
Special Report...

Your Best Life - Guaranteed

**“The Science & Spirituality Behind
the Law of Attraction, And Exactly
How to Make it Work for You in
Only 28 Days...”**

Discover:

- **Whether the “Law of Attraction”
Really Exists**
- **What Really Causes Successful People
to Win, Time After Time**
- **How You Can Master the Real
Principles of Success and
Systematically Recreate Your Life**
- **A System You Can Use to Guarantee
Your Best Life in as Little as 28 Days**

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Meet the Creators



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Kit Furey, JD, CHt



Kit Furey, JD, CHt, has worked with the patterns of human experience for over 30 years and is an expert in rapid transformation. She has a Juris Doctorate degree, and has a background in judicial education. Kit is an internationally certified Be Set Free Fast practitioner, a certified instructor of Transforming Communication©, is a Health Certified Master Practitioner of NLP, a certified Clinical Hypnotherapist, a Reiki Master and she is the creator of the Instant Breakthrough Success process.

Kit has a private practice in Boise, Idaho, where she offers one-on-one transformational coaching and she also offers transformational workshops in the areas of personal empowerment, relationships, spirituality, health and well being.



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With a strong passion for natural healing and personal development tools, she's also creator of the Meet The Stress Experts Teleseminar Training Program on "Serious Stress Relief", which includes interviews with many leading stress and transformational healing experts including Michael Licenblat, Dr. Alex Loyd and Dr. Ben Johnson of The Healing Codes, Stephanie Frank, Grant Connolly, and many others.

The Reason You're Reading This Now

If you're reading this Special Report, you're likely dissatisfied with some aspect of your life and you're hoping to find a glimmer of hope and concrete instructions in these pages about how you can change that.

And we'll certainly deliver that... in spades.

At the same time, you may be a little tired of all the "Law of Attraction" hype since the release of the hit movie, ***The Secret***, in 2006. And we're going to address that by doing something no one else has done – we're going to investigate impartially the Law of Attraction itself and the claims made about it.

To do that, we're going to look at the evidence from the two sources that Law of Attraction experts usually cite – modern science and ancient spiritual traditions – to see what claims these well-documented disciplines **really** support.

And then we're going to share with you what our combined 50 years + of study and work in the Personal Development field have led us to... the precise sequence that leads to uncanny success in any area of life, time after time, and how you can learn it efficiently.

If you're like most of us before we learned this method and mastered it, you're probably stressed out, overworked, with too much to do and too little time. You may feel life is out of control, and you most likely have health challenges, relationship problems and a financial situation that needs work, or any combination of the above.

In other words, you're suffering from the same problems as about 95% of the population.

You're probably fed up with that downward spiral. If so, we'd like to show you how to replace it with an upward spiral. We'll show you the keys to re-creating your life - all with timeless principles that work predictably for everyone who puts them into practice exactly as described.

And if you've failed before at applying the Law of Attraction in your life, we'll show you exactly why that happened and how to avoid it from now on.

First, though, we have to address the most fundamental question:

Is the Law of Attraction Really a Law?

Many of the debates you hear today about the Law of Attraction, about how it works or whether it exists at all, are quite unhelpful. For the most part, they're characterized by intellectual sloppiness and a failure to understand the nuances of all the different positions.

The purpose of this Special Report is

- 1. To help clarify for you what we REALLY know for sure about the Law of Attraction (vs. what is just hypothesis at this point)**
- 2. Why it is that some people are able to achieve mind-blowing successes in any area of life they choose**
- 3. To show you the process of integrating these “inevitable success mechanisms” into your own life to achieve staggering results, time after time.**

First, we have to decide what kind of a law we're talking about – and apparently no one has yet bothered to do that. Are we talking here about physical laws of the universe? Some critics of the Law of Attraction assume that's what's meant by the term and are quick to say:

"If gravity is a law, then the Law of attraction isn't." They point to the fact that 100% of the people who jump out of an airplane go down, not up. Granted. On the level of gross physical reality, this is extremely easy to verify. You can test it for yourself!

However, this doesn't preclude necessarily the existence of laws in more subtle areas. If such laws do exist, they would necessarily be more difficult to verify through empirical observation. But that doesn't mean they don't exist.

Let's take an example from the world of psychology: we know that athletes with a high degree of self-confidence perform better than those that lack self-confidence. Any athlete and any sports fan can tell you that. And yet, it's very difficult to quantify since the whole scenario is not as simple as our previous example of jumping out of an airplane and going down, not up.

But that doesn't mean the example of athletic performance is irrelevant or that there is not some sort of “law” operating here.

Likewise, in the subtle domains of spiritual life, health and healing, ancient traditions all over the world have spent millennia compiling countless volumes of observations and “how-to” advice, all governed, they insist, by laws that work in predictable ways.

Despite their sometimes quite subtle nature, these laws too can be verified. Of course, to observe some of them, you have to go through considerable preparation and training... because YOU are the microscope. In other words, your mind-body organism itself is both the laboratory and the instrument of verification.

So the failure to specify what “law” means in the context of “Law of Attraction” is a major source of misunderstanding.

As for what kind of “law” the Law of Attraction is, or if it’s a law at all, you’ll have to keep reading to get to our assessment of the evidence. For the moment, though, we would like to simply draw your attention to the obvious existence of laws in more subtle domains of reality, as mentioned above.

And the more hard-nosed “scientific” types would do well to keep in mind that nobody really knows what gravity is. Scientists are still looking for a unified Field theory to explain observable phenomena.

How does the Law of Attraction work?

On the basis of the evidence, there’s no way to avoid the conclusion that “mechanisms of success” exist. It’s evident that people who are dramatically successful in any area of life have certain habits of thought and action in common with others who are that successful.

Our real task, then, is to figure out what these mechanisms are. What allows some people to create the reality they want, time after time? Why is it that some who can do this have failed repeatedly before?

The standard metaphysical claim for the Law of Attraction is that our thoughts and emotions cause the “universe” (another undefined term) to bring to us the people and situations that correspond to our dominant thoughts and emotions.

