

THE ULTIMATE LIFE GUIDE

(This is just a free extract from my book)

“Whatever the mind can conceive and believe - it can achieve.” Napoleon Hill

Who should read this?

If there is ANY area in your life that YOU are not happy about, if you are getting the results below your expectations, if you have never reached your dreams... than this reading is for you.

We are witnessing times of big transformation of our civilization. We can now share the knowledge much faster than ever before. Part of the knowledge I will pass on you has been around for many years, but attained only by the privileged ones and the few who desired it the most. The other part will be the latest discoveries in neural-science, where I will teach you about your brain, the most powerful creation known to us. You will learn how to harness this power and how to use it to achieve anything that you desire in life, being that more money, more love, more happiness, more health or all of it together.

This reading will finally offer to you the combination of old studies, where you were asked to accept certain concepts, based on the author's beliefs, studies of successful people, etc... and the cutting edge science that supports and explains these theories in detail, making it very believable for natural skeptics.

The intention behind this writing is to bring your awareness up, to **wake you up**, so you can start living the life **you always wanted**. So many people gave up on their dreams long ago, and settled for less. What a shame! Few of us dared to persist and still hope for better tomorrow, and only some of us went all the way, and met their own expectations, fulfilled their childhood dreams.

I want you to know that you have ALL that it takes, to live an extraordinary life, whatever that means to you. Just finish this reading, and I'll show you how and why. This is far away from usual motivational speeches, **far away** from teaching you new religion, and far, far away from any marketing, money making scheme. This reading is **educational**, and it has to do with you, your powerful brain, your body, and science, proven facts.

What are you made of?

You are made of the exact same things as stars are made of – hydrogen, oxygen, nitrogen and carbon. You can downsize your body into the following:

- Nervous System / Vascular System / Muscular System
- Organs: Brain / Lungs / Stomach / Skin
- Tissues
- Cells
- Molecules
- Atoms
- Subatomic Particles
- Protons and Electrons
- Neurons, Gluons, Quarks and Mesons
(Electromagnetic vibration waves of light called QUANTA)


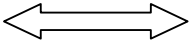
In general, most people can remember what we were thought in schools and are familiar with Atoms. Most never bother looking deeper. But as presented above, there is more and it really is only energy. And that means that every single cell of your body is made of light, made of energy. **You are made of energy.**

Your Physical Senses

From our young age, we get thought to rely and use our 5 physical senses. People were thought that that is all there is to us. We couldn't be more wrong, but we have them and here they are: Visual, Auditory, Smell, Touch and Taste. What you have to realize is that our 5 physical senses are very limited in nature.

Yes, we can see, but there is so much more to see that we can't! We have special devices today that can see so much more, proving us that our vision is very limited.

We can smell, but there is so much more to smell – ask dogs! They can smell so much more than we can! See below image and make a mental note of our visual limitation for example.

Radio	Microwave	Infrared	Visible	Ultraviolet	X Ray	Gamma ray
Invisible				Invisible		
Low Frequency				High Frequency		
Low Energy				High Energy		

Your Powerful Brain

Now this is when I need you to think and comprehend the following facts. If this doesn't get you excited, I am not sure what ever will...

- ***98% of our knowledge about human brain has been learned in last 8 years!***
- ***80% of everything that scientists knew about brain by 1990 is today proven to be false!***

New technologies and devices made achievable for researchers to continue beyond we ever thought possible. Our knowledge expanded, opening new horizons, changing our perception and greatly influencing medical field.

Think about it, all that doctors were studying up to 1990 with regards to a human brain proved to be obsolete! Probably the biggest misconception was a belief that our brain is hard wired. Thanks to modern science and devices developed, now we can monitor human brain while still operational - alive, seeing exactly which part of the brain is involved in which functions.

That is how we could see that our brain is not hard wired! It can change, create new neural-pathways, retract the old ones, etc. This is called brain plasticity. Imagine how much impact this has on medical industry alone. We also learned that our thoughts are real! It's not just a thought; it's a material thing, made of energy (they are bioelectrical and biochemical impulses) and better yet, they are the most potent energy known to us!

Brain research facts:

- When 10% dehydrated – it's **50% less efficient!!!**
- It has 160,000 kilometers of blood vessels
- It is always on – it never rests throughout your whole life
- One brain cell is more complexly wired than whole telephone network in the world
- We were not born hard-wired!
- 100 Billion neurons – as many stars are in the Milky Way
- **Genius ability in every one of us**
- Capable of 10.000 Trillion operations per second
- We are limitless in capacity to learn and grow fast!
- **At least 1000 times faster than the fastest supercomputer in the world**



This is how I would like you to imagine the vast power of your non conscious mind: imagine that the top part of the iceberg, the part above the water represents your conscious mind and the rest is your Unconscious mind.

