

THE Miracles Manual:

THE SECRET
COACHING SESSIONS

VOLUME TWO



DR. JOE VITALE

FOUNDER, MIRACLES COACHING®

The Miracles Manual:
The Secret Coaching Sessions
Volume Two

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Expect Miracles!

An Introduction by Dr. Joe Vitale

The first volume of *The Miracles Manual* started a small, quiet revolution. To date, it's been downloaded over 5,000 times and changed an untold number of lives.

So to say I'm excited to share this second volume of secret Miracles Coaching® sessions is something of an understatement.

There's much wisdom to be had here—not because of me—but because I feel like with each call, the Divine is speaking through me. As I often tell people, I'm simply a puppet for the Divine.

When I later sit down to read from these calls, I'm always amazed at what's been asked and what's been said. It's like being a participant in my own Miracles Coaching® session.

And I get inspired every time.

What is it you need to go to the next level of your life? Whatever it is, I think you'll find it somewhere in this manual as so many thousands of people before you.

All you have to do is find a quiet place, relax, and open your heart and mind to receive. No matter the space you

find yourself in, inspiration is available and waiting for you to actively listen and hear its message.

Recently, at my Attract Money Now Live Event in Austin, I told the audience, “You know why I was really homeless? I didn’t pay attention to the signals. Whenever I denied my intuition and logically talked myself out of it, crash, something bad.”

Over time I realized that whenever I listen to my intuitive voice, to Divine inspiration, and follow that, it’s smooth sailing and green lights all the way.

And this is what I want for you—to awaken to the call of Divinity within your own being...to your own good fortune.

Expect Miracles!

Love,
Joe

Dr. Joe Vitale
Creator of Miracles Coaching®
Author of way too many books to list here
Member BBB 2003-2015
www.JoeVitale.com



Secret Session #1

Dr. Joe Vitale with Adam Mortimer

Adam:

Hi, Joe, welcome to our call.

Joe:

Thank you, Adam, it's great to be here.

Adam:

Before we get started with questions, I'd like to do an in-the-moment anchoring to center everyone.

Let's all take a deep diaphragmatic breath from deep down low in the belly.

I'm going to pick something around me to focus on for this exercise, in this case a letter opener I see in front of me on the desk, and think of reasons I can be grateful for it.

Obviously it can help me open things and I'm grateful for that. I'm grateful for the way that it's made and the metals that were used to design it—it's actually very beautiful. I'm grateful for the person who followed the creative process to bring this into existence and the elements they combined in an organized manner. I'm grateful for their creativity and faith in

the product. I'm grateful for the marketing and manufacturing team—everyone who brought this into existence. Indeed, I am grateful for this letter opener.

And now with tremendous gratitude that he has come to this call to help us take our lives to the next level, I give you Dr. Joe Vitale.

Joe:

Thanks, Adam. I really appreciate you for helping us anchor into the moment.

Adam:

It's my pleasure.

I'm going to jump right in with the questions, if that's all right. A Miracles Coaching® student asked, "I believe that I was murdered in a past life for speaking my mind. What do I do to overcome that fear so that I can reach my goals?"

Joe:

I love that question because, in all honesty, I believe that I was executed for speaking my mind in ancient Greece or Rome. It's perplexed me for a while because when I began to speak I was so nervous, and in that moment there was no need to be. I wasn't in front of a crowd of people armed with slingshots or arrows, yet it felt like that.

I had to get quiet internally, go into a meditative state—almost like a hypnotic trance—and ask myself, "Why is the

nervousness here? Where is this coming from?” And that was the memory that came up in my consciousness.

Now, I don’t know if I was that person or reincarnated—I can’t prove or disprove it. But we’re talking about energy here and our stories create these energy blocks within us. So if a person feels like they were murdered in a past life, I’m not going to argue with it. What I’m going to say is, “Okay, we want to release that particular energy.”

When I did it for myself, I visualized what took place and then imagined that visualization as a movie film that became brittle, broke apart, and disintegrated. I visualized it two or three times before it started to leave me. In that moment, I asked myself, “Is there any logical reason for me to continue to hold on to that story?”

When I looked at it in the cold light of cognitive psychology, I realized, “No, there’s no reason to hold on to that story now.” That, combined with the visualization, disintegrated the energy. Since then, I’ve spoke in Peru onstage in front of 15,000 people live, and also been on the Larry King show, so it worked.

If this is an issue for someone, I suggest talking with their Miracles Coach® about it, but they can also work on their own by using a visualization to release the energy. And how do you release the energy? It’s with intention.

A while back I did a movie clip where I walked people through an exercise. First, they pretended that whatever energy or memory they were feeling—a murder in that particular case—was a thought field. Next, they projected

it onto a movie screen like it was floating in front of them and sliced it up mentally with a business card or pretend dagger.

Obviously you're not really cutting anything, but you have a ball of energy that you're feeling and projecting in front of you, a thought form, which is what this energy field is. It's not right or wrong. It's simply a feeling you can't deny, so you allow yourself to experience it. All of this is a way of "lifting" it out of your body and separating from it.

You can also do this in a self-hypnotic trance, which just means to totally relax your body. Then, once you've "cut up" the memory, the idea is to question if there's any reason to hold on to that story now. Even if it was true, it's no longer valid; it happened to another person at another time. It's not you today or something you need to hold onto anymore.

As soon as you get the lesson you no longer need the experience. This is true for everything that comes up in your life. There's a lesson in it for you.

In my particular case, when I remembered being killed (or however it happened to me) as a speaker in ancient Greece or Rome, I got the lesson that at that point in time I was probably saying things that the public didn't want to hear, and they were arguing with it.

Well, is that true today? Am I saying things that the people don't want to hear? No, plenty of people want to hear what I have to say. I wouldn't be speaking on national television, appearing in movies, writing bestselling books,

or being on a call like this if people didn't want to hear what I had to say. So, clearly, that old image, that old memory, no longer serves me. I got the lesson from it and I can release it. Anyone can do this.

Adam:

That's a great clearing technique to release negative energy.

Joe:

I'm a great believer in questioning the things that come up in our lives to find out how real and scary they are.

This is the value of a Miracles Coach and having somebody who's detached from your personal experience to help you question it with objectivity. That's the real treasure. You've got somebody outside of your belief system to reflect it back to you.

Questioning it is essential to dislodging it. As you start to feel separate from it, you realize you have a choice about it and it begins to dissolve. This is where the real magic and miracles happen.

Adam:

What if someone feels envy—for example, when they see other people in love and they want that for themselves? It can't be good to feel that way, so how can they get rid of feelings like this?

Joe:

First, you have to own what's going on. I believe that total honesty about our experience is what helps us move past the blocks in our lives. When we're in denial about it, we can't move past it. We're just stuck in the energy of denial at that point.

I'm certainly familiar with envy. Decades ago, one of the first seminars I ever attended was on prosperity by a guy named Bobby Birdsaw. Back then, I was in poverty and struggling, but I managed to get the money to go. One of the things he taught was to never judge, condemn, or be jealous of someone's wealth.

He pointed out that when you did that you were pushing away the very thing you wanted because you're coming from the energy of separation or denial. In effect, your energy is saying, "I'm never going to have that so curse those who do."

You can't create magic and miracles or attract what you want if you're in this place of envy.

I had to start practicing this and it wasn't easy at first. I was coming from the mindset that they've got the car and the wealth and I don't. I was jealous, bitter, and angry. Well, guess what? I wasn't getting any money, I wasn't getting any car, and I wasn't getting the prosperity I wanted for that very reason. Envy was blocking the very thing I wanted.

The first answer is awareness, but the next part is practicing to create a new habit. You have to do this consciously because you're overriding what the unconscious

mind wants to do. To do this, you consciously say, “Those people are blessed. Godspeed to them. I want what they have or something better.” You have to look at the loving side of it, not the judgmental side of it.

I would see the Mercedes I longed for at the time, and felt jealous of, and say, “Okay, they must be a divine person because they have a very divine car. Bless them for being in there.”

As I started to play with that and practice that, I softened inside myself. I did this on my own. I didn’t have a coach to turn to—there wasn’t a Miracles Coaching® program or even an internet back then. I didn’t have the tools and things that we have at our beck and call today, so it took longer for me.

This practice of being grateful for the experience of seeing somebody achieve what I wanted allowed me to begin moving towards it—and now I have a car collection. I’ve been able to move past being jealous of people having cars to where I can demonstrate the miracle of attracting what you want.

So, again, you want to have awareness and create a new habit instead of looking at someone and judging them as bad. Use it as a way to express gratitude for displaying what you actually want—that or something better.

Adam:

So envy repels money and blessing others who have what you want is going to activate or magnetize yourself

towards it, attracting it faster?

Joe:

Yes, we're talking about focusing on what you want—that's the bottom line, Law of Attraction philosophy.

When it comes to feeling envious of people, whether it's people in love, people with money, people in better health, or whatever else people have that you want, envy causes you to unconsciously push away the very thing you want.

You have to come from gratitude, which is why it's so wonderful that you begin these sessions with a gratitude moment. It helps us get into the energy that creates miracles.

When you see people in love, be grateful that they're in love. Start to soften your heart and put a smile on your face and say, "God bless them...that looks beautiful." Then you'll start to attract the thing you've been looking at.

Moment-by-moment gratitude is what transforms the moment we're in, but more than that it attracts the next moment being even better.

Gratitude is a magnetic force, a giant nuclear field that just brings in the good stuff. And the beauty of it is it's free—you just do it now.

Adam:

What a wonderful way to live life.

What's the fastest way to reach the subconscious thought?

Joe:

The same way movies get into our brains and make us feel something, make us remember them—with emotion, repetition, and a message that you want to get into the unconscious mind.

The movies that stay with me have a lot of visual movement and emotion in them. They usually have a message—sometimes it's a conscious message and sometimes it's an unconscious one. This is how you reach the subconscious mind—with visual imagery.

It's funny, because after I was in the movie, *The Secret*, I'd go places and people would come up to me like they were star struck. They saw the Joe Vitale they'd seen on the screen but in that moment I was being myself, regular Joe. I'd think, "Why are they acting like this? What's so different? What's gotten into them?"

What got into them is the movie—it put me and my message in their subconscious mind.

Here's how to reach the subconscious mind:

Pick whatever it is that you're trying to attract into your life, the experience that you want.

Create a visual movie of it in your mind.

Add motion to it so you're actually in the movie doing something and experiencing what you want to experience.

Do this a few times because repetition is another way to get into the subconscious.

By doing this mental movie you're using all the elements of Hollywood, but you're using it in a conscious way to

direct what you want into your subconscious mind.

This is a million dollar secret almost nobody knows. When people watch movies they have this experience of feelings getting into their unconscious mind, but they're not conscious of how it's working. I'm making it conscious so that you can use it to help you create your own miracles. This is real power.

I'm working on a movie called *The Miracles Challenge* about people who are creating miracles in their lives. Why are we doing it as a movie? For the very reason I'm explaining. I can get the message of inspiration lodged into people's subconscious mind with a movie that has emotion, movement, and a repeating message.

So that's how you get into the subconscious—create a mental movie of what you want and step into it.

Adam:

That's amazing. What about releasing limiting beliefs?

For example, one student said that a lot of the business ideas he was presented with seemed like gambling, and he felt that was bad. Can you work through an example of how to release the limiting belief that business is gambling?

Joe:

We can use the same exercise on any belief—it can be about business, money, wealth, health, romance, or whatever comes to mind.

When you have a belief that says, "I believe business is

gambling and I believe that's bad," you want to step back and say, "Okay, do I really believe that?" then pause for a second because you might say, "No."

If you hear yourself say no, it frees you. You've just realized that you had a belief that was so wispy it couldn't stand up to one question and you may be done. But if you say, "Yes, I really do believe that business is a gamble and gambling is bad," then you want to ask yourself, "Why do I believe that?" By answering the question, you'll unearth your own evidence for the belief.

It's important to understand how powerful this is because a belief is not a fact.

When you say, "Business is gambling," that doesn't make it a fact. If it was a fact, every person in business, or observing or measuring it, would agree on it.

A fact is something that is measurable and undeniable, like, "The shirt is yellow." A belief would be, "Yellow shirts are bad for me." See the difference?

You have to question those beliefs and ask, "Where's the evidence for it? Where's the proof that business is gambling?" Then you'll find that you created some proof, some sort of story around this. Maybe you saw a movie.

This is another example of how we get programmed. We watch movies and we'll hear someone, like Michael Douglas in the original *Wall Street*, say, "Greed is good." This gets us thinking, "Oh, that's horrible. I don't want to be wealthy because then I'll start to think like Michael Douglas in that movie." Is that true? No.

That's programming.

In reality, business is neutral just like money is neutral. I wrote about this in *Attract Money Now*, which people can download and read for free online. [www.attractmoneynow.com]

It's really a questioning process. And knowing it's a belief to begin with and not a fact means you're free to change it—you're free to question it and you're free to replace it.

Enormous freedom can come from the process of exploring beliefs.

Adam:

This questioning process sounds like “peeling back the layers of the onion,” which you often talk about.

Joe:

Yes, that's really what's going on.

We're belief-driven beings: We create our reality out of our beliefs. This is why I say that when you change your beliefs you'll have a different reality, and this is how you create miracles in your life. When you find that you're having trouble attracting money or creating a miracle in any area of your life, it's certainly because there's some belief about what you think is possible.

Remember, a belief is not a fact, so when you start exploring these beliefs you, in effect, loosen their hold on you.

This is why the Miracles Coaching® program is such a

priceless tool and you need to be using it on a regular basis. Go back and listen to the calls. Work with your Miracles Coach. Explore your beliefs on your own. All of these things will uncover what has been blocking you.

As you get clear, life transforms easily, magically, and almost instantaneously because the beliefs blocking the transformation are now gone.

Adam:

What can people do to let go of limiting beliefs when their ego is getting in the way and telling them, “This just won’t work?”

Joe:

Again, you have to question things.

It isn’t that the ego is the bad guy. Many spiritual traditions have misled us into thinking that we’ve got to get rid of the ego. You’re not going to get rid of the ego. The ego is part of your body, mind, and soul system. You need the ego to operate in the real world, for example, to steer through traffic. It’s there to help protect you. The problem is when you put it in charge.

The idea is to come from spirit, listening more to our intuition and then letting our ego serve our intuition and our spirit. You can tell the difference.

When the ego starts saying, “This is bad,” or “This isn’t going to work,” your energy *feels* different. Your energy drops. You feel bad. You don’t feel excited or inspired. You

don't feel like you're going to create any miracles. That's when it's obvious you've listened to the ego talk you out of the thing you want to do.

I suggest people read Mindy Audlin's book, *What If It All Goes Right?* The "What if up?" process is, in short, a way of taming your ego and getting it aligned with your spirit.

On the other hand, "what if down" thinking is when you have an idea like opening a business or writing a cookbook, or you're going to do something that you want to do—there's some miracle you want to achieve—and you start thinking, "It's not going to work out. It's not for me. I don't have the time. I don't have the money. What if it all goes wrong? What if I go broke? What if I make a fool of myself? What if this is bad for me?"

I'm sure you know those questions and they'll stop you every time. Mindy says to turn them into "What if up?" questions: "What if this goes right? What if I'm the right person? What if this is the right time? What if I have just enough education? What if the money or the resources or whatever I need are just going to come to me as I take action?"

When you do this, suddenly your energy feels different—you feel enlivened and rejuvenated. Now your ego is walking in alignment in service of your spirit, of your intuition.

So, again, I would question anybody that's saying things like, "My ego is stopping me," and then I'd turn it around and say, "Am I just listening to 'what if down' thinking of

my mind? What if I turn it into ‘What if up?’ thinking?”

Again, talk to your Miracles Coach about this. You’ve got a cheerleader. You’ve got a supporter. You’ve got a consultant. You’ve got a facilitator. You’ve got somebody to help you do this. Lean on your Miracles Coach to help you through this. Don’t let the ego stop you. The miracles happen when the ego is in alignment with your spirit.

Adam:

So to overcome the ego issue you have to listen to the energy you’re having—if you feel inspired and pumped up, you know you’re in alignment and, if you have a lack of that motivation, then maybe you need to work on that.

Joe:

Yeah, I think the energy in the person’s body is really the guidance system.

If your energy starts to go down, you have to look at yourself and say, “Okay, what am I thinking?” You’re probably thinking thoughts of fear or doubt...negative thoughts.

Instead, what if you thought up? What if you turn that around?

As soon as you start to think more positively about your possibilities, you’ll feel better. Your energy goes up. Your inspiration goes up. Your motivation goes up. Your willingness to take action goes up.

This is a decision *you* make—it isn’t offered. And you

may need to be reminded to do it.

The key is remembering to make that choice. You may have to set an alarm to go off every hour on your phone. You may want to talk to your coach about ways to trigger this throughout your day. I'd find some way to make this a new habit because, once it becomes a new habit, you're in the groove of life. Things move so much easier, smoother, and miraculously.

Adam:

I believe it, that's wonderful.

What if someone has poor self-esteem? What's the best and fastest way to rebuild it?

Joe:

I love that question. When I got out of poverty and homelessness, building my self-esteem was a big thing. In fact, it was really the turning point that helped me begin attracting more of what I wanted.

I became aware that I didn't have self-esteem—or it was so low it was in the gutter—after being in poverty and homeless for a while. I was beating myself up over that. Clearly I didn't have self-love.

Like I said before, I didn't have a coach, the internet, or resources that we have today. So I had to do it alone.

I began by looking at what I was doing right. I looked at the qualities and strengths that I had in the moment. And that's what you want to do right now. You look in

the mirror with a loving eye and say, “I love you and here’s what I love about you.”

And, yes, you may have some things come up in your mind that you think are imperfections. It’s okay to say, “I need to change that.” We all need to change things, but to build your self-esteem you have to focus on your strengths.

What do you have going for you? Do you have great health, a great relationship, or a job? Obviously, you’re in the Miracles Coaching® program, so you can be proud of yourself for making that decision. It shows brilliance, self-esteem, and self-confidence—and that you’re taking care of yourself so you can move forward and grow into the magic and miracles you want in your life.

The quickest way to build your self-esteem is to look at the areas where you already have strengths. It may be the color of your eyes. It may be your ability to speak. It may be your education, some experience you have, or a talent.

The bottom line is you’re going to have to relax the criticism and wipe away the dark perspective. Look at yourself as an angel would look at you. How would the Divine look at you and describe you?

The Divine, which is all love—an angel, a spirit, or however you visualize it—is not going to look at you and say, “You need to change.” He or she or it or whatever you call this energy field of love would look at you and say, “I love you, period.” And that’s what you have to do. You have to look at yourself and say that.

It helps to look at specifics and say things like:

I like my body.

I like parts of my body.

I like my family.

I like the cars in my family.

I like what I'm capable of doing.

I'm a good writer.

I'm a good speaker.

I'm a good cook.

I'm a good parent.

Whatever it happens to be, focus on those areas.

The next thing is to take care of yourself. Do the things you know make you feel good about you. It could be as simple as taking a bubble bath. I often get into the hot tub after doing calls like this. That's taking care of me.

When you're taking care of yourself, you're saying you love yourself. You're saying you deserve this, that you are lovable, likable. You're saying to yourself that you do have self-esteem and self-worth.

This is why it's important to do even little things for yourself. I'm not saying you have to do big things, although at times it can be. Take a break or meditate. Go back and treat yourself to some of the earlier calls I've done for the Miracles Coaching® students. All of these things are ways to help build your self-esteem fast.

Going back to what we started with, be grateful for who you are and what you have right now. This can be the most powerful and swiftest way to find that self-esteem and then build on it.

Adam:

Gratitude encompasses so many things, doesn't it?

I know someone with a shattered self-esteem might think saying, "I love myself," sounds weird. But with repetition, visualization, and doing things like taking a soak in the hot tub—or whatever makes them feel good—they're demonstrating to their mind, body, and soul that they really love and appreciate themselves. It's powerful.

Joe:

I agree—it's often all about those little things.

If you find that when you look at yourself and say, "I love myself," you have resistance to the thought, then break it down and say, "Okay, I love these aspects of myself." You can build from there.

Take more baby steps, bite-sized steps that are measurable and easier.

Adam:

What's the fastest way to find what you're passionate about?

Joe:

I love how your questions seem to be all about speed. Several of them have been like, "I want it now. What's the fastest way to do this?" I always say that the universe likes speed and money likes speed, so I'm there with them.

As far as passion, we really do know what we're passionate about. The biggest issue is admitting it to ourselves.

One way to discover your passion is to ask questions:

What do I do for fun?

What do I do when I relax?

What do I do on weekends or in the evening when I have time?

What have I always wanted to do?

What am I good at?

What am I excited about?

What did I like to do when I was a kid and I let it go?

What did I like to do when I was really young and I was excited about it?

In my case, I wanted to play the guitar when I was younger and it took me decades to pick it up and do what I'm doing now. But I had to look at that.

I think everybody has to get ruthlessly honest with themselves, and I add the word ruthlessly on purpose. It's just too easy to deceive ourselves. It's also a great area to work with your Miracles Coach because the coach can help you hone in on what excites you.

Do you know why some people don't admit what they're excited about or what their passion is? Because as soon as they admit it, they have to take responsibility for doing it—or not—so they dodge the question. Sometimes they just shrug their shoulders and say, "I don't know what I'm passionate about." That's an escape clause. It's running out the back door because you're afraid to say what you really want to do.

I once asked Robert Anthony, an early self-help author,

“What do you say when people say they don’t know what they really want to do or they don’t know what their passion is?”

He said, “I look right at them and say, ‘You’re lying.’ We all know what our joy is. We all know what our passion is. We all know what our enthusiasm and excitement is—the things we really want to do. We don’t admit it because as soon as we say, ‘I’ve always wanted to be a great chef,’ or ‘I always wanted to have a school room,’ or ‘I always wanted to write this book,’ or whatever it happens to be—now you have to do something about it. You have to take action now or you’re going to have to explain to yourself why you’re not taking action.”

So my advice is to be ruthlessly honest with yourself.

Look in the direction of your childhood experiences or what you would do for fun today. Sometimes I’ll ask it this way, “If you won \$300 million in the lottery, what would you do?”

Of course, the first thing you’d do is buy cars, houses, and take 14,000 trips around the universe. But then one day you’d wake up and think, “Okay, what am I going to do with my life? I’ve got everything. I am financially independent. Everything’s paid for. I bought all my toys and everything else. Now what am I going to do with my life?”

Answering questions like this will reveal what you’re passionate about. You may wake up and say, “I want to sell umbrellas in London.” I don’t know what it’ll be, but you’ll

get closer to knowing what your passion is.

Adam:

It seems a big part of finding your passion is taking responsibility for it.

Joe:

Yes, it's taking ownership for it again and again.

I've gone through this experience many times throughout my life where I've had to be ruthlessly honest with myself. If it came to me, "Joe, I want to write books," or "Joe, I want to speak," or "Joe, I want to be in a movie," I had to take action.

Whatever it was, I had to take ownership because, if I denied it, I was denying the very life force pumping through me.

The missions we're all given are revealed through our passion. And that's probably worth repeating—*the missions that each of us are given are revealed through our passion.*

Once you know what that mission is and what your life passion is calling on you to do, you have a responsibility to the planet itself—not just to your life, but to the collective consciousness to fulfill your mission.

Yes, there's ownership and responsibility, but there's also a rush of excitement and enthusiasm that comes with following your passion that is so undeniable and so wonderful that that alone will transform your life and you won't care about anything else. This will become of prime

importance.

Adam:

That is so profound.

Are there particular clearing techniques that work best?

Joe:

Absolutely.

My book, *The Key*, has 10 different clearing techniques in it, and my audio program, *The Missing Secret*, is all about that. My latest audio program, *The Abundance Paradigm*, has new ones, including advanced Ho'oponopono. [Audio programs are available at www.nightingale.com.]

If I had to narrow it down and say, “Man, this one really works for me and it’s been working for everybody else,” I’d say it’s the whiteboard meditation, which I explain in depth in *The Abundance Paradigm*. It’s my favorite clearing technique these days.

I imagine whatever it is that’s bothering me and is in my way of being here in the moment and totally grateful now on a “whiteboard.” It could be a belief, an energy block, or an unknown feeling that doesn’t sit well with me.

As an example, we can use the belief we talked about earlier, “Business is a gamble and business is bad,” or “Business is gambling and gambling is bad.” Let’s just imagine that’s written on a whiteboard in front of us, however that looks to you. We’ve all seen whiteboards at talks and seminars.

I write the phrase, the belief, on the whiteboard in my mind. I'm not doing this physically. I see it in my mind. In this case, I write, "Business is a gamble and gambling is bad." Then I erase it. Just as if I were in a classroom, I imagine taking an eraser and wiping it off.