Now if we break that down and analyze it more closely, we see that several possibilities exist:

- 1. Our thoughts and emotions project an energy resonance that literally attracts people of similar resonance to us**

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2. **There is some mechanism which tends to manufacture or manifest an external reality that coincides with our deepest expectations of reality**
 3. **Successful people think and act more effectively than unsuccessful ones – they just have a clearer vision, fewer emotional barriers, more self-confidence and more determination. It's nothing more mysterious or more complicated than that.**

You'll notice two things about these hypotheses. First, they're not mutually exclusive. **All of them could be true at the same time.** Second, if only #3 is true, **then all the metaphysical claims for the Law of Attraction fall apart** and there's nothing mysterious about it at all.

So can anyone provide empirical evidence that the Law of attraction actually exists? That would largely depend on your definition of empirical evidence and what kind of verification you're willing to accept.

For example, anyone who does counseling knows that a person in a dysfunctional relationship has a high probability of entering into a new dysfunctional relationship if the first one falls apart.

All of us tend to attract to the same kinds of things into our lives over and over again on the level of relationships, of health, of money and financial prosperity and in other areas.

Anyone with any powers of self-observation is easily capable of verifying this in his or her own life and in the lives of those around them.

Even the history of cultures shows that different nations tend to attract or create the same reality for themselves over and over again. Not naming any names (so as not to be inaccurately labeled racist or get sued), there are nations or cultures which could go through any amount of adversity and still be back on their feet within a matter of decades.

Conversely, there are other cultures that could receive any amount of help and still be unable to set up a viable state. That's simply a manifestation on a mass level of the effect of mindset and prior conditioning on our physical, mental and emotional realities.

False and Simplistic Ideas of the Law of Attraction

As usually happens when an idea becomes popularized, hype takes over and exaggeration abounds. Granted, a little hyperbole is a useful literary device, but false claims are not.

One we often hear is that you can do, be or have absolutely anything you want. Well... no. If you were born outside the USA, you'll never be the President – the Constitution says so. If you're a 5 foot 8 inch male, you're not going to be an NBA basketball player – or at least the odds are heavily stacked against you.

The old cliché, “You become what you think about most of the time” is true – just not literally true. As Brian Tracy once remarked, if it were literally true, every young man would turn into a young woman!

One very harsh critic of the Law of attraction said he would be quite happy if it were simply referred to as “the mindset of attraction”. In other words, he was quite willing to acknowledge all of the evidence, and was only unhappy with the idea that it should be elevated to some sort of “law”.

In fact, one of things this and other critics target is what we view as a false and dangerous interpretation of the Law of attraction – the idea that the universe is designed to make you personally “happy”, no matter what your definition of “happy” happens to be.

The critics call it (quite rightly) the “slot machine” theory, because it suggests you can use God or the universe as your personal slot machine or go-for. We'll have a closer look at this below, when we talk about what ancient spiritual traditions **really** say about the matter, as opposed to the simplistic nonsense that some Law of Attraction presentations give you.

Then there's the “creating paradise” syndrome. From some exaggerated presentations of the Law of Attraction, you get the idea that absolutely anything that goes wrong in your life is something you created or “manifested”. So the better you get at it, the less goes wrong. And when you get near perfect at manifesting the reality you want, you'll never have another challenge or inconvenience again!

Despite what you may have been told, the world's legitimate spiritual traditions **have never taught such simplistic nonsense** – more on that below.

Science

Over the last 70 years or so, the discipline of quantum physics has shed considerable light on the nature of physical reality. These discoveries have been so earthshaking as to totally invalidate the Newtonian paradigm on which Western civilization has rested for centuries. The only catch is that the perceptions of the average person remain staunchly Newtonian out of sheer force of habit and cultural inertia. So, in essence, our perceptions of reality are far behind those of our own science.

Among the most stunning findings are these:

- A. Observation and intent affect outcome on a subatomic level. In other words, the mere act of observing sub-atomic particles affects their behavior, so there is no such thing as the “neutral observer,” upon which the standard idea of scientific method depends.**
- B. Material reality is holographic in nature: what we perceive as matter is in reality patterns of energy (and this includes both our bodies and everything around us that appears “solid” and “real”)**
- C. Different emotional states produce different frequencies or resonances, which can be measured electronically**

What does all this mean? That’s the real question – facts are one thing and the interpretation of those facts is another. Quantum physicists and lots of other people are still debating what all this means. And don’t expect a single answer anytime soon!

You may recall we said that if #3 above (Successful people just think and act more effectively than unsuccessful ones) is true, while #1 and #2 are not, then there’s nothing mysterious about success and the idea of a “Law of Attraction” is probably not defensible.

The evidence summarized in A, B and C, though, strongly suggests that there really is a much more subtle level of reality all around us, that we don’t see reality as IT is, but as WE are.

So, from a scientific point of view, we can’t discount #1 and #2. In fact, as time goes on, the evidence increasingly suggests those alternatives contain at least some measure of truth. It also suggests that #3 alone may not go deep enough to explain why some people get the results they want to see in life while others don’t.

From other scientific disciplines we can also add the following:

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- **Intelligence in the human being is not confined to the brain: as ancient traditions have maintained since time immemorial, the physical brain is not the sole locus of human intelligence, nor the seat of the human personality. Recent discoveries in new fields such as psycho-neuro-immunology and applied kinesiology appear to support these conclusions.**
 - **Different emotional states and the thoughts that go with them can have a measurably therapeutic or measurably harmful effect on human cells and tissues.**
 - **If your brain has been conditioned in particular ways, it will sabotage attempts to behave in ways that contradict that conditioning, no matter how badly you want to do so.**

Again, all of this strongly suggests that the universe is vastly more complex and less "mechanical" than our parents and grandparents believed.

Can we say, though, that quantum physics "proves" the Law of Attraction exists? At the moment, that would still be going out on a limb. The observations of quantum physics are certainly mind-boggling, but the interpretation of these facts is still hotly debated.

So while we know what produces automatic and effortless success in any area of life, the sequence you need to follow and can guarantee your success (as long as you do the right steps in the right order), our explanation of WHY this process produces miraculous results over and over again is still a working hypothesis.

And, for lack of a better name, we call this hypothesis, the Law of Attraction. After all, the term seems to describe what we observe, even if the exact "mechanism" behind the process remains unverified.

Spiritual Traditions

The ancient world's most successful traditions of spiritual life, health maintenance and martial arts (which we call "Authentic Ancient Traditions", as opposed to the numerous "inauthentic" ones that can't prove their results) have spent the last 2.5 millennia compiling a huge body of evidence about how the universe works, how your mind-body works, what your purpose is and how to get there.¹

Unfortunately, people in our culture tend to label much of this as "religion" and dismiss it into the realm of opinion or ideology – which is the Western understanding and experience of what religion is.