It's also represents nicely how we are limited to see the bigger picture. Did you ever see an iceberg and even bother thinking about its size under the water? We are so a customized to settle for what we can see...

The Unconscious Mind

The Unconscious Mind facts and prime directives:

- Is a big majority of our brain – it forms 83% of our brain mass
- It controls 97% of our perception and behavior
- It averages 10 billion actions per second!!!
- It sees in pictures and patterns
- Its impulses travel at more than 160.000 kms
- It doesn't know the difference between a truth or a lie
- It can't tell real from imagined - it believes to be absolutely true, whatever you send it - being an image or a picture
- It works in an orderly manner
- It stores memories using the Time Line (it uses time line to store memories sequentially, so you can know the difference in time between the events that have happened last month, five years ago, 10 years ago, etc...)
- It's the domain of emotions
- Represses memories with unresolved negative emotion!
- Presents repressed memories for resolution
- Runs the body (has a blueprint of body now, and of perfect health)
- Preserves the body (maintain the integrity of the body)
- Is a highly moral being (the morality you were taught and accepted)
- Works on the principle of least effort (path of least resistance)
- Does not process negatives directly
- Maintains instincts and generate habits
- Needs repetition until a habit is installed
- Is programmed to continually seek more and more
- Functions best as a whole integrated unit
- Takes everything personally (the basis of Perception is Projection)

Your Unconscious Mind is for you and your body what an operating system is for your computer. It runs everything, it stores your memories, beliefs and habits, and it connects you to the field of infinite intelligence. It regenerates cells in your body, it runs your heart, sending blood through your veins, controls the immune system, it really runs everything in your life, inside out. It controls over 96% of your behavior!!! And you think that you are in charge for your decisions and the life you live in!? Well, you could be and you will be if you want it enough.

After you are done reading this, you will know exactly how your Unconscious Mind works, the most magnificent part of our body that we all get born with.

How it works

The ideas that have been fixed in your Unconscious mind through education, repetition or impact, form your conditioning. Your hidden self-image resides here. Your thinking process, the thoughts that you have during the day are governed by your belief system and your values.

Belief system consist of neurological pathways, this is what you believe to be the TRUTH. Whatever you believe in, you do, because you have a neurological pathway or a whole network of pathways stating so. If you believe that black color is truly a black color, it's only because you were taught this way, somewhere in your past. We inherit beliefs, they get imprinted on us, and we develop our own, based on our experiences in the past.

Then even deeper in your unconscious mind, we have **Values**. We almost never even think about our values, and we developed most of them in our childhood. Later in life, we hardly ever change them. But this is the core of our perception, this is what will decide how and on what we spend our time on, this is where we prioritize our time, this is how we know what is good or bad, all our moral values are there.

Belief system and your deep unconscious values are what we refer to as your **conditioned mind**. This is where most of the action happens throughout the day. This is what determines your thoughts and your perception of the world, your attitude, and your actions! This is what will drive your focus, which will produce the thinking patterns, which will produce a certain behavior, which will end in form of your results.

How we got the results in life?

Values ⊕ Beliefs ⇔ Focus ⇔ Thinking ⇔ Behavior = Results

The Unconscious mind functions in every cell of your body. Any thought your consciously choose to impress upon it, your Unconscious mind **must** accept and express through you... it has no ability to reject and it becomes fixed part of your beliefs.

The Unconscious mind expresses itself through you in **feelings** and **actions**. Any thought you consciously choose to impress upon the Unconscious over and over becomes fixed in this part of your personality. Fixed ideas will then continue to express themselves without **any conscious assistance**, until they are replaced. Fixed ideas are known as habits and the collective habits are referred to as the "conditioned mind."

The Unconscious mind is frequently referred to as the spiritual side of your personality or the universal mind. The Unconscious mind knows **no limits - it saves those you consciously choose**.

It looks for patterns and images in our "outside world" that match our "inside world". Information that doesn't match up **gets dropped**. Your "inside world" is a network of neural-pathways (neurological wires) that actually form your belief system. Everything you have ever experienced since you were born made some sort of reflection and impact on your beliefs. The brain plasticity makes this constant change possible.

If I was to show you some object that you have never seen before and had no idea what the object is, you would simply have no brain cells that confirms that. But the moment I explain it to you, giving that object some purpose, description to your understanding, your brain would literally create a new neural-pathway stating that exact description for your future reference. Next time you face that object you would quickly recall upon that description as you have a neural-pathway stating that.

