho'oponopono

Do you know the ancient Hawaiian healing secret of Ho'oponopono? If you've never heard of it before, do yourself a favor and pick up the book *Zero Limits* by Dr. Hew Len and Dr. Joe Vitale. Then pick up the sequel, *At Zero*.

The first book tells the fascinating story of Dr. Hew Len, a psychiatrist at a state hospital for the criminally dangerous in Hawaii. Without ever seeing a patient face-to-face for therapy, Dr. Len used the ancient Hawaiian healing technique known as Ho'oponopono. Within six months, he was starting to see dramatic behavioral results with emotionally challenged, violent criminals. Within a few short years, the entire wing was closed down. Not because of funding or anything like that. It was because ALL the patients became well enough to be released. It was unheard of in the history of this hospital. Please, read the book to see how it can help you.

In essence, it boils down to reciting four phrases over and over while holding your negative emotions in mind. The four phrases are:

I'm sorry.

Please forgive me.

Thank you.

I love you.

When a problem occurs in your life and you experience negative emotions, just repeat those four phrases. Some people simply repeat it constantly throughout the day, like a mantra.

Now, I would never presume to know more about this ancient technique than those who are the modern day teachers

of it. I cannot argue with the brilliant success and results that have been achieved.

However, one day, I decided to look at the technique with my newfound colors. I noticed something very interesting. If you'll recall, there are four colors of transformation. I observed each of the four phrases elicited one of the four colors of transformation.

"I'm sorry" brought forth white (Peace). "Please forgive me" called upon green (Mercy). "Thank you" brought in purple (Power). "I love you" elicited blue (Love). I thought this was a fantastic discovery and lent validity to my colors.

As an experiment, I looked at one of my limiting belief blockages, and directed the 4 phrases of Ho'oponopono toward it. Did it work? Yes. However, it took quite a long time to transform the limiting belief back into God's-Loving-Energy.

This stumped me at first. Especially since Dr. Hew Len had such great results with it. Further observation revealed to me why it was a slow process. As you recite the four phrases, one after the other, over and over, the appropriate color flows from my heart to the limiting belief. Unfortunately, the colors are shot at such a rapid-fire clip, that they don't really have the time to work their magic before it is gone, replaced by the next color. So instead of shooting the limiting belief with the equivalent of a laser, you are just gently washing it.

Here's how I perform Ho'oponopono now, to much greater effect. I approximate the length of time I'm going to spend working on my limiting belief. For example, let's say I've only got five minutes. I'll split the time into four equal lengths of time.

That means, each of the phrases will receive one minute and fifteen seconds. During the first 1:15 segment, I'll repeat "I'm sorry," so the white light of Peace will have some time to concentrate its energy.

Then I'll switch to "Please forgive me," for 1:15 and let the green of Mercy do its work. I do it for all four of the phrases, in turn.

The limiting beliefs speed up their vibrational frequency quicker when I use this procedure than the other way. If you already use the four phrases as a mantra, I'm not saying you should stop and do it my way. It still works, especially if you aren't focusing it on anything in particular, you're just using it as a constant prayer. Like gently washing dirt away with a washrag.

If you need to work on a particular limiting belief or negative emotion, try this method and compare your results. Then, choose the way you prefer to use it.

And if you want another secret weapon for your arsenal, check out the next Tool, which also incorporates Ho'oponopono.

Tool #8

An Additional Ho'oponopono Phrase for Even More Healing

Everybody has a core category of limiting beliefs. The actual, specific belief may be verbalized differently, but they all probably stem from the same core belief.

I found mine to be “unworthiness.” It’s not just about wearing guilt about doing something wrong, but it’s an entire wardrobe of shame. My investigations have shown “guilt” grows out of negative behaviors; actions I “shouldn’t have taken.” When I feel into heavy limiting belief, if it is a “guilt” burden that doesn’t feel good to carry around, then it is something I can get rid of somewhat easily.

Shame, on the other hand, is an identity issue. It is not something you did or do, but something you ARE. Any variety of limiting beliefs that stem from that core are much more difficult to transform.

My unscientific research has shown me that a large number of people suffer from unworthiness. As a color, it shows up as orange, or sadness; a deep abiding sadness that cuts to the quick and can easily lead to depression, or even suicide, if allowed to grow undeterred.

