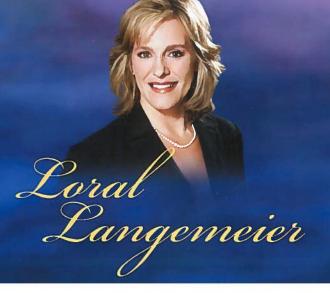
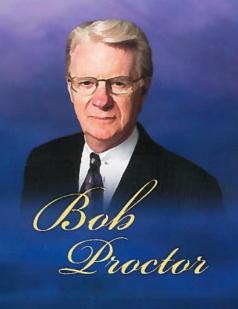
The Expression of Couver Live Out Loud – Expression vs. Suppression





THE EXPRESSION OF

YOUR POWER

Name

9

*

THE EXPRESSION OF YOUR POWER

LIVE OUT LOUD - EXPRESSION VS. SUPPRESSION

his is a program that's been designed for the individual who feels they are caught in a vice ... somewhere between where they are and where they want to be, not able to move, highly frustrated ... knowing they can do so much more, yet tolerating so much less.

Years back, I was fortunate to attract the people, the information, and the circumstances that I required to make the move that I was absolutely terrified to make. And, although I thought I had developed the awareness of the win that was waiting for me,

in retrospect, I realize now I had no idea of how awesome and how beautiful the change would actually be.

The freedom that I have experienced was even beyond the scope of what my imagination painted for me. My personal life is rich beyond description, my social life is full and meaningful. The individuals with whom I find myself surrounded on a daily basis in my commercial career are stimulating, fascinating and supportive. My income and assets have multiplied many times to the point where I am now able to afford the things I need, to take care of my wants, enabling me to live the way I choose.

As you journey through this program for the second, third or twenty-third time, you will realize it's truly transformational. Your awareness of what you read and hear each time you go through the various exercises will change dramatically.

Bob Proctor and his associates at LifeSuccess Productions played an

instrumental role in assisting me in breaking free of my own self imposed limitations. I am excited and truly grateful that they accepted my request to contribute to this program. We are able to share with you the many benefits of

our two companies

The success you experience from the application of this program will be in direct proportion to:

- The definiteness of your vision:
- The firmness of your purpose;
- The steadiness of your faith:
- · The depth of your gratitude.

working together on this project, The Expression of Your Power.

The success you experience from the application of this program will be in direct proportion to:

- · The definiteness of your vision;
- The firmness of your purpose;
- The steadiness of your faith;
- · The depth of your gratitude.

Loral L. Langemeier

LIVE OUT LOUD EXPRESSION VS. SUPPRESSION

"CALMNESS of mind is one of the beautiful jewels of wisdom.

It is the result of long and patient effort in self-control.

Its presence is an indication of ripened experience,
and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought-evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene.

James Allen (Circa 1903)

almness is a rare quality in human life. However, it is a quality that you must develop if you are going to fully express your true potential. All of the top business leaders and all professional athletes are in a very relaxed state when they're doing their best work.

Inspiration, information and power freely flow to and through the calm individual. The essence of every person is pure unadulterated Spirit and Spirit is always seeking expansion and greater expression. When you are in perfect harmony with the laws that govern Spirit, you will do your best work.

There will be times when you are in a very calm, relaxed state when images of absolute brilliance come to the screen of your mind. There will be mental flashes where you will view yourself doing great work. This happens with everyone from time to time. The most effective people recognize where these images of beauty are coming from. They mentally grasp them and follow them through until they are manifested on a physical plane for the entire world to enjoy.

The tragedy in life is when we totally reject these images ... these tremendous opportunities ... and fail to recognize that there is even the slightest possibility that these images could actually represent the life we could live. In our ignorant state, we **suppress** this powerful energy and continue with a life that lacks lustre, interest, or any decent form of compensation.



This program, The Expression of Your Power is designed to help you "Live Out Loud" to freely and effectively express the beauty and creative genius that is the very essence of your being. Suppression will become a thing of the past. Expression will be the order of the day - every day, as you begin to turn all your past and present dreams into a new way of life.

In an attempt to get an idea of where we would like you to go, take a few moments, let yourself totally relax, set your imagination free and build a picture of yourself living what you might consider a charmed life. It doesn't matter if you think this is ridiculous, unreal, or foolish - complete the exercise anyway.

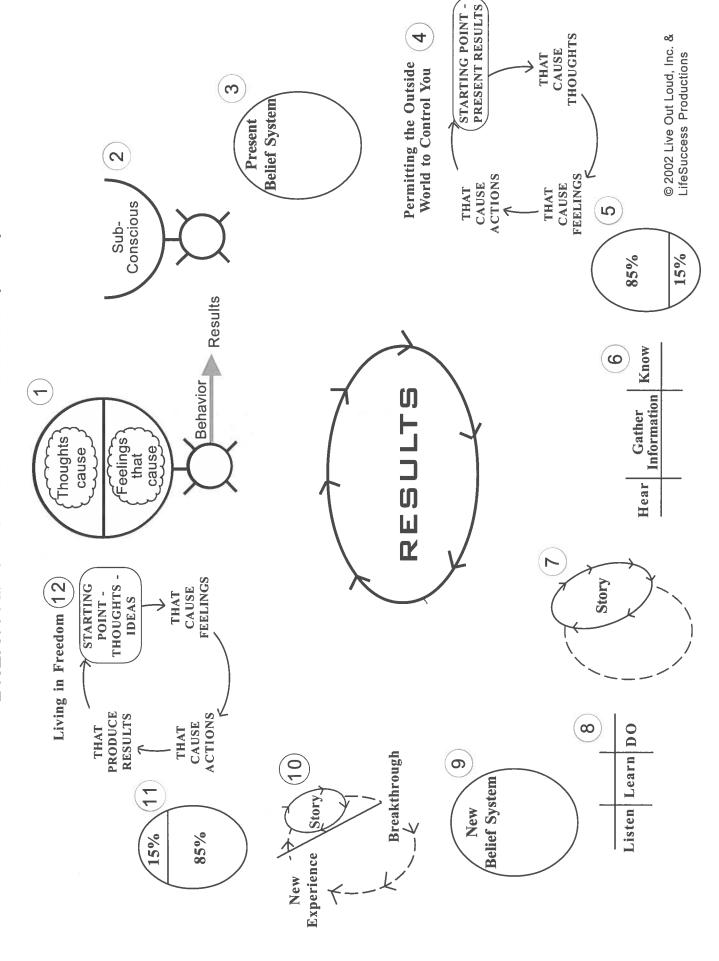
Walt Disney's best friends thought he had lost his mind when he began to share his fantasy of the beautiful world he was going to build in the orange groves in Southern California. You and I and millions of other people are grateful that Walt Disney held on to the image of Disneyland so that even today, in his absence, people would come, as he had predicted, from all over the world to enjoy what he built. Begin to describe your fantasy with the following statement:

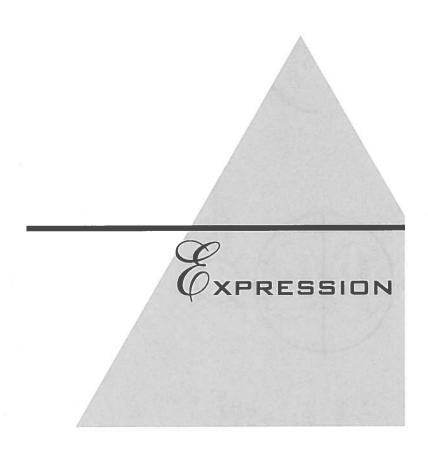
A A A	
Attion	
Assissing	
A 22 - 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	

The commence of the control of the c
Constitution of the state and the reservoir in the state of the state of
taking it to the and housing the bull teaching
Andrew is registrated and the second
All six six and a six and
Value and any and any and any
Value 19 19 19 19 19 19 19 19 19 19 19 19 19



CREATIVE STRATEGIC PROCESS (CSP)TM









"What lies before you and what lies behind you are tiny matters compared to what lies within you."

Ralph Waldo Emerson

hatever you described in the previous exercise you can definitely accomplish. Whatever you see inside, you can experience outside. However, as we previously mentioned, the vast majority of people have these beautiful images of an improved lifestyle come to the screen of their mind and immediately suppress them. This began with most of us at a very early age and was repeated over and over again until it became our habitual way of living.

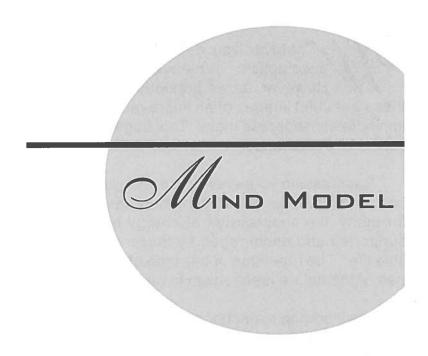
Suppressing your energy is never good; it is always destructive. The destruction can, of course, be measured in degrees, from insignificant to tragic. Unfortunately for many, the suppression of energy begins at a very early age and is frequently supported and encouraged by those who are in charge of our development in our little life. The repetition of this type of behavior turns into conditioning—which forms part of the failure mechanism in our lives.

The following metaphor of, "The Big Table"™ can be understood by most everyone from New Zealand to New York. If you mentally think back to when you were younger, we're sure you can relate. Frequently at family gatherings, the adults sat at the big table in the dining room and because there was always more people than could fit the big table, the kids were asked to sit at a smaller table - often in another room.

Did you ever have a strong desire, something inside of you, causing you to say, to yourself of course, "I wish I could sit at the big table?" Did you suppress that feeling? Did you go and ask the adults if you could join them? Or, did you just get up and go to the big table and pull up a chair and say, "I want to sit at the big table." If you are like most people, you sat there quietly, suppressing this urge to move on to the big game.

Unfortunately some people stay at the little table their whole life. At the appropriate time as we proceed through this program, you will be asked to recognize the "Big Tables" that you've stayed away from. These exercises will not only help you move to the big table, but will also leave you with a true and distinct feeling that regardless of where you're sitting, it will always be at the head of the big table.





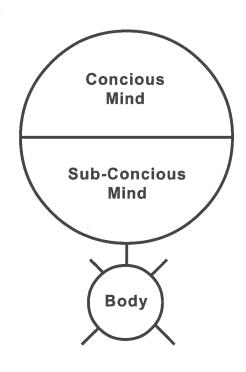


UNDERSTANDING PRECEDES CHANGE

To assist you in effectively making a transition from suppressing some of your most creative ideas to expressing them, we are including a concept that has helped hundreds of thousands of people worldwide enjoy greater success in life. This concept is the basis of every program that has been produced by LifeSuccess Institute over the past 35 years. The concept is more commonly referred to as the Stickperson.