At its early stage that pathway is weak and fragile and in order to become dominant and firm belief, you would need to face this object numerous times, reinforcing that belief. If there is a conflicting pathway stating the opposite/conflicting belief, your mind will choose to believe the dominant belief. You can't believe at two totally opposite things at the same time! But by constantly reinforcing the desired belief, it grows, it spreads and connects with other pathways and eventually becomes the dominant belief which will once again, dictate your perception and behavior.

Reticular Activation System

This system is the most powerful system that you can use to find anything that you truly desire – it is your lightning fast personal Search Engine that finds only the best results.

It's a network-like group of cells in your Unconscious brain that function up to 800x faster than your conscious neuron's ability. Literally every sensory impulses received will go through it first, where it decides whether the information received is important to you or not. In other words, it will pass on the information received to your conscious mind **ONLY**, and only if information received is on your priority list.

For an example, if the impulse received is a sound of an alarm siren, it will quickly prioritize it for you, passing this information to your conscious mind, grabbing your attention regardless to what you were busy with at that time. This happens simply because the alarm sound would definitely be on our priority list, conditioned to every person's mind.

Another good example would be when you get interested in a certain car that you wish to buy. What happens in the following days? You start seeing this particular car all over the place. One awaits you at every second intersection. Perhaps different colors, but same model is popping all over the place. And don't tell me that these cars weren't there few weeks ago as well. Of course they were, they just didn't matter to you as much at that time and you didn't **'get'** to see them.

This means that you need to learn to upload what is really important to you to your reticular activation system. This is exactly why when you concentrate lots of your attention to problems and debt for an example, all this system can bring up to your attention is simply more of the same. **If you worry about debt constantly**, it will impress itself to your priority list and your reticular activation system will do whatever it can, to bring more of it to your attention. It will see debt as a priority as you were focusing so much on it.

Remember, its job is to find in the outside world everything that **matches to your inside world**. This is the sole reason why we need to work on the inside first, in order to be able to see it in our physical, outside world.

Psycho-Cybernetic Mechanism

Before I explain the Psycho-Cybernetic Mechanism, let me first explain the Cybernetic Mechanism that we find in machines and some animals. This mechanism is simply put, a control and response mechanism. We use it everywhere today, in our air conditioners, auto-pilots, etc.

Cybernetic Mechanism is designed to monitor a certain thing, in air conditioners it monitors the temperature and to respond with proper action when a deviation occurs. You can set your air conditioner to maintain a temperature at say 24 degrees. If the hot air comes in the room, it will pick the deviation up, fire up the engines and start cooling the room automatically. When desired temperature is once again achieved, it will shut itself off and continue monitoring.

Auto-pilot is programmed to monitor the course of an airplane or a boat and to pick up any deviation from it. Its response would be to automatically bring it back to the desired direction of traveling if such deviation occurs.

Psycho-Cybernetic Mechanism that you have is in charge of picking up any deviations from set goals, from your current comfort zone. Wherever you are in your life right now, you are most probably in your comfort zone. Psycho-Cybernetic Mechanism is in charge to keep you in your comfort zone, no matter how badly you want to change. Its sensors send feedback to coordinating mechanism — your nervous system - which then corrects the deviation from set program.

A sales person who works on commission based salary can decide to earn double the commissions than a previous month. Logical step would be to work longer hours, work harder and make twice as many calls he had to make previous month. In return, after a week or so, the income would grow higher and he would make much more money comparing to the previous month's first week.

But that would be when his Psycho-Cybernetic Mechanism would kick in and send neural-transmitters to cause doubts, fear and anxiety. It will cause you to rationalize things. Please bear in mind, this happens automatically and so fast that you have no idea that it's happening at all. It will start justifying old behavior, you might find perfectly reasonable taking a break since you worked so hard, it will literally find dozen of excuses for why you should relax a bit and slow down – bringing you back to your old comfort zone, regardless of you being absolutely miserable there or not.

This is a very critical point. Without resetting this system – **nothing will change!** This system causes you to behave in a certain way, day in and day out; it causes you to perceive everything that is in alignment with your beliefs, current comfort zone. I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism! Here is the first step:

You need to start playing with your mind. You need to start visualizing the desired outcome in **present tense**. By playing that mental movie, imagining as it is happening right now, you will start the resetting process of your Psycho-Cybernetic Mechanism and your Reticular Activation System at the same time. Remember that Unconscious mind doesn't recognize the difference from reality and the imagined movie; visualization process will get your Psycho-Cybernetic Mechanism to see that movie as a reality, adopting it as something already experienced in real life, getting used to the image which would disable it to kick in and shut you down - pull you back when you start going towards it.