Speaking with comrades of mine, it is almost unanimous that it’s so much easier to love other people than it is to love ourselves. If this resonates with you, here is a nifty little technique that has paid dividends in my own continuing, personal transformation.

I learned this simple little phrase from a Sufi teacher who identified my malady instantly upon meeting me. She said, “It is so easy to say, ‘I love you’ silently, to another person. It’s so much harder to say, ‘I love me.’ So, when you see other people, instead of silently saying, ‘I love you,’ say, ‘You love me.’”

It seemed so simple that I thought it couldn't be effective. I was wrong. It works gangbusters!

When I would mentally transmit, "You love me" to others, I could sense a different energy coming to me. I changed that statement to "You love me and I love you." Not only am I feeling the love from others, but as the Sufi teacher originally told me, it is validation to me of what God is saying to me. That I am worthy. Boy, knowing God is on your side surely helps with any core problems.

Several years after learning this technique, I learned the four phrases of Ho'oponopono. I customized my phrases by adding "You love me" as another phrase. So I say five of them instead of just the original four.

If you've read the other Tool about Ho'oponopono (Tool #7) immediately before this one, you'll know how to incorporate it for maximum results. If I only have five minutes, each one of the phrases gets one minute of focus at a time. Try it, especially if you're one of my many brethren with unworthiness issues.

I know you're out there.

And I know "you love me."

Tool #9

A Better Energy Connection with your Significant Other (Part 1)

We've already discussed the certain way the energy flows through you. It starts in your heart, moves down your right arm ("giving" side), out your right hand into the world, then reenters through the left hand ("receiving" side), up the arm and back to the heart.

With that in mind, you can use that information to create a much stronger bond with your loved ones. Here's how:

Hold your hands out in front of you, palms down. Now, turn your left hand over, palm up. You are now in the proper position for receiving God's-Loving-Energy from the universe. Your left palm is up, accepting God's gifts. Your right palm is downward, which is where God's gifts exit your body.

Now, you have the basic arrangement in mind. To create a stronger bond with another person, sit or stand facing one another. You put your left hand (palm up) underneath their right hand, which should be palm down. Your right hand (palm down) should be above their upward facing left hand.

Use your transmission skills (see Tool #2) by looking in each other's eyes, thinking the thought of "I love you," and directing it downward to your own heart. Open your heart. The flow will do the rest. God's-Loving-Energy will flow from your heart, out your right hand directly into their open and waiting left (receiving) palm. The energy will go up their left arm, enter their heart where it will drink in the love, then continue out their right hand to your left, receiving palm, (which receives it multiplied) and back up to your heart. The circuit becomes complete and continues as long as you stay connected. When both of you are transmitting your "I love you" statement at the same time, and gazing into each other's eyes, the "excitement" fluttering, expansive feeling in your

hearts will become intense. Don't be surprised if you set off fireworks.

This is something you can do with your children too. They are much more skillful at having a cleaner, smoother flow, and you'll feel the power. Then, when you return it to them, they will experience a very intense power.

A Fun Way to Exchange This Energy Covertly

Holding hands is a great way to do this without anyone knowing you're secretly connecting and creating a stronger, more loving bond. Works great with lovers and children. Just make sure you hold hands "properly" or you'll mess up the energy.

Remember, left hand palm up, right hand palm down. An easy way to remember this is: "Thumbs left." If you position both your hands so your thumbs are pointing left, they're automatically in the correct position.

So, when holding hands, if you're the person on the left side, you'll be holding their hand with your right. It should be palm down; your thumb to the left. This will automatically position their left hand palm up, and thumb left.

If you are the person on the right hand side, you should have your hand palm up, so theirs will be palm down.

This will make a circuit with the left hand person giving the flowing energy and the right side person receiving it. The energy will exit your right palm and "spread out in the world" and it will come back to the left side person multiplied, and the circuit of love will continue.

WARNING: If you are holding hands with your lover or children and you have the hands reversed, it actually stops the flow of the energy because it is trying to move backward, against the flow, which it can't. If you notice you're doing it improperly, it's a simple matter to just separate your hands and flip yours over. They will have to follow suit, correcting the situation.

If you have more than one child you're holding hands with, position yourself between them with your left hand palm up (thumb left) and your right hand palm down (thumb left). This will create a connection of the energy between all three of you.