You can also pretend it's written on an Etch-A-Sketch, a toy most of us had growing up. They still make them. Imagine it's written on a little Etch-A-Sketch board, and that you shake it until it disappears.

We can use our mind and direct our energy to remove the blocks that we don't care for—the ones that are slowing us down and keeping us from miracles. When it comes to fast and easy, the whiteboard meditation is powerful.

If you like video, I have a 6-part presentation about Ho'oponopono with a whiteboard meditation on YouTube.

Adam:

I've listened to that and it's absolutely amazing.

What are some insights that you can give us on how the subconscious mind works?

Joe:

I mentioned earlier that the subconscious mind is operating all the time—it's your power center.

All of your life experiences (and depending on your philosophy of life, even previous life experiences) are in your unconscious or subconscious mind. Your command center, your operating system, your belief system, the

software running your life—all of it—is there reacting to emotions, imagery, and repetition.

Remember our discussion about the movies? You can use Hollywood techniques to create a movie that you prefer and communicate to your subconscious mind with it.

On the other hand, if you sit around and imagine worse-case scenarios and feel a lot of fear, you're sending that right into your unconscious mind. Why? Because the subconscious mind responds to emotion, imagery, and repetition. This is why it's crucial that you do your best to focus on what you want. Create the dreams and the moments that you prefer to have, and begin that process by being in this moment and being grateful for things in this moment.

When you do this you start to feel how wonderful it is to be in this moment and how grateful you are.

You start creating a different feeling, a different image. Doing this as repetition, you begin sending a different signal to your subconscious mind, and, in time, you start to attract more and more and more of these wonderful experiences.

So keep in mind that the subconscious mind is listening. And what is it listening to? It's listening to your feelings. It's listening to your emotions.

If you drop into fear and doubt, get out of it as quickly as possible. You can “What if up?” yourself out of it, get on the phone with your Miracles Coach, get on these past calls and listen to them, or read my books or the other self-help

and success literature that's out there.

The point is to get your mind focused, full of positive energy and visualization in the direction of where you want to go.

Again, the subconscious mind is listening. This isn't a scary thing—it's an *awareness* thing. Listening means to focus on what you want, what you prefer, what you love, what makes you happy, what excites you. That's the trick.

Adam:

The mind is a beautiful thing, isn't it?

Could you define faith and the best ways to develop it?

Joe:

Faith is trust.

Faith is trust that you're taken care of, that this moment is beautiful and the next moments are going to be wonderful, and you're going in the direction of your greatest life successes. That's trust. That's faith. Faith and trust go hand in hand. There might be names for the same thing or the same energy, but there's a confidence in the universe taking care of you as well as a confidence that you're doing the best you can to take care of you.

You build faith by taking steps based on trust.

For example, when you have an intuition to do something a lot of people talk themselves out of it. When you do it that way you're building faith in doubt. You're not building faith in the universe or in yourself or in the

Divine.

Instead, take baby steps to go in the direction of trust. The next time you have an idea or get an inspiration to do something, call somebody, visit somebody, eat at a different restaurant, buy a book, whatever it happens to be, honor it. Your intuition—those feelings that come up—is the universe, God, the Divine, nudging you to go in the direction that's right for you.

In the movie, *The Secret*, Bob Proctor said, “You have to start to believe that everything happening to you is taking you in the direction of your best golden dreams.” This means you begin to have faith that you're taken care of even when you don't know where it's going, how things are unfolding, or what the next steps will be.

When you have faith, you have trust that it's working out for your highest good. This is a wonderful place to be and it's certainly a better place than living in fear.

So you have a choice: Do you want to live in faith with fear of the unknown or do you want to live in faith with confidence that the unknown is taking care of you?

Why not trust that the Divine is taking care of you and you are taking care of you? Faith is a beautiful thing and I encourage everybody to walk in the direction of faith.

Adam:

That's a wonderful way to live.

I would much rather live in faith and hope and those wonderful feelings, than fear and doubt and those negative

emotions. I've lived both and I'll tell you, from my perspective, faith is a lot more pleasurable.

Joe:

I think we can all say the same thing. We've lived in both, but a lot of people still hesitate to trust it completely.

I have to admit that it took me forever to get to the point where I could begin trusting those intuitive impulses. I had to learn to do it by practicing on my own. Again, I didn't have a coach and wasn't in a coaching program, so it took longer.

As I practiced, I noticed that when I didn't trust myself, things often didn't work out, that I hit more bumps in the road. Life seems to be smoother when I act in faith than when I act in fear. That's probably the big message. I experience both sorts, but as soon as I start to move more in the direction of faith, then it all just seems to flow with fewer bumps. I've said many times over the years that I've found the escalator through life. I'd go even further and say that the escalator through life has a great big sign over it with the word *Faith*.

Adam:

What an inspired way to live.

Joe, that's all the questions I have for you today. Thank you so much for taking time out of your busy schedule to be with us.

Joe:

I enjoyed it and always look forward to these calls. I'm very happy for everybody in the program.

Remember, gratitude is the big transformational tool and it's free. It doesn't take any effort. You can do it right now. Find something you're grateful for and focus on it. It transforms this moment and then by extension, the next ones that come will be even better.

Thank you, Adam. Thanks for doing the call, the questions, our intro and the gratitude moment. You're the best.

Adam:

You're awesome, Joe. Thank you so much.



Secret Session #2

Dr. Joe Vitale with Adam Mortimer

Adam:

Welcome to the call, Joe.

Joe:

Thank you, Adam. How are you doing?

Adam:

I am doing fantastic. It's great to have you here.

Joe:

Thank you, it's always great to be here and talk to everybody in the Miracles Coaching® program.

Would you mind guiding us in a gratitude moment so we all take a deep breath, relax, and be right here and now? This will help us to focus on our conversation.

Adam:

I'd love to.

Let's have everyone take a really deep breath. It's fascinating how just taking a deep breath has the ability to relax you

completely. It's very powerful.

I have my computer in front of me so I'm going to choose that for this gratitude meditation. I'm grateful for my computer for so many reasons. I love that it makes my life so simple. It keeps me organized with e-mails, my writing, and my blog that I do on my website. And it helps me make money, which is nice. There are so many wonderful things that the computer allows me to do. It allows me to connect with people all over the world. I am truly grateful for my computer.

Okay, Joe, I think we're ready.

Joe:

Great, I am, too. What's your first question?

Adam:

Can you tell us how our emotions affect our health and if there's a science behind this?

Joe:

There's lots of science behind it, and all you have to do is Google it or walk into the science section of any good bookstore to find it. Also, I can recommend a few books that I know cover the science of your emotions affecting your health.

The first is called *Molecules of Emotion* by Candice Bert. Essentially, the author says that your subconscious mind is actually your body. Given this, it's easy to understand that if you're feeling emotional you're affecting your body—

which, in turn, is affecting your health.

The other books I suggest are *The Biology of Belief* by Bruce Lipton and *The Balance Within* by Esther Sternberg. All three are written by scientists in a way that the average person can understand.

If somebody really wants to educate or convince themselves that emotions affect health, go read the research and documentation in the scientific literature.

Personally, I don't think we even need to read them—I think all you have to do is look at yourself. When you don't feel good emotionally, when you feel in despair, or you feel frustration, anger, or long periods of depression, notice what happens to your body. Most of us can make ourselves sick. I haven't had the flu in decades because I realized (with the help of a coach) that I was getting sick due to my emotions.

The last time I had the flu, I called a coach who did behavioral work and understood emotions and the body/mind connection. I was complaining that I had the flu and could barely talk because my throat was hoarse. I couldn't breathe and my body felt like dead weight. And he said, "Well, look at the word *flu*. It means you're trying to flee something. What in your life are you trying to escape?"

And at that point I was working for an oil company and hated it. I cried going to work and coming home. I was in despair to be there, so obviously my emotions were dragging down. The next thing you know, without my consciously thinking about it, those emotions weakened

my immune system and I invited what we all call “the flu.”

The deeper metaphysical reason for it was I was “fleeing” that oil company. I didn’t want that job. I wanted to pursue my life, my career, my passion, my joy, my mission.

Once I became aware that those emotions were affecting my health I no longer got the flu again because the game was up. I was onto myself. This is why I say I don’t think you need to know all the scientific literature unless you’re really curious about it.

The real key and illumination comes when you look at yourself and ask, “How do I feel physically and emotionally when my emotions are poor?”

Even better, ask yourself questions like:

How do I feel physically and emotionally when my emotions are higher?

How do I feel when I’m thinking more positively?

How do I feel when I’m doing the Miracles Coaching® program?

How do I feel when I’m working on my life goals?

How do I feel when I’m going in the direction of fulfilling what I want?

How do I feel when I’m starting to attract the things that I want in my life?

Obviously you’d feel great. When you’re doing these kinds of things, you’re going to feel happy, healthy, energetic and optimistic. You’re going to feel like you can handle life. Not only will you be ready for the challenges of life, you’ll welcome them—even enjoy them and feel

grateful for them.

Our emotions affect our health because we feel them in our body, this encasement we have for our spirit. They're directly tied in, so we want to be aware of our emotions and focus on feeling gratitude. Experiencing gratitude can change your emotional state. You move to the happier side, the up side. So pay attention to what you think and what you feel—and keep in mind you have choice about both.

Adam:

It's interesting how our emotions can affect our body at a molecular level, and empowering to understand that.

Joe:

Yes, in her book, Candice says that the body and mind are one, whereas most of us make the mistake of thinking that our mind is in our brain. As she points out, our brain is located in our skull and operating the nervous system, but our mind is actually throughout our body.

This is why sometimes when someone's had an accident and lost a foot or a leg, they can still feel it. It's a phantom sensation. Their body and mind are so closely aligned that they can sense its presence even when it's not there anymore.

So we feel emotions in our mind/body, not in our brain. It's directly related.

Adam:

That's amazing.

Could you define the difference between beliefs and values, and how do we tell what ours are?

Joe:

When I was struggling my way out despair, I was taught that you know what your beliefs are by just looking around the room.

Everything you have is a direct result of what you believe and expect for yourself because it's your beliefs that have brought you into the reality you're experiencing.

So look around your room. Look at whatever's inside and outside. Look in your driveway. Look at yourself and your relationships. Look at your bank account. Look at everything that you have because it's a physical representation of your beliefs.

Everything on the outside is an out-picturing of what's on the inside of you—a reflection of your belief system. When you change your beliefs you change your reality because beliefs are what attracts, creates, and filters reality. Beliefs are the key.

Values, on the other hand, are made up of beliefs. They're more generalized, and, to me, not as important. For example, you might have a value of achievement, attractiveness, belonging, bravery, capability, control, contribution, or dignity. There's a long list of all of these. Even joy is a value.

Values are big generalizations and, if you look underneath the value, you'll find beliefs that support them. If somebody has the value of abundance, they also have the belief in abundance. They have a whole set of mental software that creates their value of abundance. Consequently, when you change beliefs, values change with it.

Think of values as at the top of a pyramid, or as the tip of an iceberg. If you look below, that's where the (usually) unconscious beliefs are. Beliefs are what rock and beliefs are what rule. So, again, how do you tell the beliefs? Look at what you have.

Another way to expose your beliefs is to notice how you talk in conversation to somebody else. As you explain your life experiences, you'll throw in conversational one-liners that—to you—will just seem like reality. For example, you might say something like, "Oh, you know, I had a problem at work with this co-worker. That always happens to me because I just don't get along with that kind of person."

Without realizing it, you've said two or three beliefs that are about your personal reality. You've indicated that you don't get along with a particular kind of person or you don't get along with that person at work. But that's not a fact—because it's not true for everybody on the planet, and it's probably not even true for you in all situations, in all cases, at all times, or in all places.

It's a belief because we can question it. We can prove that it's not a fact. You've discovered a belief and now you're at choice. Sometimes awareness is all it takes to let it go.

If not, you can always question it with the help of someone like your Miracles Coach until you get to the point where you realize whether the belief serves you or not. You may choose to replace it with one that serves you better.

Belief work is where all of the Miracles Coaching® process is at its best. We want to find our beliefs and then release the ones that don't serve us. We want to create a life of magic and miracles driven by the Divine, driven by inspiration—not driven by our unconscious limiting beliefs.

Adam:

That's so true.

Your beliefs shape your reality and also determine what you can and cannot see.

Joe:

People can have a wealth of opportunities around them, yet not see them because they have a belief we're in a recession. They say things like, "There are no opportunities," or "Opportunities never appear to me," or "I'll never make this work out," or "I don't have enough money...time...experience...education."

All of those are limiting beliefs bubbling up, and they operate like blinders.

Somebody else could see it completely differently. I imagine if we picked up Richard Branson and dropped him

in your area and said, “Where do you see the opportunities?” he’d probably list 100 opportunities. You, on the other hand, with your limiting filter of beliefs, might say, “I don’t see any,” or “I might see one.”

The reality is the same, so what’s the difference? It’s the filtering of individual beliefs that allow you to see them or not see them.

Adam:

It’s all about belief.

What do you think of the idea that it’s important to know that you already have what you need to be wealthy?

Joe:

Years ago, Stuart Wilde wrote a book called *The Trick to Money is Having Some*, and when I first picked up the book, I thought, “C’mon, Stuart, that title doesn’t make any sense.” Now I think it’s brilliant.

When you know that you’re already wealthy, you attract wealth. When you feel that you’re not wealthy and you’re pursuing it in a desperate quest to attain it, achieve it, or attract it, you’re going to have a rougher time. Most likely, you’ll push it away because the universe responds to your energy, not your spoken desire.

Behind all of it is this energy of frustration, of pleading and desperation—and the universe is going to match the energy. Then tomorrow, next week, next month you’re going to say, “Oh, I’m still desperate about wealth. How

come it's not working?"

If your energy says, "I'm desperate for money. I've got to find it," then the universe says, "Okay, I get it, you want to feel desperate for money. Here you go, have some more," and you end up feeling desperate for money.

It's not working because you're not focusing on the wealth you already have. The more you can feel wealthy now the more you will attract that concrete, bankable wealth you've been wanting and thinking about. And it starts in this moment.

You want to shift to a different mindset, to a belief that says you're already wealthy. Look around you and say things like, "Oh, I am wealthy. I have this wonderful house. I'm in Miracles Coaching®. I can be on this call with Joe and Adam. I get my questions answered with my Miracles Coach. I'm about to have a wonderful supper. I've got a relationship."

When you focus on the wealth that's in this moment, the universe listens and says, "Ah, he or she wants more wealth. Let's give it to them."

The trick to money is having some means to be in the moment where you experience wealth right now—and it's actually a way to change your belief system. Then as you start to see that you're already wealthy, you'll begin to see opportunities to expand that wealth. This is a very important distinction.

In, *The Attractor Factor*, I talk about Nevillizing your goal. Neville Goddard was a mystic and author in the

1950s, 60s, and 70s. He's one of my favorite mystics ever and I coined the word *Nevillize* which means, instead of focusing on a goal and imagining that you're going to have it in the future, you Nevillize it by pretending it's here now and complete.

So, instead of saying "I want to attract wealth," you'd say, "I am wealthy now," and step into it *as if* it is truly real in this moment.

It's like a hypnotic holographic hallucination. The more you can embody it right now, it is done. Put it on right now. Feel it right now. Own it right now. Nevillize it right now and you will pull it into your next moments. That's how you appreciate wealth right now.

Adam:

As you were talking, a thought came to my mind—energy speaks louder than words.

Joe:

That's a great line, and it's true because people often think, "If I state my intention or affirmation, or write down my visualization, that's like the order to the universe." In a sense it is, but only if your energy behind it is in alignment—because what it's responding to is not the words of the affirmation, intention, script, or the visualization, it's responding to your energy. That's the more important issue.

Energy. It responds to energy.

Adam:

Wonderful.

How about when people are addicted to things like drugs and alcohol? Can you tell us the best and fastest way to overcome something like that?

Joe:

The thing that comes to mind right now is to get support—that's the best, fastest, and most permanent way I know.

It's so much more difficult to try to wrestle to the ground an addiction that affects your physiological as well as psychological system. Drugs can override your nervous system and enough alcohol can, too.

Remember, the best way is the safest way, as well. With something like this, I'd highly recommend support and accountability. It's just easier that way and helps you maintain your focus.

Being in something like the Miracles Coaching® program is the strongest first step possible because now you have an ally. Talk to your Miracles Coach about what you need and what you promise to do. They'll hold you accountable to actually do it. If that means joining an AA group, for example, make sure you tell your Miracles Coach that this is what you're doing so you maintain that support.

We're not just talking about a belief, though there are beliefs at the core of why a person would take drugs or alcohol. We're talking about a substance that makes you feel different and you will probably need to have support

to overcome that, at least quickly.

Adam:

I agree.

What can a person do to make sure that they're living life in the moment? Do you have any advanced techniques for this besides the gratitude meditation?

Joe:

That almost sounds like a trick question, and I'm saying that playfully.

I truly believe that gratitude is the most powerful exercise we can do, perhaps the most advanced exercise we can do. Anything else is simply playing with our mind to come up with something that's more fun—a technique that might be juicy or different so we can have something else to toy with.

The reality is that gratitude is the life changer because it takes you into *this moment*. I keep repeating this because, if any of us want to achieve the state of enlightenment, of awakening—and I really believe our life purpose is to awaken to the Divinity in this moment—then the direct route to it is gratitude.

For example, looking in *this* moment, I see my bottle of smartwater. I love how they named it smartwater because I just feel smarter when I drink it. It keeps me hydrated, which I guess in some way keeps the cells in my brain hydrated, which does make me smarter.

By focusing on something like my smartwater, I start to pull into this moment, which is my point of power. The past is gone. The future isn't here. This moment is my point of power. Gratitude gets me here.

Having said this, I also love to use inspiration, if you want to call it a technique. It comes. It's the sister to gratitude—the more you're in this moment the more you can feel inspiration.

When we started this call, as you were doing the gratitude meditation, I had an inspiration to write down a quote from Arnold Patton, "The sole purpose of money is to express appreciation." I could have ignored it and pushed it aside, but following inspiration is important to me.

I've taught myself that to be in this moment is to be plugged into the electrical current of the universe. If this means jotting down an inspiration in the moment that comes just as you're asking me a question, then I've got to interrupt that flow and be authentic to the moment.

So, again, gratitude is the ticket to be here. Yes, there are other techniques and methodologies that you can use, but I can't help but wonder if they don't pull us into our mind and away from this moment.

I want to be in this moment because that's where the magic is. That's where the miracle is. That's where the inspiration is. That's where the gratitude is. That's where the next step for you to take is.

The more you can live in this moment, the more your next moments will become even better.

Adam:

It seems like we should keep it simple—stick with gratitude and not complicate things.

Joe:

That's a great observation because complication is a mind game.

I've always worked to make things simple and to understand concepts—whether it's spirituality or technologies—so I can communicate them simply.

I don't think they need to be confusing, but our mind likes to have things confusing because then our mind has something to do. It likes to be fuddled and play around in the dust of confusion. The problem is it can trick us out of this moment.

As spiritual beings, we want to put a lasso around the mind and say, "No, you serve me. I don't serve you."

Adam:

I like that—the dust of confusion.

Joe:

That's a good idea for a song title. Maybe I'll write it.

Adam:

Yes, it would be.

I have a friend who is an energy medicine practitioner and she claims to heal people with light. Do you think it's

the light that's doing the healing or the suggestion of what the light does that is healing her patients?

It seems to me that if it is the light that heals, that she should just show the color and the patients would naturally heal. She told me that before she shows the patient any colors, she always suggests to the patient what the color does. What are your thoughts on this?

Joe:

Since I don't know that particular person or what light process they're doing, I have to speak in general terms, based on my own experience with different healers.

Belief rules the universe—that's why the placebo effect is one of the most powerful healing effects there is. There've been many studies pitting a placebo pill and a real pill against each other, and time after time the placebo gets almost the same result. Why? Because the people were told, "This is going to help you with your..." whatever their health issue is.

In other words, it came from "authority." It looked like a real pill and they were led to believe it was going to work. On some level, their mind said, "This is going to work for me because this doctor or this medical authority said so. It looks like a pill. Why wouldn't it work?"

Belief is behind everything we do. When we believe something's going to work for us—consciously and unconsciously—it will tend to work for us whether, in fact, it actually has certain properties or not.

So based on the question and how it's worded, I'd say it's belief driven. That doesn't mean the lights aren't valuable. They're serving a function.

First, though, you have to set up a belief. People have to be presold on the idea that the lights will heal and that, by doing it a specific way, it will help them with particular results.

Adam:

So selling them on the belief could be creating the placebo effect—which is doing the healing more than the thing itself.

Joe:

Yes, and that's one of the things that the new age or metaphysical movement gets criticized for—selling placebos rather than anything that actually would work for everybody at every time and place.

However, nothing really works for everybody and every time and every place. There are exceptions to all the rules that are out there, and more often than not, beliefs are behind the result.

This is why I'm constantly reminding people that we're in a belief-driven universe. If you don't like the result you're getting, change your beliefs and you'll get different results.

Adam:

What would you say are the fundamentals of living a happy

and fulfilled life?

Joe:

Happiness is such an individual thing, but I think it comes when you are following your own unique passion.

For example, I feel I'm here to inspire people to go for and achieve their dreams, so when I'm doing that on a call like this, or in my audios, DVDs, books, speaking engagements, TV appearances, movies, or whatever it happens to be, then I'm happy. I'm fulfilling my life mission.

So first look at what your passion is. And if you don't feel you know what that is, you can work with your Miracles Coach to dial in and start pursuing it.

As soon as you start pursuing your passion, you'll have a spring in your step. You'll have a joy in your heart. You'll feel like you're aligned with spirit and that's going to make you feel happy.

Saying that, you also have to make sure there's balance in your world. You have to take care of your health and your relationships. You want to make sure you take care of yourself inside and out, as well as all the people that you touch. This should come from your passion, stemming from pure, openhearted love.

I can't give you a prescription for happiness that says, "You should get up at 7:00 in the morning and workout, eat your meals at certain times and make sure you have low carbs."

On his 70th birthday, Mark Twain said he was able to

live his life smoking and drinking and not exercising and doing all these wonderful things. It worked for him and he lived this long, and as far as I know, a happy and prosperous life. But if you tried to do what he did, he said it might annihilate you, so you have to do what's right for you.

How do you know what that is? That's following your heart. That's following your passion.

Once you start doing that, you learn how to maintain the course by being in the moment. Why? Because the moment tells you what to do for your passion—it comes from your heart. It'll say, "Here's the next thing for you to do."

This leads you into a life of happiness and state of awe, one where you'll think, "My God, what a wonderful world we live in." That's how it feels when you're living in the moment—versus when you're caught up with worries and concerns about things in the future or past, you usually say things like, "Oh, what a crappy place we're in. How do I resolve these problems?"

It seems to keep coming back to being in the moment and to follow your passion for that happy life. Follow your heart. Follow the love.

Adam:

I like that...follow love...follow your passion.

I know you often say the universe loves speed and so do I. What if someone wants things to work faster than they are?

Joe:

It's working as fast as you believe or expect it to work.

You have to be careful because, when I hear a question like that, underneath it is usually a sense of desperation, of urgency.

Why the urgency? Why do you need it to work faster?

Somewhere is a hidden belief that this may not work or, if it doesn't work in time, I may not be able to pay a bill, take care of a particular issue, get my sales quota up, or whatever it is for that person. Behind the question is a feeling, and, as we talked about earlier, feelings are what the universe responds to.

When you ask "How do I speed things up because I'm feeling really desperate?" the universe says, "Oh, this person's desperate. Let's give him more desperation. It's like clipping yourself in the heels as you're trying to sprint forward.

So how do you resolve this? I've asked this many times because I used to be one of the most impatient persons in the world. I either wanted it right now or it should have been delivered yesterday. I had to work on the whole issue of impatience and I found that learning to be in the moment resolves all of that.

One of my favorite clearing techniques is Ho'oponopono, which all of the Miracles Coaches know. I wrote about it in *Zero Limits* and it's in many of my audio programs, whether it's *The Abundance Paradigm*, *The Secret to Attracting Money*, or *The Missing Secret*.

Basically, it's four phrases:

I love you

I'm sorry

Please forgive me

Thank you

Whenever you're feeling urgency and desperation—impatience—inside you, you want to address your connection to God or to the Divine (whatever the right word is for you) and say something like, “Please forgive me for being unconscious to my beliefs about desperation and urgency. I'm sorry I've been so impatient, but I didn't realize I was already getting magic and miracles in this divine moment. Thank you for taking care of this issue in me and cleaning it so it's never a problem again. And I love you for taking care of me. I love you for taking care of my life. I love you for taking care of this issue. And I love you period.”

This clearing process helps erase the belief *that's actually holding back things from speeding up*—and that's the punch line.

As soon as you take care of the issue about urgency, about desperation, about speed, then guess what? It speeds up. Wanting it to be faster is the thing that slows it down.