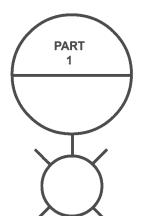
You think in pictures, in images. Think of your home or your car and images immediately flash on the screen of your mind. However, there is no universal image of the mind. When there is no image, the mind is in a state of confusion. This image will bring order to your mind.

The Stickperson helps us eliminate any confusion by graphically illustrating the mind and its relationship with your physical body and the material world you are surrounded by. It is strongly recommended that you frequently review this particular aspect of "The Expression of Your Power."



(This model of the mind and body was originated by the late Dr. Thurman Fleet of San Antonio, Texas, in 1934 [circa]. Dr. Fleet was the founder of Concept Therapy.)





CONSCIOUS MIND

The conscious mind is the part of you that thinks ... reasons. Your free will lies in this part of your mind, therefore, it chooses your level of vibration. Your conscious mind can accept or reject any idea. No person or circumstance can cause you to think about thoughts or ideas you do not choose. This is important because the thoughts you choose will eventually determine your results in life. All pain, pleasure, abundance, or limitation is either originated in your conscious mind or accepted uncritically from an outside source.

As you accept a thought, it is impressed upon the second part of your personality (see Part 2).

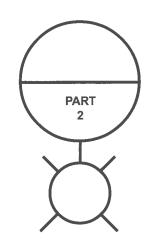
"You become what you think about."

THINKING MIND

SUB-CONSCIOUS MIND

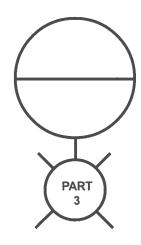
This is the part of you that is certainly the most magnificent. It is your "power center". It functions in *every cell* of your body. Every thought or word your conscious mind chooses to accept, this part must accept...it has no ability to reject.

This part of you operates in an orderly manner. "By Law" it expresses itself through you in feelings and actions. Any thought you continuously impress upon your subconscious 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 more commonly referred to as habits.) The sub-conscious mind is the "God-like" part of you referred to as Spirit. It knows no limits.



(Read "The Power of Your Subconscious Mind" by Dr. Joseph Murphy.)

CONDITIONED MIND



BODY

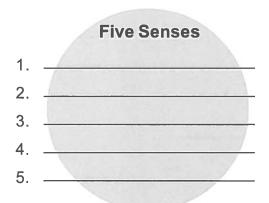
Although the most visible and obvious part of you, it is the smallest part. The body is the physical presentation of you, the material medium; it is merely the instrument of the mind, or the house you live in. The thoughts or images that are consciously chosen, impressed upon the sub-conscious (which is in every cell of your body), must move your body into action. The actions in which you are involved, determine your results.

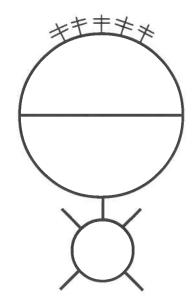
No. 1—Thoughts; No. 2—Feelings, No. 3—Actions, No. 4—Results.

To change results—change thoughts, feelings and actions. Keep it simple.

INSTRUMENT OF THE MIND

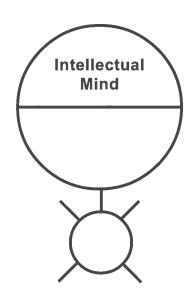






"An educated person is not necessarily,
one who has an abundance of general or specialized knowledge.
An educated person is one who has so developed the faculties of his mind
that he may acquire anything he wants,
or its equivalent, without violating the rights of others."

Napoleon Hill



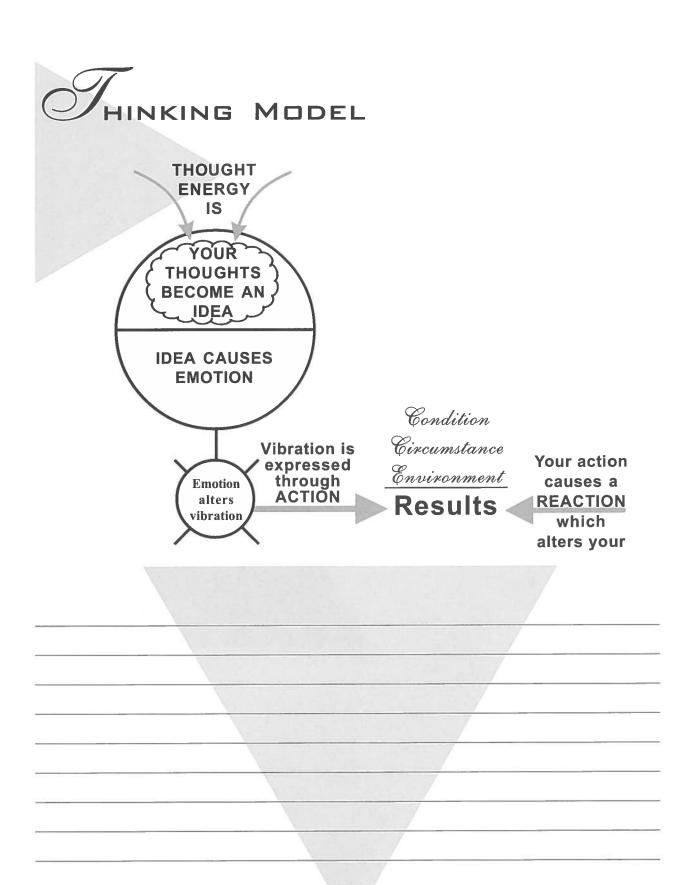
	Intellectual Factors
1.	ATTENDED
2.	
3.	
4.	
5.	
6.	



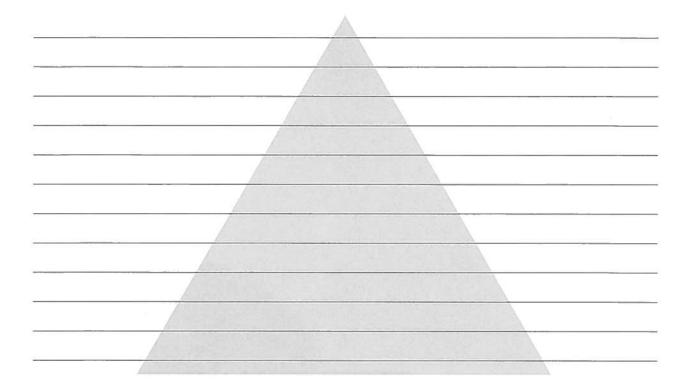
ORKING WITH YOUR INTELLECTUAL FACTORS

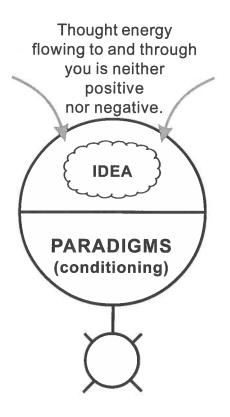












The nature of the idea you build will have a tendency to be influenced by your subconscious conditioning (paradigm).

You will rarely find a person seriously entertaining an idea of earning a million dollars a year when they're conditioned to work for a small wage.



OUB-CONSCIOUS CONDITIONING ... THE PARADIGM



UB-CONSCIOUS CONDITIONING ... THE PARADIGM

i i
 1
1
\
 \ 0 \ 0 \ \
\ Sub-Conscious
Mind
y X
/

aradigms—what are they? Is it a buzz word for the information age? Absolutely not. Paradigms could be controlling virtually every move you make. When you understand how to build a paradigm that will lawfully guarantee the progressive realization of your worthy ideal ... a paradigm to replace the one that presently controls your life, you will have opened a door to a brand new world where you may freely begin to express your power.

"To ignore the power of paradigms to influence your judgement is to put yourself at significant risk when exploring the future. To be able to shape your future you have to be ready and able to change your paradigm."

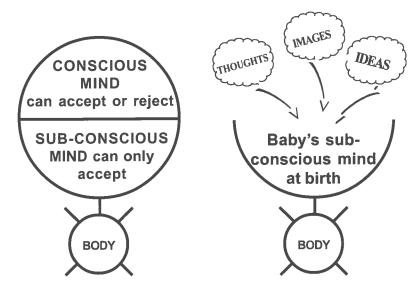
Joel Barker

Paradigms can be likened to a program that has been installed in your brain; a program that was very likely written by people who loved you—good people, people who sincerely wanted nothing but the best for you.

Take a moment and revisit the model of the mind and how the paradigm was first developed. It would be a wise investment of your time to reflect back upon the environment that you were in for the first five or six years of your life. Think of the people you were surrounded by. Don't get caught up in the concept of whether they were good or bad people.

- What was their life-style like?
- · What did they work at?
- Did they make the best use of their time and talent?
- Were they involved in programs like this to help them develop their potential?

And, while you are mentally reviewing this period of your life, you must realize that you are an extension of that energy. You are the product of their habitual way of living. They are the ones who were responsible for the formation of your paradigm, but it is also important for you to remember, that you are responsible for changing it.

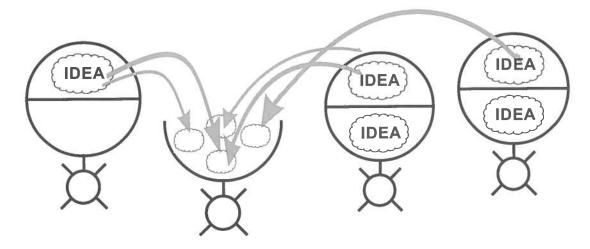




_	
nk _	of the people you were surrounded by. What was their lifestyle like?
at	did they work at?
th	ey make the best use of their time and talent? If not, why do you think they
re ent	they involved in programs such as this that would help them develop tial?

THEIR WORLD WAS BECOMING YOUR WORLD

The people who were writing your program were giving you what they had been given, what they believed to be true. Unfortunately, they had no idea of what they were doing, the limiting beliefs that they were writing into your program, that could control the remainder of your life.



Take a moment, relax, exercise you	ır memory and identify:
What were they thinking?	
	And the second second
What were they doing?	
What were they saying?	



PRESENT BELIEF SYSTEM



In many seminars, we play a game called, "Cross the Line." We ask that all of the parents sit off to one side of the room and observe their children while they play the game. Typically, the children range from 6-10 years old. We want you to mentally take yourself back to the time when you were 10 years old. Think of where you lived, some of the kids you hung around with. Imagine that you're in the seminar with us. Your parents are with the other parents, sitting on the sidelines. The instructor has placed a piece of masking tape on the floor representing a line that's been drawn down the center of the room. You and all of the other kids are standing on one side of the line and are asked to cross the line every time a statement is true to you.