At the same time, repetition of seeing that movie in your mind will clearly indicate your vast interest in the subject and your Reticular Activation System will do everything in its power to lead you towards it, bringing to your conscious attention any person or opportunity that could take you to that desired direction/destination. Amazing, right? Consider this as a first step towards achieving your goals. I'll add more to it when we get to the neural-reconditioning part of this guide.

The Amygdala

Amygdala has tremendous power over your perceptions and actions. Its job is to look for any deviation from your comfort zone, sensing potential and real stress, and to order the release of neurotransmitters – stress hormones in response, causing you to have doubt, fear and anxiety. It's a very precious mechanism that you have, it's there to warn you and save your life when applicable. It stops you from what you were doing, popping a question like "Hey, watch it! What are you doing? Are you sure you want to carry on?" and that is great, but most of us always simply step back and choose to stay in their comfort zone.

What you should do instead is to use your mind and ask yourself a question whether the following action would bring you closer to your dream/goal or would it take you further from it. Unfortunately many simply stay where they are, since the hormones of stress got going and fear took over.

YOUR CONSCIOUS MIND

WHAT IS IT?

- 17% of Brain Mass: Controls only 2 – 4% of actual perceptions and behavior.
- This is the part of you that thinks and reasons. Your free will lies here. This is the part of your mind that will decide the changes required to live the type of life you want to experience. The conscious mind can accept or reject any idea.
- Conscious impulses travel at 200-225 kms
- The thoughts you consistently choose and impress from your conscious mind to your Unconscious mind will determine the results in your life.
- Sets goals...Judges Results
- Time-Bound - Past and Future
- Limited Processing Capability
- Short-term memory (approximately 20 seconds)
- 1-3 events at a time
- Can process an average up to 2,000 bits of information/second

Go back to page 4 and 5 and compare above facts with the Unconscious mind facts and notice the vast difference in power and abilities.

Below chart shows how much information your 5 senses can process and how only small portion of all that information can possibly reach your conscious mind. This is why we say that there is so much more to see and hear than what is available to you consciously. Not to confuse you, but there is even more to see and hear than what our senses can process and that subject was touched on page 3 of this guide.

Sensory System	Total Bandwidth Bits/sec (what our sensors can process)	Conscious Bandwidth Bits/sec (what can reach your conscious)
Visual	10.000.000	40 – 2000
Auditory	100.000	30 – 500
Touch	1.000.000	5 – 250
Taste	1.000	1-10
Smell	100.000	1-10

This is just an extract from my book... there is much more to learn in the full version...

I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism and your Reticular Activation System – and how you can take control over your own life, start getting the results that you desire.

Remember that you are consciously responsible for ONLY for 3% of your perceptions and behavior. And that is what is causing your actions, creating results in your life. You could be trying your absolute best, working HARD at something, and it simply won't matter, as that would be only 3% of your total actions and perceptions. That is why we are all stuck where we are, no matter how much we want to change. Unless you upgrade your knowledge, and learn to reset these wonderful systems in your brain, and get them to work for you, nothing will ever change. You'll keep doing what you always did, and you'll always get what you've always been getting! – Regardless of how badly you want that change consciously. That is like living in a jail without consciously knowing that you are in one!

Negative Emotions

...Extract only...

There is another important role that emotions play in our lives, from the health perspective! Positive emotions are great for your body, think about it! What happens when you are experiencing any positive excitement, any form of happiness? Your whole body goes to that state, the moment your unconscious mind starts processing them. Every cell of your body will start dancing and glowing, and you'll have huge amount of energy, flowing through your body.

And you knew this, but what most people are not aware of though, is that Negative Emotions are not good for the body. In fact, they are the biggest CAUSE of all dreadful diseases!!! All dark and degenerative diseases are caused by either significant emotional event, or by piled up unprocessed negative emotions. Four major negative emotions are Anger, Sadness, Fear, and Guilt. Your mind will keep them on your Time Line, until it gets some sort of learning's, some sort of resolution on these events.

We were never thought how to let go of them properly. We say "I dealt with it long ago, it doesn't affect me anymore." Or "I buried that long ago, that is behind me." And unfortunately, that is exactly what we do – we burry them inside of our bodies, and they cause stress to the body, to the organs and our well being. They will cause blockages and dreadful diseases. As we didn't get resolutions regarding these events, we commonly accept some limiting beliefs with that regard, making us believe and behave according to the limitations accepted.