You've been attracting, creating, and manifesting all along. In fact, that's how you got to this moment—by attracting, visualizing, and manifesting. So it does work.

What you want to do now is attract different things in your life, which is about your belief system. Say to yourself,

“I’ll work on my belief system and if I still have a sense of urgency, I’ll clean on it.”

I would also invite your Miracles Coach to clean on it with you during one of your sessions by repeating the four phrases together on the phone.

By releasing this belief from your life, ultimately you accelerate the process of manifesting miracles.

Adam:

Yes, it seems like the thought of wanting it to work faster is out-of-the-moment thinking.

Joe:

It’s because what you’re actually saying is, “This moment ain’t so hot. I want the next one to get here fast.” It’s a complete dismissal of this moment.

Adam:

A great approach to this would be, “What’s working correctly right now?” In other words, what can you feel gratitude for in this moment concerning whatever it is you’re attracting?

Joe:

Yes, it’s about bringing us back into the moment. This is your point of power—everything is in this moment.

Adam:

How often should you clean and clear, and how do you know when you're complete?

Joe:

When I was first learning, I used to ask Dr. Hew Len that question. He's the co-author of *Zero Limits* who taught me Ho'oponopono. He'd say that if you have to ask the question, you're not done clearing.

If you were clear you'd just sit there and smile doing whatever you were inspired to do. You wouldn't be fretting and thinking, "Am I done? Do I have more to clear?" That's level one of the answer.

The second, deeper level is that we have so much in our unconscious mind to clear that we should not stop clearing—ever.

Remember, your conscious mind is just the tip of the iceberg—it has thoughts flittering by even as I speak. But the unconscious mind is the iceberg itself, this huge power source full of this programming.

Some people believe it's full of programming from past lives, too. Is it true? I don't know, but if you simply consider the programming from birth until now, most of us have been programmed with a whole lot of negativity. Not necessarily in an evil or disastrous way—or even intentionally.

We absorb it from the culture, government, media, movies, and television, not only family. It's all around us

and we download it without thinking about it. It's like an operating system. Some of it's dormant and some of it's active in our lives, so we have to clean.

Dr. Hew Len has been doing this work for over 25 years and he still has things bubble up for him to clean. He says, "Don't stop. Don't ever stop," so I'm not stopping.

I'm constantly doing Ho'oponopono—at the least. When I'm on a call like this, or doing anything else, in the back of my mind I'm silently saying, "I love you, I'm sorry, please forgive me, and thank you." It's like a tape going in my head.

I do this to clean and clear anything that keeps me from serving you in this moment. I may not know what there is to clean, but I trust that this is cleaning it in advance. This way, negativity gets dissolved before it reaches my conscious mind.

When do you get to stop? You don't.

The good news is this isn't hard. It doesn't cost you anything to do the cleaning and, when you do it enough, you'll be doing it unconsciously. You'll wake up in the middle of the night and, like a song that you can't get out of your head, you'll be saying, "I love you, I'm sorry, please forgive me, thank you." That's a joyous moment.

So keep cleaning. It's how you clean the roads to allow miracles in your life. And that's a good thing.

Adam:

It seems to me that clearing is really like a process of

weeding the garden.

Joe:

Yes, clearing and cleaning is necessary so you can have nice, fresh, juicy fruit.

Adam:

And we all want good fruit.

Joe:

Yes, all the healthy stuff, right?

Adam:

Absolutely.

Okay, my last question is a bit different than the rest. What tips for getting started would you give to someone wanting to be a bestselling author like you?

Joe:

The first tip is to write a book that people want.

In other words, solve a problem that a particular audience has. It's a big mistake to write a book just for yourself and think, "Oh, I'll sell it to somebody or to everybody later."

From the beginning, think about what your passion is and how can you turn that into a book that satisfies, entertains, educates, and solves the problem of a particular audience.

This is the first step because this is marketing. It's a product and you need somebody to buy it. So you have to have a book that an audience wants.

The second tip is to write a book worth reading.

You have to write it *hypnotically*, which does not mean being manipulative. In my book, *Hypnotic Writing*, I explain how to write things that hold people's attention by using dialogue and telling stories, as well as using techniques like tips, points, steps, and bullets. All of these are ways to make your book fun and easy to read.

When it's all said and done—you've written your book hypnotically for a particular audience—there are all kinds of ways to get it published. For example, you can self-publish and release it as an eBook or print on demand, or you can find a traditional publisher. It's so easy to get published today—a technological marvel.

Mark Twain wrote by hand and then had to type it on a typewriter. What they went through to set books into print, literally letter by letter. Each letter of a word had a lead piece which had to be set in a typesetting machine. Now we can type it in the computer and have it printed out in a day or two.

Becoming a bestselling author is another thing.

This part is about selling your book, so assuming you've written a book for a particular audience, you want to find those people. If it's a targeted audience, there will be websites you can go to, and they'll probably be members of an online group where you can tell them about your book.

You can also do publicity. I'm a great believer in sending out news releases and I think it's one of the most underused marketing techniques. The media is starving for stories, however, if all you do is send out a press release that says, "New book out," that's not news. There are a thousand new books every week. Send a news release that's story oriented and talk about the problem that your book solves and how they can get it.

If you're really interested in this, go online and look for courses on how to write and publish your own book. In fact, Jim Edwards and I wrote a book called *How to Write and Publish Your Own EBook in as little as 7 Days*, available on Amazon.

It's a big question, but an exciting one for someone like me who's a bookaholic. Right now I'm sitting in one of my libraries with stacks of books all around me and, of course, I have an iPad, too, with all kind of books on Kindle loaded on it. I've also written 53+ books and working on another. I absolutely love them, so it's a subject near and dear to my heart.

In the early days when I was learning how to market books, I got bruised and bloodied, so I can speak about this for a long time. But this isn't the time or place, so all I want to do is give you a couple of tips, which I've done, and encourage you. If this feels like it's part of your passion and your mission and you feel inspired to do it, then start doing it.

Adam:

These are wonderful tips and advice.

Joe, thank you for taking time out of your busy schedule to share your wisdom with us.

Joe:

Thank you, Adam. I appreciate the great questions.

I love everybody in the Miracles Coaching® program, and I'm cleaning and clearing for everyone on this call.

Godspeed and expect miracles.



Secret Session #3

Dr. Joe Vitale with Adam Mortimer

Adam:

Welcome, Joe. We're glad to have you with us.

Joe:

Thank you, Adam, it's always good to be here.

Adam:

Would you like to start with an in-the-moment gratitude anchoring?

Joe:

Yes, let's do that first.

Adam:

Wonderful.

Let's begin by everyone taking a taking a deep breath to anchor right here in this moment.

The thing I've chosen to be thankful for is a stock-trading platform I use. I'm grateful for this online trading platform for the abundance that it brings into my life. I'm grateful for the

tools and the training that I received that allow me to make money doing something I love to do. I'm grateful for the wise mentors that have shown me how to use these tools to take my life to the next level. I'm grateful for the user-friendly account that I have and the information at my fingertips which allows me to accomplish my goals. I'm grateful for all the people, the programmers, and the coders that allowed this site to come into this existence. I'm grateful for this program and I'm grateful for this moment.

Okay, Joe, we're all here in this moment. Take it away.

Joe:

Before we get started with questions, I thought I'd bring everybody up to speed with some of the things I've been doing.

I've been in the recording studio all day for my next book called *Instant Manifestation: The Real Secret to Attracting What You Want Right Now*. I think it's my 55th book, and it will be out in paperback and audio soon.

Even more exciting, I found out I'm in two more movies. Since *The Secret*, people have been filming me for one movie or another, and now there are 13 or 14 movies that I'm in like *The Compass* and *The Tapping Solution*.

One of the new ones, *Discover the Gift*, will be coming out in June. It looks like it's going to be a major blockbuster. It will also be a book. The other movie, *Openings*, should be interesting because it's people like me talking about getting help from the other side. (I'll let you think about what that

means).

Finally, the biggest and most exciting news for me personally is that today I have become an official musician. My first music CD, *Blue Healer*, is not only out, but I'm holding it in my hand. For this album, I played seven different instruments, including a 1915 Gibson Harp guitar. There's a picture of it on the cover which you can see on the website at www.HealingMojoMusic.com.

I've done a lot in my life, but I had never produced my own music CD. I did all the music and tracks, signing, original compositions, the whole bit. It's a boyish kind of excitement because one of my dreams has come true—and I'm already working on the next CD. I've even been invited to perform, sing, and play my guitar live in Las Vegas.

Adam:

You never cease to amaze me. Talk about someone who is living their dreams every day. You're doing it and you just keep going. You're an inspiration to watch.

Joe:

I'm proud of myself and pleased that I can share it—and I want to light a fire under everybody else. In fact, my nickname, Mr. Fire, came to me because of a woman who saw me encourage everybody that came around me. I was always lighting a fire under them, she said, so she started calling me Mr. Fire.

I hope people listen to my story on the level of

inspiration. I want people to be hearing that Joe is following his passion, Joe is taking action, and Joe is having fun.

As I follow my passion, taking action, and having fun, other elements come together to help me manifest this miracle. The right people come to me. People hear about what I'm doing and I get invitations, like the one from Las Vegas to do my first public show onstage. And of course I'll film it, invite people—the whole bit.

This is how we attract miracles. I know the people in this program are in Miracles Coaching® because they want to manifest some big dreams. One of the ways I can show you how to do it is by telling you the stories of my own life and, to the best of my ability, take apart what I did to make it happen.

The music CD that was born today came as an idea from the universe. I always tell people that, when an idea comes, take action on it—there's passion there.

When I wanted to pursue this, I started taking action. Soon the right people started coming to me—a guitar teacher and a vocal teacher. Then a music producer, who I'd met six years earlier, showed up “out of the blue.” How did that happen? Because I was following my passion, honoring an idea, moving forward with action, and having fun.

These elements help you manifest the miracles you want.

Adam:

It definitely lights the fire under me, Joe.

When you do it, people see that it's possible. It's like setting a bar.

Joe:

Yes, and once you set the bar and break it, you can lift it to another degree.

For example, a few months ago I signed on with a music producer to help me create my own music CD, and the plan was to finish it by November this year so that in December I would give it out as Christmas presents to everybody. It was my little fantasy.

Shortly after we began all this, the publisher of a local magazine in Austin called *Austin All Natural* said he wanted to put me on the cover of the magazine. I began to ask myself questions like, "What's my opportunity here? Why would he want to put me on the cover? What could I use this as an opportunity for?"

It occurred to me that if I had my music CD done in time, I could be on the cover with that. Suddenly the deadline got moved up six months. Instead of having it done by November 1st, I now said, "I have to have it done by May 1st because May 1st is when the magazine comes out."

We made up a new deadline and condensed the time because now I had a big motivating reason to get it done—I want to be on the cover of the May issue of the magazine. And look what happened. Today is the 18th of April. I got it done before May 1st. I beat the new deadline, which,

when I established it, was a bit scary. I thought, “How am I going to get my first music CD done with me doing all the compositions and playing all the instruments? How am I going to get that done in only a few months?”

This is a good example of setting the bar and breaking it at the same time. You can move mountains and create miracles when you really want to do it.

Adam:

That’s awesome

Can you give us some exercises we can do to be more confident?

Joe:

The first thing I’d do is make a list of what you’re already doing right, and we can really be simple here.

For example, write down things like:

I know how to wake up in the morning.

I’m very confident I know how to make coffee in the morning.

I’m very confident I know how to get work.

I’m very confident I know the basics of whatever my job is.

Begin with a confirmation that you already have a level of confidence. There are a lot of things we all take for granted that get us through our lives, such as being able to negotiate traffic or interact with other people. I think it’s the best place to begin because we do have confidence in many areas.

You've got to be confident on some level just to survive, so acknowledge it, be aware of it, and, of course, be grateful for it. Then, if you want to build confidence, start taking baby steps in the direction of the things that make you nervous.

For example, early on I was shy and terrified of speaking in groups, but I knew I had to start doing it. I'd have six people in the room and it was so nerve-wracking I thought I'd pass out. So I did it a little bit at a time. I joined Toastmasters, which is a great way to be with other people who are afraid of speaking. They encourage each other.

Today I can be on TV, in movies, even in front of 17,000 people as I was in Peru—it doesn't matter. And it's all because I took baby steps.

When I was learning how to play the guitar, write songs, and how to produce my own CD, I didn't jump into the deep end and say, "I'm going to go and play in Vegas next week." I knew I had to take baby steps towards learning how to have confidence playing the guitar, confidence in singing, confidence in writing my own music, and confidence so I could actually perform in front of more than one other person.

None of this came suddenly and, in many ways, I'm still working on all of that, still with baby steps. That's the basic answer.

So look at what you want to accomplish. Do you want to learn a language, cook a particular food, or do something in the social world where you're in front of people? You can,

just don't jump into the deep end yet. Do it in a slow way so you build your muscles.

It's like going into a gym: if you haven't been there for a while—you wouldn't start with the Schwarzenegger bar with all the weight on it. You want to go to the kiddie corner or the kiddie slope.

Baby steps are how we learned to walk. You fall down a couple of times, get back up, and keep going. Along the way you build confidence. That's the best way I know to do it.

Adam:

So to build confidence, acknowledge the confidence that you do have, be grateful for it, and then take baby steps towards what you fear.

Joe:

That's a great recap.

Adam:

What are some things we can do to accept ourselves? For example, what if I'm trying to lose weight and having a hard time accepting who I am now?

Joe:

That's a big one and it's important.

It's not big in terms of hard to handle, but because virtually everybody shares it. It's not about being

overweight—it's that everybody has an issue with self-esteem, self-love, and a sense of deservingness.

I wrote about this in *Attract Money Now*, which people can read that for free at www.AttractMoneyNow.com. In fact, the first step in the 7-step formula in that book is: Handle your beliefs about money and particularly about yourself.

When you're finding it difficult to embrace all of who you are, sit down and look for all the aspects—physical or psychologically—that you actually like about yourself, areas where you're not repulsed or condemning yourself. Look at your body, personality, any part of your life to find those things you really like.

Much like building confidence, you do this with baby steps again.

There were days for me when I'd look in the mirror and say, "I hear that my dimples are a very popular thing, so I must like my dimples because everyone else seems to like them." Then, I'd look at my eyes and say, "People have often said my eyes are brown and that's a beautiful color." I'd look at my eyes and start to fall in love with my eyes.

Slowly, going through my entire body, I was able to partially, and then totally, love myself. This doesn't mean that you're falling in love from an egotistical standpoint. It comes from appreciation, which is a very powerful, wonderful, healing, loving, and natural place to be. You want to be in love with yourself in the natural way that the Divine loves you, with total acceptance.

At first, when you look in the mirror or at your life, you may think, “I’m not happy with everything.” That’s okay...just begin with the things that you *are* happy about, knowing that you can work on the other ones. For example, if it’s weight you want to lose, you can know that with diet, exercise, motivation and support you can transform yourself over time.

What do you love and appreciate? That’s the question right now.

The Law of Attraction says that whatever you focus on is going to expand. So if you focus on appreciation and self-acceptance and on the parts of yourself physically or in your personality that you love, all of that will expand so you have more of it.

Begin with baby steps and embrace yourself. Just being here is a gift from the universe—and the universe loves you. God loves you. The Divine loves you—and it behooves you to know you’re lovable and love yourself.

Adam:

So it’s the Law of Attraction when you focus on what you like about yourself and end up getting more of it.

I used this technique to lose weight and I remember looking in the mirror not liking what I saw. So I “visualized” myself and said, “What if I could look like this?” I put it in my awareness until it came about, and that seemed to work for me.

Joe:

Yes, I talk about visualizing in some of my books, and it's step 4 of a 5-step process in *The Attractor Factor*. It's about imaging that you already have or are the thing that you want.

For example, if you feel overweight or underweight, you can envision what you would feel like if you were at your ideal weight—whatever that is for you—and feel it now. Just close your eyes and imagine that when you open your eyes, you're already in that body. You can do that because the same awareness that you're using to be aware of the body you have is the same awareness that you'll be using to be aware of your ideal body. That awareness doesn't change. The body does.

You can do it right now as you're sitting here. You imagine or visualize something, but then you step into it mentally so it's not just projected into the future. You actually feel it in this moment. The more you can do that every day for a moment or two, the more you will become that. It will transform your being, and you will just find yourself wearing this new body.

Adam:

Yes, and one thing I'd add is it may feel a little bit different at first, but you just "fake it 'til you make it." That's really what it is. You fake it until it becomes very natural and you know that "This is who I am."

Once you have that belief, it really takes off.

Joe:

That's a beautiful reminder.

Adam:

Do you think it's common to experience more emotion when you're doing this kind of work and clearing limiting beliefs? This often happens when students are working with their coach.

Joe:

I have to chuckle when I hear the word “normal” because what's normal? We're so different—our background, stories, stages of evolution, and our depth of clearing. I don't know what's normal for anybody.

I always accept what's going on emotionally because I honor emotions and feelings. There are moments when I'm clearing where I've either cried or come very close to crying. When this happens, I don't resist it because I know that is a cleansing. It's actually wringing stuck emotions out of my body, and it's part of the process of letting it go through me.

I've learned to trust all the process, clearing, and healing—to let go as it releases through me.

It's important to keep working with your Miracles Coach and trust him or her to be your ally, as well as to trust the process itself. You're not doing anything destructive. You're simply releasing and erasing the things that were locked in you.

Memories, patterns, and beliefs may have been locked in our body for a while, so when you start to clean and clear, and release, you might react in various ways. You might shake, tremble, get cold or flush-faced, sweat, or cry. These are all natural to me.

It's only normal or abnormal depending on who defines it, and I don't want to get into that because I think we're all fine. We're just at different levels of growth.

Life is a process of awakening. I'm still working on me and as I do that, I'm also working on others. I'm still cleaning and clearing myself every day, saying, "I love you. I'm sorry. Please forgive me. Thank you." I'm doing it now as I answer these questions because I want to be clear and be the most help to people.

As I mentioned, I was in the recording studio all day, so I'm tired. My voice is a little raspy. Yes, I'll be relaxing a little bit later, but in this moment I'm really enjoying being here. Whatever my emotions are, if I feel a little bit of a tremble or anything like that, I just say to myself, "It's okay. It's part of the healing process. It's really okay."

So be kind to yourself. Trust your Miracles Coach to hold your hand, so to speak, in this process, and you'll come out on the other side. Crying, shaking, any kind of releasing—that's the water of the river of healing. It's a good thing.

Adam:

It's a good thing and I can attest to that.

I've cried and had some emotion come to the surface. It felt very natural, like part of the healing process.

Joe:

That's what it is—part of the healing process.

Trust the process and be kind to yourself. Give yourself space to feel the emotions. Don't suppress them or try to push them back in because they're trying to come out to be free. Just let them be free.

Adam:

Do you ever meet people who feel they know it all? Sometimes we have students who are tempted to breeze over the materials because of this. Is there a way to overcome a know-it-all attitude in oneself, especially when it comes to Miracles Coaching®?

Joe:

When I was in Russia, Moscow in particular, the audience was very uppity. I found Russians to be a very strong people who came from an intellectual, know-it-all kind of background. They resisted what I was saying. Sometimes they stood up and said, "We know all this. Tell us something new." They were that confrontational.

So I would ask them, "Are you getting the results you want? If you know it all, are you getting the results you want?" They'd shrug and say no, that's why they were in the seminar.

It's the same with someone in Miracles Coaching®. I'd say, "Well, are you getting all the results you want on your own?" Most likely, they're going to say no.

If you have any of the following, obviously you don't know it all:

Things you still want to achieve

Things you haven't been able to achieve

Struggling with something

An issue or block within you that you haven't totally cleared

Reoccurring frustration in situations

Relationship problems that keep happening over and over and over again

Anything you haven't been able to resolve

That may be a pretty long list. It's a good reminder that whenever any of us, including me, starts to think that we know it all, we're coming from a limited view of the universe. We're being driven by our ego as purely and as obviously as anybody can see.

Think about it—we're seven billion people on the planet. We're so many different cultures, technologies, scientists, healers, mystics, authors and speakers doing so many different kinds of work in the world today. And we're still discovering more things for us to enjoy and achieve and delight in. How can any of us know it all? I don't think that's possible.

The only thing that could know it all is the Divine itself, and the Divine will release information for us as

it's appropriate for us to receive. I'm not sure how to tell somebody who feels like they know it all other than just, "Back down, open your heart, open your mind, receive new information, receive new coaching." It's a bit like tough love, to be blunt.

Whenever somebody feels like they know it all, they're protecting themselves from allowing anything to change in their life. They feel like they have it under control—what they're able to do, what they can't do, and what they're going to do. They're not going to allow anything else, anything new to come in.

They put their stakes in the ground around them and their force field up, then stand there saying, "Okay, I'm in Miracles Coaching®, make a miracle for me, but I'm not going to allow anything new to come in because I know it all."

They need to look in the mirror and realize you not only don't know it all, you can't. It's impossible. Google doesn't even know it all and it's probably the closest thing when anybody wants information.

All kidding aside, you really have to relax the know-it-all attitude because it's an impossibility coming from the ego. Much like my Russian friends who are very sophisticated, very intelligent, they had to realize they didn't know it all. Once they relaxed, it allowed me to teach them different techniques. By being open, they were able to learn something new. As long as they were closed, nothing new was getting in.

Adam:

Sometimes we need a dose of humility.

Albert Einstein, who spent his life discovering the mysteries of the universe, was one of the greatest minds of our time, yet humble. The more he learned, the more humbled he became. He knew he didn't know it all.

Joe:

He was overwhelmed by the beauty of the Divine.

Adam:

What can a person do to develop spiritual maturity? You seem to have achieved this and our students want this, too.

Joe:

That's a beautiful compliment, thank you.

Three things come to mind immediately:

Read spiritual literature daily.

Meditate and connect to the Divine in some form daily.

Take advantage of coaching to accelerate your personal growth.

First, find spiritual literature that moves you. It could even be biographies of some of the great mystics and saints, but tune into your intuition.

Reading has really helped me, and I follow my intuition on what to read. I constantly read spiritual material, and I think having devotional reading every day keeps me on the path of surrender, the path of enlightenment, the path of

awakening. And, with most of my recent work, I've done my best to write with the idea of bringing that kind of literature to you.

Second, I have meditated in one form or another every day for nearly 30 years. I used to do more formal meditations, like chanting—and even have a chanting meditation on my new music CD.

Today I do a lot of Ho'oponopono. I'm continually aware of the Divine and saying, "I love you. I'm sorry. Please forgive me. Thank you." I do the whiteboard technique where I'm erasing everything that comes up between me and the moment so that I can receive inspiration when it comes.

Although my way of meditation has changed, I find time every day to connect to the Divine and to my own spirituality, and encourage you to do the same.

Obviously I love Ho'oponopono, but trust your own self on what meditation to do. You might be led to do something else. The important thing is listen to the whisper of the Divine however it wants to come to you.

Third, I highly recommend coaching. My life began to have quantum leaps and breakthroughs when I got my own coach, and I still use them today. It's incredibly valuable, and that's why I created Miracles Coaching®.

Your Miracles Coach helps you in a number of ways. They help you stay on the course that's right for you, and keep you grounded as you walk through the world with support, acknowledgement, and accountability. They're

your ally. This helps you stay on the spiritual path.

Adam:

That's wonderful.

What if someone's had bad or negative things happen in their life? Is there a way to make those things positive, or use negative emotions in a positive way?

Joe:

The first thing to remember is they feel negative because of your interpretation of the story. This is a big concept which I talk about in my audio program, *The Abundance Paradigm*.

One of my favorite stories is about Leo Boscalia, also known as Dr. Love, who wrote a book called *Love*. He was a beautiful man and became very popular. He often talked about his loving childhood—how his family was so wonderful, how they ate so well, how lovingly his mom and dad took care of the kids, and how they played together. Just like Mayberry—it sounded wonderful.

However, apparently someone looked up Leo Boscalia's brother, and the brother had a completely different story. He said, "I have no idea what Leo is talking about. Our childhood sucked. We starved. Our parents tried to take care of us and did the best they could, but we didn't have it easy at all. I don't remember any loving times." This brother lived in the same house through many of the same experiences.

So the first thing to remember is that you're interpreting the situation in a way that makes it look negative, as hard as it is to hear in the beginning. You may be thinking, "Joe, you don't know what happened. It really was negative." But that's a perception—and I won't argue with it because there are probably all kinds of rationalizations to support it.

I just want you to consider that it's a story based on an interpretation. This is good news because it means you can rewrite your story. You can reinterpret it so it becomes a positive event.

In, *The Attractor Factor*, the first step of the 5-step process is knowing what you don't want. Anytime you're experiencing a negative emotion, that's something you don't want, so you note it and use it as leverage to help you clarify the second step: declaring what you do want.