This false cultural paradigm allows us to ignore a huge body of evidence compiled in an often very scientific way.

The most important question relating to the Law of Attraction is this:

“What creates my current reality and how can I affect it?”

The first and most obvious answer is the **Law of Cause and Effect**. This law comes in various renditions. In the Far East it’s referred to as *Karma*. In the original Christian spiritual tradition (preserved within Eastern Orthodoxy), it’s called “*pneumatikos nomos*” – the Spiritual Law.²

Whatever you call it, it simply means that your previous thoughts and actions have conditioned your current outcomes, within the framework of a universe that is designed to help you grow toward your highest potential.

So already in the ancient world there was a virtually worldwide understanding that I am the result of my past thoughts and actions. **The obvious corollary is that if this is true, then by changing my current thoughts and actions, I’m modifying my future.**

Of course, this assumes that the human person is actually a free being with free choice. You might be surprised to know that many religious traditions deny this!³

That’s a whole other story, of course. Suffice it to say that there are only two possibilities – our freedom is real or it’s just apparent. Authentic Traditions unanimously say that human beings really do have free choice.

Now let’s go back to another idea we mentioned above: that cause and effect takes place within the framework of a universe designed to help you grow into your highest potential. That’s a basic presupposition of all Authentic Traditions – and it’s based on the experience of thousands of people across dozens of cultures over some twenty-five centuries or more.

These traditions see the human being as the center of reality, as a microcosm of the entire universe. Their experience of the highest reality is that your true potential is a state of indescribable bliss invulnerable to all earthly misfortune, including sickness, suffering and death.

And that, too, has important corollaries:

If the universe is designed to help you move toward your highest potential, then:

- a) Your highest potential is far greater than you are commonly led to believe,

- b) This potential is your ultimate happiness and is indescribably greater than the pseudo-happiness most human beings settle for
- c) The process of growing into your true potential will necessarily involve change, challenge and some discomfort

The main point here related to the Law of Attraction is this:

If quantum physics has its facts straight and our interpretation of those facts is correct, **then the physical-energetic universe we live in really does have a propensity to manifest our most deeply held expectation of reality.** This would be a nearly “automatic” and **morally neutral** process – on this level the universe is as indifferent to the outcome as gravity is about whether or not you remembered your parachute.

And if Authentic Ancient traditions are correct, then the universe on an even higher level is constantly trying to bring you what you most need to grow toward your true potential. This process would **morally positive** – it’s pushing you toward true happiness.

The obvious corollary to that is... the more the goal you’re pursuing correlates with your true potential and the more it helps others reach theirs, the more in-line it is with the universe itself and the more help you should receive.

Authentic Traditions see our main problem as egocentrism – our common tendency to focus on our own physical and emotional comfort at the expense of all else. They refer to this egocentric attitude as "self-love" or "self cherishing".⁴

So it follows that not everything that makes us “happy” is good. Everyday experience is enough to show you that. There are lots of people whose idea of happiness doesn’t go beyond having lots of good food, drink, sex, entertainment and no pain. Of course, too much of anything that “feels good” is usually harmful: the coach potato filling his face with junk food and beer will be an overweight diabetic before long and will go before his time if he doesn’t smarten up.

The other problem with over-indulgence in superficial sensory pleasures is that you become desensitized to them and need more and more to achieve the same effect. In other words, they are a) addictive, b) disappointing in the end, and c) sometimes quite deadly.

This explains why in themselves they don’t help you toward your ultimate goal. So this kind of “happiness” doesn’t really help you at all, and the universe may give you a “nudge” toward where you should be going!

Please note, though, that none of this is to be interpreted as meaning that living a peaceful life is a bad thing, or that food, drink, sex or entertainment are somehow evil. It simply means that if we allow ourselves to be dragged into the pit of looking for real happiness in self-centered gratification, we're seriously off-track.

And we'll never end up with **true** happiness. That's why some Buddhist authors refer to this kind of happiness as "contaminated happiness". It just doesn't deliver on its promises.

So if that's the kind of thing you're trying to **attract**, you may be successful in the short term, but your longer term success is doubtful for two reasons: **1) what you're seeking won't leave you truly fulfilled, and 2) you're working against the grain of the universe itself.**

Of course, you can get what you want if you simply want it badly enough and take the actions to get it, no matter what they are. That's manifestation at the same level as Hitler or Stalin. But if the universe is designed to help you grow, then certain things are obvious:

- **Even challenges and difficulties are gifts, and**
- **You have to expect a certain amount of discomfort**

Authentic Traditions assume that a certain amount of discomfort is inevitable in this life, simply because everything in this world is in constant flux. Change, challenge and discomfort go hand in hand.

You may recall we referred to the "creating paradise" syndrome above – the false interpretation of the Law of Attraction that once you learn to attract what you want, you'll never have another inconvenience in your life.

It should be obvious by now that millennia of wisdom don't support this idea. **If the universe were designed to fulfill your every wish, no matter how stupid or ego-centric, then this interpretation would be fine.**

But if the universe is about growing up into true life, then challenge will be involved.

Finally, we have to choose between pseudo-happiness and real happiness. That's the message of Authentic Traditions. There is no other choice to make – in fact; we're all making this choice unconsciously countless times a day.

So is life about minimizing pain or is it about maximizing fulfillment and results?

Excellence and fulfillment require testing and challenge. That's why people trapped in the victim syndrome – the ones who blame other people, the

government, God, karma or whatever else for their problems - seldom reach high levels accomplishment in anything. That's also why the Law of attraction works so well for the top 5% of the population, the "unarmed and unafraid". This is not for the timid.

Faith

Experts may not agree on how to interpret the Law of Attraction or how it works, but they all agree on this – you must have faith. You must believe wholeheartedly that what you have set your mind on and asked for is coming to you... or else something better is.

In his **Master Key System** of 1912, Charles F. Haanel commented on the words of Jesus, saying: "As thy faith is, so be it unto thee,' bears the stamp of scientific test." (p. 58)

If you've read the New Testament, you can't help but be struck by Christ's emphasis on faith. He can and does help anyone who believes in him, no matter who they are or where they're from. He even says at one point that the lack of faith of the people around him prevented miracles from occurring.