We can't afford it.	
Money doesn't grow on trees.	DID
	YOU
That costs too much.	CROSS
	THE
Don't ask for (you fill in the blank about what you were told not to ask for)	LINE?



NALYZE YOUR BELIEFS CAREFULLY

"Believe and your belief will create the fact."

William James

As a person begins to seriously analyze their belief system, they will quickly realize their beliefs operate on two different levels. They have beliefs that operate on a conscious intellectual level and beliefs that operate on a deep sub-conscious programmed level and there seems to be a dichotomy between what a person will tell you they believe and what their behavior would indicate they believe.

As you journey through the various lessons in The Expression of Your Power, you will develop a strong desire to bring those beliefs in line—one with the other.

THE BEAUTIFUL TRUTH

It is well established and clearly documented that you've believed an over abundance of lies with respect to who you are and what you are capable of doing. It's high time that you begin to tap into the

Tip

Be congruent. Walk your talk.

Integrate your belief with your behavior.

beautiful truth that, if you can see it in your head, you can hold it in your hand.

You are a spiritual being and, as such, have potential without limitation. You can improve every aspect of your life until your entire life is an open and obvious expression of your own inner beauty and limitless potential. Happiness, health and prosperity are normal and natural states for you to experience. There should be no room for lack or limitation in your world. The only thing that stands between you and all the good that life can offer is a sound belief system that is in harmony with the laws of the universe. Combine that with the effective use and application of Praxis and you've got a winning combination.

Praxis
is the integration of belief
with behavior.





Praxis has the potential to cause wonderful things to happen in many areas of your life. Praxis is a word that, until now, could be found in the vocabulary of very few people. What the airplane was to travel, what email is to communication, likewise Praxis will become to human development.

Take a moment and mentally play with this magical word. Praxis means "the integration of belief with behavior." When you first run that definition across the screen of your mind, you might be inclined to say to yourself—everyone's beliefs are integrated with their behavior—but, that's not correct. And, more often than not, when a person's beliefs are integrated with their behavior, their beliefs are false, causing their results to range from bad to disastrous. Then there are numerous other situations where a person believes something that is sound, but they fail to integrate their belief with their behavior and their behavior becomes a physical contradiction to those beliefs. Again, the results are unwanted.

WHAT DO YOU BELIEVE?

Courageously begin to analyze your beliefs, one at a time. Ask yourself if you have sound reasons for each of your beliefs. As you do this, you will find that many of your strongest convictions have absolutely no foundation. You will realize that some of your beliefs are totally absurd. For the most part, many of your beliefs you inherited—you didn't even develop them yourself.

Developing and reviewing your own personal belief system is the most important mental responsibility you have been given. You would be wise to make a written list of your beliefs. Then, step back and look at your list as if it belonged to a stranger. Hopefully, you have a good sense of humor because some of what you are going to see will probably be quite comical—at least, that is the conclusion reached by most people who complete this exercise honestly.

"The highest reward for a person's toil is not what they get for it, but what they become by it."

John Ruskin



PRESENT BELIEF SYSTEM



Desire

Now that you have some understanding of how you have been conditioned, the concept of praxis and how it affects your life, in the space provided state 3 areas of your life where you seem to continually have difficulty in accomplishing what you seriously want. On the left hand side of the page, state your desire and on the right hand side of the page, what you believe is holding you back.

What's holding you back

Example: I really want to get a bigger	Example: I don't think we can afford
home in a nice area.	the mortgage payments.
	.

The following affirmation will assist me in developing the belief system required to accomplish the results I desire.

Example: I am so happy and grateful now that money is coming to me on a continual basis through multiple sources of income which now affords me the house I really want.

Read *The Magic of Believing*By Claude Bristol



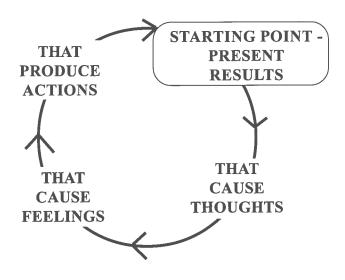
Desire	What's Holding You Back
	
	Affirmation
/studen	
Desire	What's Holding You Back
91 <u>91 </u>	
	Affirmation



PERMITTING THE OUTSIDE WORLD TO CONTROL YOU



PERMITTING THE OUTSIDE WORLD TO CONTROL YOU



Review the graphic illustration above of the "thinking sequence" that is taking place and then describe, in detail, a situation in the last 72 hours where this was the type of thinking you allowed yourself to be involved in.

ituation:					
		1100			<u> </u>
			-	 	
		15.77	700	 	
	7		74(8)).		1.00
-				110.00	



Describe an alternative that would have given you a more favorable result.	
3 	
A Committee of the Comm	1
A Renguent	
ADVOTORS NAMED AND ADVOTORS NAME	-
Re-Same Results	
Describe a dream vacation; this may be something you've always wanted to	o do.
	1
Action to the control of the control	<u> </u>
When do you plan to take this vacation?	
	/

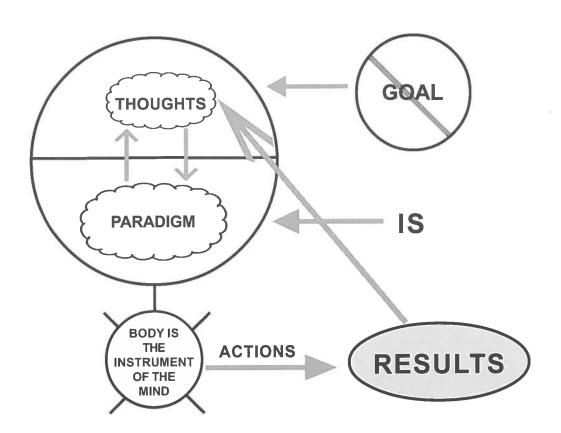


#1—Results
cause
Thoughts

#2—Paradigm supports and agrees with those Thoughts

#3—New Thoughts reinforce
Old Conditioning

which produces #4—Same Results

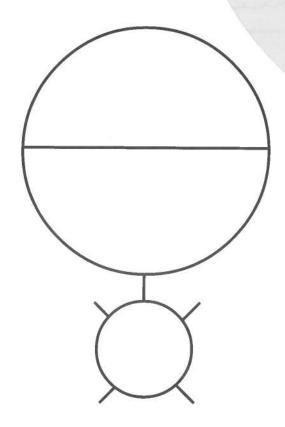




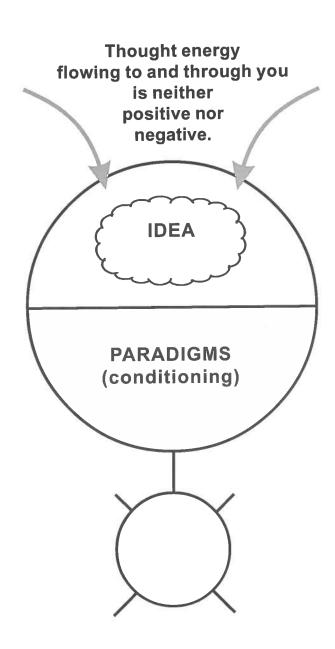
	7
UK	
00	1

eview the previous page and familiarize yourself with how we have graphically communicated that idea to you. Following a similar form of communcation, design how you believe the thought sequence should operate to produce the results you desire.

#2---



You were truly given the freedom to form whatever ideas you choose. There is absolutely no one and no thing that can influence your thoughts without your permission.



The nature of the idea you build will have a tendency to be influenced by your sub-conscious conditioning (paradigm).













"The exercise of the visualizing faculty keeps your mind in order and attracts to you the things you need to make your life more enjoyable, in an orderly way.

If you train yourself in the practice of deliberately picturing your desire and carefully examining your picture, you will soon find that your thoughts and desires proceed in a more orderly procession than ever before."

Genevieve Behrend Your Invisible Power

To take control of your life and properly engage in the creative expression of your potential, it is absolutely essential that you begin to exercise and strengthen the intellectual factors that we covered in a previous lesson and outlined on page 13.

Failing to take control of your mind, you fall into that category of individuals whose lives have no direction, whose mind is in a state of confusion a good part of the day. If you could look into the mind of these individuals, you would see an array of unrelated ideas the likes of which could only be found in an encyclopedia.

The illustration at the top of the page will give you some idea of the imbalance that exists between noise and order in the mind of over 90% of the population. These individuals experience short, sporadic periods of order when their thinking is clear and creativity is present. This creative expression of their power is an indication that there is genius lying within. Unfortunately, this creative state is short-lived and the chatter of the masses takes over ... the intellectual factors return to their dormant state and the individual becomes the plaything for everything around them.





В.							
Р	VΩ	180	can	ha	deti	nad	26
	v	100	Call		UCII	1160	co.

- excuses
- blaming
- ♦ confusion
- disjointed conversations
- rationalizing
- procrastinating
- distraction lack of focus
- ♦ lack of focus

How do you experience your "noise?" You may use some of the suggestions above as well as give definition to your own noise.

		107			 200
				100	
					 -
or to this water	to to a Court		11 0		
w is this noise	interfering	with your r	esults?		
w is this noise	interfering	with your r	esults?	114/16/1	
w is this noise	interfering	with your r	esults?		
w is this noise	interfering	with your r	esults?	HA/1631	
ow is this noise	interfering	with your r	esults?		
ow is this noise	interfering	with your r	esults?		

"Two percent of the population think; three percent of the population think they think and ninety-five percent of the population would rather die than think."

Dr. Kenneth McFarland



"Seeist a man diligent in his business and he'll stand before kings."

Proverbs

o order rat	Name	% of time you spend with them	Noise Order Ratio
/hat is you	ur "noise to order" ratio? What would you lik	xe it to be?	
·	What would you lik		
•	What would you like		moving your life into
/hat are s	What would you like		moving your life int







"Education does not mean teaching people what they do not know. It means teaching them to behave as they do not behave." John Ruskin



ou have reached the point in the Creative Strategic Process where you will now begin to add some high octane energy. Because of the information you've gathered, you're getting ready to move in the

direction of your dream.

- We've introduced you to the mind lesson and how the mind relates to the body, to your material world and to the results you achieve.
- We've discussed how the conscious mind operates vs. the sub-conscious.
- You've made a written description of your intellectual factors and how they function.
- We reviewed how your mind had been conditioned in your little life and how you became the product of somebody else's habitual way of thinking.
- You know how your present belief system was actually inherited and not a chosen part of your control mechanism.
- We reviewed, how, because of this conditioning and erroneous belief system, the cycle of thinking that prevails in most people's lives is where the starting point is results and the end is results—unfortunately, the same results.
- Then, in the previous lesson, we discussed noise, noise and more noise.