You look at the negative emotion and say, "I don't want to have that happen anymore. Here's what I prefer to have happen." You've now stated a new intention because of the negative experience or the perceived negative experience.

And here's the beauty of an intention—as soon as you state it, all the energies of your body and mind get aligned and go in this new direction. So, the negative helped you go into a positive and stay there.

Adam:

If we have that mindset, there really aren't very many negative things that we go through that we can't use in effective ways.

Joe:

It's actually one of the highest forms of wisdom and, once we get that, we stop arguing with reality and accept whatever the moment is—we do whatever is there for us to do next in that particular moment.

Judging things in the moment as bad or good for us is actually what disturbs us and causes us to lose our peace, our well-being. We want to be in a state of imperturbability, a state of balance. You're allowed to respond to events, but you're not judging them as, "Bad, bad, bad, good, bad, bad, bad, good, good, good, bad." You witness life without fighting it, and doing whatever you need to do next out of the moment of life. You're not perturbed, upset, or thrown off balance.

I'm not saying this is easy.

This is why you have a Miracles Coach, someone to talk to.

When we do get perturbed—and we do—that's our opportunity to do a clearing or a cleaning. It's an opportunity to find out what beliefs got triggered because that's what happened—a belief in us got flipped like a switch. That's the only thing it really means. We then look within us to see what the belief is so we can release it and get back to a state of imperturbability.

Adam:

Wonderful, it seems like a constant state of peace.

Joe:

I call it a *constant state of miracles* because you get to the point where you feel like life is a moment by moment miracle and you live in a sense of awe. That's what it feels like. It is peace, but it's a peace that's divine, so it feels like a miracle to me.

Adam:

That's sounds like a beautiful space to live in.

Next, I'm wondering how it works if you're involved with a group and you want to use the energy of the group to implement the Law of Attraction—but not everyone is on the same page. Is this going to limit the ability to attract things?

Joe:

Yes, although I'd qualify it.

Think of a football team. Obviously, they better go in the same direction. If three or four of them decide, "We don't want to go that way," and turn around and run the other way, that team is not going to win. Every one of those individuals needs to be in alignment to make a goal on the other end of the field. They all need to be running in one direction.

If *any* of them go the opposite way, quit, or stop to fight or argue, the whole team is not there—especially if it's the person carrying the ball.

If you're in a group that's not all in alignment to go for

a particular thing, it's going to, at the least, slow down the attainment of it. That doesn't sound like a fun place to be. I know I don't want to be in groups that aren't in alignment.

We may have differing backgrounds and opinions, but when people are in mastermind groups, for example, they all need to be supportive of each other and have upbeat energy. They need to have similar beliefs about the Law of Attraction or miracles or what's attainable, and everyone needs to be going in the same direction. Nobody should be clipping other people there with criticism, commentary, or back-stabbing.

That's the first level of answering the question, but the second level goes deeper.

If you read *Zero Limits*, you'll recall the story of how Dr. Hew Len was able to affect an entire ward of mentally ill criminals without having to go to board meetings or seeing the criminals. He only worked on himself. As he did that, the board members, therapists, nurses, social workers, and the criminals got better, and this is a deeper clue.

Yes, you want to be on a team that's going in one direction, but let's say you begin to see or suspect they're not.

First, notice how you feel about it. Whatever that feeling is—upset, frustration, anger—go within and do your best to erase it. You want to erase it in you because the only place it exists is in you. If you can see it, it's yours.

It has to be in you if you can see it in somebody else. This is when you say, "I love you. I'm sorry. Please forgive

me. Thank you,” to the Divine. It’s a way of asking God to erase that feeling of anger or frustration in you.

As you do this, you’ll notice that the board or the other team members there will slowly start to change, not because they did anything outwardly, but because what you did inwardly affected them.

Adam:

That’s profound.

What, then, would you say to a couple who constantly fight? Is there a secret to having harmony in the home?

Joe:

That’s a big question, too, and there’s a lot to understand with that. For example, is it really “constantly” or only for five minutes at the end of the day? Without knowing the whole story, a few things come to mind. First, it takes two to keep that thing going. If one of you walks away, takes their laptop to work at Starbucks, and waits until the clouds part, that would probably dissolve a whole lot of the fire.

If you’re the one probing and asking questions, or the one in Miracles Coaching®, you’re probably the one that needs to go in the other room and not fight back. You’re the one that needs to look from a more elevated standpoint and say, “What are we upset about? What is the core of this? On the obvious fighting level it could be over who left the toothbrush out, but on a deeper level, is there some sort

of hurt that hasn't been resolved?"

You want to look closer and find out, "Okay, what is this stemming from? What are we unhappy about? What needs to be resolved?"

At the same time, just as I answered in the previous question, know what you're feeling when you get into that fight. Know what you're feeling now when you think about those fights because that feeling in you is what is up for an erasing. It's saying, "I'm ready to be healed. Get me out of here," and you ask the Divine to take it out.

You can use the whiteboard technique for this, where you mentally see the other person you're fighting with on a whiteboard, and then see yourself erasing that image off the whiteboard. You're erasing it in your heart and mind.

So let's say you feel enraged, and you think, "He makes me ashamed." You'd write the word "ashamed" on the whiteboard in your mind, see it there clearly, and then see yourself erase it.

You have to find a way to erase the blocks in that negativity. The reality is both of you are fighting because there's something to learn and, once you get the lesson, you no longer need the experience.

But remember, it's about *your* lesson, not what's the lesson for the other person.

Adam:

That's excellent.

Okay, I'm going to switch gears here. Often our students

are curious about your success as an internet marketer, so I'd like to focus on the practical side of that a bit.

What would you suggest to someone building a website? And, do you have any tips on how to get to the top of the search engines or how to bring more traffic to your website?

Joe:

I'm laughing because I was doing internet marketing before it was called the internet. In fact, I wrote one of the first books on internet marketing, *Cyber Writing*, around 1994.

I could speak on this for a long time, but the easiest, quick answer is to give the search engines content. They love relevant, new articles constantly showing up on your website. This is one reason why blogs are so popular. People are always updating their blogs with new information.

I love my blog. If you haven't been going to it, I post my most recent thinking, articles, stories, and adventures on my blog, and it gets well ranked with the search engines because it's always updated. That's what spiders and search engines do—they're always roaming the internet to see what's new, what's updated. I'm constantly updating mine, which they notice, but I'm not just putting anything there. I'm putting relevant content.

My blog is all about the Law of Attraction, so to the best of my ability, I'm writing about the Law of Attraction, and using the words "The Law of Attraction," in my blog content. This makes the search engines happy to see me. They start watching my blog, calculating it, and they start

giving that information to people when they search things like my name, the “Law of Attraction,” “The Secret,” “LOA,” or any of those words that should bring my name up to them.

So the biggest and easiest thing to do is write content and make it relevant to whatever your website is.

If you have a website that sold shirts to ex-football players, for example, you’d want to make sure you’re writing an article on whoever the latest football player is who just bought one of your new shirts. As you keep updating, this shows that it’s a refreshing, constantly rejuvenating website that always has information relevant to that particular topic.

So write content.

I’ll give you one more bonus here and it’s one of my favorite things in the world to do—give away something free that’s content related to your website.

For example, on my Mr. Fire site which I’ve had since the 90s [www.MrFire.com], there’s a box that says, “Sign up for Joe’s newsletter and you will get the free report, *Attract Money Now*.” There are other reports there, too, that they can get and people are always signing up. I get hundreds, sometimes almost 1,000 subscribers a day. Why are they signing up? They want the freebie. They want the content.

So, create a piece of information that’s a special report. Put it on your website in the form of a sign-up box that says, “You can have my special report on *7 Ways to Lower*

Your Taxes” (assuming you’re an accountant or tax advisor). Make it relevant to what you’re doing and have a sign-up box there.

When people sign-up, they get your report and you get their email address, which is gold in the world of marketing online. Once you have their email address, you can begin a relationship and stay in contact with them with ongoing emails, which is what I do. I’ve made friends with my subscribers over the course of time. Some feel like they know me personally, yet they’ve never met me because of the nature of how I write my emails and how I stay in contact.

I can talk about internet marketing, hypnotic marketing, content, and traffic for hours, days, weeks, months, but I’ll just give you the tip of the iceberg and say seek it out. There’s plenty of information on the internet, including at MrFire.com. I wrote a lot of articles on internet marketing, and they’re all free there.

Adam:

There you go.

How about practical money-making ideas? Do you recommend any?

Joe:

Similar to the last one, that’s a question I can talk about for weeks.

I wrote *Attract Money Now* to answer that exact

question—practical ways to make money. I also recorded the audio and DVD program, *The Secret to Attracting Money*, which is both my spiritual and practical approach to attracting money. It's loaded with practical ways to do it.

Right now, though, I want to give you one good, million dollar idea, which will work for anybody.

Whenever you hear yourself, or somebody else, say, "I wish somebody would fix this problem," or "I wish somebody would create a way to accomplish this," or "I wish somebody would stop doing this," those are indications that a business is at hand.

When someone complains, it's an opportunity to create a product or service to solve that complaint. One of the things that entrepreneurs do is learn to listen for product or business ideas, and one of the best ways to do that is listen to conversation.

If you're at a restaurant and you can't get the waiter's attention, you might mumble to yourself, "I've been waiting 20 minutes, where's the server? How do I get the attention of the server? I need a flare gun or something to shoot off in the restaurant." Obviously that's a complaint.

We can just let it be a complaint and do nothing, or, if we're looking for a practical money-making idea, we might think, "Why doesn't somebody put a little red button on the dinner table, so whenever you need your server, you just push the button and the server gets notified?"

Maybe they get buzzed, or a red light goes off in the kitchen, or a light goes off at the manager station, but

somebody is alerted. It's like a button in a hospital room that a person in bed can push for the nurses' station down the hall to see. At any rate, it's an opportunity for a business—and maybe somebody's done it.

The point of this illustration is that if you want to make money, if you're looking for practical business ideas, listen to people's complaints. Pick the one that you might be able to resolve.

This doesn't mean you have to invent something—you can find somebody to invent a solution and then sell it, or you may find somebody who has already invented a solution and then you can still sell it. You can also create an information product that describes the solution.

There are all kinds of ways to do this, but the point is start listening to your own complaints and the complaints of others. Listen as an entrepreneur asking, "Is that a business idea? Is that something I can solve and, when I do, it becomes my new income stream?"

At least read *Attract Money Now* because that's free and it's going to help you start thinking more like an entrepreneur. When I was in my struggle-years, I did not think like an entrepreneur, a marketer, or an idea generator. I didn't know how. I had to learn and I learned by reading books.

Of course, since I'm a bookaholic that's the easy thing for me to do. I'm sitting in one of my offices now with thousands of books all around me. I can see a few of the old classics in marketing, like this one from John Caples.

I worshiped those books and devoured them. In fact, I practically memorized them.

Why? Because they taught me how to think like an entrepreneur, how to think like a marketer, and how to think in a way that I could come up with ideas that are marketable. If I can learn how to do this—and I'm an average Joe (no pun intended)—then anybody can. You just need a good coach, persistence, passion, and have fun. All those elements helped me create my first music CD.

Adam:

I can attest to *Attract Money Now*. I've read it.

When you were here in the office, you gave me an autographed copy of it, and, I tell you, it really helped me take my business to the next level and develop that correct mindset. So thank you for that book.

Joe:

You're welcome and thanks for letting me know. An author doesn't always get to hear that kind of feedback from anybody because they're silent. They don't always get to tell us.

Adam:

You bet.

To sum up what you said then, listening to the complaints of others, along with the right mindset, can be very profitable for those looking to make some money.

Joe:

Yes, and isn't that kind of funny?

We always complain about complainers, but here is a way that you can actually make money from people who are complaining. Now you'll want to hang around them.

Adam:

We're supposed to get away from them, but it sounds like, if you have the right mindset, they can actually be a blessing in your life.

Joe:

That's right.

Of course, I still think you want to be aware of complainers so you don't get caught up in their particular energy. You have to listen from a heightened state of awareness, stay detached from what they're complaining about, and not get caught up in the story.

If you listen with different ears, so to speak, now it's almost fun. You don't have to get caught up in the drama. Just listen. You can even be very sympathetic when you're listening from, "I wonder if I can turn this into a business to help this person, as well as all the other people like that person."

Adam:

It's turning a negative into a positive for sure with that technique.

That's it for today, Joe. We love you and thank you so much for everything you do for us.

Joe:

Thank you, Adam. This has been a great call.

Godspeed to everybody and thank you again. I'm grateful for you and everybody in the program. I'll see you on the next Miracles Coaching® call.



Secret Session #4

Dr. Joe Vitale with Adam Mortimer

Adam:

Joe, welcome to the call.

Joe:

Thank you, Adam. It's so great to be here again.

Adam:

These calls make such a difference in our students' lives. Recently a student said, "A lot of the same questions are asked over and over on the calls, and I've heard these things a thousand times—but I never got it. Finally it just clicked."

Joe:

There's truth to that.

I've had the same thing happen in my own life. I've heard statements or truisms or new concepts that never really sank in until the 10th or 1,000th time. Then suddenly my eyes popped open and there it was, and I'd feel like, "Oh...I get it now."

Adam:

Let's get started with our questions then, Joe.

What do you suggest if someone is struggling with believing in what they want to attract? In other words, how do they learn how to believe in something they don't yet have?"

Joe:

This sounds like they think they're trying to attract something bigger than what's possible for them at this moment. In other words, if it feels like they're having trouble attracting something because of their belief level, then they must be going for something that's kicking in their disbelief trigger.

If that's the case, I'd ask myself a few questions:

What is it I'm going for that's making me feel this way?

Is it truly bigger than what I think is possible?

Am I going for the elephant rather than going for something smaller to begin with?

So the first thing to do is question what the goal is to be sure it's a right goal for you. Are you going for the giant lottery prize when you should be going for something that's attainable and within your reach right now?

Then I would look at the fact that you're already manifesting things. You're already an attractor and using the Law of Attraction. Maybe you've been using it blindly and now you're waking up to your own inner power. This is to be expected when you're in Miracles Coaching® because

you learn how to direct the ship of your life with more conscious will and control.

Each of us is attracting all the time. Everything we have right now, everything around us at this very moment, we've already attracted and manifested—good, better, and different. However you judge it, you've attracted it because of your thoughts, beliefs, and actions.

As you bring greater awareness and appreciation to this, you'll say, "Okay, maybe I've been unconscious in a lot of the ways. I see I've been attracting things, and since I am attracting, let me pay more attention to how I'm doing it and direct it a little better."

Look at going for smaller things that are believably attainable to you and within your reach. As you attract those, you'll build your muscle of belief.

I would also read *The Magic of Believing* by Claude Bristol. That book changed my life. It's the classic book when it comes to the subject of belief—learning how to believe in yourself, your mental powers and Law of Attraction skills. It's still in print and in bookstores, Amazon, and certainly in the public library.

Adam:

People don't realize that belief is like a muscle you have to exercise to build. It's like a workout, right?

Joe:

It is and there's also a training experience. It's like going

into the gym for the first time—you've got to build up your endurance, skills, and strength.

Most of us have been unconscious and victims most of our lives so we don't know how to create our realities. Nobody ever taught us visualization or affirmation or scripting or even how to work with a coach. We don't have those skills—which is why we need to be in Miracles Coaching®. We need to have these relationships and phone calls.

We're learning as we go, and in many ways we have our training wheels on. It's like being in kindergarten. As we learn, we move up in grades and get better and better at it.

Adam:

What if someone doesn't believe in the Law of Attraction? Does this mean they won't receive inspiration?

Joe:

I'd have to wonder why somebody would try to attract something they didn't believe in.

In my world, I want to be going for the things that excite me, that ignite my passion and come from the calling of my heart—not things I have to make myself believe.

If you're trying to arm wrestle your own intelligence to get yourself to believe in something you'd like to have in your life, I'd wonder if that thing is really what you want. You have to be very clear about what it is you want to attract so that you can believe in it. It should be something

that you really, really want—and, because you want it, you wouldn't need a greater belief that it's possible.

As far as inspiration, it's there whether you believe anything or not. Inspiration is a gift to you from the Divine, whatever you want to call that higher power. Your job is to listen to that and act on it.

I love inspiration.

I'm always making windows of opportunity for me to listen to inspiration, and, when it comes, I act on that.

It's one of the secrets to my success. I listen to my inspiration, then act— and I just keep that little formula going.

Belief is more about passion, so I'd look closer at what you're wanting, to be sure it's something you truly desire from your heart. This will get your belief muscle working behind it because your passion is there first. Passion is key.

Adam:

Passion is such an important emotion.

Someone said to me, "Oh, that Law of Attraction stuff, I've been doing affirmations and all that for 10 years, and I've never gotten what I wanted." I asked, "Well, do you believe it?" and he said, "Not really."

How do you expect to attract it if you don't believe it?

Joe:

The way I teach the Law of Attraction is that you don't get what you consciously think about, so much as you get what

you unconsciously believe.

This is an important distinction because a lot of people write or teach about the Law of Attraction, and they're coming from the naïve understanding that your conscious mind is creating everything, and that's just not the case.

The conscious mind is the tip of the iceberg—less than 10% of your awareness. Your belief system, which makes up your programming, is 90% of your unconscious mind. That's why it's the power center of your life and that's what's directing your life.

So people might be doing it exactly how they were taught on a conscious level, but if unconsciously they have limiting beliefs about deservedness, about love, or anything else—including the Law of Attraction—it ain't going to happen. That's why Miracles Coaching® is priceless and why I developed it.

The only way I know to do this kind of work is to unravel the beliefs in your unconscious mind. This isn't hard and it doesn't take forever, but it is a new concept for a lot of people.

If you don't really believe it's going to work, then what you will attract is all the evidence that it's not working. In this way you're still proving the Law of Attraction, but proving it with the safest bet—which is that the Law of Attraction doesn't work. That's far less risky than getting what you want because that would involve change.

Adam:

That's a great way to put it.

It reminds me of a quote by the psychologist, Carl Jung, who said that people need to be conscious of the unconscious. Otherwise, it will continue to control their lives and they will call it fate.

Joe:

I put that quote in *The Attractor Factor*. I love it—thank you for bringing it up again. It's a powerful truism, and I suggest meditating on it. We don't like to take any responsibility. We'd rather blame other people. We'll even blame fate or the cards we were dealt. We blame God or the gods for our life's circumstances without knowing that it's actually internal.

We have to deal with the beliefs in our unconscious mind, get it cleaned it up.

Adam:

How do you stay positive when nothing seems to go the way you plan?

Joe:

I have to laugh because I've been there—especially when I was homeless and in poverty, and generally being very unhappy and melancholy. There were long periods of my life I felt like that.

So it's kind of ironic that right now, in this moment,

everything is absolutely perfect.

As soon as you realize that this moment is absolutely perfect, you *feel* it. You start to have a genuine gratitude for the thing that you appreciate in this moment.

Suddenly, you have new eyes. You look around and your paradigm has changed. Your mindset has changed, and you can see that, “Oh, everything is actually working just fine.” With that new appreciation, you can build on it to create and attract more of what you want.

Instead of complaining about this moment, appreciating it is what flips the switch so that you can start attracting more of all these great things that you want—and the simplest, easiest thing to do is practice gratitude. It’s the single, most powerful transformational tool that you can use in any moment and it’s free. You can do it right now.

Look around and find anything. Find something that you genuinely have at least a nudge of a feeling of gratitude for and, starting with just that little bit of gratitude, focus on it and it will expand. You will begin to see that there’s more to be grateful for in this moment.

Of course there are things that you want to attract in future moments or things you want to change in future moments, but the more you can settle in to this moment and realize, “This is really a miracle—the fact that I’m here, that I’m alive” the better your life will be.

You’re here right now, going through the experience of being in the Miracles Coaching® program, listening to this call. This is a miracle. There are so many people who can’t

say that.

So, bottom line, practice gratitude. Sincere appreciation in the moment will transform everything.

Adam:

Is it possible to be negative but in a grateful mindset?

Joe:

I don't think it's possible.

If you're in a mindset of gratitude, it's like a sun rising in your soul. Any darkness that might have been there disappears because of the light stemming from the kick-start fire of gratitude.

Adam:

I imagine this can affect health, too. Can you tell us what the best techniques are to heal sickness and disease?

Joe:

I've met a lot of healers—both traditional and alternative medicine folks—who have accomplished some breathtaking things when it comes to helping other people heal.

In fact, this past weekend, I held a Quantum Ho'oponopono event with Dr. Garland Landrith, who is a Quantum field psychologist. We filmed it and will eventually have a DVD set to offer people.

A Russian woman who attended told a story that brought tears to everybody's eyes. Her mother was

diagnosed with cancer, and went into a coma. Every day this woman sat beside her mother and read passages from *Zero Limits*, specifically the prayers such as, “I love you. I’m sorry. Please forgive me. Thank you.”

After two weeks of doing this, her mother opened her eyes and mumbled a few words to the effect that she really appreciated her daughter being there and to please continue whatever she was doing. She liked it, so her daughter kept doing it for another couple of weeks.

When they took her for another MRI to see what stage she was at, the cancer was gone. All of it. Today her mother is alive and well, completely healed.

How do you handle illness to return to health? You have to love yourself.

One doctor I’ve talked to said they’ve done a lot of research that shows that most people who get high stress or incurable illnesses have had an episode in their lives that triggered it, and that it has to do with love.

I don’t know if this Russian woman’s mother had an issue with love or not, but because her daughter showed such profound love by sitting at her side and reading to her every day for weeks, that love is no doubt what healed her in my opinion.

There are many schools of thought. You can do the Ho’oponopono phrases that are in *Zero Limits*, you can do the tapping technique called EFT. It’s a big subject and there are all kinds of different processes and courses available, but, in short, I would focus on wellness. I would

imagine what it would feel like to be well, to be free of whatever it is that the ailment happens to be.

I would also focus on loving myself—sitting, meditating, and actually experiencing gratitude for my life and well-being. I'd make a list, an inventory of worth, of all my good qualities, good points, and good deeds, anything like that. I'd also surround myself with positive people who believe in possibility, healing, magic, and miracles.

Then, finally, I'd use Google as an information source, typing in different strategic phrases. Of course, you have to follow up and pay attention to inspiration—because you might be guided to do a few things that you hadn't thought of before.

For example, when I had asthma years ago, I went on Google and typed in “asthma cure,” and son of a gun, a natural one came up. I haven't had asthma since. I don't carry an inhaler or anything. It's all gone.

These are all ways to transform your health, but the main key point is love. Love yourself unconditionally, with total forgiveness and complete gratitude for your life.

Adam:

It's amazing how many psychological and physical problems stem from people not really loving themselves.

Joe:

Some say that all the health problems are psychological.

Even if somebody is physically bruised you could say

it's a physiological injury. More often than not, some sort of belief led up to that accident. It might have been a belief about deservedness or self-love.

Studies suggest that all illnesses have to do with the psychology of the person. This is why it's important to get clear, love yourself, forgive yourself, and be as closely connected to God as possible, so you can follow the inspiration as it comes your way and have a healthy, happy life.

Adam:

That's really beautiful.

How can someone strengthen their relationship with the Divine if they desire a great relationship, but aren't there yet?

Joe:

I'd say, "You're probably closer than you might even imagine."

I wrote a blog post today called, "How to get enlightened in 30 minutes or it's free." I had fun with it and recommend reading it, but I'll give you the essence here.

The Divine is here all the time—we are of it and it is of us. One of the best ways I've found to lead people towards experiencing the Divine is to ask them, first, turn off the phone, computer, fax, TV...everything. You just want to be with yourself, get quiet, and relax. I suggest closing your eyes, which usually helps you pull in a little bit better, but

you don't have to.

I'll begin to lead them through a series of observations, beginning with their thoughts. I tell them, "Notice your thoughts. Notice you always have thoughts. Thoughts just keep arising. We don't know exactly where they come from, but they show up. They're from programming that could be unconscious, even constructive unconscious."

"Notice that you can notice the thoughts. Some part of you is separate from those thoughts. Some part of you can watch the thoughts. You can even judge the thoughts, but you're not the thoughts. This is a key point. You are not your thoughts. You are somehow observing them."

Then I'll ask people to look at their emotions. I'll say, "You may be feeling great. You may be feeling lousy. You could be frustrated. You could be happy. There are all kinds of emotions going on, but notice you get to *experience* the emotions. You aren't the emotions. You have emotions but you're not an emotion. That's why they come and go. Some part of you is observing them. Some part of you is experiencing them, but you're not them. They go with the body."

Now I want people to notice their body, so I'll say, "You're in a body. Notice if you have an ache or pain or you need to stand up or sit down or rollover or whatever you need to do. Your body might suggest something, but notice you're noticing your body. You're not your body. You're somehow observing your body. So, there's something in you that is not your thoughts, not your emotions, not your

body. It's a background awareness, like a sky and the clouds are thoughts."