I have the skills to clear up your body from ALL negative emotions, from your past. Your brain stores all your memories perfectly, using the time line. If I could meet you in person, I would ask your unconscious mind directly, to find the root cause of the problem, the first event which, when disconnected, will cause this problem to disappear. And it will do just that for us. You'll still have the memories and a good recollection of those events, but you will not be able to find or link that event to a negative emotion.

For an example, you'll be able to remember, and perhaps finally talk about your lost one, without chocking in tears, hurting your body. It's perfectly warranted to feel sadness when you lose someone you love, but it's **not appropriate** to hang on to these feelings forever. They are not serving you; they are hurting your body! Usually, after a session like this, you would feel lighter, your emotional baggage is gone, and perhaps you'll notice eyes more open or a shadow disappearing from your face? You would feel content with yourself, like never before.

And this would be groundbreaking, the most beneficial thing you could do for yourself. Letting go of the past, being in perfect harmony and peace with the events that have happened already, focusing on your future, and making your dreams come true. We can't change the past, and we should not live in it. We should live in NOW, making the day the best we know how.

Unfortunately, this is a skill, not something I could teach you in a book like this, and it takes two people to do this. No hypnosis, no magic, just direct communication with your unconscious mind, giving it clear instructions, in a way that it will understand - which is what it needs. It loves to serve you, and it's more than happy to let go of ALL of these negative emotions. Holding on to them is in the direct conflict with the highest prime directive of the unconscious mind, which is 'To Preserve The Body'. Contact me personally if you can see the **value** in settling with your past, I'll be more than happy to assist you. In my mind, this is the most crucial step you could take.

From here, there are two roads for you.

Option 1:

Get the rest of this priceless book at a great discount: <http://ultimate-life-coach.com/Special.html>, read it, and apply the knowledge I teach you. It's not about the knowledge; it's about the application of the knowledge!!! In it, I will also teach you more about your brain and the nature that you are part of, and the 7 Natural Laws that govern the universe. You need to understand them in order to live the life of abundance in every aspect of it.

It contains step by step instructions, which would give you the necessary power to make ANY DREAM OF YOURS COME TRUE. It really is that simple, once you have the knowledge and once you APPLY that knowledge in your life.

Please understand, the book won't do things for you – you'll have to follow the instructions given and to apply them in your life. It may take you few months, or few years to make that lasting change in your life. After that, nothing can stop you!

Option 2:

This option is not for everyone out there. You get to decide if this is suitable for you, and I get to decide if I'd like to work with you in the first place. Part of my practice is Life Coaching, and its life coaching at its best. There is only **handful amount of people in the world** that can do things I can do for you now.

You can decide to have a one on one session (or two) with me in person. This is what we call a **Personal Breakthrough Session** - www.GoodVibration.co.za/life-coach.html . In one or two sessions, I can re-wire your brain, just by talking to your unconscious mind. We call this Quantum Linguistics, and it's part of my extensive training in Neuro Linguistic Programming, combined with all of previous knowledge about human brain and the nature around us. I was trained by the living legend in this field, more on this on my website (see link below).

Although very unique for each individual, this is more or less what you can expect from a session:

- We'll elicit your Values in different areas of your life
- We'll get you in touch with your unconscious mind, elicit how your mind stores time
- We'll help you clear ALL the negative emotions (anger, sadness, fear, guilt...) from you past
- We'll get rid of all your self-limiting decisions and beliefs, which makes you unstoppable!
- We'll insert in your Future Time Line your desired outcome, so your mind can support you ALL the way in achieving your dreams – you get unrivalled focus and clear path to your goals

Last three steps are priceless on its own, for those who understand their true meaning of course. But the steps before them are very necessary indeed, to align the past with the desired future, to clear your body of all the negative blockages, and to make an incredible support system, to support you in your future deeds.

I hope you realize how priceless this session is for a person. **What is this worth to you?** I have a fixed price for my personal breakthrough sessions, but you won't find out until you give me the right answer to that question. All my sessions are one on one, and very personalized for the client's needs.

I am not here to make you live the life I think is good, I am here to deliver, to enable you to make your life anything you want it to be. If you can tell me what you want – I can show you how to get it!

I don't need clients, I want clients ready to change, clients who can easily see the value in a session like this, and its potential.

I offer 100% money back guarantee, for all the skeptics out there. I'll deliver as promised, and after all this is done, you will be **unstoppable, unlimited in potential**, which is what you were **always meant to be**.

Talk to me... I travel a lot, empowering people and companies all over the world, so I am often out of office for long periods of time, but I always have access to my emails, and always on a lookout for another life to empower! The idea is to change the world, to have more successful people, more gratitude on this planet.

To your freedom,

Robert Simic

www.GoodVibration.co.za/life-coach.html