H G K

Now, let's take the time to ask why, as an adult, you have permitted this to continue. The root cause of the problem is ignorance—not knowing. Unfortunately, that cause is rarely addressed in our educational system and that is primarily because the learning model that is a part of our paradigm is ineffective and does absolutely nothing to enlighten us or improve the quality of our lives.



"Curious how we acquire wisdom!

Over and over again, the same truth is thrust under our very noses.

We encounter it in action;

we are admonished by it;

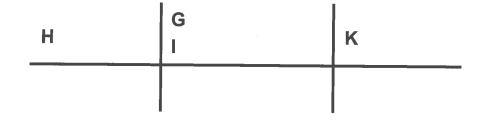
we read it in the written word.

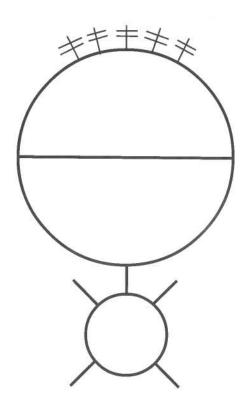
We suffer the experience; we gradually assent to the advice;

we approve, intellectually, the written word.

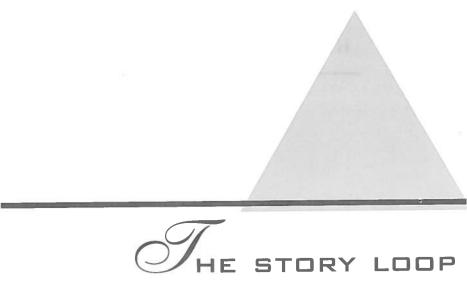
But nothing happens inside us.

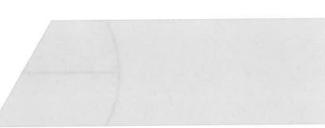
Stewart Edward White and Harwood White









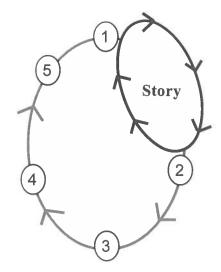






In the previous lesson, it was clearly communicated that the learning model we have programmed to accept as effective was, in truth, totally ineffective. Seeing as though our perception of anything is determined by our paradigm, what we perceived as "learning experiences," were nothing but situations where we gathered more information.

We were conditioned to think that learning was a matter of memorizing and regurgitating and if we did it effectively, we were rewarded for this behavior. Unfortunately, this misperception of learning caused



us to get stuck in our "story," which is created from our experiences. We have hundreds of experiences every day and we process those experiences through expressing our emotion. In essence, the story is the drama that surrounds the experience.

For example: you invest in a real estate deal, it goes sour and you lose money. Most people, instead of learning from the experience, taking what they've learned to build a new experience ... get stuck in the drama of their story. And consequently, the longer they remain in the story, the bigger the story becomes and the more emotionally involved and committed it they are. Then they begin to justify the story and the noise they experience perpetuates their commitment to the story.

	,	ii	y = a = p : = e	ently caught up ir
			×	
_		-	- AV - 2	
	i i			
		0,500		
	W		2)	
			-	
			200	

	Tip
Forgive means to let go of completely totally abandon. Forgive the situation and the story and move on.	Amateurs compete with people. Professionals compete with themselves.
reate an affirmation that will set you free from the sto	ory and move you into acti



The large loop t the "Experientia	hat's graphically illustrated along with the story loop is referred to as all Learning Loop" and there are five phases to it:
	1
	2
	3
	4.
	5
\mathcal{S}	
ELF FUI	-FILLING PROPHECIES
Think of two situ fulfilling prophec	ations in the past that stand out in your mind as the concept of self- y was explained to you.
1.	
2.	
With your new aw causing these ur	vareness, what you would do differently if a similiar situation occurred wanted results?



HIGHLY EFFECTIVE
LEARNING MODEL



HIGHLY EFFECTIVE LEARNING MODEL

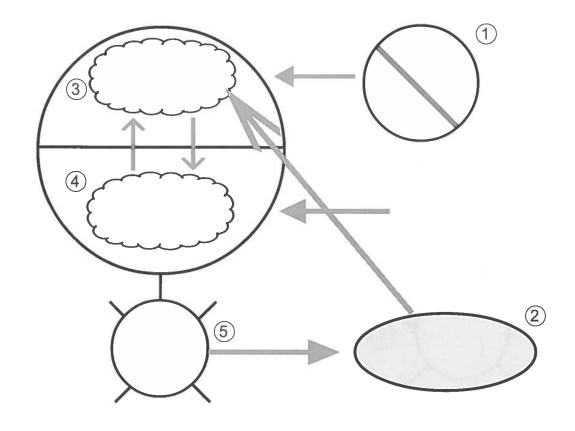
HEAR	GATHER INFORMATION	KNOW
L	L	D

	NING IS A				
					1. E-1,
		-20,51			55
			4 +		
	DIFFERENC D LISTENIN		EEN HE	ARING	
-	1045		74V)	- 141	
_	- 1 11		****		
_					



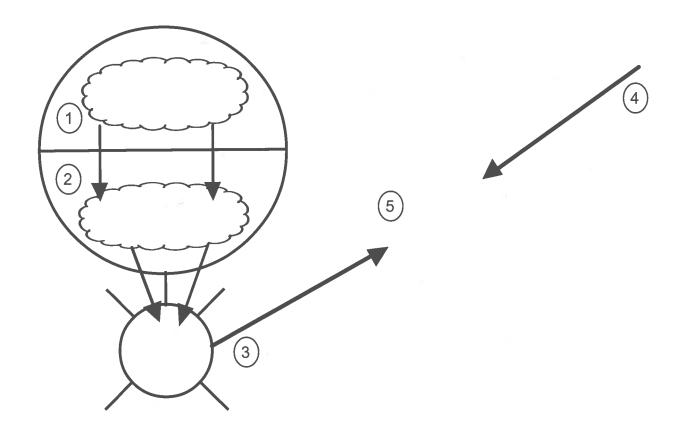
			-	
The state of				
		2701		
	<u> </u>			
	7, 200			
- HE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- IE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- IE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- HE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	Doin
- IE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- IE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- HE DIFFERE	NCE BETWE	EEN KNOWI	NG AND	DOIN
- HE DIFFERE	NCE BETWE	EEN KNOWI		DOIN
- HE DIFFERE				DOIN
E DIFFERE				





				-
-				-200
territ				
	_			
				 - 2000
				100
	181.0			
-		2000		 -
100				





"Curious how we acquire wisdom!

Over and over again, the same truth is thrust under our very noses.

We encounter it in action;

we are admonished by it;

we read it in the written word.

We suffer the experience; we gradually assent to the advice;

we approve, intellectually, the written word.

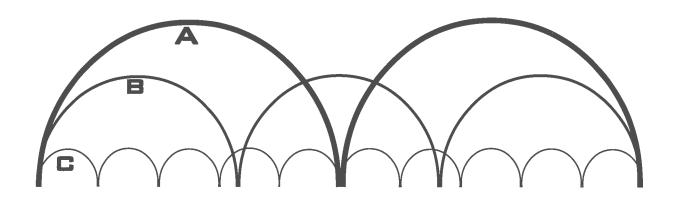
But nothing happens inside us.

Then, one day,
some trivial experience or word or encounter stops us short.

A gleam of illumination penetrates the depth of our consciousness.
We see! Usually it is but a glimpse;
but on rare occasions a brilliant flash reveals truth fully formed.
And we marvel that this understanding has escaped us so long."

Stewart Edward White and Harwood White





To efficiently employ this Effective Learning Model, we have included two new concepts that you can begin utilizing immediately to increase your effectiveness when communicating with other people.

G _{ET}	- Curi	RENT, 5	TAY C	URREN	т	
-						
2						
-						
The state of the s	TUPE	PACING				
		. , , , , , , , , , , , , , , , , , , ,				
-						
S		42				
S						

"You have to do it by yourself and you can't do it alone."

Martin Rutte









"When the mind is stretched by a big idea it will never return to its original shape."

Thomas Carlysle

Albert Einstein was quoted as saying, "The level of thinking that created and has recognized the problem is not the same level of thinking that will recognize the solution to the problem."

A new belief system can only emerge when a person expands their capacity. Capacity, insofaras as The Expression of Your Power is:

"your mental ability to conceive or perceive, internalize and act on a concept until it is expressed in material results or circumstances."



Understand that you have infinite potential—no one person has more potential than another. Think of people in your own field who are accomplishing many times what you may be accomplishing. You may have a tendency to think that they are smarter than you, luckier than you, better than you. However, the truth is rarely in the appearance of things. They are merely operating with a greater capacity than you and if you were able to look back in their life, in their mind, you would very likely be amazed at the simple, subtle changes they made that enabled them to expand their capacity and enjoy the improved results that you may be in awe of. Realize the Creative Strategic Process contains everything you require to move up to the "Big Table" and enjoy the big wins that are, in truth, your birthright.



Imagine that your capacity has doubled, therefore your effectiveness, your income and the results that you're achieving have likewise doubled. Assuming that you're going to invest 25% of your income, what would you invest in and how would you lifestyle change?

An individual's results are always a mirror reflection of their mental capacity. To expand your capacity is a virtual guarantee that you will improve your results. Capacity is expanded through understanding understanding that can be gained through study and experience; it's an understanding of the relationship between your mind and body—the non physical and the physical aspects of your world. You must gain an understanding that you are an individualized expression of an infinite power and you have been gifted with mental faculties that were explained in a previous lesson.

I want you to imagine that you have made a decision to be involved in a planned PHYSICAL EXERCISE PROGRAM guided by a qualified coach. In a relatively short period of time, you would begin to feel and see the development of your physical body defined by toned and developed muscles. This program would give you the ability to lift weights well beyond your capacity prior to beginning the program.