This background awareness is sometimes called "the witness" in you. Focusing on that in meditation is not only the door to Divinity—it is Divinity.

There's a great movie about Pope John Paul called *Karl*, and there's a scene where the pope—he's not even pope at this point, he's a priest talking to a Russian, atheist, military officer making fun of him and saying, "You're praying to nothing." Pope John tells him, "What you call nothing is what I call everything." I've never forgotten that line. The whole movie is spiritual, liberating, and very hypnotic.

So I want to get people to look behind their thoughts, feelings, and emotions, to that place where they notice something is there, the observer. I may think it's me, but it's not me. I'm observing—and that observer is the "everything" Pope John Paul talked about.

The same observer is in you, me, everybody on the call, and in all the Miracles coaches, but almost nobody pays any attention to it because we're too stressed out and busy. We're all rats on our little wheel running around. How do you get closer to the Divine? You make time to meditate in this fashion.

Adam:

It sounds like a big part of it is getting to know yourself on a much deeper level.

Joe:

It truly is, and it's getting to know that self with a capital S.

It's not to get to know the little ego self—it is to get to know the bigger spiritual self. That's what's behind the curtain, and by focusing and making time to do that, that's how you strengthen your connection.

Adam:

Napoleon Hill talks in *Think and Grow Rich* about the connection to infinite intelligence. Do you think that's what he's talking about?

Joe:

I'd venture a yes, although without reacquainting myself with the book, I can't say for sure.

Adam:

What if we want to give something to ourselves and have a hard time doing it?

For example, sometimes our students want more sessions with their coach, but even though they know it would benefit them, the scarcity part doesn't let them do it. Is there a way to overcome this?

Joe:

I love that question.

It's really important that people are honest about what is going on because that's where real growth takes place.

It's when we deceive ourselves or try to outsmart ourselves or go into denial that we actually have problems. As far as smoother living, it seems to come when we're honest with ourselves about what we want.

If you say, "I want more coaching sessions," I think that's brilliant. I'm all for it. The more the merrier. It's going to help you accelerate your process and reinforce everything you're working on. Those are all positive reasons for doing it, and why someone would yearn to do it—until the scarcity issue comes up.

Here's the thing—you have a choice in every moment. In this moment you can come from fear or you can come from faith. When we choose to come from fear, we're going to pay attention to negative things, to scarcity thinking, to the limited thinking.

When we come from faith, we're going to be far more positive and far more inspired. And, in turn, we're going to be far more inspiring to others. We're going to have a lot more strength, belief, and love in ourselves.

So when we know there's a choice and one is weak by going with fear and one is strong by going with faith, why wouldn't we go with faith? Obviously the question is a bit rhetorical, but the idea is, "If I want to do it and I don't do it, what am I reinforcing?" I'm reinforcing scarcity. I'm reinforcing fear. I'm reinforcing disbelief.

On the other hand, if I want to do it and I do it, if I want to take more Miracles Coaching® sessions and I do it, what am I saying? I'm saying I believe in myself. I believe

in my future. I believe in abundance. I believe in magic and miracles. I believe in coaching. I believe in all these wonderful things.

When you set the choice in front of yourself like that, it's easier to make the choice that feels the best.

Adam:

That's very helpful.

What about passion? Is there a way to find out what your passion is?

Joe:

I'm sure we've addressed this on previous calls, and I just want to take a minute to remind everyone to make time to go back and listen to the other Miracles Coaching® calls. There are so many of them with amazing amounts of information that's yours for the taking.

As far as passion, I like to ask people, "What would you be doing even if you weren't getting paid to do it?"

In other words, what do you do on the evenings and weekends? If you haven't been doing it, what have you longed to be able to do that you would do on weekends or evenings if you had the money or the time or anything like that? I encourage them to start thinking like that.

Some other questions I'll ask are:

What did you want to do when you were a kid?

When you were a child playing make-believe and said, "When I grow up, I'm going to be a..." what did you say?

What did you do for fun?

What did you do as your past time?

What are your hobbies now?

What are the things you do for relaxation?

What are the things you do and you actually spend a lot of time doing them but you never really thought about it as your job or your vocation or a career?

If you won the super lottery and after doing everything you could think of and still have lots of money left over and you're free to do whatever you want, what would you do?

I use these questions as teasers to solicit people's passion, but, in all honesty, I think everybody knows what it is they would love to do, but are afraid to admit to themselves.

Life is truly this wonderful, priceless gift that we've been given. We didn't do anything to earn it. We didn't ask for it or anything, and here it is. It's ours.

I believe we each have a calling with a piece of the puzzle—to play and participate with in the world. When we play our piece of the puzzle driven by our passion, the whole picture starts to come together.

This is why it's so important to know your passion and actually act on it.

By now most people know I just recreated myself as a musician, and I did it because my passion spoke up and said, "Okay, Joe this is next." My first music CD, *Blue Healer*, is finished. [www.HealingMojoMusic.com]

How did I discover that?

All I did was sit, get quiet with myself, and say, "Okay,

what do I want to do next?" Yes, I can write another book, and, yes, I can give more talks, and, yes, I can record another program—but what came up was, "You always wanted to play the guitar and do music. Well, now it's up for you to do." So I'm following my passion and encourage everybody to do it.

It's a rush to live your life with passion at the controls. Passion is king.

Adam:

I love how you said, "Admit your passion."

Joe:

Yes, it's huge.

You've been afraid to admit it because as soon as you admit it, you either have to do it or make an excuse for not doing it. You have to take responsibility for it at that point.

Some people will just dodge behind denial and say, "I don't know what my passion is. I have no idea."

Baloney.

I can talk to anybody and in about 20 minutes find out what their passion is. It'll just come out of the conversation or I'll ask the right question. That's why you're in Miracles Coaching®. Coaches can help you with this, but yes, admit it!

Adam:

Talking about passion and fear, why don't we talk about the

fear of death. Is there a way to overcome this?

Joe:

It's a fascinating question.

There have been some enlightened spiritual masters who have said something to the effect that when you make peace with death, you'll be awakened to life.

Adam:

That's worth writing down.

Joe:

I don't know if it's the exact phrase, but what it means to me is that most of us aren't taking actions, living our dreams, or following our passions because we're afraid. We're afraid of a lot of different things—and most of them have to do with failure, and even success. We might make a mistake or be embarrassed.

Death is there, too, and it's often the unspoken fear. Yet, we need to make peace with it because, once we do, we free all this energy locked within our body and mind and we're able to express our lives with gratitude and passion. That's when magic and miracles come through.

This is one to meditate on. If you do the meditation I described earlier about the observer behind your thoughts, feelings, and body, you realized that observer is never going to die. It's eternal. By meditating on that, it can help dissolve any sort of illusion about death.

Personally, I see it as an agreement. We came in and the agreement was, at some point, we have to leave. There's nothing to be afraid of that I'm aware of because it's all a blessed, magical, miraculous journey. It's an adventure. It's part of the gift.

Adam:

That's a wonderful realization.

Okay, I have one more question. One of our students said it felt like they should be cleaning all the time.

Could you elaborate on how the Law of Attraction and Ho'oponopono relate to each other, or work together?

Joe:

It's true about the cleaning. You should do nothing but clean—and, as you're cleaning, if you get inspired to do some Nevillizing or affirmations, a visualization or meditation, go ahead and do that.

I talked to Dr. Hew Len about this and asked him, “If our only job is to do the cleaning—I love you. I'm sorry. Please forgive me. Thank you—what if we get inspired to do something like follow a particular therapy or method of being? What if you're inspired to Nevillize?”

His answer was, “Well, then you go do it.”

You clean all the time and you clean on what surfaces. There is no separation between the Law of Attraction and Zero Limits. The Law of Attraction is a law. That's like saying there's a separation between Zero Limits and the law

of gravity. You clean on everything that shows up and you use whatever you're inspired to use next. There's no conflict so just keep cleaning.

For example, let's say you get inspired to Nevillize a goal, and the goal is to increase your sales. You sit down and Nevillize two weeks from now, imaging receiving your paycheck and it's larger than ever before because you sold more cars than you ever did before.

You feel great and show the check to your spouse or somebody that you're close to, and maybe you write down in your journal how wonderful the whole thing is, including how Nevillizing and the Law of Attraction worked.

As you're Nevillizing it, you can be thinking, "I love you, I'm sorry, please forgive me, and thank you." You're cleaning on the Nevillizing so that you're doing the purest form of it possible. You get double the power by cleaning along with doing Law of Attraction, Nevillizing, Miracles Coaching®, or anything else.

All of these other tools in our bag of tricks are pluses, but when you add cleaning to it, you're making it stronger. The cleaning is helping to take away any sort of limitation.

So for me, you do them all as you're inspired to do, but the number one thing is you keep on cleaning.

Adam:

It seems like Nevillizing is like planting the seed. I never thought about cleaning with it.

Joe:

I didn't either, until I wrote *The Attractor Factor* and, later, *Zero Limits*, and began to wrestle with some of this.

I was trying to find the blend of both, so I talked to Dr. Hew Len, continued cleaning on the whole question, meditated, and listened to inspiration. This led to me writing *The Awakening Course*, a book and audio program, which explains more of where I'm coming from.

The point is there is no separation. You actually use it all. Clean on Nevillizing. Clean on everything that you're about to do.

Adam:

Wonderful...

Well, Joe, as always, time just seems to fly by. Thank you so very much.

Joe:

I always enjoy these calls and love everybody in the coaching program. It's really a gratitude moment to begin with.

Thank you, Adam.

Godspeed to all of you.



Secret Session #5

Dr. Joe Vitale with Adam Mortimer

Adam:

Welcome to the call, Joe.

Joe:

Thanks, Adam. It's always great to be here—and hello to all my Miracles Coaching® students on the call.

Adam:

I have a lot of questions for you today, so I'm going to just jump right in. I'm excited to get started.

Recently a student asked about something called “the language of the universe.” Do you know what this means or how someone can become fluent in this language?”

Joe:

There are different authors out there writing about the language of the universe, but I'm not conversant in what they're saying.

The easier and more direct answer is that the language of the universe is love. Not some sort of dependent love,

but unconditional love where everything is accepted as being at the right place at the right time.

There's a great deal of trust and faith in this, and it comes from the understanding that what really moves us is love. Divine love, unconditional love, Godly love, whatever you want to call that more elevated love which loves without conditions or attachments or addictions.

To me, this is the language of the universe.

Adam:

Speaking of love, what are three specific action steps someone can take to attract the relationship of their dreams?

Joe:

What a wonderful question.

And it's funny you ask since I just watched a Hallmark movie last night called *The Wish List*, about a woman who made a list of elements that she wanted in the perfect man.

Just like in that story, I think it's one of the first things to do—make a list of all the qualities you're looking for in the other person.

The movie was interesting because she made this detailed list of 20-something items, but she left off one item, which caused her to be attracted to the wrong man until the end of the movie. Guess what she left off? Love, which sounds surprising, but her list was focused more on specifics as to how they dressed and how they acted. She left off the most important thing—being in love with that person.

I'm a believer in using the list to formulate qualities you're looking for, but the end result is you want to be with somebody that you absolutely love to be with. You want to feel love, feel complete. That's more important than nit-picking.

The second thing I'd do is visualize being with your soulmate. I don't mean visualize a particular person because you don't want to violate anybody's free will by focusing on them like they have a red target on their back. Why focus on one when there's seven billion people on the planet?

If you can be clear about the qualities of what you're looking for, the Divine can bring that perfect match to you. You can speed it along by imagining that you're with this person and with these qualities. Visualization accelerates the process.

The third thing I'd probably do—and this is the most overlooked step in just about everything I ever talk about—is to follow your intuition and take action.

For example, trust yourself when you get a nudge to join a group, or if you feel inspired to go have dinner at a certain restaurant one day. You just might meet the person of your dreams there or meet somebody who will take you to the person of your dreams. Honor that this is coming from your unconscious connection to the world. It will take you in the direction of meeting your soulmate, but it all begins with you being clear about the qualities you're looking for.

And have fun! Don't be desperate. Desperation just

attracts more desperation. Being relaxed and comfortable with who you are right now is important and the way to go in all of this.

The miracle you seek is right here in this moment, so you don't want to be dependent on another person for your happiness and they don't want to feel that either.

The more complete, grounded, and strong you can be in, of, and by yourself in this moment, the greater the likelihood you will attract the person that is perfect for you—and they'll want to be around you. Instead of sending off energy of desperation, you're sending off energy of secure love.

Adam:

It's like the saying, "You find love when you're not looking for it." Isn't that a principle of letting go?

Joe:

It is, and this goes back to a belief that things have to come out a particular way.

Our ego likes to look at what worked in the past for ourselves or somebody else, and we think, "If we just do that again, it'll happen." Well, it might, but the greater wisdom is to trust the flow and the process to actually surprise you. That's when life takes on this great, juicy gusto because you don't know where the person is coming from or where the next turn or meeting will be. Your job is to trust the process and be in the moment—and, out of that, miracles occur.

Adam:

Okay, some of our students want to know how they can break the feeling of guilt.

For example, one of our students, who is 52, wants to move away from his family and live on his own for once in his life. He feels like this would be healthy.

What would you say about that?

Joe:

I guess the first thing to ask is why they would feel guilty about living away from their parents or their family. Of course, I don't know who that is or what the situation is, but they said family.

A lot of people leave their family, but they don't feel guilty about it. I left my family and didn't feel guilty about it. So the fact that you feel guilty about it is a belief structure that you want to explore. Why in your particular case would the feelings of guilt come up if you ventured out on your own? It doesn't necessarily have to be there, and you can dismantle and remove the beliefs behind it.

I'd reflect on where the guilt feelings are coming from and question them. And I'd start to play with a different story.

Instead of thinking, "I'll feel guilty if I move away from my family," you might start saying, "I'll feel empowered when I move away from my family. I'll love them and appreciate them even more because I won't see them as often."

Leaving the nest doesn't mean that you've divorced the family or that you've destroyed any relationships. It simply means you left the nest—nothing more. It has nothing to do with guilt at all. This has to do with freedom and empowerment and love.

I know that by leaving my family, I was able to create a different programming in my life. I became far more successful in my life and am now able to do things like buy cars for them, and help my parents out in their ailing years.

In my case, it empowered and strengthened me. I became more independent, but it didn't separate me. In many ways I'm closer to my family and more in love with them. So leaving doesn't have to trigger guilt, but if that's what's happening within you, then you want to explore why.

You have a choice about how you look at this. You can look at it as a guilt trigger or you can look at this as a love trigger. It's all within your power to choose.

Your coach can help you air this out, and there are a lot of tools to help. For example, you can use tapping (EFT) on any emotion that shows up and just tap it out of your system. If you want information on it, there's plenty that's free. Just Google it, or watch the movie, *The Tapping Solution*, which I'm in.

Adam:

I've had students say that sometimes doing Ho'oponopono makes them feel guilty when they say, "I'm sorry and forgive

me” over and over.

Is there another way to do this clearing method without feeling so guilty?

Joe:

My first response is that it's the feeling of guilt you want to clear. You want to use the Ho'oponopono four-phrase clearing method on the very thing coming up in you when you use it.

Instead of trying to dodge or deny the feelings, accept them and clean on them. Say, “I love you, I'm sorry, please forgive me, and thank you” to the very feelings coming up within you as you say the words. And I'm sincere when I say this isn't some sort of double talk.

I often hear from people that they don't like to say, “I'm sorry,” or “please forgive me.” When I ask them why not, they say because it doesn't make them feel good. Okay, but they're simply words, words you can find in the dictionary. They have no inherent meaning.

If these simple words, “I'm sorry, please forgive me” are stirring up something within you, that's exactly why you need to say them.

Saying all four phrases clears energy blockages caused by your beliefs. So, if you have beliefs about saying, “I'm sorry, please forgive me,” then you have beliefs about forgiveness and feeling guilty. There's some sort of baggage there, and that's why you're saying them.

You don't want to just say the phrases when you're

feeling great. That's nice, but you're not doing any real cleaning of the stuff that's in the way of you attracting the miracles you want.

So I have to put my foot down and say, "Look, if you really want to attract miracles and you're in the Miracles Coaching® program because that's what you want—you want this happier, healthier, wealthier, better life—then you have to own all the feelings that come up and not push them away because they're uncomfortable."

So if you have feelings of guilt or discomfort, or any other feeling that might come up, clean on those phrases. This is the exact work that needs to be done and why you're doing it. You use the phrases to clean on the feelings and keep doing it until they're gone—no baggage, no emotion, no buttons.

I say it as a mantra or I sing it. In fact, one of the songs I'm writing is all about "I love you, I'm sorry, please forgive me, thank you."

They're just words, but if those words ignite a belief system in you, then that's what you're cleaning on with them.

Adam:

It often seems like people try to run from their emotions, but in Miracles Coaching® we teach people how to confront them.

What you resist will persist, so if you're resisting the energy that you're feeling, it only gets louder.

Joe:

Yes, when you bury feelings, you bury them alive and sooner or later they start crawling back, and sometimes they pop up inappropriately so it's best to do the healing work as it arises.

That's the great joy here—the Miracles coaches are your ally. On top of that, you've got all these audios to go back to for support.

The four phrases are simple and easy. All you have to do is repeat them, and if you can do it as you're feeling whatever comes up, all the better. This will accelerate the process of healing. It's a powerful, defining moment. So don't run from these fears or feelings. Embrace them.

Adam:

What about using *The Option Method*? Can you tell us what is it and how it works?

Joe:

Yes, I love *The Option Method*.

I first learned about it from Barry Neil Kaufman who wrote *To Love Is to Be Happy With*, which I still read today, and there are others who teach it, as well. I have a dear friend, Mandy Evans, who uses it in her workshops, and I've trained the Miracles coaches to know the basics of it.

In general, *The Option Method* is a way to question beliefs.

Usually you begin with an opening question to hone

in on whatever it is that's bothering you. People often start with, "What am I unhappy about?" but you can replace it with anything.

What am I unhappy about?

What am I angry about?

What am I grieving about?

So what am I hurting about?

What am I obsessed about?

What am I angry about?

What am I embarrassed about?

What am I afraid about?

The second question is: "What is it about that that makes me unhappy?" We're beginning to explore your beliefs by digging a little deeper with the questions.

For example, let's tie it back to the first question where the person said they feel guilty leaving their family.

The first question would be, "What are you feeling guilty about?" They would answer about leaving their family, and so the second question would be, "What is it about leaving your family that makes you feel guilty?" Or, "What is it about that feeling that makes you unhappy or makes you angry, makes you grieving, makes you ..." fill in the blank.

The third question is generally, "Why am I unhappy about that?" or "Why am I feeling this particular way?" You want to know the reasons for whatever emotion it is you're exploring, and this is a way to dig down into the underlying beliefs.

The fourth question is, “What am I afraid it would mean if I were not guilty about that?” Or asked in a different way, “What am I afraid it would mean if I were not unhappy? What am I afraid it would mean if I were not angry? What am I afraid it would mean if I were not embarrassed?”

Then the final question is, “Why do I believe it would mean that?” or “Why do I believe that being happy would be bad for me right now?”

Again, tying it back into our previous example of guilt, you’d ask, “Why do I believe that being guilty would be bad for me right now?” or “Why do I believe that *not* being guilty would be bad for me right now?”

What you’re doing is exploring your beliefs by digging a little deeper each time with the questions.

Remember, we live in a belief-driven universe. Once you change your beliefs, you get a different universe. You get an entirely different experience. The whole world seems to change and morph into something different when you change your beliefs. This is what you’re doing with *The Option Method*.

So, to recap, using the word, “unhappy,” these are the essential questions:

What am I unhappy about?

What am I afraid it would mean if I were not unhappy?

What is it about that feeling that makes me unhappy?

Why am I unhappy about that?

Why do I believe that being happy would be bad for me right now?

These questions may seem kind of bare bones—so it might be hard to grasp the power of these. Using these questions in your own exploration can unveil your belief system.

If you do it by yourself, I recommend doing it in writing. Write out the question, “What am I unhappy about?” and then write your answer to it. This gives you some objectivity and separates you from the question itself.

There are lots of websites on *The Option Method*. Check out www.optionmethodnetwork.com or www.mandyevans.com.

The best way to do this, though, is with your Miracles Coach. Let them be the loving questioner of your beliefs. This way you’ve got somebody as an ally to help you release them.

Adam:

It seems like you’re really getting down to the specifics and the details of what’s causing the problem. There’s no hiding anymore, especially when you have a coach.

Joe:

I’ve been using *The Option Method* since about 1984, and I still rely on it. It’s one of my favorite tools and one I like my Miracles Coaches to use because it’s so powerful. It gets results.

It’s all about finding those beliefs—shifting them, releasing them, and replacing them. When you do that, life

becomes magic and miracles.

Adam:

It does always seem to get down to your beliefs.

What about death? How do you make peace with it?

Joe:

It depends on if you're talking about a fear of death or if somebody has experienced a death in the family and they're grieving. If it's the latter, we've all probably had to go through that at some point.

When Marian, the woman I had been married to for over 20 years, passed away in 2004, I cried every day for a year and I'm a guy who knows a lot of different techniques for releasing emotions.

I finally came to the conclusion that grieving over death was a very natural part of living. There was nothing wrong or inappropriate about it. There was a certain healing that needed to take place and, for me, it took that entire year. For somebody else it might take days or weeks or months. I don't honestly know.

A friend of mine lost his father and he struggled with that for well over a year. He might still from time to time, but I don't see it as a problem, I see it as a grieving process. I think that's healthy. And I still miss Marian, but I don't cry over it. Now I think of the love and the great joy in all the time we had together.

So when it comes to grieving over a death, I think that

the idea that time heals all wounds is probably the greatest wisdom.

On the other hand, if things drag on for decades, then there's probably some belief work we could do around why we need to feel grieving beyond a year, even six months. Asking ourselves this will uncover our beliefs about grieving and passing and death.

If the question you asked concerns the fear of death itself, that's something we've talked about in previous calls.

In essence, we gain great strength when we realize that there's going to be a passing at some point. That's the agreement we made when we were born. We might not have consciously known it as we came in, but that's the agreement. You get born and at some point you're going to have to exit. Knowing this can bring you either fear or it can bring you this great faithful enthusiasm for life itself—you choose.

I'm 57 now and I don't know how many days I've got. I know people who've died way before they ever got to my age, and others who've lived way beyond it, so who knows?

What does all this mean for me? It means follow my passion and do what I love *now* because I don't know what tomorrow will bring. I may not be here.

It's an encouragement and motivator to me. It's a way to get past procrastination and put a fire under your butt that says, "Get what you want done now because your days are truly numbered."

There's a Sufi saying that says, "When you were born

you were given three days to live. You are hearing this on the second day. You have one day left. What are you going to do?”

Adam:

Do something. Do what your passion is. Live your life to the fullest and with faith.

Joe:

Yes, and do it now.

Adam:

I like that.

Okay, my next question is, “What clearing methods work best for audio learners?”

Joe:

Obviously a call like this can help clear people.

When you listen to questions and answers like this on every one of these monthly Miracles Coaching® calls, there’s a clearing that goes on. People have “aha” moments—and they experience shifts in their awareness. Their whole paradigm and mindset can shift, and their beliefs change.

I would encourage an audio learner to go back and listen to every one of the recorded calls I’ve done over the last two and a half years for Miracles Coaching®.

Adam:

That's great advice.

I've come to these calls and listened to the wisdom that you share with us and have had many shifts and clearings.

I remember one time when you said, "I found the escalator of life when I started to move more in the direction of faith." I thought that was absolutely beautiful and could feel a shift.

Your life starts to change when you have one of those "aha" moments. It's very powerful.

Joe:

I've had shifts on these calls myself when you've said things, too, so I want to point out the power of all of these calls.

Working with your Miracles Coach is absolutely a requirement, but when you're not on the phone with that Miracles Coach, you've got all these recorded calls that are just waiting for you.

Adam:

Joe, what about meditating? Are there some meditations you recommend, especially if someone wants to attract more abundance into their life?

Joe:

There are lots of them, and two come to mind.

The first is where you actually move into the abundance mentality by finding something you're grateful for in this

moment right now. Don't dismiss this or oversimplify it because this is incredibly powerful. It's where real transformation can take place.

All you have to do is look around and find something to focus on, like, "Okay, I'm grateful for my phone because I can listen to this call or my computer because I can be on the internet and connect to the world or for air conditioning because I'm in Texas and it's 104 degrees outside."

Find something to be grateful for and then just wallow, wallow, in that gratitude.

Your entire body and mind, all your feelings and beliefs, will start to morph into one of gratitude. And when you're in this feeling of pure gratitude, you see the abundance that's here right now.