One final piece of information for groups

Many spiritual people get together with groups of like-minded individuals, hold hands and form prayer or chanting circles. Now that you know the correct way to get and keep the energy flowing, instruct everyone to turn their hands "thumbs left." This will put everyone's hands in the proper position. If anyone in the circle happens to have their hands "backward," it will stop the flow of the energy at that point, which will eventually disrupt the flow of the entire circle.

Have fun with this. I love watching the colorful energy flowing between couples holding hands the proper way, even if they are doing so unconsciously.

Tool #10

A Better Energy Connection with Your Significant Other (Part 2)

I'm assuming you and your beloved sleep in the same bed. If so, which side do you sleep on? Imagine lying on your back, facing the ceiling.

In this position, if you are the woman, you should be sleeping on the left side of the bed. Why? Because the left side is the "receiving" side; which is the "divine feminine" side.

Therefore, the man should be sleeping on the right side of the bed; the "giving" and "masculine" side.

Even if you are not touching, the energy flows in this direction for a reason. If you sleep on the other, or "opposite" side of the bed, it stops the flow of God's-Loving-Energy that is constantly moving through the universe.

Deb, my wife, first heard about this from one of her Sufi teachers, and so she came home and instructed me that we had to switch sides. I put up a fight. I didn't want to change sides. I slept on the left side because I get up very early in the morning and the bathroom was to our left. This way, I could get out of bed and get ready for work without waking or disrupting Deb's sleep. I thought it was a ridiculous request and thought her teacher must be crazy.

I now humbly stand corrected. Since I've come to understand that the colors I'm seeing are God's-Loving-Energy flowing through our lives, allowing the Law of Attraction to flourish, I decided to watch the color interaction while we're in bed.

The colors do flow easily and effortlessly down through Deb, into me, and back out to circulate and return, multiplied, on her side of the bed. If I hadn't seen it with my own eyes, I never would have believed it. (Sorry for doubting you, Aisha!)

Even though you may not feel anything special while sleeping, it is working, regardless. If you aren't on the correct side, you're just not receiving all of God's benefits you could.

Someone asked me about same sex couples sharing a bed. Can they get the same benefit by having the more feminine person on the left, and the more masculine person on the right? Truthfully, I don't know. I've never observed same sex couples while sleeping. The idea makes sense to me, but I have found that if I make a determination based on logic, rather than witnessing, I am just as often incorrect. That's why I let God just "show" me.

As with all of these tools, open your heart and let God's-Loving-Energy flow through you. Again, have fun with it.

Tool #11

How to Identify a Hidden Limiting Belief

I had read about this technique in a book in the nineties. It seemed like an interesting experiment, but I had never tried it.

Then recently, I received an email from a business associate who said he tried it and all of a sudden he was illuminated with a long-forgotten memory, which explained why he wanted to cry anytime he sang in church. Once he acknowledged this memory, and accepted it, his malady left and he can sing to his heart's content.

I decided, what the heck, and tried the technique. I was blown away with what happened.

It exposed a long-forgotten and deeply buried memory for me, too. Once it was brought out of the shadow and into the light, I was able to use my transformational colors to morph the limiting belief's slower vibrating energy back into God's-Loving-Energy. Since then, the area of concern has greatly improved, but not before that memory was revealed.

Promise you won't laugh at the preposterousness of the procedure, at least until you've tried it. It seems ridiculous and brings up skepticism about how or why it could ever work. Yet it does. First I'll describe the technique, and then I'll share my true story and the changes that followed.

Here is the technique:

Take out some paper and something with which to write. On the top line, write down your problem or challenge. Write with as much clarity as possible.

Once you have done that, take a deep breath and relax. Then, switch the pen to your other hand (your non-dominant writing hand) and begin to write. Yes, it will be sloppy. Yes, it will be illegible to read in places. Yes, it will be difficult to

write this way. Do it anyway. Then become amazed at what is revealed.

The reason it works is when you write with your dominant hand, you are accessing the conscious part of your brain. When you switch hands and write with your non-dominant hand, it accesses the other hemisphere of your brain – your subconscious. Your subconscious is where many of your thoughts and memories are hidden from plain view.