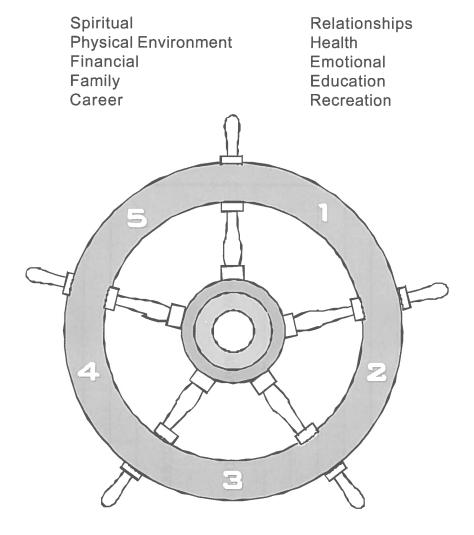
Another example might be: Some of the Leaders who are Enrolled in our Coaching Programs have the ability to lead a small group of people. Whereas other leaders have the ability to effectively lead 100 people. What's the difference? ... their capacity!



"An educated person is not, necessarily, one who has an abundance of generalized or specialized knowledge. An educated person is one who has so developed the faculties of his mind that he may acquire anything he wants, or its equivalent, without violating the rights of others."

Napoleon Hill
Think and Grow Rich

The following is an excercise using the Capacity Wheel that will provide you with an opportunity to look at various areas of your life. From the list below, select five areas that you want to work with through the course of this exercise. Record them in each section of the wheel.

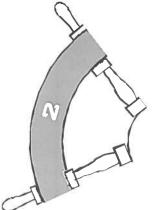


On the following pages, take the areas you have defined above and list one area on each of the corresponding pages.



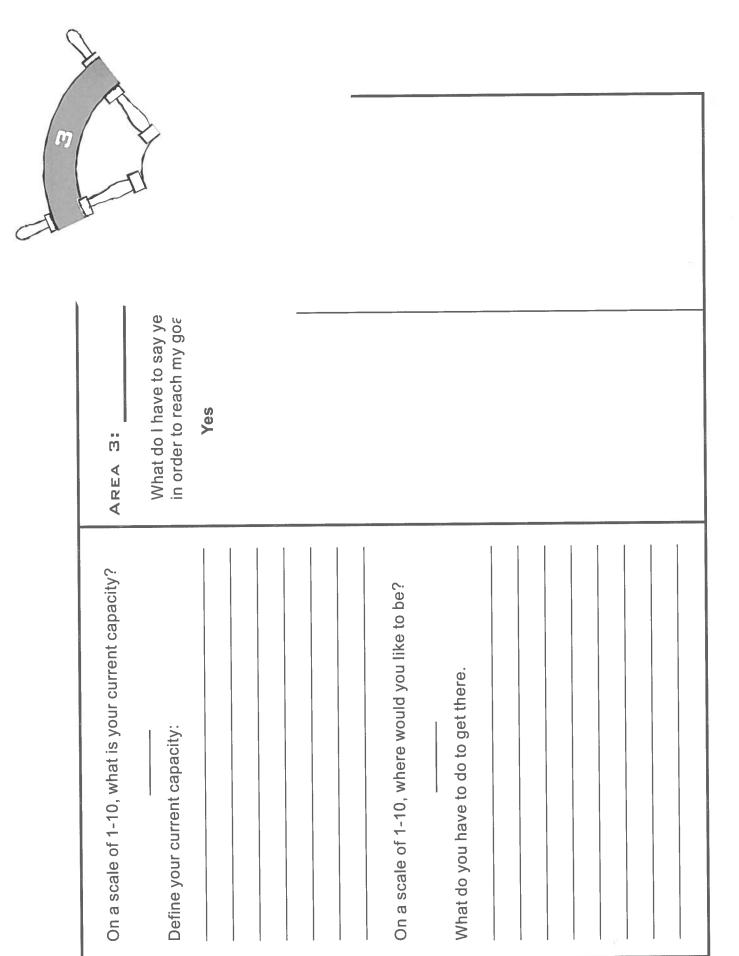
	say yes my goa'			-					
AREA 1:	What do I have to say yes in order to reach my goa'	Yes							
On a scale of 1-10, what is your current capacity?	Define your current capacity:				On a scale of 1-10, where would you like to be?	What do you have to do to get there.			



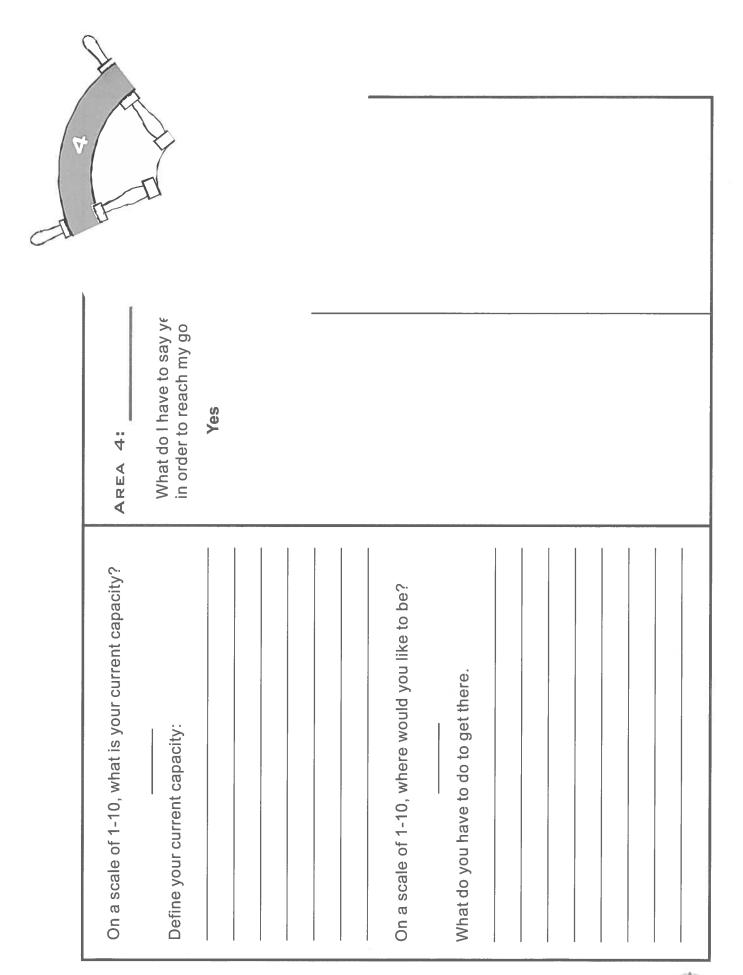


				_				
	ve to say yr							
AREA 2:	What do I have to say yr in order to reach my go	Yes			ä			
On a scale of 1-10, what is your current capacity?	Define your current capacity:			On a scale of 1-10, where would you like to be?	What do you have to do to get there.			











	T							
AREA 5:	What do I have to say ye in order to reach my go?	Yes						
On a scale of 1-10, what is your current capacity?	Define your current capacity:			On a scale of 1-10, where would you like to be?	What do you have to do to get there.			



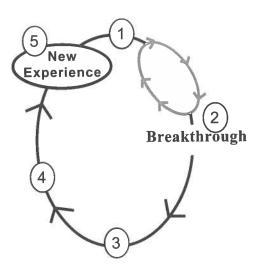




EXPERIENTIAL LEARNING CYCLE

The Experiential Learning Cycle is where you take the lessons from the Highly Effective Learning Model and apply it to get out of your story, away from the noise and improve the quality of your life. Every indvidual who has ever accomplished anything of any consquence applied the concept that is contained in this valuable lesson.

We made reference to the five phases of this Experiential Learning Cycle in a previous lesson. It is now time to add definition to those terms.





-

The effective few who truly enjoy the goodlife are rarely ever stuck in the story. They are active learners who are continually involved in the Creative Strategic Process. They clearly understand the concept of **The Motivational Gap**. It is the gap that provides the continuous motivation to keep them out of the story loop and when, on occasion, they realize they're caught in it, it is the gap that motivates them to break free and continue with the experience of living a full life.

Think of six people who you believe fall into the category of high energy individuals who seem to know exactly where they're going ... one good thing after another keeps happening in their lives and they are obviously high income earners. They seem to be magnetized to great things and wonderful people. Money never seems to be a factor in their decision making process. They may be young or old, male or female—individuals you truly admire and want to emulate. Although the people you list may have never heard the term Motivational Gap, you can rest assured they understand the concept behind it and use it effectively in their lives.

1		 	
2			
3	2		
4.			
5.			
6			



<u> </u>	
-w-	
<u> </u>	

The Motivational Sap is the psychic bridge that spans the distance between where you are, who you are, and who you see yourself becoming.

Like any bridge, if it is not engineered properly, it will never serve the purpose it was designed to serve.





	pace provided, describe how you would like to be described by those sals you listed previously.
speake upon yo without into hig only und Gap is t	out of ten self help books, personal development programs, and motivation is would lead you to believe that success or failure in life is totally dependent goals. While goals are essential and a person cannot be truly successform, there are many people who have goals and still do not move their lift gear. The goal has never been the problem. Unfortunately, this concept erstood by two or three people out of 100. Understanding the Motivation have the total freedom and will guide you down the right road to a bright future is a question. It may require a little thought on your part. What truly motivate ink of a situation where you were highly motivated and would have been a
exceller of time,	t role model for others to emulate. It may have only been for a short period then again, it may have lasted for quite a while. In the space provided what you believe caused you to be so highly motivated during that period



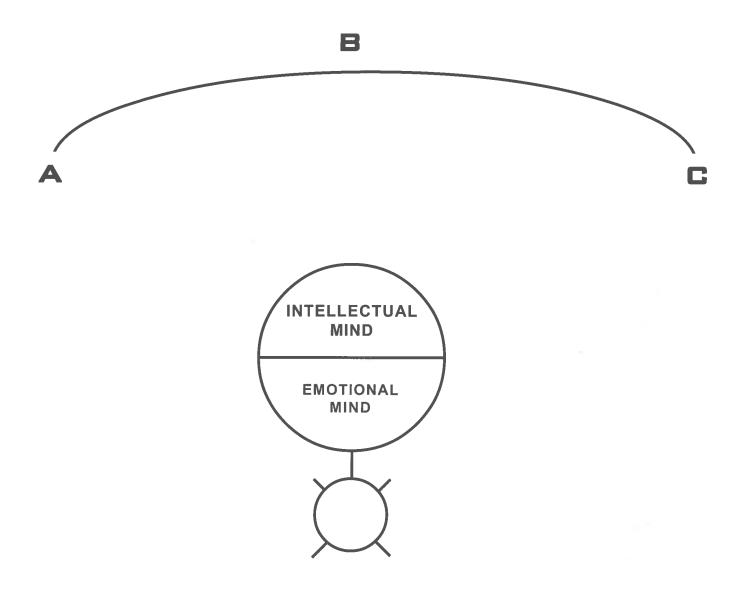
<u> </u>				
		5-		
				-
-				1
cribe where y	ou are now.			1
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			
cribe where y	ou are now.			