It's so powerful. I wish I had some sort of unforgettably hypnotic way to install that in your head—because if people could see that *right now in this moment all is truly incredibly well*, we would transform every moment. Instead, we keep trying to change the moment.

So the first meditation is to actually be in the moment with gratitude and, as you do that, you'll shift into that feeling of abundance which is here already. It's only a paradigm shift, a mind shift. *It's here right now.*

The second kind of meditation is what I sometimes call "Nevillize" or "Nevillizing" your goals, which I talk about it in *The Attractor Factor* and some of my other books.

This is where you imagine your life as already being the abundant, prosperous, healthy, happy one that you long

for, but you actually step into it and live it mentally right now. With Nevillizing, the key difference is you don't just visualize it happening, you actually feel it happening.

In other words, if you had all the money, wealth, success, relationship, health, and happiness right now, what would that feel like?

The more you can wear it as if it's already taken place right now, it's as though you put yourself in a trance, so to speak.

Neville Goddard was a mystic and many of his audios and books are out there on the web. He'd say, "Assume the feeling of the wish fulfilled and your assumption will harden into fact with imagination."

So assume the abundance you want to have is already here. Feel it right now and it will turn into reality very quickly. It will harden into fact. That's Nevillizing.

Those are a couple of ways to do a meditation.

Adam:

It's like putting on the pants of the new you, who you want to become, and see what it feels like, right?

And I love the phrase, "wallow in gratitude." What a powerful word in that context. This isn't "dip your toe" in gratitude—it's jumping in and immersing yourself in it.

Joe:

Yes, that's it, immerse yourself—take a bath in it.

I like the word wallow because it has a playful feel.

Imagine yourself rolling around in it, soaking it up, and just delighting in it.

Adam:

This sounds wonderful.

Can you tell us the best ways to discover our hidden talents?

Joe:

I encourage people to look at what they love to do in their pastimes, even when people aren't rewarding you or paying you, and you're not punching in a time clock.

Some other questions to ask around this are:

What do you long to do?

What do you love to do?

What do you do as a hobby?

What do you do as a pastime?

What do people acknowledge you seem to be good at?

What were you good at as a child?

What did you have interest in as a teenager?

All of these are clues to traits potentially waiting to be honed.

I think we all have hidden talents that we're not even aware of, and enormous potential to do any number of things, but we often play little head games by saying we don't know what they are and we don't know which ones to develop.

As far as I'm concerned, we can develop anything, and I

speak from experience. I've got my first music CD out and am going to have my second one out by the end of the year. I'll be performing in Las Vegas—and I've never done any of these things before this year.

This is all stuff I wanted to do and had a latent desire to do, yet I don't know that I would have told anybody I had a latent talent for it. I've developed them with coaching, practice, and determination and that's really the key.

A better question is, "What do you want your talents to be?" because it will steer you in the direction of your hidden talents. Then it's a matter of polishing, refining, and coaching—and whatever else you need in practice to make it come to life.

Adam:

I love that.

It reminds me of the quote, "You don't find yourself. You create yourself."

Joe:

That's it—you create yourself.

See? This is one of those shifts I talked about, and I'm having one right now.

I signed today to sing in Las Vegas on January 9th and had some hesitation in going, thinking, "What am I doing?" Then another part of me said, "No, wait a minute. This is what you said you wanted all along. You're creating yourself."

I'm not going on the Las Vegas stage tonight—I'm creating myself to be the singer-songwriter who will come out on stage, sing his own songs, and play his own guitar in front of an audience in January of next year in Las Vegas. That's the person I'm creating.

Adam:

If there's anyone who lives a life with zero limits, it's you. You can't define Dr. Joe Vitale as one specific title.

Joe:

I think any boxes or labels in your mind are temporary anyway.

When I first wrote my copywriting books, like *Hypnotic Writing*, I called myself a copywriter. When I first started speaking, my business cards said I was a speaker. When the movie, *The Secret*, came out and I became known as the Law of Attraction expert, I owned that. I put my website up and said, "I'm the Law of Attraction expert." This year, I'm a musician.

None of these frame or describe me in a permanent way, only moment by moment. Next year I may suddenly say, "Okay, now I am a scientist and I'm ..." I don't know.

Life is movement, life is change, and I'm just playing with it. I'm not trying to lock it in to make any one thing permanent. It's not set in stone or saying, "It'll be this way forever," because I know it won't.

Adam:

Right, they're just temporary.

Speaking of being a scientist, could you explain what the quantum physics observer effect is?

Joe:

Probably not—you'd need a quantum physicist for that.

I did look up the phrase once and saw a quick definition that said something to the effect that when you go to observe any particular experiment (and probably any particular experience), the very fact that you're observing it alters it.

Here's the example it gave: If you want to check the tires on your car using a tire gauge, you actually have to let air out of the tire to find out how much air is in the tire. That's how a tire gauge works. This means that the reading you get isn't accurate because what was in the tire isn't there now.

Adam:

You're making my head hurt.

Joe:

It can get confusing, but the quantum field observer has something to do with it.

Definitely Google it if you want to know more or understand it better.

Adam:

Joe, this was a wonderful call. Thank you so much.

Joe:

These are great questions and I always love being on the calls. I love your energy, and it's great to be with the students in the Miracles Coaching® program.

Godspeed and I will talk to you on the next Miracles Coaching® call.



Secret Session #6

Dr. Joe Vitale with Adam Mortimer

Adam:

With tremendous gratitude, welcome, Joe—thanks for being here and showing us how to take our lives to the next level of success.

Joe:

Thank you, Adam. The energy is always high and makes me feel grateful to be here in the moment with you and everybody else.

Adam:

Okay, let's go ahead and get this party started.

The emotion of love is so powerful. Can you tell us how to mix it with what we're attracting so that it reaches our subconscious?

Joe:

The two most powerful motivators are love and fear, and they're the emotions that cause attractor fields to get engaged in your life.

Most people pay more attention to fear because that's how they were growing up—how they were programmed. And, if you watch mainstream news (which I advise everybody to turn off), you're continuing to be programmed to have fear.

That fear then takes center stage and kicks in the part of our brain that's protecting us, the survival mechanism. But, when you focus on fear, you tend to attract the very things you're afraid of.

The same thing happens when you focus on love, except it engages a different part of your brain that brings you pleasure.

In order to use love as an attractor field, first begin focusing on all the elements of the experience you want to attract into your life to the extent that you can feel it right now. And visualize the gratitude you have for it.

It's sort of like putting yourself in a self-induced trance when you imagine that you already have an experience you want to attract, although it's different for everybody.

You definitely speed up the Law of Attraction when you do it with love. It doesn't matter if you want to attract a relationship, more sales, a new home, or better health. It can be anything.

I don't need any more cars these days, but when I wanted one, I'd focus on a particular car with a great deal of passion, gratitude, and love. I'd imagine I was already driving it—or that I could open up the desk drawer, pull the keys out and hold them in my hand, saying, “The car

is in the driveway. Wouldn't it be fantastic to go drive that car?"

I juiced myself up by focusing on the love that I wanted to have when I got that item, but I wanted to feel the love *now*.

This is an important distinction when you use the Law of Attraction because people often make the mistake of longing and wanting for something, which puts them at a distance from the very thing they want.

In other words, when you're thinking about having a car, better health, a great relationship, or a job one day, you've put it off in the distance and the underlying emotion is one of longing. It's one of wanting.

But it's emotion that actually gets manifested, so you don't want to have a longing emotion—a wanting or long-term desire for something. You want to feel it now.

Fall in love with the idea that you already have the experience you want and you'll speed it up.

You can also do this with a vision board, which is just a mental roadmap. Simply cut out pictures of the house you want to live in, the body you'd like to have, the number of sales this month, the amount of money in your bank account, or the car you want to drive. It can be pictures you got from a magazine or off the internet, photographs of yourself—you can even draw them—and you paste them on a poster board.

Then, put it someplace where you'll see it all the time, like in your bathroom above the mirror or maybe right on

the mirror. This programs the unconscious/subconscious mind to bring those items and those experiences into your life.

The important thing is to fall in love with those things now.

Don't wait until the car is in your driveway to fall in love with it. Fall in love with it right now. Don't wait until you have the ideal relationship and then say, "Oh, my God, finally... and I love you." Say it now even when you don't know who the ideal person is that's going to surface in your world.

Love is the most powerful emotion we have that's positive, healing, and nurturing. It will activate and accelerate the Law of Attraction to bring you what you want. It's the key.

So love the very thing you want and fall in love with the idea that you have it now.

Adam:

It sounds like there's an element of faith in that.

One of the things I often hear people say is, "Well, I'll feel wealthy once I have the money."

Joe:

Yes, and I used to say that, too.

Adam:

Isn't that backwards?

Joe:

Thanks for pointing that out, Adam. It is backwards.

I know when I was struggling and in poverty, I would read books and go to lectures where they'd talk about feeling wealthy now and I'd think, "Yeah, right. I'll feel it when I've got it in my pocket." But that's not how it works.

Stuart Wilde wrote in his book, *The Trick to Money Is Having Some*, that when you mentally own that you're wealthy, you put off a vibe that attracts wealth into your life. So you have to begin to feel that you're wealthy now.

Fall in love with the idea of money, prosperity, wealth, and success and how it will make a difference in your life, as well as in other people's lives around you, the planet, or whatever you're going to do with the money—because you'll be a steward for it.

Pretend you're already it and fall in love with that. No waiting. Waiting means you're going to wait forever and it's the wrong energy to put out. You don't want the energy of waiting. You want the energy of now. And before long, it'll be your reality.

Adam:

It's absolutely amazing how it happens.

You mentioned a "self-induced trance."

What's the difference between being in a hypnotic trance and meditation?

Joe:

That's a great question.

Meditation is an open-minded awareness. You're alert, conscious, and might be very relaxed, but you certainly know everything that's going on. Your consciousness is operating wide open and receiving. In fact, it might even be expanded.

It's also generally done in silence, except for whatever thoughts you have racing around your mind. The more you practice over time, the more your thoughts will calm down and you become detached from them.

With a hypnotic trance, you're typically guided into a much more focused mindset.

If you go to a hypnotist, they'll relax you, but your awareness is there—you don't go unconscious. You know what's going on. Sometimes, in the case of surgery, they can put you under so deeply that they can actually do dental work on you.

For most of us, a hypnotic trance is just a light stage of awareness with a narrow focus of attention to help you focus on something you want to achieve. You can use it for any area, for example, to imagine yourself having money come into your life or feeling healthier.

People who want to lose weight often go into hypnosis. They might be guided to see themselves sitting down and eating slowly or eating the right kinds of food. They could see themselves working out or they see themselves in their slender body as a result of working out.

You're still relaxed and aware, but there's a narrowing of a focus in order to get a particular result, whereas in meditation you're relaxed and aware, but your consciousness is much more wide open.

There are no pros or cons, they're just different. It depends on what you're trying to achieve. Sometimes you want hypnosis and other times you want meditation. They're both valid.

Adam:

You have different tools in the tool belt depending on what you want to do.

Joe:

Yes, and I'm all in favor of wearing a tool belt and having a lot of different tools at your disposal.

Adam:

Do you have tools for those times when you find yourself on the slippery slope of negativity? How do you break out of the looping of negative thoughts?

Joe:

I had the opportunity recently to interview Dr. Jeffrey Schwartz about his new book called *You Are Not Your Brain*, which I found quite remarkable.

Even the title is suggestive. When you stop and realize that you're not your brain, it gives you a clue that you're also

not your thoughts. So if they start to run rampant or turn negative, reminding yourself that, “I’m not my thoughts,” allows a degree of separation that lets you not be a victim of your thoughts.

He says you have to remind yourself that your brain often sends out what he calls “deceptive brain messages” which are not true at all. It’s just your brain firing off automatic thoughts based on programming it’s had over the years. It starts in childbirth, as early as when we were in the womb, and depending on people’s beliefs, it could have come from reincarnation. Who really knows?

By labeling them as deceptive brain messages and you remember you’re not your brain, you’re now at an objective point where you can judge them. You can let them go and even laugh at them.

So the very first thing, I’d say, is to remind yourself that you are not your thoughts. This gives you some control.

The next thing that I’d do is the “What if up?” process Mindy Audlin teaches in her book, *What If It All Goes Right?*

Mindy says most of our thinking is “What if down?” because we say things like, “Oh, what if this doesn’t work? What if Miracles Coaching® doesn’t work? What if this call doesn’t really help me? What if my job goes out of business? What if I lose my home or my health and my spouse?” That kind of thinking makes you feel lousy, and within just a few seconds of listening to it, you’re going to be upset, feel unhealthy, and unhappy. Maybe even depressed. And

because you're not optimistic about the future, you're not going to take action.

To say it bluntly, it sucks.

The opposite happens when you do "What if up" thinking and start to say things like:

What if it all goes right?

What if it works out?

What if it all works in the way I've been imagining it?

What if Miracles Coaching® is the thing that changes my life forever?

What if this call with Joe Vitale and Adam actually answers the very thing that I've needed to have?

What if tonight is the turning point?

What if when I wake up tomorrow I get a raise?

What if tomorrow I find the perfect mate?

What if next week I actually come up with a business idea or the book or the project or proposal, whatever it happens to be that brings in the very things I've been wanting?

What if the Law of Attraction actually works and I'm actually going to be getting all the things I've been focusing on?

Did you notice how thinking this way uplifts your energy? Whatever the negative is, turn it into a positive.

For example, if there's a drought going on, instead of saying, "What if the whole place burns down?" turn it around and say, "Well, what if it rains tomorrow and we have green lush grass, or what if the drought is exactly what the land needs right now to balance itself and we're going to actually have a very blossoming flowering garden coming

up in a few weeks? What if it actually works out right?”

Those are the two things I'd do. They can both give you enormous power over yourself and your life.

Adam:

These are both great—“What if up” thinking and knowing that you're not your thoughts.

Is this the same as saying that behind the thoughts is the thing we are, which earlier you called “the witness or observer?”

Joe:

Yes, and that's where the real power is, where the miracle is.

It has lots of different names—the Spirit, the “I,” the witness, observer. You can give it any name you want, but it's that background awareness of everything that goes on in your life.

You have thoughts and emotions that come and go, but you're not them. You have a body but you're not your body. You're something that can experience all of it but not be it, and there's tremendous liberating power when you realize you're not those things.

You're observing it, you're living in it, but what is it?

The greatest meditation is when you sit down and become aware of this background witness that's noticing everything. That's when you start to move in a state of grace. It's a powerful place to be.

Adam:

Is it the idea that, because you can analyze your thoughts, there's no possible way you could be the thoughts?

Joe:

Yes, that's why you can change your beliefs, but you, the observer, are unchanged.

This is the whole point. You are not your brain. You are separate from it. This is what gives you the power to actually rewire your whole system, and what Dr. Schwartz talks about.

This whole field of neuroscience is exciting territory.

They've even found that when people have a stroke, the brain can be awakened to do things that they previously thought it couldn't do because we have the power of will and intention that can direct the brain to do what it wasn't originally designed to do.

Why? Because you're separate from your brain. This is so freeing to realize.

Adam:

That's what you and I have been teaching for a long time—that your thoughts can override your circumstances, and it's as true in everything else as it is in your body and your mind.

Joe:

Yes, and philosophers 2,000 years ago would tell us the

same thing—that it's not the circumstances, it's what you're thinking about the circumstances that make the difference.

That's a million dollar insight.

Adam:

Yes, it definitely is, and all very exciting.

Can you recommend some good clearing methods for traumatic events?

Joe:

Traumatic implies deep embedded experiences and I don't want to belittle it or suggest, "Oh, just go and change it." It could be something that is "branded" in your mind as something that's tough to dislodge.

This is why I think Miracles Coaching® is so priceless, and I think sharing these things with your coach is crucial because holding on to those kinds of memories is damaging.

Miracles coaches help everybody—from accountability... to intention setting... to getting clear... to almost a kind of therapy where you can free yourself from some of these past experiences.

When you hold on to something that you consider traumatic, you reinforce its aliveness in you, so talking about it with someone is going to help take away some of the energy and pressure.

The first thing I'd do is rename it. I'd say, "This is not traumatic. This is what happened to me."

Maybe it's something we didn't prefer, but let's take the

word traumatic and dissolve it because now it's something we can deal with. When we use the word traumatic, it sounds like something we can't deal with.

On the other hand, when we say, "This is the way I interpreted the story of what happened," now you're free to reinterpret the story. They're thought forms and, as such, they're energy—and you can "cut up" energy.

One of the clearing techniques that Dr. Hew Len, my co-author for the *Zero Limits* book, taught me was to imagine a sharp object—it could even be a business card—and in your mind's eye cut up that visualization. You're cutting up the thought form, the energy around the story.

When he first told me this, I thought, "Well, that doesn't sound like it's really going to help much," until I realized that everything's a thought form. Everything's a belief. We give it power and we think it's real. We think it's living in the outer world when the only place it's living is inside of us.

So when we look at it, talk about it, and cut it up. This dilutes it, breaks it up.

One more thing I'd do is rewrite the story. There are a lot of therapies that say it's the story we're telling ourselves that's causing our pain and discomfort.

When we look at our past and say, "Oh, my God, what a horrible, traumatic experience, terrible betrayal, or tragic event happened to me," we're not coming from a powerful place. We're coming as a victim.

We could see it as something that actually gave us power,

a greater awareness that caused us to do things differently and which, instead, we're grateful for.

There are many people, including celebrities, who've had tragic experiences in their lives and that very thing they thought was traumatic, drove them to do something positive.

So rewrite the story and let your Miracles Coach help you.

Adam:

I love the idea of taking the heat of a situation and using it as energy, as drive, to create something really fantastic.

Joe:

Exactly, and I'm doing it myself in a way.

A few years ago I began creating Operation Yes [www.operationyes.com], a movement to end homelessness. Had I not had the experience of being homeless, I probably would not be thinking of doing something like that.

So you have to find a way to say, "Well, there's probably a gift in whatever the experiences have been," whether good, bad, indifferent, tragic, or dramatic. Whatever you call it, I would change the language and start looking for the gift in it.

In *The Attractor Factor*, I quote someone who once said something to me like, "Have you ever noticed that a year or so after a negative thing happened to you, you can find the humor, the lesson, or the goodness in it?" I think his name

was Kurt Wright, and he went on to say, “Well, if you can find it a year or two after the event, then didn’t it exist in the moment of the event? You just didn’t see it at the time. You didn’t even know to look for it.”

This is another million dollar clue.

Look for the good that’s there because it *is* there. You can find it. You can create it. You can make it up. You can rewrite the story. But it’s there.

Adam:

It sounds like the art is to find it as close to when the event happens as possible.

Joe:

I think being able to find it in the moment—and not being perturbed by it—is a stage of enlightenment. You just think, “Oh, well, this is an interesting experience. I’ll have to write about this on my blog later.”

Adam:

You could even find yourself laughing at it to some degree.

Okay, next, I’m wondering if you have a money meditation or visualization that you can share with us?

Joe:

There are so many, but I have one on *The Abundance Paradigm*, my audio program from Nightingale-Conant that I’m especially proud of.

Back in the 70s and 80s when I was struggling, I would beg, borrow, and steal all of the Nightingale-Conant programs I could find to listen to. It helped change my belief system and rewire my brain.

Those programs—Wayne Dyer, Earl Nightingale, Leo Buscaglia—and all those greats influenced me. I have to admit it took a long time because I didn't have a coach. I had to go to the library and borrow the cassettes. If I managed to save a little money and buy a program it seemed to take forever to do it. So it was a longer process for me.

Believe me, you'll get better and faster results being in Miracles Coaching®.

I didn't have a coach—I had to coach myself. But, back to the idea that there's always good in something, because I listened to those programs, I'm now a Nightingale Conant author. In fact, I'm one of their number one bestselling authors and have five programs with them: *The Power of Outrageous Marketing*, *The Missing Secret*, *The Secret to Attracting Money*, *The Awakening Course*, and *The Abundance Paradigm*.

So I want to acknowledge that their programs are wonderful. Go poke around at www.nightingale.com, find something that feels right to you, and invest in a couple of those programs. It's great added material that reinforces each other as you work with your Miracles Coach.

Other than programs like this, my favorite thing to do is Nevillize the experience.

Neville Goddard, a mystic, author, and speaker, was

a huge influence on me and I mention him in almost everything I do. Basically he taught, “Go to the end result.”

For example, most people tend to want and long for something, like money, which gets mixed into their imagining process. Going back to the first question of the call, the experience of wanting and longing is going to keep it away from you and pushing it away. The energy you’re putting out is saying, “It’ll be in the future.” Neville would say, “Go to the end result where you already have the money.”

I would invite people right now to visualize unexpected income arriving while we’re on the phone. Then, imagine that, at the end of the call, you’re doing something like looking online at your bank account or picking up the mail, answering the door because somebody’s dropping something off, or perhaps getting an e-mail that some amount of money is coming to you.

Moments before I got on this call, I checked my e-mail and somebody in another country said they were sending me two million dollars. It was one of those hoaxes going around on the internet, but I paused and took it in thinking, “Huh...if I received two million dollars in unexpected income right now, how would that feel?”

If I sent an e-mail to everybody and said, “Joe Vitale just sent you two million dollars,” feel that experience right now. You have two million dollars that just showed up in your bank account and you go online to look and it’s there—you feel the reality of it.

It's there. It's real. It's undeniable. It's not a fake. You're looking at your bank account, online or in your checkbook. Or you're holding a check that's just come in the mail. Imagine it right now, wherever it is. There's two million dollars.

What do you feel knowing you have two million dollars? Whatever that exquisite feeling is, wallow in it. Soak it up. Let it be real. Because Neville said, "That will harden into reality the more you do it."

I'm pausing because I want people to just experience this story as a kind of a meditation, or a visualization—two million dollars in your account, unexpected, tax free. You can do whatever you want with it.

What are you doing with it?

How are you enjoying it?

What do you buy for yourself?

What do you pay off?

Who do you share it with?

Who do you tell?

How do you feel inside?

Is there a smile on your face?

A light in your eyes?

A spring in your step?

The more you can be here where the two million dollars is in your reality, the faster this will come into your actual reality.

Adam:

I'm soaking this up. Thank you, Joe.

Joe:

I honestly did get that e-mail and knew that it was one of those that circulate, but I used it as a trigger for a manifestation experience. I just took it and thought, "Okay, let me just play with this... two million dollars just showed up in my life. What would I do? How would I feel? What would I do extra?"

So I'm sharing it as a gift—and there are no accidents. The fact that it showed up right before the call and that you asked me that question all ties together. This is the dance of life. This is how miracles happen. You're experiencing the moment. You're not fighting with reality. You're enjoying everything that's happening. You're grateful and also focusing on what you would welcome into your life. That's how miracles happen.

Adam:

And it's a great example of turning something you knew was a hoax into something really positive.

Joe:

Yes, and that's something I wrote about in *The Attractor Factor*—you can turn everything into something good.

We're the ones that judge it as bad or inappropriate or negative, whatever it happens to be. I could have gotten

upset about the e-mail and reported them, thinking, “Oh, spam, they’re after me again.”

Instead I looked at it and said, “Huh...let’s just pretend it’s real,” and had a lot of fun with it.

Adam:

If someone’s pursuing a goal, are there ways they can develop persistence and a burning desire to succeed?

Joe:

I think there are different ways of pursuing goals.

In the early days when I was listening to Zig Zigler, Tom Hopkins, and other motivational speakers, they talked about having a burning desire—and that’s one way to succeed. You drive yourself to it because you’re compelled from within with a burning desire to attract or achieve something. There’s nothing wrong with that, but it’s not my preferred way these days.

The way I teach the process of attracting miracles into your life is to be here now in its totality with gratitude and realizing this is the miracle. This moment...right now...with you, me, and all the people on the call. This is the miracle.

From this space, I ask myself, “What would I welcome into my life?” For example, in my case, you know I’m a musician now. I’ve got a CD out and am working on my second—but there’s not what some people would call a “burning desire” to do that CD. What’s really behind it is a passionate love to see it come into reality.

You have to find out for yourself what the real motivator is. “Burning desires” can suggest that there’s something incomplete in a person, and so they’re driven to achieve something because they feel inadequate, unsuccessful, unloved, or unlikable. I’m not saying that’s the case.

The healthier approach is to realize you are full and complete right now. You are lovable, likeable, and wonderful—right now—and from here what would you like to do? What would you like to create? What would you like to love into existence? I have found this a much easier road to achieving the goals you want.

I’ve been the kind of guy who had a passionate desire to get things and I did, but I find my life far more relaxed when I just come from my passion out of the moment. I don’t feel as stressed or overwhelmed, and I still get things done by doing them one step at a time.

As for the persistence part of it, as long as you’re pursuing your passion, you don’t have to whip yourself with persistence. It’s more a matter of, “Well, in order to bring this goal into being, I need to do whatever I need to do every day.”