A recent master of prayer from the original Christian tradition wrote the following:

"Do you wish to see weakness in God himself, secretly thinking that God cannot fulfill your prayer? ... to Him all things are possible and nothing is difficult. When you pray, then, be firmly convinced the Lord can do everything you ask in a moment. Do not ascribe your own inability to God! Remember that to Him nothing is impossible, and ask boldly for everything, hoping to receive everything: *And all things that you ask for in prayer, believing, you shall receive.*"⁵

If we think about it, we realize faith conditions our success in everything we do. When we believe, we generally succeed. When we doubt, we falter and fail. And recent discoveries in fields as diverse as quantum physics, immunology, psychology and applied kinesiology have begun to give a scientific basis to the importance of faith in general.

Thanksgiving & Gratitude

The other "spiritual" ingredient nearly everyone puts at the top of your to-do list is thanksgiving. The simple act of giving thanks for everyone and everything in your life, of acknowledging your blessings and really feeling gratitude for them will open up your whole being like nothing else. Try it and you'll see.

At first it may take some work, like anything else you're not used to. But then it will all come together.

In the words of a great spiritual master of long ago: "A heart that is continually moved to thanksgiving is a guide that leads the gifts of God to a person."⁶

In his 1910 classic, ***The Science of Getting Rich***, Wallace Wattles shows how faith and thanksgiving come together in the Law of Attraction:

"...faith is born of gratitude. The grateful mind continually expects good things, and expectation becomes faith. The reaction of gratitude upon one's own mind produces faith. Every outgoing wave of grateful thanksgiving increases faith. The person who has no feeling of gratitude cannot long retain a living faith. And ... without a living faith you cannot get rich by the creative method." (p. 40)

Final Conclusions on The Law of Attraction – Does it Really Exist?

Let's go back to our 3 alternative explanations for why people succeed using what could loosely be called the "Law of Attraction method":

- 1. Our thoughts and emotions project an energy resonance that literally attracts people of similar resonance to us**
- 2. There is some mechanism which tends to manufacture or manifest an external reality that coincides with our deepest expectations of reality**
- 3. Successful people think and act more effectively than unsuccessful ones – they just have a clearer vision, fewer emotional barriers, more self-confidence and more determination. It's nothing more mysterious or more complicated than that.**

On the basis of all the evidence, our conclusion is this: #3 alone is not a sufficient explanation for success. It's certainly true as far as it goes, but it leaves some of the scientific evidence unaccounted for and many real life cases unexplainable – all of which strongly suggests the processes referred to in #1 and #2 are for real.

At the same time, there is not single, satisfactory and all-encompassing explanation for exactly **HOW** the Law of Attraction works.

And yet, we know it does work, though **IF AND ONLY IF** you follow the correct sequence. And that's where many Law of Attraction / Mindset / Success

programs available today fall down – many of them don't include all the necessary elements, let alone in the right sequence.

Before we begin describing this sequence, let's go over the false interpretations of the Law of Attraction:

False Ideas of the Law of Attraction

1. The universe exists to make you happy **(The universe exists to help you grow. Your idea of happiness may be too small for the universe, according to Authentic Ancient Traditions of spiritual life)**
2. Visualizing something will make it appear magically in front of you **(If you don't pay your electricity bill and you visualize the lights going out in the near future, you'll be convinced this works. But to succeed at nearly anything that matters, you need to take action in the physical world.)**
3. You can start right away **(You could, but your misunderstandings of the process would more than likely sabotage you totally. First, it's vital to be clear on the process and to follow it to the letter)**
4. You can do it all by yourself **(While that's not impossible, it's usually a lot harder, more frustrating and takes much longer than having qualified people guide you)**
5. What you want and your motivations won't affect the process **(Oh yes they will... so it's important to understand how to keep your motivation aligned with the highest principles outlined by Authentic Traditions)**
6. You can do, have or be anything you want **(This is a pardonable exaggeration. On the one hand, we all have limitations. On the other, people routinely overcome ridiculous odds to achieve their goals)**
7. It's all about you getting what you want **(Actually, it's about helping others get what they want – and that's how you get what you want!)**

Systematic Reality Creation

Is it really possible to create your own reality, to build the life you desire? Well, as long as your desires fall within the parameters we've already discussed (i.e., you're not out for **purely** selfish and self-centered ends), the answer is **yes**.

What follows is an approach to daily life that allows you to deliberately create the life you want, in line with the underlying principles that govern the universe. In other words, it is possible to replace subconscious beliefs, attitudes and emotional structures lodged in the subconscious for decades, to become exceptionally clear on what you really want, and to focus on it in a particular way and with appropriate actions so that it appears in your life.

To do that, there are a couple of critical sequences your **MUST** learn:

The Preliminary Sequence:

- 1. Clarify Your Vision**
- 2. Clear Away Your Inner Obstacles**
- 3. Begin Attracting What You Want**
- 4. Master Peak Performance**

The Attraction Sequence:

- 1. Ignite the Fire Within**
- 2. Specify What You Want to Be, Have or Do**
- 3. Feel as if It's Already Yours**
- 4. Release It**
- 5. Become the Person Who Already Is, Has or Does What You Want**
- 6. Repeat the Sequence**

The Preliminary Sequence

1. Clarify Your Vision

This first step is critical to your success in whatever area of life you're working on. The fact is, many people fail to see results from the Law of Attraction by skipping this step or giving it cursory attention at best. People constantly underestimate the importance of this step, which may explain why so few Law of Attraction programs address it competently, if at all. So please pay attention, because there's a lot of depth here...

Contrary to what you may be thinking, this is not about making a list of neat things to have. This is not like making your Christmas list!

It's not about making a list of **every** little thing you might like to have. Would you like an electric back-scratcher? Well, if someone offered it to you, you might not turn it down. But if no one offers it to you, you're unlikely even to think about it for years, if at all. This isn't about getting all the "stuff" you want. This is first and foremost about finding out **who you are**.

First, you make a list of everything you've been really interested in during your life. Write that down. You can use an ordinary piece of paper, a journal or a word processing program to do this – it doesn't matter. But it does matter that you do it in writing!

It's good to ask other people who know you well if you've missed something. Ask your parents, peers, siblings, or anyone who knows you well.

You should take a couple of days to do this. Start today. Then come back to it once a day for a couple of days. After this and **ONLY** after this, go on to step 2...

Second, you make a list of everything you've been really good at during your whole life.