The gap between where you are versus where you want to be is what creates the motivation. Goals that are too small create very low or no motivation and yet goals that are too big seem impossible, thereby making it difficult to create any energy. You need to be motivated by the gap!

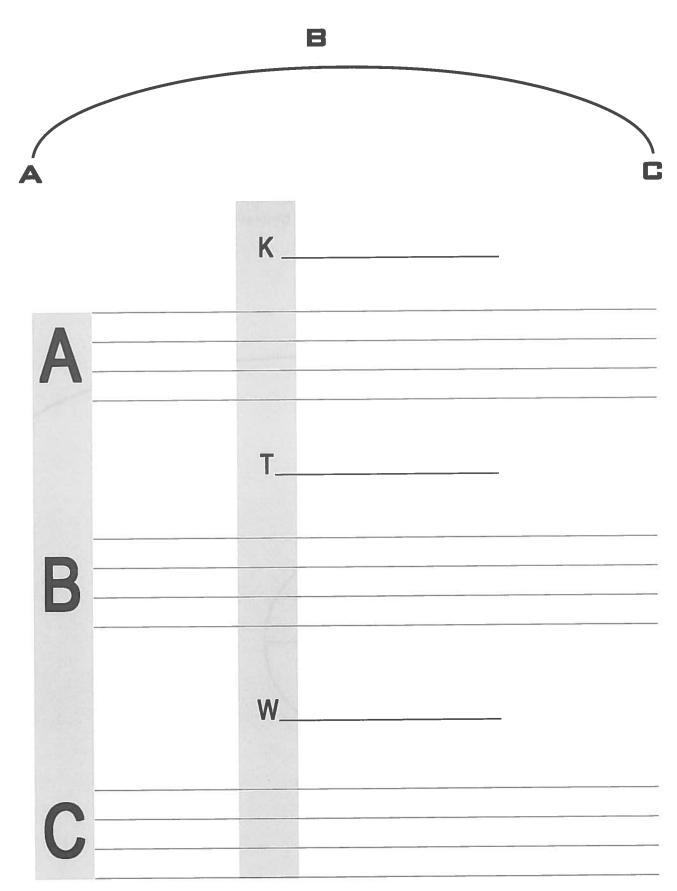


It's rare indeed to find an individual who does not have dreams. Virtually everyone dreams of the person they would really like to be ... the life they would like to live ... the trips they would like to take to exotic, interesting places ... their dream home ... or, the loving relationship that makes their heart skip a beat. The motivational gap is a mataphor containing two individual ideas that represent two distinct parts of your personality. It is the space that seems to hang between the dream and where you presently find yourself.

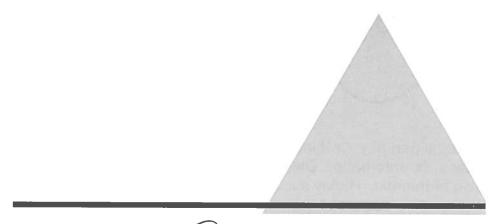
The motivational gap is the composite of the intellectual mind and the emotional mind working in harmony providing you with the high-octane energy required to consistently break through the barriers that stand between you and the manifestation of your dream.







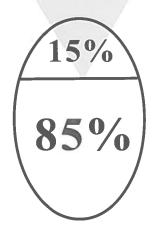












Take a few moments, turn back to page 7 and review The Creative Strategic Process chart. You will notice you are at the point on the chart where there is only one more lesson to cover. That lesson is referred to as Living In Freedom.

This graphic illustration indicates that your mind is in an orderly state 85% of the time, where the outside world only dominates your thinking approximately 15% of the time. The individuals who have developed themselves to this point are virtually guaranteed success in everything they do. By reviewing the previous lessons over and over again and turning the concepts into a

habitual part of your thinking, you will arrive at the point where creating order, out of chaos, is automatic. Distinguishing productive activities from mere busy-ness is also automatic. Highly successful people have either consciously or unconsciously chosen this as part of their conditioned nature. That is called a success paradigm and should be your objective on a daily basis - to reach and maintain this mental state.

Following the wealth cycles in the next lesson will be as natural as putting one foot in front of the other as you walk down the street. Make a binding commitment here and now that you will dedicate time every day (the same time) to study this program and review the Creative Strategic Process.

This is my binding and	irrevocable commitment
that I will take	Amount of Time
every day at Specific Time	to review this program.
Your Signature	Date



Bring Order Into Your Life

ALEX SE
ALEXALLE IN

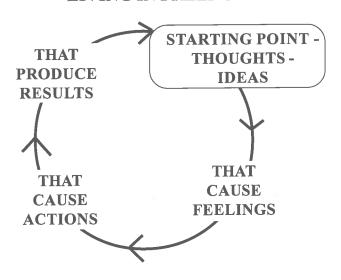
Purpose	
•	
11 2	
10	
Vet Worth	
-	
Vision	
/ ISION	
MASSES PLAN	
Value Alignment	
, a.a.o.,g	
<u> </u>	



EALTH CYCLES ...
LIVING IN FREEDOM







In his play, "The Secret of Freedom," the Pulitzer Prize winning Playwright, Archibald MacLeish had one of his characters stand up and say, "The only thing about a man that is a man is his mind, everything else you can find in a pig or a horse." Of course, he was right. The distinguishing factor that separates you from all the rest of the little creatures in the world, that you covered in your first lesson, is your intellectual factors ... one of which is your ability to think. Thinking is the highest function of which you are capable - an activity the masses rarely engage in.

In an earlier lesson, Permitting The Outside World to Control You, the graphic illustration on the first page of that lesson explains how most people's starting point in their mental process is results ... allowing their present results to control them. Rarely, if ever, do professionals who follow the wealth cycles that you are about to be introduced to, permit their outside world to control their mind. Their thoughts follow an orderly path. They are independent thinkers. Although they gather information from their outside world, they analyze it and they reject whatever is not in harmony with the vision of where they are going.

The graphic illustration in this lesson clearly communicates that thinking is the starting point.





"Most people think they want more money than they do and settle for a lot less than they could have."

Earl Nightingale

This is the impact lesson of this program. This lesson on wealth cycles is truly the balancing staff in your life; it deals with money. A high percentage of the population never truly understand this subject and many people may even become defensive when the subject is brought up. The cause of their defensiveness is ignorance and this defence mechanism is frequently brought about by embarrassment, because although we live in one of the most affluent times in history, ninety some percent of the population struggle through life.

Time and time again, you will hear it said that money is not the most important thing in life and nothing could be more accurate. However it is certainly the most impactful, since money has a major influence on every aspect of your life.

What is your present income?
What is the most you have ever earned in a year?
How much do you believe you would have to earn
to live the way you would really like to

"The accumulation of wealth calls for power and power is acquired through highly organized and specialized knowledge, but that knowledge does not necessarily have to be in the possession of the person who accumulates the fortune."

Napoleon Hill

To move from one wealth cycle to another, a paradigm shift is required which is the objective of this program. The lessons have been designed to assist you in raising your level of conscious awareness and as you do, you will attract the thoughts, the people, and the things you require to accomplish your new financial objectives. As you reach each new financial goal, in retrospect, you will realize that everything you required had always been available. All we ever truly require is awareness. With each new level of awareness, we attract from the infinite source of supply the resources we require to move to the next level ... they stand ready and waiting at our fingertips throughout our entire lives.



This program will completely eliminate competition and replace it with creation enabling you to bring about the balance that your life calls for, in a calm and confident manner.

"If you are one of those people who think that hard work and honesty, alone, will bring riches, perish the thought! It is not true!

Riches, when they come in huge quantities, are never the result of HARD work!

Riches come, if they come at all, in response to definite demands, based upon the application of definite principles, and not by chance or luck."

Napoleon Hill

Regardless of what your level of financial literacy may be, you will move into a higher cycle with this impactful lesson. Exercise your imagination by visualizing what the various areas of your life would be like if your annual income suddenly became your monthly income. How would your life change? What would you be doing? Where would you be doing it?

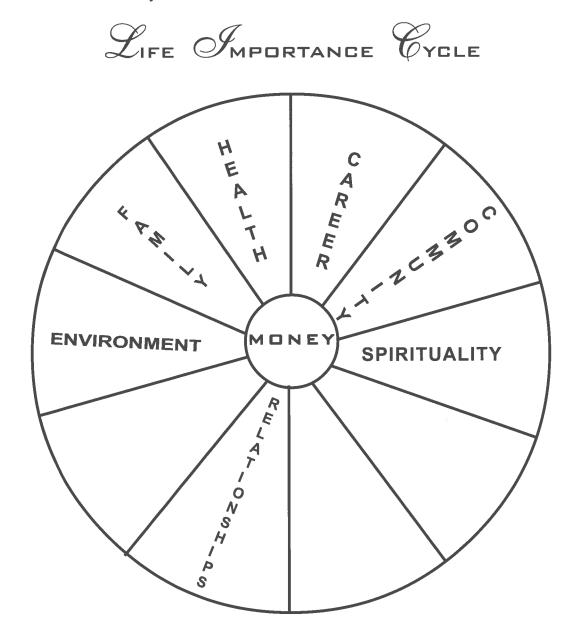
How would your life change?	
What would you be doing?	
	of street som for specialists
Where would you be doing it?	
To Produce	a served ment of ment of the served
THE PARTY	Ver concess of the process

A wealth cycle is the process that occurs as someone is developing wealth over the course of their lifetime.



MPACT OF MONEY

The seven areas outlined in the cycle all have a degree of importance in your life. You will find that their level of importance will change from time to time. We have left three spaces open for you to add other areas of importance that will crop up from time to time in your life.



This lesson is where the Creative Strategic Process (CSP) truly begins. The CSP is the composite of all of the various technologies that you have been introduced to in each of the lessons. We strongly recommend you make a commitment to following this process for the rest of your life.