With my next CD, it’s me playing guitar and singing my original songs. I have a timeframe I made up as to when I want to have things done, which means that every day I need to pick up the guitar and play a little bit. Besides checking my email, one of the other things I did before getting on this call was play one of my new songs. I wanted to be sure I did it and I’ll probably do a little bit more after it. But it’s not a discipline—it’s a passion.

So ask yourself, “What is the motivator for me?” Then, in talking to your Miracles Coach about it, they can work with you one on one to discover your values and motivators, and hone in on what’s going to really get it done for you.

As I said, I like being in the moment with gratitude now and looking at, “What would I welcome next?” but doing it out of my now. That creates wonderful miracles.

Adam:

It almost seems like burning desire has a struggle to it.

Joe:

It does and there’s nothing wrong with that.

There’s more than one way to go up the mountaintop to achieve whatever it is that you want at the top of the mountain. You can take a rocky road and skin your knees. I’m just telling people, “I’ve got an escalator over here, but if you would prefer to go up the rocky side, please do so. Now you have a choice.”

It’s the same thing with people doing marathons or the Iron Man where they have to run, bike, and swim so far. Why would they do that? Because they enjoy that process of challenge and struggle. There may be drama there and they enjoy that. You might want it for reasons I don’t know. All I am is the guy who says, “Look, I’m a scout. I ran ahead. I found an escalator. If you want to go up the escalator, it’s over here. If you want to go up the rocky side, it’s over there. Choose.”

Adam:

That's a good point.

Circling back to the conversation about emotion of love, how can someone learn the art of unconditional love—and how does unconditional love create the ultimate awakened state?

Joe:

The awakened state *is* unconditional love, meaning you're at peace with the world.

In other words, you're not struggling or fighting with reality. You accept what occurs in your life because it's what occurred—without bias.

Most of us have something occur in our lives and we fight with it. We think, "Well, I don't like that. I don't want that."

The awakened state is loving all of it. That's it, really—loving all of it, unconditionally, whatever it happens to be. There's rain, there's drought. I love it all. That's the awakened state.

A woman who went to a spiritual teacher I once knew said, "I'm meditating every day and learning to love more, but I can't love these cockroaches that seem to be all over the commune." He smiled and said, "When you can see God in the cockroach, too, you will be awakened."

This means that all those things we judge or we're pushing away from ourselves saying, "I don't like that, I want to change that," is us not loving. That's us preferring

reality with change, where reality is reality. When you come from the experience of unconditional love of reality now, you're closer to the awakened state and, with grace, pop into it.

As for learning to love or unconditionally love, I'd start small. Look around for something you're grateful for and begin there, like, "Oh, I have reading glasses here. I am so grateful and so love my reading glasses because, now that I'm 57, sometimes when I'm reading, the words are blurry. With reading glasses I can read them. I can be one with my books, and the authors of those books are alive in my mind when I read their books. I love my reading glasses."

Or I can look around and I see my cell phone, saying, "Oh, I love my cell phone. Right now it's off, and I love that it has an on/off button. I love my phone. I can get e-mail with the phone. I can text. Even in Machu Picchu, Peru at the top of the mountain I was sending text messages to my friends back home from my phone. I love my phone."

So you look around and find the things you're grateful for, things you already love—and you expand it. You let it grow by focusing on it, maybe saying out loud, "I do love this. I do love my computer. I do love my phone." I have a guitar beside me that was made in 1867 and I'm thinking, "Oh, 1867. Mark Twain was alive. P.T. Barnum was alive. Abe Lincoln was alive. This guitar was in three families, three generations. I love this guitar."

By expanding that sense of love, it'll become wider and more inclusive. Practice saying "I love you" to the things

you genuinely do and it will spill over to the things that you haven't been willing to say it to until this moment.

Adam:

So starting small will allow it to naturally expand.

Joe:

Yes, there's an organic process that'll take place.

Adam:

How does someone raise their thoughts above their circumstances when their negative circumstances are all that they see?

Joe:

This ties into what we just talked about—judgment—because judging circumstances as negative is part of the problem.

We want to look at the circumstances and find the gift in them. I know some people might think, “Oh, that's not possible because it's so negative and overwhelming.” Yet, but it only feels that way because you're judging it that way. You're looking through your belief system, saying, “It should be different.”

This goes back to the awakened state where you don't argue with reality. That situation is that situation, so trying to change it in order for you to feel better is shooting yourself in the foot. You want to love it the way it is—and

it will begin to change because you will begin to change.

It's what I wrote about in *Zero Limits* with Dr. Hew Len. You don't try to change everyone around you, or change all the experiences and negative situations out there. You change you. You look within yourself and say the four phrases, "I love you. I'm sorry. Please forgive me. Thank you," as you're reflecting on what you're calling a negative experience or negative situation.

As you do this, you get clear and you get more positive. As a result, you send out a different energy vibe and the situation starts to get better or, at least, change. It morphs, organically changing without you necessarily having to do anything. All the work is done inside of you.

Another thing I'd do is watch your thinking and realize you're not your thoughts or your brain. Start doing the "What if up?" thinking process and ask, "What if this situation is actually ideal? What if this situation actually blossoms into what I've been longing for all along?"

Adam:

I love that.

What about using a process like quantum jumping? Have you heard of it or know how you do it?

Joe:

Yes, it's a visualization exercise and, probably, a form of hypnosis.

Its basic form is pretending there's another universe you

live in where you already have the things you're wanting. If you want a healthier body, you already have that in this parallel universe, and quantum jumping is pretending to jump from this planet to that.

I don't have the program, nor have I listened to any of it, but I hear nothing but good things about it. I'd say if you're inspired to check it out, then do that.

I'd also remind you that the way I just described it is something everybody can do right now. You can imagine there's a parallel universe and that the ideal version of you lives there. You're in your ideal home. You have your ideal health, relationship, bank account, talents, or anything else you've been wanting to manifest here. It's already manifested there.

Before you go to sleep, imagine you've traveled to that other planet—walk in that person's shoes and feel what it's like. It's like a parallel universe Nevillizing. When you wake up in the morning, notice any differences you feel.

Adam:

It sounds like another version of the Law of Attraction.

Joe:

Yes, it is, and another way to program your mind for success by imagining that it's already there.

It's just that, on another planet, you're getting the mental experience. It's like time traveling over to it and living it for a while, which is great to program into your

body. The idea is that, when you come back to this world in your mind, you bring elements of that ideal you with you—which causes you to think and act differently.

It sounds cool to me.

Adam:

Okay, switching gears completely here, my last question for the night is about marketing, particularly marketing a book. Do you have any suggestions or best practices for getting on TV and radio?

Joe:

I could talk all night about that, but the short answer is I'm a big fan of using one of the most underused marketing techniques ever—free publicity. It's helped me so many times.

The quickest way to do it is write a news release and issue it to the media, which is a long list that includes radio, TV, newspapers, magazines, internet, columnists, and bloggers. They're starving for news and always looking for different angles on the same news story. They don't have enough to run and why they need a good story.

There's a million dollar angle to this though: don't send out a news release that just says "new book." At the least, there are a thousand new books every week. Think how staggering that is. So if you send a news release saying "new book," it means nothing. There's no news there and will end up in the garbage can.

You have to tell the story behind the book. What does the book solve? How does it help people? How does it entertain people?

Focus on what the book does for people and turn that into a news release—a one sheet paper describing the “who, what, when, where, and why” of the story. As far as issuing it to the media, I use the online service PRWeb [www.prweb.com].

I'd also get the book by John Kremer called *One Thousand and One Ways to Market Your Books*. It's been the definitive guide to marketing and promotion of books for 20+ years, maybe longer. It's still around—in fact, I think I'm even in it at this point, but I wasn't when I first picked up the book. I was an unknown author then.

So news releases, Kremer's book, thinking of the story, sending it out to the media are all clues on how to get on radio and television with your book.

Adam:

I took your advice and ended up writing a book myself.

Joe:

That's great, what's your book?

Adam:

It's a public domain book titled *The Secrets of as a Man Thinketh*. Basically I went through *As a Man Thinketh*, paragraph by paragraph and put it into my own words.

Joe:

That's beautiful, and a valid way of creating your own book without having to start from scratch. And there are a lot of them out there.

If a book is in the public domain, it means that the copyright is expired or, as in the case of most books before 1923, there never was one. You can find books like that, then update and republish it.

I love the way you did it, Adam. You didn't just republish the book—you added your commentary on it, which made it a modern version of the book. That's brilliant.

Adam:

Joe, thank you for being with us.

The time always seems to fly by when we're together. It's already time to go.

Joe:

Yes, this has been great.

I really appreciate you, Adam, and everyone on the call. I'm so pleased to be involved and always look forward to these calls.

Godspeed to all of you.



Secret Session #7

Dr. Joe Vitale with Adam Mortimer

Adam:

With tremendous gratitude, I want to welcome Dr. Joe Vitale.

Joe:

Thank you, Adam, it's always great to hear your voice.

I understand you've had a recent success. Do you feel like sharing it?

Adam:

Yes, I would love to.

I wrote a book called *The Secrets of as a Man Thinketh*. It was a public domain book that Joe inspired me to write.

One morning, last 4th of July weekend, I had a very strong inspiration to go down to the computer and write a book. I followed it and the words just starting coming to me.

The book is now available in a package on iTunes. If you type in the keyword "debt free," there's a book there you download and, as a bonus, my book comes with it.

Joe:

First of all, I want to congratulate you for doing that, Adam—and secondly, let people know this is how it works.

For people that don't know what it is, public domain means that the copyright for a work of literature is expired, or maybe one was never recorded, which was common prior to 1923.

The book you're referring to, *As a Man Thinketh* by James Allen, is quite famous. It's influenced the movie, *The Secret*, it's influenced me and countless others.

Taking a public domain product like this and updating it with your commentary is a great way to make a completely new product. Now you're co-authors with one of the greatest New Thought authors of all times.

The other part I love is that you followed your inspiration, which is a fast track to attracting miracles. You actually got up and did something about your idea. You followed it.

When I receive inspiration, I salute. I say, "Yes, sir," or, "Yes, ma'am" and I go and do it. I just follow the inspiration.

It's also important to look at the contrast. You did it over July 4th weekend, a time when people are usually out lighting sparklers or firecrackers and eating picnic food. You may have managed to do that, too, but you also honored your inspiration.

As a result, you've got a product, something you can share and sell, along with a great inspirational story for all of us. And because you honored inspiration, you'll receive

more ideas. You've essentially told the universe that, "I like these ideas." When you acknowledge it, the universe gets the idea or impression that you're welcoming more.

Adam:

Thank you. It was really incredible. I've never experienced anything like it—a strong prompting to write a book and then the words just coming to me.

Joe:

Inspiration is one thing. Taking action on it is another, so you deserve it.

Adam:

Yes, fantastic.

Okay, my first question is about a student who attracted a buyer for a piece of real estate. She did a visualization and a buyer showed up quickly, which she thought was amazing, but then the buyer turned out to be a scammer.

While admitting she didn't totally believe in the Law of Attraction, she wanted to know how she attracted this kind of buyer and if it's a reflection of what she truly believes?

Joe:

I love how the answers to questions are often found in the question itself.

The fact that this person said she did not fully believe in the process is the clue, meaning that the experiences we get

are a direct mirror to the beliefs we have in our unconscious mind. Most of the time we don't know what those beliefs are, and that's why we have to look at the experiences we get as, "Okay, what might I believe that would have attracted this experience?"

You can sit in intent and visualize all your life and consciously be well intended—but if, unconsciously, you have contradictory beliefs about deserving this, about possibility, about the Law of Attraction, about miracles, or about Miracles Coaching®, you can prevent things from happening. In effect, you sabotage your own success.

Also, you mentioned she was amazed at how fast the result came in, which is another clue.

The only way someone would be amazed is if they didn't expect it to actually happen. If you expect it to happen and it does, then you're just kind of nodding and thinking, "Yep, that's the way I saw it." But, when you say, "Oh, I'm amazed it happened this way," that's revealing. It suggests to me that there's a belief or two that says this stuff may not work.

When you feel something really isn't going to work, or work for you, and that it's "too good to be true," then you'll find some way to make it not work. If somebody shows up quickly and looks promising, but then it's a false alarm because the person is a scammer, well, that's certainly one way. That's a long answer to say, "Yes, you actually attracted a match to your unconscious beliefs." It's not bad or negative. It's not a reason to beat yourself up, or impose

guilt or blame on anyone.

It *is* a reason to awaken.

This is the whole point of my work these days and why we're in Miracles Coaching®—to help us see our beliefs, particularly the limiting ones, and release them.

It's important to get clear that Miracles Coaching®, Law of Attraction, visualization, affirmation, belief, cleaning and clearing all work—and that you believe you deserve it to work.

Other beliefs to get clear about include:

I deserve success.

I am lovable.

I am likeable.

Money is good and I can use it for good things in my world, for my family, for myself, my neighborhood, and the planet.

I can direct wealth to the causes I believe in.

After you've cleaned up all of that, now when you visualize the buyer and the right buyer shows up, possibly almost instantaneously, there won't be a snag or something that hits you from behind.

We all want to awaken, and to be clear about what our beliefs are. We want to have beliefs that are in alignment with our highest good. As I said, there's nothing bad or negative about this. Life is a process of awakening and this is simply a story that unfolded to help them see their beliefs. That's really all.

Adam:

I agree with what you're saying about being amazed or in awe of the result you get. It shows you really didn't believe it was going to happen because, if you did, you would have had that knowing feeling. Then when it showed up, you say, "Yes, it's already here. I knew that was going to happen."

Joe:

And there would have been a sense of gratitude and appreciation, rather than shock or amazement.

Adam:

I guess you can't fool the universe on what you truly believe.

Joe:

There you go, that's a great bumper sticker, "You can't fool the universe on what you truly believe." Write that down.

Adam:

I'll do that. It can be a product idea.

Joe:

Now you'll be in the bumper sticker business.

Adam:

Okay, next, how do we know when we've set the intention and let go? Is there a way we should be feeling?

Joe:

Relaxed, comfortable, and trusting.

When you set an intention and let go, you don't need to dwell on it unless you believe that it's not going to happen. Once you've set an intention and feel like, "Yes, this is happening or something better," then you just go on to the next thing, the next moment. You go and make your coffee or whatever happens to be next on your "to do" list.

When you get obsessed with something, addicted, attached, concerned, worried, or overthink it, those are all signs that you're not clear about the intention you stated. Again, I want to be very quick to say that none of this is a cause for feeling guilty or feeling like you're lacking in any way—it's all a learning experience and why you're here.

We're learning how to operate our own system, how to operate our own mind, and as we get in alignment with all these different things it becomes easier and easier. Remind yourself of this.

If you set an intention and then start reflecting on it or worry about it, then maybe you weren't quite clear with how you worded it. Take a deep breath and ask, "How can I word this that feels better and makes the intention as complete as possible?" Your Miracles Coach can help you with it, too.

You can also add intentions together to make a longer sentence. In the example we talked about before, instead of saying, "I attract the perfect buyer for this" and stop there, you might want to make a complete intention that

says, “I have attracted the perfect buyer who fulfills all of our needs and obligations, pays us on time, and the deal is closed perfectly.”

The idea is to state your intention as completely as possible so it covers anything you might have been concerned about because once it feels right to you, you won't be dwelling on it. You might occasionally think about it and smile, but it won't be something that keeps you up at night. If it does, it means you're not clear with your intention.

Adam:

How do you know if you have a block about receiving? Do you have any good meditations for being able to more fully receive?

Joe:

On my blog a couple months ago, I talked about the woman who bought me a handmade drum. I knew it was worth \$1,000 and I also knew I wanted it and I also knew she wanted to give it to me—but as I stood there, I felt queasy. I remember reflecting on it, asking, “Why do I feel this way? Is it an issue with receiving?”

I had to work on it so I was clear I could receive that, as well as anything else that comes my way bigger and better.

Right now, take a moment and reflect on the last time you were offered something. It could have been an offer to buy you a cup of coffee or lunch, or maybe clothes. It

doesn't matter what it was, but reflect on it and think about how you felt.

If you openheartedly received it, you're probably fine, but most of us have an issue with receiving. We generally find it easier to give than receive. I recently gave one of my cars to a friend of mine who I knew needed one, and I knew he wanted that car. When I told him I was going to give it to him, it took him 30 minutes to believe me, and another week to actually receive it. During that week he sat out by his lake house with a yellow pad of paper and a pen.

He just about filled that notebook with how he felt receiving a car. There was everything from, "Why is Joe giving me a car? Is he dying? Am I dying?" He went that deep, into the core of all the things that were disturbing him. It may not be a car for you, it could be something small, but you have to ask, "How do I feel when I'm receiving?"

As far as a meditation, I think a meditation on gratitude, appreciation, and love for yourself is what's needed.

In *Attract Money Now*, the first step in the 7-step formula is all about beliefs—and one of the beliefs that's alive in almost everybody is they don't feel they're deserving of anything. They don't feel they deserve money, success, or anything for free. They don't feel they deserve to receive anything.

So a meditation where you kind of get quiet, close your eyes, and appreciate yourself in all the areas you can think of, like, "I'm glad to be alive, I appreciate my life, I appreciate

my body, I appreciate my talents and skills.” Appreciate yourself for being in Miracles Coaching® because that’s a concrete confirmation that you’re taking care of yourself.

Take some part of yourself that you love and expand it—expand the love for yourself and make it much more complete.

Adam:

It makes sense that if you have a block on receiving, it probably revolves around gratitude, appreciation, or love.

Joe:

Yes, definitely.

Adam:

What would you say is the fastest way to alter your self-image?

Joe:

I have a lot of processes and exercises in my audio program with Nightingale-Conant, *The Abundance Paradigm*, and I encourage people to check it out. It’s a great resource.

In fact, most of the programs at www.nightingale.com are wonderful added material to everything you’re doing in Miracles Coaching®.

That said, I would go back to the meditation we just talked about—where you find ways to appreciate yourself. A person who doesn’t have a great self-image isn’t

appreciating the image or the person they are.

In other words, a poor self-image means you're criticizing yourself. You're looking at yourself and finding where you're lacking, and where, in your opinion, you have faults.

I'm encouraging you to do just the opposite. Look at yourself and find your strengths, the things you do right and that you feel right about.

When I was learning how to adjust my own appreciation of myself, I stood in the mirror and, at first, didn't like what I saw. I wanted to change everything. Then I thought, "Come on, that is pretty ridiculous."

I've got to appreciate who I am because it's me, and whenever we argue with reality we're starting to shoot ourselves in the foot.

So I looked in the mirror and said, "Okay, throughout my life people have commented on my dimples. Well, let's start there. I must have some of the best dimples ever made."

Start finding things you like—your eyelashes, eyes, ears, hair, whatever it is—and appreciate yourself because it changes your energy. And, finding the things that are good is the fastest way I know to change any self-image or self-worth issues.

Even more interesting is that everything about you is actually good. It's the judging that it's less than perfect or less than good that is actually causing you to feel the way you are.

When you do a meditation, say something like, “Well, by God, this is how I was made and I love myself. This is how I’m working and I love what I’m doing. I’m learning by being in Miracles Coaching®. I’m reading and studying and doing the exercises, and doing what my coach tells me to do because this is how I change and I’m doing it.”

As you focus on all of that, you will quickly start to change your self-image. You’ve just got to pause and say, “I love me, I appreciate me, I love all these different aspects of me” and let that expand.

Adam:

Focus on what you really like about yourself, love about yourself and maybe change the judgment you’ve made on the stuff you don’t like about yourself.

Joe:

Yes, because we’re all changing.

There may be things you want to change about yourself or what you do, and that’s fine, but you have to appreciate who you are now while you’re morphing into this person. This is where your point of power is and how you change the self-image.

Adam:

How about using affirmations? Do you have any favorites for creating love, health, and abundance?

Joe:

At one point in my life, I would have jumped right in and said, “Write affirmations that say I love myself, I appreciate myself, I am grateful for myself. I am available for the perfect romance. I have perfect health. I have money coming to me easily and effortlessly.”

I don’t do any of that anymore.

Today I do the non-stop clearing process I learned from Dr. Hew Len and wrote about in *Zero Limits*—using the four phrases: I’m sorry, please forgive me, thank you and I love you.

Repeating those four phrases all the time clears out all the negative affirmations that are there and, when you clear out that programming, what’s left is a natural state of love, appreciation, abundance, and gratitude.

I’m not in any way, shape, or form putting down affirmations. I think they’re wonderful, and if people are inspired or drawn to use them and are delighted by them, then by all means use them. I have used them and many of my products incorporate them.

Adam:

The Hawaiian Ho’oponopono method makes a lot of sense.

I’ve definitely used affirmations like, “I love myself” for love. For health I use, “I appreciate myself” and for abundance, “I am getting better and better every day in every way.”

Another favorite I love to say for abundance is, “We live

in a world of abundance. Money comes to me easily and I am a money magnet.”

Joe:

I love those.

I have a coffee cup on my desk that says, “It’s all good,” which is a wonderful affirmation. I glance at it every day. Consciously or unconsciously that affirmation is always getting plugged into my brain.

It’s a great reminder that no matter what’s going on it’s all good, even if it doesn’t look so good. That’s a judgment of reality. We don’t know how things will ultimately play out. The fat lady hasn’t sung—the story is not over and the curtain hasn’t fallen yet.

We don’t know what anything really is, whether it’s good, bad, or indifferent, so you have a choice of how to see it.

When you see it as all good, you get to live by an affirmation that makes you happier and healthier, and gives you hope and inspiration to keep on moving on.

Adam:

That reminds me of a Chinese proverb, “Good luck, bad luck, who knows?”

If you haven’t heard this story, a young boy falls off a horse and breaks his leg. He goes to his grandfather and says, “Grandfather, what horrible luck I have, I broke my leg.” His wise grandfather looked at him and said, “Good

luck, bad luck, who knows?”

Then the Army came looking for recruits and wanted the young man to come and fight in the front lines of a very bloody war. When they saw he had a broken leg, they said, “We can’t use this one.”

The grandfather looked at him and said, “Good luck, bad luck, who knows?”

Joe:

Yes, and there’s even more to that story, two or three elements where the grandfather says that at each turn.

You end up realizing that you don’t know in the moment when something happens if it’s “good luck, bad luck, or who knows?” It’s just a matter of life unfolding.

The coffee mug is a good reminder that I have a choice, so I’ll just look and say, “Okay, it’s all good.”

Adam:

It’s amazing how these reminders can be right around us all the time.

Speaking of that, I love your *Blue Healer* album. Is it true that that music has the ability to clear the unconscious of limiting beliefs?

Joe:

That CD is selling like crazy. [www.healingmojomusic.com.]

At a recent seminar, someone gave me a handwritten

note and told me she'd healed her thumb by listening to it. She was doing some sort of surgery or something where her hands were needed.

To answer your question, yes, the music was created with the intent of helping people heal. I've worked with internal energy for decades. I'm a Qigong healer and Reiki Master, so I know how to direct energy.

My conscious and unconscious intent was to create my music in a way that, while I may not be able to explain, the end result is that it affects people on an energy and healing level of relaxation.

For example, on track four, called The Gayatri Train, it's an actual Sanskrit healing and clearing chant that's thousands of years old. I called it "Gayatri Train" because it moves so much energy. Like a train going up your spine, it opens all your chakras.

I semi-jokingly tell people, "I dare you to have a problem, listen to track four, and keep the problem—because track four is so powerful it can release and remove that problem."

Most problems are problems of perception, anyway. We think something's a problem because we've deemed it as bad when, really, it's all good.

Blue Healer works on various levels. Part of it is the actual music which is conscious, but other parts work on the unconscious, like the intention it's created with or, for example, using a Sanskrit chant ("Gayatri Train,") whose nature is to help and heal. By the way, you probably can't

follow it unless you listen really close because I'm saying it to speak to your unconscious mind.

So, yes, *Blue Healer* can help heal for those reasons, and maybe other reasons I'm not aware of. We went into the studio with the intent to create something to heal and, after that, a mystery takes place. The Divine comes in and moves you and the music causing synergy that I don't consciously control. Real magic takes place.

Adam:

That's fascinating.

My next question is about a student who has diabetes and wants to overcome this. How would someone see themselves being healthy when they're constantly taking medications that remind them of the disease?

Joe:

It's a great question and one I understand personally.

My mother is in critical care right now and I just flew to Ohio to be with her. It's very touch and go and I'm facing the fact that I may be losing my mother.

As her first born child, this makes me feel all kinds of things—uncomfortable, disturbed, fearful, emotional—and I keep thinking to myself, “What is the best way I can help?” It's not like I'm a medical doctor.

While mulling all this over, I came to the realization that the greatest way to heal anybody is for me to be healed first. In other words, I wanted to go there and sit with her

in a state of peace. If I could have peace inside myself, then I could affect her wellbeing, healing, and sense of peace.