Someone once wrote to us claiming he had been totally mediocre at everything his whole life! We're sorry, but we think there are probably some self-esteem issues there that are obscuring the truth. Everybody has lots of talents, irrespective of their level of intellectual sophistication, their education, or any other factor.

Do the same thing here as with the previous assignment – take a couple of days to get it all done. And ask those who know you well for their input.

Now comes the hard part...

Third, you look for patterns. You try to answer the question "why?" – why am I so interested in X or so good at doing Y? **What are the connections between the things on your lists?**

Almost everyone skips the third step and that's a big mistake in building the foundation for your new life. This third step is harder to do, and keep in mind there is not necessarily a right or wrong answer. It's a voyage self-discovery. Also, this is not simply an intellectual process – it's a process of **feeling, of emotion, of the heart.**

You see, it's not enough to know what you want. It's not even enough to know what you're really interested in or what you're very talented at. What you need to know here is what overriding purpose inspires you deeply. There could be more than one.

What turns your crank, what floats your boat?

You may have a huge interest in aircraft. Any idea why? Maybe you are a natural comedian. Do you know what it is about comedy that turns you on? What can you work on or think about for hours and lose all track of time? What purpose, issue, field of endeavor or question fills you with inspiration and energy, so much so that you feel like you're carried on a wave?

Do this exercise: take the 3 lists of your interests, talents and the connections between them and imagine **jobs** you would be totally jazzed about having. You can make them up.

For instance, if you're the aircraft lover, imagine someone offering you the job of looking after the aircraft of the world's largest aviation museum... with a huge budget for new acquisitions that you decide on!

Take your time and just imagine different jobs you could have related to your passionate interests. **REMEMBER:** these jobs don't have to be real. Don't let your cursed sense of reality get in the way – just have fun with this. Avoid two traps:

1) Thinking, "this could never happen," and 2) falling into planning the "how-to" steps to get you to your ideal future (this is a HUGE trap we'll talk about in more detail later)

Now, as you do this, observe how the different possibilities make you **feel**. This exercise will help clarify your real passions for you.

There's another widespread temptation, and some people even teach that you should be doing it! That temptation is searching for your overall life purpose.

Why is this a giant trap? Well, you may be surprised to learn that Authentic Traditions are strangely silent on this whole matter!

For one thing, the idea of discovering your life's purpose rests on some unproven assumptions:

- 1. That there is such a thing for everyone**
- 2. That this purpose is expressed as vocation or the work you do, as opposed to who you become through the events in your life**
- 3. That your life purpose is being revealed to you right now, and not sometime later**

Authentic Traditions would see these assumptions as fundamentally false, as conclusions that are overdrawn and artificial. They believe your real mission is to become open enough to follow the promptings the universe gives you.

Very often, these proceed along the lines you want to go in terms of vocation – so that's the good news: your interests, your talents and the direction you should go in are usually bound together!

And furthermore, even if there is some single great task you're meant to accomplish (other than fulfilling your true potential as a human being, as if that weren't enough!), there's nothing to say that this great task is coming soon.

Putting it all Together

Your mission is to use the elements you've uncovered during this process to construct a compelling vision for your immediate future. Notice, we did NOT say "for your life". All you know is the NOW and all you can affect is what's unfolding in your immediate future.

So don't get hung up on planning the next 20, 30 or 50 years! There may be things you need to do that haven't been revealed yet. You can't do anything about them. Be patient and start with the next few months only.

Now this should be a series of compelling visions: There should be one for your financial state, one for your career or working life (this influences the financial one but isn't identical to it), for your health, for your relationships and for your spiritual life.

Here's what you're trying to do. In each area you want to use all the forging exercises to construct a truly compelling near-future for yourself. Compelling means it has to really excite you. It has to be so exciting to you that you have no

trouble keeping your attention on it. It should be something you **want** to think about and “fantasize” about.

It should be so compelling to you that it keeps you up at night and so engaging you can't wait to leap out of bed in the morning. If it's anything less than that, you need to go back to the drawing board!

Of the five areas of your life we've talked about already – finances, career, relationships, health and spiritual life – you're going to find that at any given moment of your life, some of these are humming along nicely, while there's one that you would most like to improve.

So for practical purposes, you're going to end up concentrating on one of these compelling visions, while the others take a back seat for now.

Let's take your career, for example: your compelling vision could consist in various things – making more sales, attracting the perfect business partner, getting the job you really want, getting a raise, etc.

Whatever the case, you need a really clear idea of what the results would look like. And those results have to excite you emotionally. This is a key element we'll talk about more below.

Remember that in whatever area of your life you're dealing with, the compelling vision you build doesn't have to satisfy anyone else, just **you**.

Do you have a message to get out? Maybe you're an auto mechanic and you just want to do a superb job – great! The dream doesn't have to excite anyone else, just you! It doesn't have to make the 6pm news! Mother Theresa once said, “God didn't call us to be successful, just faithful.”

Also, you can't force this process...

TEMPTATION: Planning the “How-To”

Ironically, planning how to make your vision a reality can be a serious blunder. This will usually kill your inspiration, especially if you still have lots of emotional barriers in place, including a serious lack of confidence.

The “how to” is not your concern, certainly not yet. You may remember Bob Proctor saying in **The Secret** that anyone in history who ever did anything great, “... did not know **how** they were going to do it.” This is quite true.

Here's the thing: **You only feel compelled to figure out the “how” if you don't have a big enough “why”**. If you're not “on fire” enough with your vision, you'll

begin to fret about how to do it. And when you fret, you plan. The whole thing is an ego-driven process that assumes you have to know it all and do it all by your self.

If you have a big enough why, the how will present itself.

Some planning is okay at a later stage of this process, but over-planning too soon will kill your inspiration. You'll either see too many obstacles, be overwhelmed by doubt or just get lost in lower level admin work, or all of the above. Don't go there!

Fourth, once you have your inspired vision, you need to focus on it and feed on it relentlessly. This has to be a really enjoyable process. You shouldn't find yourself looking at your watch and thinking, "Oh, it's time for those damned mindset exercises again. I'd better grit my teeth and get them over with".

If you find yourself thinking this way, you're way off on the wrong track and you need to go back to the drawing board. Your vision should be like a hot date you can't wait to spend time with, not like spending time with your proverbial mother-in-law.