Once they are exposed on paper, you can then deal with them using any of the other tools provided in this book, or any other favorite method for working on your limiting beliefs.

Let me illustrate how it worked in my circumstance. Please realize, I'm confessing something here that I regretted doing, and therefore pushed the memory deep into a dark crevice of my noodle. The same thing may happen to you, so you may want to do this exercise in private, unless you want your dirty laundry aired publicly.

I own a dental laboratory with my brother. It was my father's, and we both worked for him. Eventually, we took it over upon his passing. It was in dire trouble when we assumed responsibility. We were in debt big time, but our father never let on to the situation. He kept the headaches of operating the business to himself.

We worked our tails off and after one year, we dug ourselves out of the hole and made a small profit. Then, we couldn't be stopped. We tripled sales within a four year period. We became the "darlings" of our industry and other lab owners sought us out to find out our secrets.

About seven years ago, we hit another all-time high of sales with \$1.3 million, which put us squarely within the top five percent of all dental labs in the United States. We felt invincible.

The next year, we hit \$1.3M again. As we did the next year. And the next. And the next. And the next. And again last

year. This year looked like we were on track to do the same thing yet again.

I became frustrated with our lack of growth. The latest figures showed that our billing dropped us from the top 5% into the top ten percent in the nation. Still a very good place to be, but it showed a steep decline from where we had risen seven years before.

It seemed like no matter what we tried, we couldn't get over the hump. We'd bring in a few lucrative new clients, yet an equal number were escaping out the back door when we weren't looking.

This was the situation when I read that fateful email about this technique. I decided to go for broke. I mean, what could it hurt, right?

So, across the top of the paper, I wrote, "Why can't we get past our current billing? What is it holding us back?"

With a chuckle and a stupid grin on my face, I switched the pen to my left hand and put the point to the paper.

BAM! A miracle!

I had just started my maniacal scribbling when the entire long-forgotten memory downloaded immediately. I didn't even have to continue writing. Truthfully, I sobbed because of how ashamed I felt about the event I had pushed aside.

Here is the whole sordid story. (I almost hate to tell it because I look like such a cad – for good reason – I was one!)

The year was 1986, the year after my father died. My brother and I together owned 26% of the business. My mother owned the rest. My mom had been the bookkeeper for my father since its inception. She was a mother of seven kids. During the day, she was being run ragged by us, then my father would come home from work around 10 p.m. and he would give my mother the day's invoices and bills. She worked on the books in the basement until she finished each night, many

times after 2 a.m. Then, up again at 6 to get us all fed and off to school.

After my father passed away in 1985, one of my sisters took over the day-to-day bookkeeping responsibilities, allowing my mother to get some much deserved rest.

Even though she no longer worked in the business, my mom still owned it and still received her paycheck. I've already mentioned the first year after my brother and I took over running the place, we were strapped financially. Being a better technician than I was, my brother managed the manufacturing part of the operation, while I studied and learned the business and marketing side of things.

As we struggled with our financial woes, I realized my mother was now collecting my father's Social Security check since his passing. We were searching for any and every place we could save a buck or two, so I went to my mother and told her we were going to cut her salary. I wanted her to continue receiving the amount of income she had been getting, so I found out how much she was receiving from his Social Security, and cut her paycheck down to only cover the difference.

At the time, I felt justified. We needed to scrimp and cut if we were going to save the business; my mother's business. When I told her of my plan, she was shocked. Yet, she never raised a fuss or said a bad word, to me or about me, to the rest of the family.

My reasoning was, as long as she was putting the same amount of money into her bank account, she should be happy. It was fair, after all. She wasn't losing anything, just not earning more.

And it did help us get back on track and into the black again. I patted myself on the back for being so smart.

My mother passed away later that year.

The entire business now fell into the hands of my brother and I. I never gave my actions a second thought.

Now, fast forward to me switching the pen into my left hand. This memory, which I hadn't thought of in 27 years, came flooding back.

I sobbed uncontrollably. I felt so ashamed. How could I have had the gall to treat my own mother like that? (Perhaps that's why I had to have my gall bladder removed!) She had sacrificed her whole life to care for seven kids as well as put up with my father's eccentricities. Truthfully, she was a saint.

Yet I'd treated her like she didn't matter.

Remembering this forgotten occurrence, I cried like a baby for perhaps twenty full minutes. Crocodile tears and breathless heaves.