- 	
PIRITUALITY	
CEALTH	
	THE RESERVE TO BE
IVIRONMENT	
IVIRONMENT	



PAREER					
			0,		
0					
DMMUNI	TY _				
					3
7)					
VELATIO	NSHIPE	3			
		<u> </u>			
		/			
				<u></u>	
11					
HAMILY _					
	400				
				72	

12	
13	
-	



CURRENT	FORECASTED	DAILY	DESIRED
INCOME	INCOME	HABITS	HABITS
CURRENT Expenses	FORECASTED EXPENSES	DAILY HABITS	DESIRED HABITS

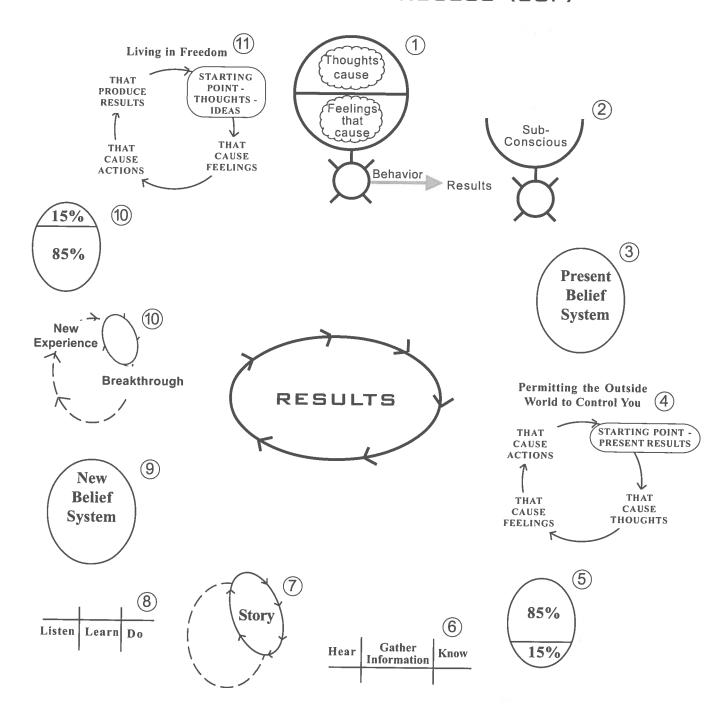
FINANCIAL FORECASTING

	_		
CURRENT	FORECASTED	SOFT	PERFORMANCE ENHANCEMENTS
HARD ASSETS	ASSETS	ASSETS	ENHANCEMENTS
CURRENT HARD	FORECASTED	SOFT	LIMITING LIABILITY
LIABILITIES	LIABILITIES	LIABILITIES	Possibilities

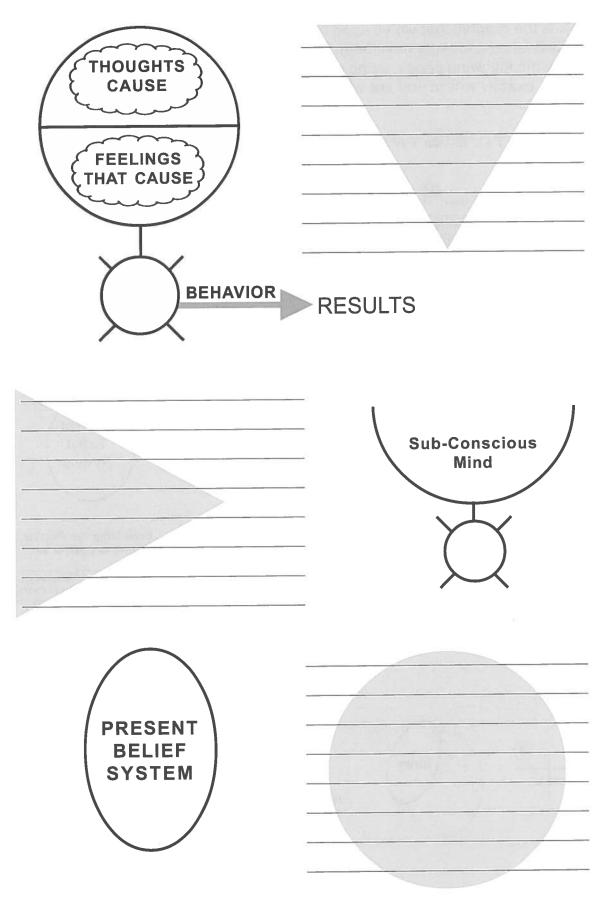


Below is the graphic that we've used to illustrate the Creative Strategic Process whose individual components have been explained in full within each of the previous lessons. On the following pages, using money as an example, chart out your thought processes ... exactly where you are within each of the components of the CSP.

CREATIVE STRATEGIC PROCESS (CSP)TM

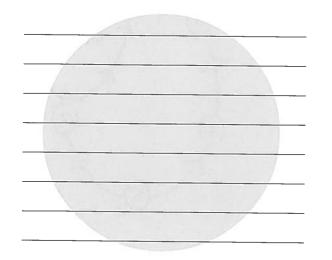


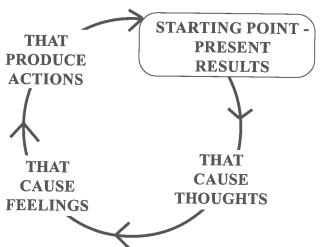




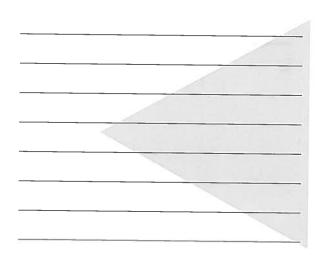


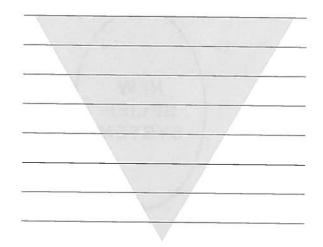
PERMITTING THE OUTSIDE WORLD TO CONTROL YOU