2. Clear Away Your Inner Obstacles:

"Inner obstacles" are the emotional blockages you've been carrying around inside you for years, sometimes decades. They include your prior conditioning about money, fears and doubts about your ability to succeed, anxiety about meeting people, asking for a date or being terrified of having to speak out at a meeting or do a speech or presentation.

All sorts of problems with self-image, self-worth and self-esteem are wrapped up with these "killer thoughts".

These can come from past traumas or simply from how we have erroneously and unconsciously internalized the input and feedback we have received throughout our life from our society and those closest to us. The greatest damage has usually been caused unintentionally by our parents, teachers and peers during our first 15 years of life.

When you start out on the path to change your life, emotional roadblocks will come up – previously, they were lying dormant. If you don't dissolve these roadblocks, you'll go nowhere in whatever area of life they're affecting.

Now here's the real kicker that few people realize – pay close attention:

The Law of Attraction only works once you have neutralized these!

They're endless in number and almost always based on fear. And the fear is usually based on a false belief. But belief at this level cannot be changed like superficial belief on the ideological level. You can adopt a new belief on the ideological level easily - you can become a Marxist or Hare Krishna tomorrow if you want to.

These beliefs we're talking about here, though, are embedded in your **flesh**. Their strong, sometimes overwhelming emotional content resides throughout your body. These dysfunctional emotions cause disruptions in your body's energy system, disruptions that often have physical symptoms.

So what's the fastest way to clear them?

We've spent many years looking for and testing the best systems out there – and some truly remarkable systems have come to the fore in the last 20 years.

Several of these systems meet our basic criteria:

- 1. They must be simple and easy to use, preferably so that once you know it, you can treat yourself – at least to a considerable degree – without having to return to a certified practitioner over and over.**
- 2. They must be extremely powerful and reliable: in other words, they must have at least an 80% success rate on the first treatment. If not, we wouldn't bother with them – they would be of no more interest than traditional psychotherapy with its very long time-lines and mediocre results.**
- 3. They must be extremely safe – if you follow the protocol exactly, there should be virtually no chance of any side effects.**

And, while we've always been willing to evaluate and even teach systems that give only temporary relief of symptoms, our preference is for systems that bring total resolution of the underlying issues so that they never recur.

Relief is the minimum necessary for successful mindset work. In other words, the Law of Attraction is easily blocked by unprocessed emotional content. So if you're in any way "tied up" internally by inner blockages, **you've got to deal with them first.**

Sadly, many mindset and Law of Attraction programs to date haven't addressed this clearing component adequately, if at all.

Long-standing emotional blocks are one of the chief reasons people fail at everything from making money, to relationships, to health, to spiritual life. The importance of this step can't be overstated.

Moreover, the clearing process can also help clarify your compelling vision – so there's a reciprocal relationship between steps 1 and 2 of the Preliminary Law of Attraction Sequence.

In our ***Accelerated Law of Attraction Mastery Program***, we teach in full two outstanding methods capable of removing long-standing emotional blockages and walk you through them by the hand. We also put you on to a third system that's worth its weight in gold in its own right.

Of course, that's in the context of the whole multi-media program where we give you hands-on guidance directly. Complete systems like this are too powerful to teach in a document like this one – you need help and guidance to ensure the best results.

3. Begin Attracting What You Want

If you're reading this right now, there's a 50% chance or better that you've tried to put the Law of Attraction into practice in your own life already and that your results have been less than stellar.

We know what that's like. All three of us have been through that stage and are well aware of the factors behind Law of Attraction failure. From our own experiences and those of our clients, we've reduced the main "failure factors" to these:

1. **Not having a clear, compelling vision:** many programs either ignore this step or greatly underestimate the difficulty most people have in getting clear on what they really want and tapping into the huge store of inspiration and enthusiasm locked up inside them.
2. **Not clearing out emotional blockages first:** many programs don't even acknowledge the existence of these blockages or simply assume that repeatedly visualizing what you want will overcome them. It won't. Do you need clearing? If you can feel any internal opposition to getting where you want to go – the slightest doubt, fear, hesitation, lack of confidence, etc. – then you need the clearing process. And that puts you in the same boat as well over 95% of the population.
3. **Not taking action to receive what you want:** some programs give you the impression – inadvertently, one hopes – that all you have to do is visualize what you want and it will appear. Wrong. No classic Law of

Attraction author ever said such a thing. You do have to take action. But you have to take the **right** action – you have to become the person who automatically and effortlessly has what you want.

4. **Over-planning prematurely:** this is a very common temptation and the more blocked you are, the more you'll do it! Those who do this lose their inspiration very quickly and mindset work degenerates into a chore. Once that happens, the Law of Attraction no longer works in your favor.
5. **Ignoring the bliss principle:** this is not some weird, New Age principle. It means that there is a tremendous power bound up with inspiration. Inspiration brings joy and joy brings you a huge supply of energy. This should not be taken to mean you won't have challenges – you will. But the bliss principle will give you the energy to overcome them.
6. **Ignoring the expansive principle:** the expansive principle states that you must start doing two things – practicing excellence in every area of your life and start to become the you of your future; the one you see in your compelling vision. When you start today to become the you of your compelling future, you can move mountains. Again, there is a very specific methodology for this. To remain who you are today and simply visualize a better future is day-dreaming, not attracting.
7. **Focusing on getting:** when you focus on getting for yourself what you don't have, you're accidentally focusing on your lack. Your job is to create value for others, to focus on getting them what they want. If you can do that, you'll have more abundance in all areas of life than you can possibly handle.

So what does it take to attract what you want?

First, it takes thanksgiving - the attitude of being constantly grateful is vital. Without going into the deeper theological justifications for this, you can still see the benefits on the most mundane level:

You remain constantly optimistic and “upbeat”. Since the Law of Attraction says that you attract what you expect and what you expect is measured by how you feel, it's obvious you can't attract something better into your life unless you begin to feel better on a deep level. And giving thanks for all the blessings in your life will utterly transform you... **But only if you do it right.**

First, you have to really feel the thankfulness, not just call it to mind as an intellectual concept.

Second, you have to do this frequently... in fact so frequently that it eventually becomes an ingrained habit. It needs to become your default mentality.

How do you do that? Start out giving thanks 3 times a day - first thing in the morning, around noon and then before you go to bed. Then increase it to five times a day by doing it mid-morning and mid-afternoon. Then, take any one of your sessions each day and try to stay continually grateful for 30 minutes.