When the tears finally dried up and the clenching in my chest began to release, I asked, why did this memory come up? What did this have to do with my question of why we haven't grown in revenue for seven straight years?

The answer hit me like a brick to the forehead.

I had a subconscious belief that it was perfectly acceptable and "fair" to put the same amount of money into our bank account. It now made perfect sense why, as new clients added to our coffers, we would lose old reliables to balance out the equation.

Once I realized I had this subconscious belief, I was able to look inside myself and see exactly where those limiting beliefs disrupted my energy flow. Now, with a clear picture of the slower moving obstacles, I was able to allow the correct and appropriate colors of transformative color to work their magic on the blocks, speeding up their vibration.

Once I could see the true limiting belief, it didn't take long for me to turn the flow back into the royal blue of God's-Loving-Energy.

It's only been a relatively short time since I've worked on that aspect of my subconscious, but our daily billing has increased by nearly \$750. A quick calculation showed, that pace over an entire year would add almost \$200,000 to our sales. It would push us up to \$1.5M instead of mired at \$1.3M.

A very significant change. More importantly, we didn't add any new clients to the mix during this time. All I did was transform that limiting belief and get my attractive flow back in sync.

Remember, this was a limiting belief I didn't even know I had. It was under the surface, festering for 27 years. I'd even missed the message from the removal of my gang-green gall bladder. Yet, I was able to clear it up over a few short weeks.

Incredibly, I would never have exposed it had I not attempted the exercise of allowing my non-dominant hand to activate my subconscious to emerge into my awareness. I've since used this with some of the people I've worked with privately, whenever we can't identify where or what the limiting belief is that is causing havoc.

Go ahead and laugh – but don't knock it until you try it.

Heck, this easy procedure could put an extra two hundred grand, or more, into your pocket.

Tool #12

Communicate With Your "Parts"

By now it's apparent, we're all One; we're One with The All; we're the raindrop merging with the ocean.

So why am I mentioning "parts?"

The illusion of the universe is "separation." We are faced with this illusion every day. On the physical plane, there is contrast between things. Because we face the contrast between "this" and "that" every minute of every day, we come to believe the illusion.

In this world of "separation," the whole is the sum of its parts.

That means, the whole person of you is made up of parts.

Since limiting beliefs are NOT BAD; they're just the same energy vibrating at a slower pace, the same is true of the "parts" that make up you.

As limiting beliefs need to be acknowledged and accepted and transformed by a loving energy (Peace, Mercy, Truth, or Love), the parts of you that are causing problems for you also need to be acknowledged, accepted and transformed.

Truthfully, that is exactly what I am doing when a transformational color shoots to your limiting belief block. *I am working on a part of you that incorrectly believes in "separation."*

But since you can't see the colors, rely on the next best thing. You can communicate with your "parts" and acknowledge them, accept them, and transform them.

Step One: Sit quietly and say a silent prayer asking for clarity and awareness. Take some deep breaths.

Step Two: State an intention of what you want. Immediately, God sends it directly to your heart and you

already have it. Yet, it is your belief in limitation that makes you feel separate from it.

Step Three: After stating your intention, notice how you feel. If you feel Joy and anticipation of receiving what you asked for, fantastic. As my friend, Dr. Joe Vitale says, “Go ‘do’ whatever your heart nudges and inspires you to do.”

However, if you feel anything less than Joy, you are facing a blockage of slower moving energy. This blockage is a limiting belief telling you that you are separate from “having” what you asked for. In essence, these limiting beliefs are making you believe you do not already have it.

Step Four: Upon noticing the feeling of “less than” Joy, ask any “objecting” part to become known to your awareness. Stay silent and listen. Believe it will communicate with you. Allow yourself to listen. Ask for clarity.

Become aware and trust the process.

A “part” can make itself known to you in many different ways. It could be a physical pain or tension in some area of your body. It could be a feeling, like nausea, or a headache, or butterflies. It could be a trembling. It could be a voice that speaks to you and you hear it inside. It could be an involuntary movement of a body part. It could be an image that flashes onto the movie screen of your mind.

Just become aware of anything that is different than it was a moment ago.

Step Five: Acknowledge the part and thank it for letting itself be known to you.