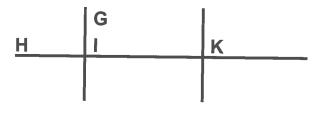


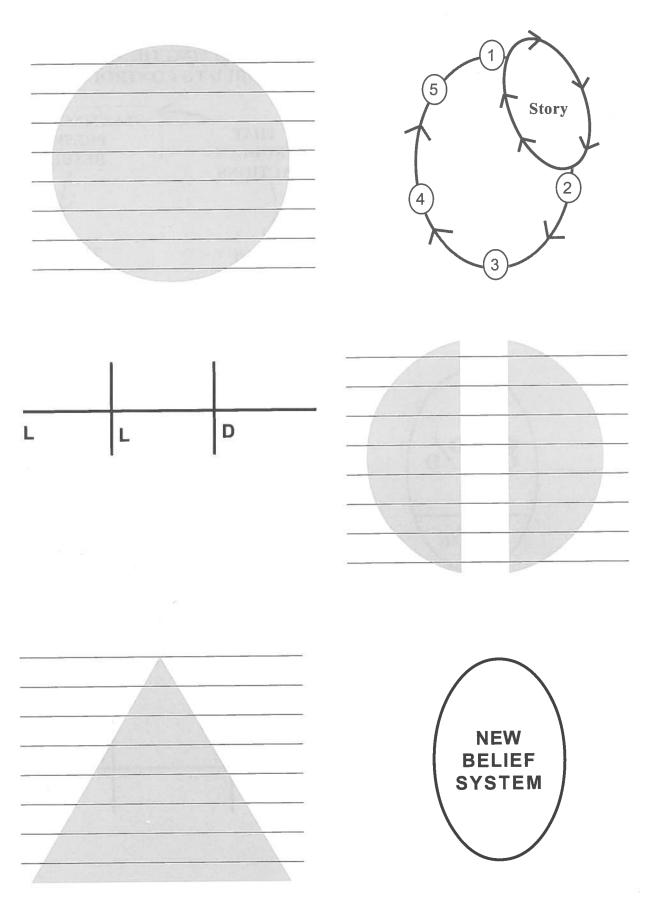




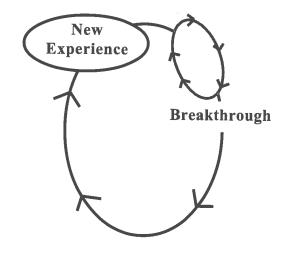


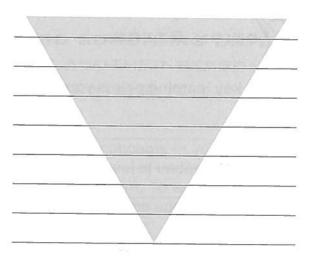


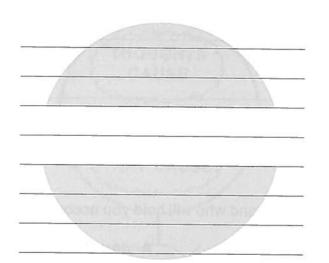




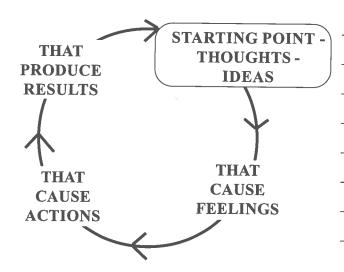


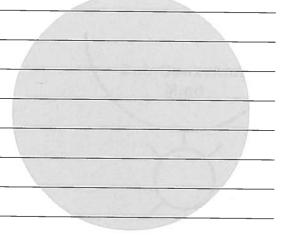






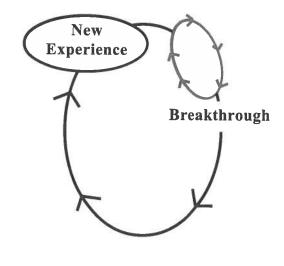


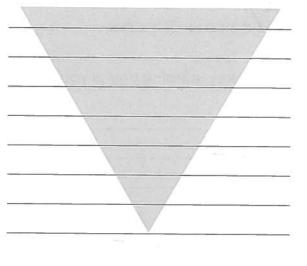


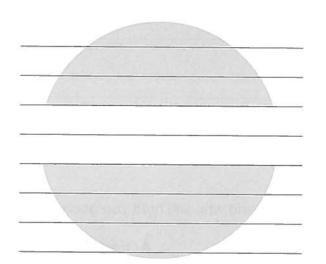


© 2002 Live Out Loud, Inc. & LifeSuccess Productions

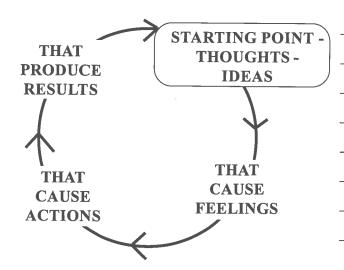


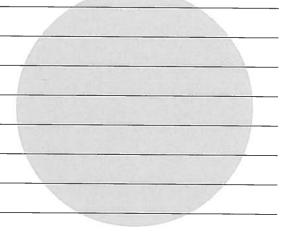










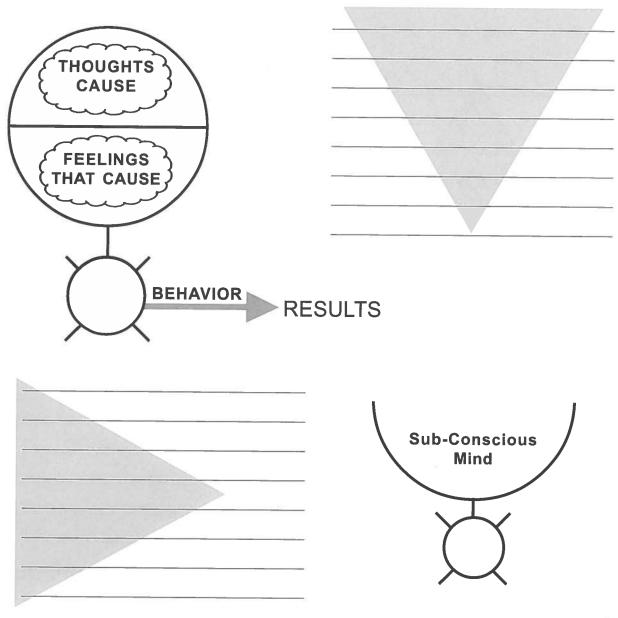


CACTION STEPS



OU DO NOT UNDERSTAND SOMETHING UNTIL YOU CAN EXPLAIN IT TO ANOTHER PERSON SO THAT THEY CAN UNDERSTAND IT

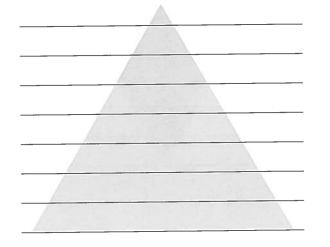
It is important that you review each of the concepts in your Creative Strategic Process frequently. In an effort to test your own level of understanding, duplicate the following pages and explain them - point by point, to an associate ... until the information flows as freely from you as your own name and phone number.

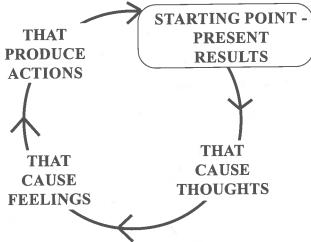




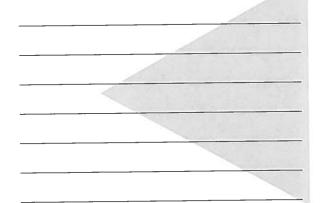




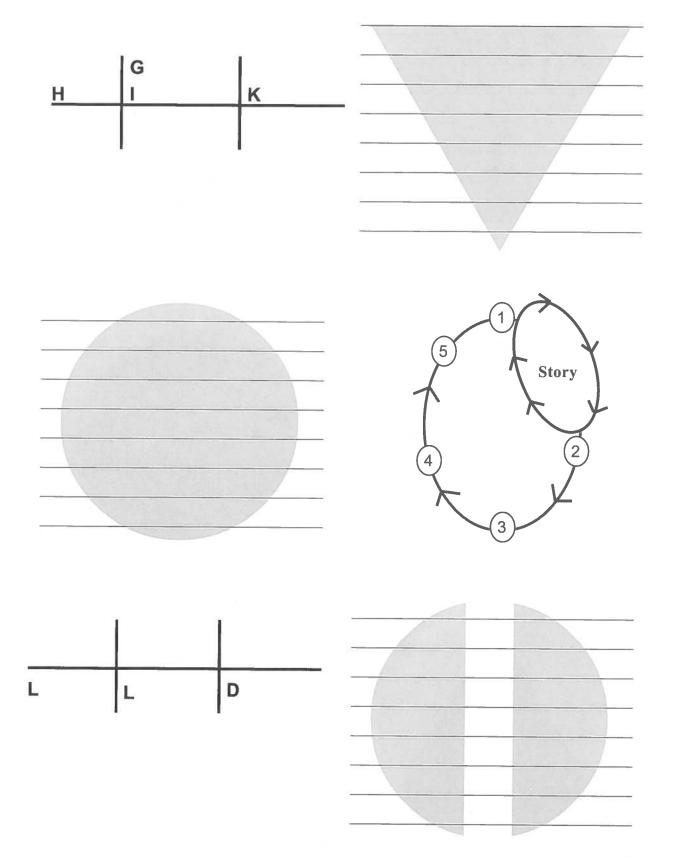


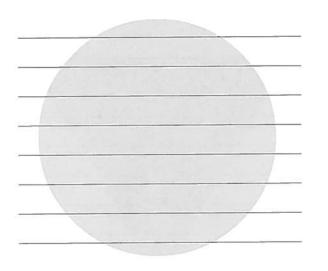




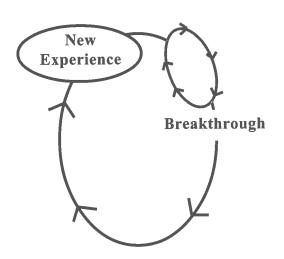


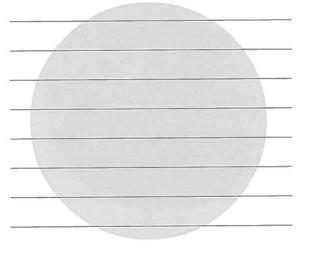


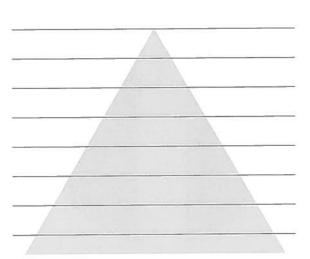






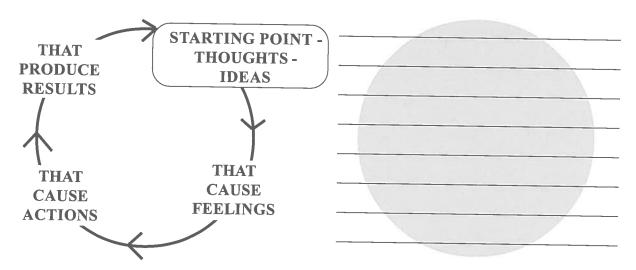














THE EXPRESSION OF YOUR POWER

Loral Langemeier — with contributing author Bob Proctor — introduces a NEW Creative Strategic Process that offers an unprecedented opportunity for Independence and Financial Stability



Loral Langemeier

Author of Bestseller *The Millionaire Maker* (2006 McGraw-Hill) Founder of Live Out Loud

Loral Langemeier, the well known pioneer of financial education and coaching, is now known as The Millionaire Maker. Loral literally makes millionaires. She empowers individuals to build wealth and achieve financial success through her proprietary system The Wealth Cycle. She has successfully tailored her proven wealth building methods to

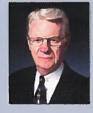
work for individuals no matter what their financial condition.

Her unique education company, Live Out Loud offers wealth coaching and mentoring for entrepreneurs at every level. Her programs teach everything from basic financial literacy and debt management to advanced asset allocation and investment strategies. Live Out Loud is a tremendous resource for entrepreneurs. Loral has developed supplemental wealth building CD/DVD sets and workbooks to offer additional guidance and support throughout the wealth building process. The Live Out Loud community continues to grow exponentially as clients discover and act upon new real-estate, stock, and venture capital opportunities.

As a result of the success of her first book, *Guerrilla Wealth*, co-authored with Jay Conrad Levinson, whose series was published in 39 languages and has sold over 14 million copies worldwide, Loral launched Team Made Millionaire, an international seminar focusing on building financial independence through building and leading a team. Team Made Millionaire is an amazing day of education and inspiration. Combining the down-to-business candor of Robert Kiyosaki, the personal accountability of Bob Proctor, and the solid financial principles of Peter Jeppson with her background in personal and organizational development at Fortune 1000 companies, she has been able to effectively inspire audiences to embrace her philosophy for financial development.

Loral, a single mom, has always been known as a passionate advocate of women and families. She has built her career around helping people master money management, achieve financial stability and independence. Loral doesn't ask her clients to do anything she hasn't done. An entrepreneur at heart, she built her first business as a personal trainer and aerobics instructor at the age of 17 and at the same time began working with mentors in the finance and wealth industry. Like most people, she was not born into a family with money or connections. She grew up in a large family on a ranch-farm in rural Nebraska learning, at a young age, the ethics of hard work. Loral also gained experience as a leadership and financial literacy lecturer presenting to companies that include Chevron Corporation, Franklin Covey, Arthur Anderson, Home Depot, Marriott, Dupont, Silicon Graphics, and others.

Recognized by her peers for her personal commitment to helping people create unimaginable success, and acknowledged by thousands of clients for the substance, insight, and practical value her programs provide, Loral Langemeier has emerged as one of the most successful business and motivational speakers in America.



Bob Proctor

Imagine landing on just one solution that catapults you to the life you've always wished you'd have, one that's abundantly rich and rewarding in every facet.

That solution exists. In fact, it exists today, this very moment — in your own mind! Every person walking this planet carries this key, but few know how to plumb their mind's depths to excavate a more rewarding life for themselves.

That's where Bob Proctor comes in. For 40 years, Bob Proctor has focused his entire agenda around helping people create lush lives of prosperity, rewarding relationships and spiritual awareness.

Bob was fortunate to have Earl Nightingale and Lloyd Conant as his personal mentors. After a successful tenure at Nightingale-Conant and having risen to the position of Vice President of Sales, Bob went on to establish his own seminar company.

Bob Proctor's client list includes corporations such as United States Steele, Volkswagen, Abitibi, Canadian Broadcasting Corporation, Procter & Gamble, Metropolitan Life Insurance, Prudential, Malaysia Airlines, and RE/MAX Real Estate to name a few. Bob has numerous personal development programs to his credit, and a best-seller book, *You Were Born Rich*.

YOU WILL LEARN:

- How to recognize and eliminate false beliefs that have been holding you back.
- A highly-effective learning model that will set your personal thermostat for immediate success.
- How to turn confusion into order, creating calmness and confidence in your life.
- How to eliminate destructive mental cycles and replace them with a creative strategic process that will prove effective for any project.
- How to maximize your results by setting the right-sized goal.
- How to financial forecast your future.
- How to reprogram your thinking for optimum results.



LORAL LANGEMEIER

www.liveoutloud.com 888-262-2402 fax 866-246-2102

Email: info@liveoutloud.com

BOB PROCTOR

www.bobproctor.com 800-871-9715 fax 800-317-9679

© 2002 Live Out Loud, Inc. and LifeSuccess Productions

Recording Engineer/Producer: John Ystrom (john@johnvstrom.com)

Design: Patti Knoles (602-617-3897)