I don't care if you're not quite sure whom or what you're giving thanks to... you may have a particular concept of God or of the Absolute reality behind the universe, or none at all. Your God may be personal or impersonal, known or unknown.

Authentic Traditions tell us from millennia of experience that there's no faster, more effective way to connect to the very source of your own existence than by giving thanks.

If you train yourself to give thanks, you can't fall into negative emotional states that will sabotage your success. You'll also build up the faith on which attracting your better future rests. Try it – only your own experience can teach you!

Second, you need to focus on your clear vision – both your immediate vision for the day at hand and your overall vision for the next 6 months or so. And, just to repeat it, your vision has to inspire you.

Here's a sign: if it's something you like to think about and it seems effortless and fun, you're on the right track. If it seems like a burden and you're forcing it, go back to step 1 on **Clarifying Your Vision** and go through the process again – that will save you lots of grief.

Inspiration is an utterly vital quality of true human life. To be truly inspired, **you have to serve a cause and be loyal to principles that go beyond you personally.**

Think of World War II and how our parents or grandparents held on, often in the face of overwhelming odds. Every great accomplishment, if it's really great, is based on a noble and inspiring vision. With a noble and inspiring vision, a short and skinny Indian wearing a few pieces of cloth single-handedly put an end to British colonial rule India. The power of an inspired vision linked to noble principles is limitless.

You can't force this process

Inspiration, we repeat, is a fundamental quality of normal human life. The passionate pursuit of peace, justice, freedom, opportunity, wealth for all, these things are normal. The soul needs inspiration because that's the source of joy, and joy is the fuel of the Law of Attraction.

You can't afford to let your inspiration dim – you have to feed it constantly because no one else will! Don't wait to feel inspired. Find what inspires you! Read about it, think about it, live it.

Third, you have to take action

Now here's the thing...

You don't need and in fact must not start planning exactly how this better future is to manifest. If you trespass too much into the realm of the "how", you'll probably sabotage what the universe is trying to give you. You'll be increasingly blind to the subtle guidance all around you.

As we've already stated, neither we nor anyone else really knows exactly how the Law of Attraction works. All we do know is that it does work if you follow a very, very specific sequence of steps. We live in a society polarized between those who will label as "New Age babble" any language they themselves don't use, and those who think New Age thought (an amorphous concept in itself) is the greatest thing since sliced bread.

While we're not at either of these extreme ends of the spectrum ourselves, we do recognize that there's more to success than a simple Newtonian model of the universe would account for. And that's why we deliberately use the term "universe" – which you can interpret as you see best.

How your future comes to you is not your problem. If you think it is, you end up relying on your own limited powers and perceptions. And who do you think has greater power or perception – you or the universe? So your action must always be open to course corrections.

And the more you ask for guidance, the more guidance you'll get. That's a simple empirical fact you can verify for yourself.

At the same time, you need to act in order to give the universe something to work with. Remember, the concept here is synergy – your will and action together with the will and action of the universe. It's a fine balance, but not so difficult to find.

And always consciously aim your actions to benefit others. Yes, you will get what you want and more along the way, but it's important to focus on the benefits for others.

The basic truth is this: in proportion to how much you change your mental and emotional habits, you can manifest change in your life. If you do these things, you can bring about startling change.

We've listed several traps above. The most common, most persistent and most dangerous is ignoring how you **FEEL** moment by moment.

That's why thanksgiving and inspiration are so vital – they provide you with JOY. Not with superficial happiness which changes moment to moment, but with JOY. There's a big difference.

People looking for happiness – that's everyone around you, by the way – don't ever get it. They allow their inner state to be subject to forces outside them. It's raining today, so I'm unhappy. It's sunny today, so I'm happy. Well, guess what? It's probably going to rain on one of every four days in the year (depending where you live) – do you really want to be unhappy for a quarter of the year??? Duh!

And happiness is frequently self-centered and superficial. Joy has a different quality, a deeper reality, something that goes beyond the narrow boundaries of me and my situation here and now. If you practice this diligently and joyfully, you will see great and miraculous transformations in your life.

The important thing is this: start, be consistent, persistent and patient.

4. Master Peak Performance

What is Peak Performance?

You've heard the expression, "Being in the zone"? Well, this is it. It's about how to stop wasting time and energy, how to work three to five times more efficiently, how to generate physical and mental energy on demand and how to avoid time traps and energy traps.

It's a simple fact that, if you're like most people, no matter what you do in your day, you could probably do it in half the time

Why is it Important to Attain Peak Performance?

Suppose you have very little mental and physical energy or that you suffer from chronic fatigue, to take an extreme example. How effective do you think you'll be at focusing on your compelling vision? Not very. How positive do you think your thoughts will be? Not very.

Or what if you have never learned to manage your time efficiently, or to stay organized, or to avoid procrastination? How effective do you think you'll be at taking the steps toward reaching your compelling vision? Not very.

Your see, we as Westerners have been taught to believe that all problems can be solved by thinking about them. We think we should be able to change our mindset by using our rational mind. Authentic Traditions have millennia of research that says that's silly – and they have the documented experience to back that up.

To modify your mindset, you do need to work through your body. If you have a lifestyle that's compromising your health, then you're putting a cap, an artificial ceiling, on your ability to transform your mindset and your life.

In counseling I've come across people who are overweight, smoking, drinking too much, with a poor diet and little exercise. And I've had to say, "Sorry. I can't help you until you face all these problems and prove you're willing to turn them around."

As a human being, you are a psychosomatic whole. The body and the mind go together.

In our ***Accelerated Law of Attraction Mastery Program***, we take you through specific strategies designed to turn you into a peak performer. You learn how to build your energy levels by building your health and immunity through cutting edge systems of detoxification, nutrition and exercise.

You'll also learn how your current mental habits – often the ones you don't notice or suspect – are draining your energy constantly. Obsessive and emotionally driven thinking, together with that constant and largely useless dialogue in your head are huge energy sinks we'll teach you how to plug.

Next, you need to get control of your time!

When you do so, you'll free up a lot of energy, a lot of time you're wasting right now, and you'll feel a great deal better. All this will help you greatly in attracting the life you want.

There are certainly more than enough time management systems out there. We don't care what you use, but you've got to use one. What matters is not so much the system, but the basic principles, which are the following:

First, you need to learn to prioritize effectively, giving priority to what will give you the biggest long term return on your time. You must stop being driven by "urgency".