Step Six: Once you’ve acknowledged it and thanked it for letting itself be known to you, accept it by telling it you realize it is causing a blockage in your energy because it is trying to protect you from something. (All limiting beliefs are formed in our subconscious with the intent to protect us from harm, either physically or psychologically and emotionally.)

Now ask it, what is the gift it is trying to give you that you are not recognizing?

(Your parts are always working for your ultimate good. Sometimes, they are misguided. They are trying to protect the whole by doing their job. Therefore, every time they create a disruption or blockage, it is because they believe they are protecting you. They consider themselves giving you gifts. Unfortunately, sometimes your parts are protecting you from something no longer necessary; you no longer need to be protected in that way.)

Step Seven: After you've asked what gift they are trying to give you, get quiet and listen. That part WILL communicate with you. It may be with an internal voice, or it may project an image in your mind, or it may just be a deep knowing in your heart or gut. Stay silent and listen.

Step Eight: Once you receive its message (its gift), thank it, thank it, thank it – profusely. Then, tell it you will sit for a moment and decide if what it had to say has any value for you at this time. If it is good advice, thank it and love it for sharing.

If, however, this belief is going to keep you from accepting the totality of God's answered prayer, thank it and tell it you will give it whatever is needed from you. Feel inside. Go deep within. Usually, you will get a feeling of one of the four transformational qualities the part needs: either Peace, Mercy, Love, or Truth.

When you understand what quality the part needs from you, transmit it. (See Tool #2.)

For example: if it needs Peace, think, "Peace be with you always" down to your heart. Then open your heart and transmit, "Peace be with you always" to the part. Say it reverently, and with gratitude to the part. Stay with it, repeating the mantra for several minutes, or until you feel the part has received the blessing. When it has received the blessing, you will probably feel a wave of relief or an expansion in your

heart. If the part had manifested as a physical pain, it may disappear.

(If you don't get a feeling of which of the four healing qualities is needed, you can use "I love you" as the default.)

Step Nine: Once you recognize the part has accepted the blessing, thank it again for all its past gifts, but let it know you no longer need it to protect you in that area. You are giving it its freedom and allowing it to move on. Most times, I have found, it will not interfere again because you have essentially transformed it. That does not mean another similar limiting belief may not poke his nose in your business later.

These nine steps, while written out, seem like a huge, time-consuming exercise, but once you've done it a few times, and really concentrate on listening, the whole thing can be done in only a few minutes.

As with all of these tools, have fun with this. Take your "parts" concerns seriously, but realize they are only limiting beliefs needing something from you; either love, peace, mercy, or truth. Give them what they need, and they'll retreat, allowing you to get what you need from God's-Loving-Energy.

Play with it.

God's Eatery (Conclusion)

“Well, how y’all doin’ there folks? Did you get your fill? Is yer belly about to burst?”

“Wasn’t it as scrumptious as I promised ya?”

“Now, before ya go, I gotta tell ya about our two payment options. No, no...not cash or credit. Heavens no. We aren’t so crass as to take money from ya.

“No, the first option is, ya don’t believe anythin’ ya read here and ya continue to go through life sufferin’; not gettin’ what you want in life, always feelin’ lack, and then blamin’ God for not answerin’ yer prayers. If that’s the case, you’ll stay the victim. How sad! That’s the first payment option.

“Or, ya can go with option number two, which is ya’ transform those darn limitin’ beliefs and just love ‘em to death, and then let God just deliver everythin’ right to ya. All ya gotta do is accept it.

“It’s real simple. Once God gives it to ya, all ya gotta do is say, ‘I live it, I give it, and I get it, multiplied!’ Can you say that with me? ‘I live it, I give it, and I get it, multiplied.’ That’s yer mantra from now on. It’s the three steps of the whole shebang. God gives it to ya, ya give it away, and it comes back to ya, even more so. ‘I live it, I give it, and I get it, multiplied.’ Perty cool, huh?”

“One more thing before ya leave us today. We’re the only eatin’ establishment where *we give you the tip*. Here it is: Everythin’ ya learned here is true. Alls you gotta do is work it the way ya been told. Go through the dozen different tools and find the ones that work the best fer ya. Keep doin’ those, and you’ll find yer life changin’ dramatically fer the best.