Second, you need to do the work that demands freshness and creativity at whatever time of day you're most fresh and creative. Save the least demanding work for when you're less able to think straight.

Third, when you make a schedule, you stick to it. If you're tempted to work past when you said you would take a break, you force yourself to stop and take a break. The reverse is a dead end that just feeds your workaholic tendencies.

Working more is not the solution. Working more effectively is!

Fourth, you give yourself plenty of time for exercise, family and plain old relaxation.

Fifth, you reward yourself for sticking to your schedule.

Sixth, you do only what you need to do, what you personally love to do, and you progressively outsource everything else.

Peak performance is a state of mind, a state of body, a habit and a series of skill sets. It's a state of mind because it depends on a compelling vision. It's a state of body because it depends on your overall health and energy levels. It's a habit because it depends on having the right habits of body and mind so ingrained that they are automatic.

And it's a series of skill sets – how to prioritize, schedule time, deal with life's so-called emergencies, prepare nutritious meals, etc.

It takes time to get good at it, but even slow and continuous improvement will make you super-effective within a relatively short period of time. Think about it – if we could teach you how to improve by just 5% per week, how much more effective would you be in your life just one year from today? You do the math 😊

Don't get stuck in your own head – get other people to help you plan your day, preferably people who know these basic principles.

As you go on to realize your vision, you'll have lots to do, and you'd better learn to do it efficiently. Because if you don't do it efficiently, you won't do it joyfully, and if you don't do it joyfully, your vision will elude you. So peak performance is vital.

And it's also possible for you. Try this and you'll see it's possible to work 3-5 times more efficiently than you do now. Hard work and longer hours is not the key to your vision – in fact, it will become an impenetrable wall for you if you let it.

Accessing a greater mind than your own

The knowledge you need exists. The people you need are there. The money you need is there. Getting access to what you need doesn't mean you have to slave for 18 hours a day, 7 days a week. It means you have to find the compelling vision.

And that's less about making or building the vision than about finding the one that's already there. It's like sculpting – remove what's in the way and you'll see what's really there.

You may have noticed that great discoveries and inventions didn't come about by brute force, but by opening up to the solution that was already there. This means having some faith and letting go. So, paradoxically, Peak Performance isn't about doing it all yourself – it's about letting go. It's an amazing balance of building a very precise and ordered life in order to cultivate a state of being where you're open to reality. You don't end up stiff and tied in knots – but much more free than your disorganized self was before.

5. Recap of the plan

Clarify, Clear, Attract, Perform. That's the preliminary sequence. This works on micro level for any goal you can imagine. And it all stems from the inspiring vision you build at the outset. Your inner vision must never depart from this.

To Your Best Life!

Symeon, Kit, & Kathy
The Life Mastery Team

How To Do It In 28 Days

(A quick note from the founder of Healthy Wealthy nWise Magazine and the Transperience Network – Liz Thompson)



In my line of work, I constantly see people promoting various "Law of Attraction" books, courses, and seminars.

And I don't think much of many of them - nearly all of them are missing the boat.

In fact, the Law of Attraction, the way many people teach (and talk about) it is total baloney!

But once you understand exactly what the Law of Attraction really is, and how to really recognize and harness its power, you'll see why everyone wants to get in on the act.

Unfortunately, most people who teach "The Law," don't even really know it at all.

But that's not the case with Dr. Symeon Rodger, Kathy M. Gyimesy and Kit Furey JD, CHt as I'm sure you can see from this report.

They've got a program called Accelerated Law of Attraction Mastery – they mentioned it briefly earlier.

I've read the testimonials of many of their students and the results speak for themselves.

The regular tuition for this program is a bit pricey, but since I believe in it so strongly I went to The Life Mastery Team and arranged to fund 100 very generous scholarships as part of our mission to support people on their journey to creating lives of passion, and fulfillment. With the scholarship it brings the tuition down to an extremely affordable (and reasonable) level.

The program is designed to be completed in as little as 28 days, and when you add to this the fact that they offer a 30-day try-before-you-buy period and full money back guarantee, you simply can't go wrong by giving it a try.

All the details are at <http://www.AttractionMadeEasy.com>, so check them out.

But do it quickly because you definitely want to get one of the scholarships.

Again, the website is:

<http://www.AttractionMadeEasy.com>

Have a FANTASTIC day!



Liz Thompson
Founder
Healthy Wealthy nWise Magazine &
The Transperience Network

¹ Dr. Symeon Rodger introduces the term “Authentic Ancient Traditions” in his ground-breaking book, *The 5 Pillars of Life: Reclaiming Ownership of Your Mind, Body and Future*. Authentic Traditions are those traditions of spiritual life, health maintenance and martial arts that have consistently proven their abilities to transform human life on a deep level over the course of several centuries and across cultures.

Not all ancient traditions are authentic, by any means. The inauthentic spiritual traditions devolve into what he and others refer to as “religions” – pseudo-spiritual traditions incapable of leading you toward real transformation. Authentic and inauthentic versions of the same tradition may both exist for centuries, as they have in Christianity, Buddhism, Taoism and elsewhere.

² Note that a belief in the Law of Cause and Effect in any sense does not necessarily imply a belief in reincarnation. Eastern Orthodox Christians and Taoists believe in cause and effect, whereas the Orthodox and some Taoists don’t believe in past lives.

³ Versions of Christianity heavily influenced by the thought of St. Augustine of Hippo (5th century) tend to cast doubt on the reality of human free choice. This is true of both Roman Catholicism to some degree and parts of Protestantism. Among the latter, Calvinism is particularly disposed to teaching a doctrine of “predestination”, according to which your eternal fate has already been decided by a capricious God. A similar teaching can be found in much of Islam.

⁴ “Philautia” or “self-love” is the Greek technical term used for centuries in Eastern Orthodox spiritual life. Despite some false translations to the contrary, this has nothing to do with the modern concept of self-esteem and does not imply that there is no such thing as a healthy, non-egocentric self-love.

“Self-cherishing” is a translation of a term commonly used in Tibetan Buddhism.

⁵ St. John of Kronstadt (d. 1908), *Spiritual Counsels of Father John of Kronstadt*, New York: SVS Press, 1981, p. 36.

⁶ St. Isaac the Syrian, *Ascetical Homilies of Isaac the Syrian*, Boston: HTM press, 1984, Homily 48, p. 229. St. Isaac was a monk living inside the Persian Empire in the 6th century.