“Unless ya choose to pay with the sufferin’ option. But why would anybody choose that, huh?”

“You be safe driving home now, and make sure ya
come back and see us agin!”

Postscript

A Story of Validation

Yes, even though I can see these colors working miracles in people's lives, sometimes, I still feel like an impostor; like I'm making it all up.

Testimonials, like the one following this story from Leah, give me some validation that what I observe is truly happening.

Here is the description of an event that occurred in May, 2013, which assured me I was not loony.

I was attending a class at Wizard Academy in Austin, Texas. Wizard Academy is a nontraditional business school owned and operated by Roy and Pennie Williams. Roy is the author of the best-selling *Wizard of Ads* trilogy, and *Pendulum*. He is a marketing genius.

In May, Roy was teaching a class with another instructor, Steve. The class was being held in the Wizard's Tower, an astonishing building built on the highest point at the southernmost tip of Austin. From the Tower's different levels, you can see clearly for miles, even to downtown Austin.

On the morning of the first day, before class, I was standing on the quarterdeck outside the main classroom, taking in a strangely breathtaking sight. I saw the entire area blanketed with the color of White (Peace). Like a gentle mist, it layered over the treetops, encompassing perhaps a mile all around the property. This was a first. Previously, whenever I looked up and around, I saw a myriad of color all interacting, creating some of the most unique abstract art imaginable. This was the first time I'd ever seen only one color over an entire area of land.

Steve and another student were behind me on the quarterdeck, discussing something else. The student asked Steve about a temple she could see the tip of, visible above the

trees. Steve told her it was a Buddhist temple and many of its members lived in the subdivision surrounding Wizard Academy.

Overhearing their discussion, I thought to myself, “Well, no wonder Peace is everywhere around here. The Buddhists are known for radiating peaceful energy.”

During the morning session of the class, as we took turns introducing ourselves, I mentioned I could see colors in and around people. At the first break, one of the students came to me and asked me what colors I saw in her. Everyone else had left the classroom except for me, the inquiring student, and Roy, fiddling with his computer at the lectern.

As part of our discussion, I told her about the temple and the color White (Peace) surrounding the entire campus. Roy overheard our discussion and made a correction. He said the temple was not Buddhist, but Hindu. Then he continued to narrate the most fascinating story of how Wizard Academy came to be situated on that property.

Originally, Wizard Academy classes were held in the small town of Buda, next to Austin, where Williams Marketing was located. Pennie had been searching for just the right place to build their dream school. When she found these twenty plus acres high atop Austin, she knew this was the “right” place. They inquired with a real estate agent about purchasing the land.

Their investigation found the land was owned by someone from out of town. He was a Hindu who owned most of the land in the area, including the property the temple sat upon. Countless developers had tried to buy the land from him to build subdivisions, but he always refused to sell.

Eventually, Roy and Pennie were able to meet with the owner and talk to him about their plans. Before deciding whether to sell or not, he investigated also. He sent two people from the temple to attend the next ten classes Roy put on in Buda. They would report back to the owner about the kind of

people Roy and Pennie were, and the kind of students and clientele they attracted.

Satisfied with the exhaustive reports, he finally allowed the Williams' to buy the land and build their school.

Roy told me the major sticking point; the reason the owner had never sold before, was the fact that *this property was sacred land; the most spiritually Peaceful place in the entire United States*. He bought it and chose to build the temple on it. He gobbled up all the surrounding property also, so he could keep it sanctified. The only people he sold lots to were members of the temple so they could build their homes nearby and stay within the circle of Peace.

Roy told me he'd jokingly asked the owner, "Are you telling me this property is where the "Mojo" intersects with the "Hoodoo"? With a laugh, he was assured me it was.

After hearing the story, it all made perfect sense why all I could see for miles was a white mist of Peace hovering over the entire area.

It also was a validation that I was not some screwball making all of this color stuff up.

Now read what a beloved individual I had the honor to work with has to say.

Testimonial by Leah Mecchi, Redding Ca

LOA community, Bob has an incredible & amazing gift to share with you. No matter where you are in your LOA growth, STOP & ALLOW Bob to see your energy blocks, identify them, and clear them with the right energy for you.

I recently attended an event in Austin, TX, Attract Money Now Live, put on by the amazing Joe Vitale.

Bob gave a presentation and in the end, gave away two personal phone sessions. As I wrote my name down on the card, I KNEW I would be chosen, and I was. Incredible!

My personal phone session was nothing short of a miracle. Bob was 100% exceptionally accurate with clearing and seeing my blocks for exactly what they were.

We were cleaning on a Magnificent piece of Mountain property that I own. Once the blocks were cleared, Bob said I was radiating out the color blue, for love, and that it was traveling far. He could tell it was traveling far. Then Bob said it was traveling 70 miles. The love was traveling 70 miles. (From the exact spot I was sitting to the mountain property was 70 miles) WOW!

Bob received that my life color "soul color" was blue/Love and that the quality I carried was "Jalil" which means GLORIOUS.

After our session, he mentioned to his wife that I carried the quality "Jalil." Bob's wife responded with "Ah the Mountain". Bob replied, What? Jalil means glorious. Why did you say mountain? She said whenever she says the word, Jalil, she immediately gets an image in her head of a mountain: majestic, and magnificent.

In an email, I had described this mountain property as magnificent and Bob pulled it up to show his wife.

It does not get any more accurate than that! After sitting with my Soul Color for several days, it hit me like a ton of bricks that I have ALWAYS carried this quality but that my own limiting thoughts cast upon my soul by others have gotten in the way of my true soul.

Suddenly I AM FREE, ALIVE & I could climb the highest mountain knowing I carry Jalil. Thank you, Bob, for helping me awaken to my true potential on my LOA growth path.

I love you, I AM GLORIOUS!

Leah

Private Sessions with Bob are available.

Imagine being placed at the starting point of an intricate maze. You're told a valuable prize, something you've wanted for a very long time, is awaiting you at the end of the maze. All you must do is navigate the path correctly to collect your reward. You're excited, because you really, really want the prize. You're antsy to get moving.

Suddenly, they turn off all the lights so it's pitch dark. You can't see your hand in front of your face. Then they tell you they've also added a few obstacles along the way. However, you're still excited. You want that prize!

The buzzer sounds and off you go, full of enthusiasm. Several months (sometimes years) later, you realize you're lost and you're never going to reach the prize. You give up; dejected. You brand yourself a loser and beat yourself up, over and over.

Now, imagine the same scenario, only this time, you've been given **night-vision goggles**, allowing you to see all the obstacles clearly. Sure, you must still encounter the obstructions, but you can eventually dance past them all and arrive at your destination. Mission completed!

Have you ever wanted something for a very long time? And even though you know all about the Law of Attraction and limiting beliefs, you still find yourself stuck behind obstacles, completely in the dark, for months on end, even years?

Want a set of night-vision goggles?

A personal session by phone is like piloting your maze with the proper tools so the obstructions are clearly identified. You'll transform your limiting beliefs and they'll guide and direct you forward, quickly and easily.

Let's light up your life.

Visit www.visibleloa.com or email bob@visibleloa.com

DO YOU SEND OUT SALES LITERATURE OF ANY KIND?

If so, fasten your seatbelt as you're about to go on a wild ride.

Most people don't realize that the Law of Attraction is a circuitous route of energy flowing through your body. Unencumbered, this flow will deliver to you all of your desires. Unfortunately, we install obstacles along the way called limiting beliefs, which dilute or prevent our wishes from ever being fulfilled.

Bob Wakitsch can SEE the Law of Attraction operating within you - literally! He can observe when the flow is unimpeded, or exactly where a limiting belief is causing a disruption. His job then becomes transforming those limiting beliefs and allowing the flow to move smoothly.

Perhaps you know all this already.

But I'll bet you don't know the Law of Attraction flows through sales and marketing literature too!

And just as Bob can SEE the Law either flowing (or not) within you, he can also SEE the Law either flowing (or mostly not) within a sales piece. Little flow = little attraction!

Bob has a specific process for transforming your limiting beliefs to help you achieve your dreams. He uses a similar process to detect exactly

where the attraction of your sales literature hits a snag. And he can pinpoint exactly the “remedy” needed to transform it from a loser to a winner.

IMPORTANT: We’re NOT talking about copywriting tricks and techniques either. We’re talking “magnetic energy” necessary to attract buyers.

Let’s rev up your revenues.

Visit www.visibleloa.com or email bob@visibleloa.com.