By the time I got there, I was that, and, while I was there I mentally saw her as healed.

The first day she looked horrible and I wasn't sure if she would make it through. She'd had several strokes, couldn't lift her hands, and was being fed intravenously. The second day she was able to move one of her hands. The third day she could move both hands and asked for a brush, raised one hand, and combed her hair. Everybody was astounded.

I don't want to make any unrealistic pictures here. I can't take credit for any of this, but I can say I saw her as well. I was well in me, came from a sense of centeredness and peace, and was able to see some transformation in her.

She's not out of the woods and is still in critical care. I don't know what's going to happen at this point, but I do know if I can continue to see myself at peace, and see her or hold her within me as being healthy, then the closer I can get to an actual healing—maybe even a cure.

In the case of the student with diabetes, I'd suggest the same thing. They might be taking shots right now, and the first thing is to be grateful for the shots because it's helping you. It's part of your healing. Then, as you're using them, at the same time you can be holding the vision of when you don't need them.

You could even be talking to your body and saying, "Look, I know you're out of adjustment right now, that's why I have to do these shots. Maybe you can show me what

you need to be in adjustment, or maybe I can meditate more and relax so you can adjust on your own.”

Numerous doctors throughout history have said they don't do any healing at all, that the person does their own healing. Often it happens naturally if we get out of the way, trust the process, and follow the inspiration our body might be nudging us to do.

It might be something to talk to your Miracles Coach about, as well, but it's entirely possible right now to see yourself as fully whole and healthy while you take those shots. The shots aren't bad, they're helping you and part of the healing at this point.

Adam:

So this student shouldn't be resisting the medicine, but expressing gratitude for it and realizing that it's part of the process.

Joe:

Yes, for now it's part of the process.

If my mother goes into the emergency room and they do all kinds of things that are needed, I'm not going to be resentful of any of that stuff. When they put a tube in her chest so she can eat, I'm grateful that it's feeding her; at the same time I want that tube to come out as soon as possible.

So yes, be grateful for what you have *as* you're imagining the next moment when things can be more the way you want them to be.

Adam:

How long does it take to receive inspiration? Can you receive inspiration right after you ask the question or does it usually take longer?

Joe:

I'm torn on how to answer that because I know that when you make the space for inspiration, it doesn't mean that you automatically get it. That's like trying to control the universe.

However, I do know that you can create a situation to make it available to come. You can woo inspiration.

I took a songwriting workshop last February with two famous musicians, Ray Wiley Hubbard and Kevin Welch, and they talked about this. Kevin said he'd worked for a music business and nobody waited around for inspiration. They were assigned to write songs and would be told, "You have to have a country song written by 3:00 this afternoon."

They didn't just sit around and wait. Well, maybe a little bit, but they invited inspiration by doodling and working at writing a song. Ray Wiley Hubbard even made the comment that structure can invite inspiration. For example, he uses a software program called Master Writer to write his songs.

Master Writer doesn't write any songs for you, but it can help trigger songs to come to you by creating a structure or environment for inspiration to come.

It's not about your ego. You can't stomp your feet and

demand inspiration to come. That's childlike behavior and wanting to rule the universe.

It's wiser to be available to inspiration—and in order to do that you have to get quiet. In my experience, inspiration doesn't come yelling in your ear...it's more of a nudge.

Adam, maybe you can tell us how inspiration came to you last July 4th weekend when you got the idea for the book. What were you doing? Were you relaxing? Were you meditating? Were you eating? Were you walking? Were you talking? Were you watching TV?

Adam:

Actually, right after I woke up I had this peaceful feeling and thought, "You need to get downstairs and write a book" and I answered, "Okay."

Then I just went down and did it.

Joe:

I love how you said okay because that's how you do it.

Inspiration will come if you're available for it, but I don't think you can make inspiration on demand—but, who knows, I may learn something different and change my mind later. You can make yourself available with meditation, quiet time, and doing things that are relaxing.

I get in the hot tub almost every night when I'm in Texas and that's often when inspiration comes. There's no phone, fax, computer, or internet. It's just me and the Texas sky, and I'm wide open to receiving. Sometimes inspiration

whispers in my ear during the day when I'm relaxing and reading on a break. Some of my best blog posts came that way.

When you're doing something completely different, an idea can suddenly seep into your consciousness, like while I was reading a book. I thought, "Oh, that's really good, thank you," and I get up and I go start writing it.

Make time for inspiration, be available. In fact, make it a walking meditation as you go about your day, whether you're driving, walking, talking, or whatever. Try to slow down your pace enough that you can hear inspiration come to you. It's a great way to relax, be healthy, happy, and a little more stress free throughout your day, while inviting inspiration at the same time.

Adam:

I do walking meditations probably two to three times throughout the day. I'll stop and go for a little walk around the park near me, and that's when I often receive inspiration.

Joe:

Yes, that makes sense.

Adam:

Are there any good meditations for learning how to love yourself unconditionally?

Joe:

I suggest the self-love meditation I mentioned earlier.

Focus on finding the areas you're sincerely grateful for and let that expand to encompass your whole body and your whole life.

Adam:

Wonderful.

Okay, my last question this evening is about handling a husband or wife who has a different mindset than you, especially when you're working on abundance.

One of our students said they could see some great things happening, but her husband comes from lack and fear about spending money. She wanted to know if there was a way to help him be open to this new way of thinking?

Joe:

The best way to change your husband is to change yourself, which may be shocking to hear for some people.

If you're looking at your husband going, "Wow, he's still in lack and limitation. I wish he would change," trust me, he's feeling that energy. He's feeling your judgment of him and that's not a good feeling. He'll dig his feet into the ground and hold his position because he feels he's being judged by this person who loves him.

In other words, he's mirroring what you really believe.

If you're sitting around saying, "I believe in abundance and can see some cool things happening in my life, but,

boy, that husband of mine, he's into lack and limitation," well, guess what, you're in lack and limitation. He's simply being the projection.

Everything that's going on in your life is a projection of what's on, or in, your unconscious mind.

We're all working on our belief system, our unconscious operating system, and one of the ways to find out what you unconsciously believe is to look at the things you're *complaining* about in other people—because you attracted those other people and they're mirrors to what's in your own mind. If you did not have beliefs about lack and limitation still within you, either your husband would not have them or he'd state them and it wouldn't affect you at all. He'd laugh about it and you'd go on about your abundant life and let the abundance spill over to him.

I'm being very direct here. I'm known for being a tough-love kind of guy from time to time, but it comes from my heart because I want everybody to have what they want. I want them to be happy, healthy, and prosperous, and to attract miracles and live this moment by moment state of awe that I know. So I have to be blunt and say it's not about the other people. Other people are projections who reveal what's in you.

We have to work on our own beliefs about lack and limitation alive in us. They may not be very deep, they may not be very strong, but they're there. The more you work on them and clear them with your Miracles Coach—using all the different processes we've been talking about,

or anything else I've talked about in the last two years of recorded calls—the more you will not see it in your outer life anymore.

Adam:

So if that belief was not within her, then it wouldn't have stirred her up. She would have laughed about it, in other words.

Joe:

Yes, it either wouldn't show up in her husband, or if it did, it would just fly by.

As a rule of thumb, if you can spot it in another person then you've got it. If you can spot lack and limitation in another person, you probably still have lack and limitation in you.

Adam:

I'm just writing that down.

Joe, as always, it's been a pleasure. Thank you so much for spending your time with us tonight.

Joe:

It's my pleasure. I love these calls and always look forward to them.

I love everybody in the Miracles Coaching® Program and appreciate what they're doing. I appreciate you, too, Adam, and again, congratulations on your success with

your book.

Remember, everyone, this is how it works. Make room for the inspiration to show up and, when it does shows up, act on it. Then you'll get more inspiration and more success—and have a jolly good time as you go about it.

Godspeed to everybody. I appreciate you and I'm sending my love and light to all.



Secret Session #8

Dr. Joe Vitale with Gil McIff

Gil:

With tremendous gratitude, let's all welcome Dr. Joe Vitale.

Joe:

Thank you Gil. It's always great to be here.

I'd like to begin with a short gratitude meditation. Gratitude is the single most powerful, transformative thing you can do. You can do it anytime, anyplace, and it doesn't cost anything. Just remind yourself of it and do it. It's as simple as looking around wherever you are and finding something, anything, to be grateful for.

In the movie, *The Compass*, I talk about how I picked up a pencil and, at first, didn't feel grateful when I looked at it. Then as I started to meditate on it and think of all the uses for a pencil, as well as the eraser on the other end of the pencil, I was profoundly transformed at the miracle of a pencil.

Anything can work—your phone or computer, a roof over your head or the car that you drive. It can be your clothes or a pet, even for the air you're breathing.

We receive so much in any one moment, and most of us aren't aware of it. We can never out give the universe.

So pick something around you, study it, and start to feel gratitude for it—even if you have to make it up at first, pretending and acting like you're grateful. That's how it was for me when I first picked up the No.2 pencil.

Just pretend and say, "I'm really grateful for this pencil or this chair or this phone," and allow that to soak into your awareness. Soon you will genuinely start to feel gratitude for whatever that item or experience happens to be for you. As you play with this, you'll start to realize, "Oh, this really is a great gift. This moment is a great miracle and where I am in this here and now is truly miraculous."

Feeling grateful for that item in front of or around you allows you to settle into this moment and realize all is really well. You are fine. You may have desires and want some things to change, but right now, in this moment, all is well.

This is where to begin so we're all on the same page with a mindset of gratitude and an internal experience of love. Out of this moment, Gil and I will go over some questions you've sent in.

So take a deep breath, let it out, and realize there's no place else to go for the next 20-30 minutes.

All right, let's rock and roll. What kind of questions do you have?

Gil:

Given that gratitude is the best attitude, sometimes it's

hard to maintain it.

How do we stay positive when our environment is negative? Is there something we can do to change our state permanently?

Joe:

The first thing is to quit paying attention to your environment.

It might sound crazy but everything that you're experiencing is internal. It's not your environment—it's your perception that's bothering you.

Like the exercise we just did, look for the gratitude. Actually start pretending that you're grateful for your environment. Look around and find the good in it. I'll be the first to admit that sometimes it's a challenge, but that's the nature of the human experience.

We're all learning, growing, and awakening—and we begin this process right where we're at. We don't need the outer world to change because the outer world is actually a reflection of what's going on inside of us. So don't pay attention to the environment. That's on the outside.

It's like looking at your bathroom mirror in the morning and saying that it looks like you need to shave or put makeup on—so you start to shave the mirror or put makeup on it. It doesn't work that way because it's only an outer reflection.

All the environment is doing is reflecting what's on the inside of you. And, believe it or not, the more you practice

love and gratitude and feel the miracle of life itself, the more you'll look at that very same environment and either have a neutral or benevolent reaction to it—because you see the miracle that's all around you.

The bottom line is, don't change the environment. Let it be what it is and change the inside of you. As you do this, the environment will transform.

Gil:

It seems to be that you move from a reaction to a response at that point.

Joe:

Well said.

Most people play the role of a victim. They react to everything that's around them, but at a higher state of awareness and consciousness you no longer get your buttons pushed, which is the reactionary phase, and you start to respond from a more conscious, choice-oriented phase.

This is part of what we are learning to do, and all of us need to do it.

Gil:

How can we make sure that we're clear of limiting beliefs about our past?

For example, what if you're older or divorced and want to have a healthy relationship, but feel your relationships

have failed before?

Joe:

Since you're in Miracles Coaching®, use your coach to reflect on all of the beliefs that show up. That's what they're there for, to have somebody helping and rooting for you.

In between sessions, you can be mentally exploring what beliefs might still be in play that would cause you to have awkward relationships.

We live in a belief-driven universe, and when you change your beliefs you get a different universe, a different experience of reality.

Sit down and ask yourself if there are any beliefs that might still be in the way of having a great relationship and what might they be. Free associate, play, be loose, and let go. This is a fun, easy process, like being an adventurer hunting for any limiting beliefs.

Whatever comes to mind, write it down, and ask, “Do I believe this one? Does it really feel like it's active in my life?” You could end up saying no, it isn't. If you say yes, then explore it and ask, “Why do I believe this one is still active?”

When you find them, you release or change them, and reinstall more positive ones. It's not hard—all you have to do is become more and more aware in order to find and release them.

Gil:

I've heard the first lesson is awareness and the last lesson is awareness.

Joe:

I agree.

Gil:

Can you talk about the different levels of awakening? Is there a fifth level?

Joe:

It depends on who you talk to.

One spiritual teacher I know says there are 33 levels of awakening, but in my world view there are four, and I talk about them in various products like *The Awakening Course* which is a book and an audio program.

The first level is victimhood. Virtually everybody is born into that mindset and we can't help it. We're babies downloading information from people who had limited-thinking programs of their own.

We're brought up feeling like a victim because that's what we were programmed to think. This stage isn't really one of awakening because you're not usually conscious of it, but we've got to establish a baseline so victimhood is the first stage.

If you're lucky, something comes along—a movie, like *The Secret*, or a book—that awakens you to the reality

that you have more power and more choice than you ever imagined.

This begins the second stage, what I call the stage of empowerment. This feels so much better than victimhood where you're kind of being beaten around by life and bounced around by circumstances.

In this stage of empowerment, you start to feel your oats, so to speak. You begin stretching your muscles and deciding what you want, setting intentions and visualizations, and doing affirmations. It's a wonderful stage to be in.

Surrender is the third level because at some point in our lives we come up against something we can't explain. It could be a death or an illness, for example. I just learned a friend of mine died today and I had to process that. It's one of those experiences where you come up against the reality that you don't have control of everything.

So I can take empowerment so far and then I have to let go. I have to surrender, which, for me, means surrendering to a higher power. You can call that God, the Divine, or nature, but you have to let go because you're not in complete control of life. If I was, my friend would not be dead now, she'd still be alive, but I've got to let go—that's part of the surrender.

The fourth level is awakening itself, what some traditions call enlightenment or satori. This is the hardest to explain because we try to understand it with our mind, but at this stage of awakening your mind is dissolved into the awareness of the Divinity itself.

The ego can't make it happen –it comes only by grace. This is the place where the Divine lives through you.

In my worldview there is no other stage after that. You've reached the pinnacle, that stage of enlightenment where you are one with the world energy, and that world energy lives and speaks and breathes through you.

There are a lot of head games that go on out there, but the bottom line is we want to come from the moment, be here in the moment, and work on whatever is in the way of us being alive in this moment. From there we can attract the miracles we want and even better moments in the future.

If you do this, these stages of awakening come as a natural byproduct, organically, like a flower growing. It sprouts at its own speed as long as we pay attention to it and give it what it needs. You are the flower.

Gil:

That's a great explanation.

My next question is about helping people you love. Can you really change them by changing yourself—and would that mean that free will to help yourself does not exist?

Joe:

It's hard to understand, but nothing really exists outside of yourself. It's all an internal experience. Everything you're seeing, including the other people, is processed within yourself, which is why it's where change has to occur first.

Everyone has an ego, which is why, if you try to confront or change someone, they're going to resist, put their feet in the ground, hold their place, and defend who they are.

And it's our ego that wants to change them.

There are two sides to our ego. The healthy side wants to take care of you and make sure that you're safe and secure, and you want that. But there's also a negative side, the part that thinks you know what's right for everybody else—and you don't.

The best and most important thing is for you to follow your passion, your calling, your life path because when you do, people around you will notice what you're doing. They'll either emulate you or they'll start asking questions like, "What are you doing, what are you reading, what kind of program are you in?"

They have free will, too. At that point they can say, "Yes, I want to do whatever you're doing," or they may say, "I like my drama in life, allow me to be entertained by it." Either way, you need to respect them.

You could tell them that you're in Miracles Coaching®, but I wouldn't tell anybody about changing because we don't know what their life path is. They have their own internal agenda and schedule, so it's far wiser for you to focus on yourself and let your own life be an inspiration to others.

This is where free will comes in—you're free to choose to take care of you. So the real key is to work on yourself and, as you do, you'll be helping others.

Gil:

You've mentioned before that the people on the outside are illusions. Can you elaborate more on this?

Joe:

Carl Jung and other great psychologists have talked about this, although it is advanced psychology.

It can be hard to grasp when you're new to all this but, essentially, everything that you see on the outside is a projection of your unconscious mind, particularly when it starts pushing your buttons. If you see somebody else doing or saying something, or otherwise behaving in some way that repulses, angers, or frustrates you, it's only because there's a button in you that's being activated.

It has nothing to do with the other person, other than that it's showing you where your mental programming is. In this divine theatrical experience we call life, we have these mental creations we call people designed to show us what we believe about ourselves.

It may seem bizarre the first time you hear it and, if that's the case, I'd say just sit with it, talk to your Miracles Coach, read some of Carl Jung's works, or my books about this.

It's not just people, though—there's *nothing* on the outside of you. I'm in one of my offices right now with thousands of books around me. I've got guitars and studio equipment. And everything, all of this, is experienced on the inside of me.

In some sort of Sci-fi kind of way, we can probably look from a different lens and see that there's actually nothing in this room. I'm hallucinating on the inside of me which is the only place I can experience it. It's a deep subject to go into for just a few minutes on a call, but we'll stir the waters and let people think about it.

Gil:

That's a good idea.

Let's jump to the other end of the spectrum and talk about all the people coming into Miracles Coaching® who have a sincere interest to get the most out of the experience.

If you were starting the program and wanted to get the most out of it, what area of your life would you begin with?

Joe:

I'd go with whatever is nagging me the most.

If that's a health issue, I'd be focused on health. If it's finances, I'd focus on that, and the same with relationships or spirituality. Wherever the pain happens to be, I'd focus on that aspect.

Pain is designed to do one thing—get your attention. It's trying to tell you something. It's a signal from yourself that you need to look at this particular area.

If your pain is finances and you go into Miracles Coaching® saying, "I want to talk about relationships," then you're just lying to yourself. You're dodging the real issue. As a result, if the financial problem is the true problem, it

will probably get worse because you're not focusing on it.

If I were signing up for Miracles Coaching® right now, I'd be asking myself things like:

What is bothering me the most?

Where is my trouble area?

What is the recurring problem?

Why does this always seem to happen?

The more I clear that area up, the more *every* area will clear up because the painful area is usually tied into all the others. It's just raising its head and saying, "I want resolved, I want healed, I want a miracle here."

Don't dodge the pain or go for the easy street. If something's hurting, that's where you start.

Gil:

The advice I share with my students is to move from resisting the pain to welcoming it.

Joe:

That's wise because most of us on the planet will resist it, which is how addictive activities get started.

So I say give it what it wants—your attention. Find out what the message is. What is it trying to tell you? What is it trying to awaken you to? This is part of the experience and how you create miracles in your life. You want to go for whatever it is that's blocking you and dissolve it—because on the other side is this wonderful world of magic and awe.

Gil:

This is where most people get to thinking that it has to come through a specific situation or circumstance.

Joe:

It comes from right where you're at.

You don't have to change anybody. You don't have to change anything. You just have to be right where you are and feeling it, and relying on your Miracles Coach to help you get through whatever it is.

There isn't going to be another place.

This is the place.

It's here.

It's now.

The past is gone.

The future isn't here yet.

All we have is this moment.

What's in this moment is what we want to face, address, and resolve.

Gil:

Wonderful, thank you.

Do you have any routines you'd recommend to help people get the most out of their progress in the Miracles Coaching® Program?

Joe:

The most important routine is to do everything the Miracles

Coach is asking you to do.

I'd also keep a journal. It's a powerful way to reinforce your progress and illuminate things. When you write out your questions, breakthroughs, insights, answers, and daily events, you reinforce your journey and see it with a bit more objectivity.

As long as you keep everything in your mind it stays within your own being. You can't separate yourself to gain the most benefit from it.

Keep a list of questions and a list of things that show up during the week between sessions and then share that with your Miracles Coach. I think this is all part of it. Writing in a journal is profound.

I would also suggest meditating every day, and I don't mean anything very complicated or even more than what we did at the beginning of this call.

When you sit down, take a deep breath, then look around and say, "Okay, what can I choose to be grateful for?" you're meditating. You're moving into a different experience within yourself.

Those are the three things I'd do.

Gil:

One thing I share with students is to journal with a feeling emphasis in order to draw from the subconscious.

Do you think this opens a channel between the conscious and subconscious mind?

Joe:

Absolutely, because the unconscious mind responds to imagery and emotion.

For example, whenever you're using photos, drawings, or you're writing in a descriptive language, you're using imagery. When you add emotion, you make contact with the unconscious mind.

This is why people often attract the very thing they fear. They picture it and put emotion behind it. The unconscious mind receives it and says, "Oh, they love this!" and brings it into your life.

It's much more powerful and beneficial to focus on what you want, on your love and desire.

When I'm focusing on making music, I'm actually loving my music. I have four albums and am recording another. I'm seeing myself playing guitar and singing, and I'm feeling the emotion of doing that. I'm really, really enjoying this, which sends a signal to my unconscious mind that says, "I want more of this."

This is where keeping a journal is helpful. When you write in descriptive language and use emotion, you're making direct contact with your unconscious.

Gil:

That's an amazing tool to tap into.

Joe:

Absolutely, and it's huge because 90% of your consciousness,

your belief system, is in your unconscious. This is the missing secret when it comes to the Law of Attraction.

Most people think if they just focus on their consciousness and think, “I have a new car or spouse or more money or more sales,” that it’s going to happen, but they’re only dealing with the tip of the iceberg—that little bit of thought that’s in the conscious mind.

The unconscious is the giant software program, or the database, where all the experiences, beliefs, and programs are. This is the power source so you want to make contact with that.

Gil:

So if you’re struggling with money, given what we’re talking about, how important would it be to feel as if you already have it?

Joe:

It’s very important, as Stuart Wilde suggested in his book, *The Trick to Money is having Some*.

When I read that, I remember thinking, “Sure, of course, the trick to money is having some. If I had some I wouldn’t be reading your book.” But what he meant, and I didn’t get at first, is that in order to bring money into your life, at least in a faster way, it’s more important to pretend that you already have it.

You have to mentally, in consciousness and in feeling, pretend that, “Oh, I have enough money to go buy a \$1

million dollar car, a Bugatti Veyron. I have enough money to go buy a mansion that costs \$17 million dollars. I have enough money to open up my own business.” Whether it’s true or not, pretend it is so that you get the feeling of having that kind of abundance—real, concrete, cash abundance.

The more you can wear that and the longer you can hold onto it, the more, as Neville himself would say, it will harden into reality—until at some point you’d look and have more money. In a way, it’s like being in a hypnotic trance.

Spend as much time as you can with this, even though you may not be able to do it for long periods. Do it as a type of meditation where you have the experience that you have all the money you want. You can write out checks for donations you’d make or things you’d buy for yourself or friends. Just get into the feeling of that—wallow in it and enjoy it.

The more you do it, the more that signal goes out and becomes your future experience.

Gil:

The most common questions I hear is probably, “How do I get into the feeling of it?” They can get into the thinking of it fairly easily, but the feeling seems to be a challenge for them.

Joe:

Let me talk about that for a minute.

Thirty years ago, when I was homeless and in poverty, I had a tremendous amount of emotional baggage and limiting beliefs that I had to unravel, dissolve, evaporate, and shake off.

I would do things like carry a fake one million dollar bill in my wallet that I'd gotten from a friend of mine who was giving me some guitar lessons. In fact, I carried that in my wallet for 10 years because I wanted to look at it and, for a moment, get the feeling that I was a millionaire.

I kept thinking to myself, "This is real, it's real."

It's was such a simple little thing to do—put a fake one million dollar bill in my wallet, carry it around for 10 years, replacing it occasionally with a better looking one million dollar bill (which was still fake)—and then look around and I'm a multimillionaire.

That's how simple this process can be, but you have to do it, have trust, and keep taking action on all the ideas that come to you during this period.

As I said, it took me decades. I didn't have a Miracles Coaching® program or all the support that the people on the call do. It can be a lot faster if you add in all the techniques we're talking about, and question your beliefs.

It can happen at warp speed, so don't assume it's going to take a year. It could actually take days, weeks, or a few months. You just have to do it and trust.

Gil:

We've seen it here over and over and over again—days,

weeks, months. It can happen very quickly.

What are some things you could do to catch yourself when you're doing "out-of-the-moment" thinking?

Joe:

Living in a high-tech society, there are all kinds of ways to remind yourself of present moment reality.

For example, you can program your phone to send you a text message every hour or get an app that'll do it for you. I do things like, when I'm driving, reach out and touch the dashboard to bring myself into the moment.

Most of us have a habit of falling out of the moment and when we do, we've lost our power. We start wondering about the past or the future.

If we're in the past, we're often regretting something, or reflecting on something that was better than this moment or we thought was better than this moment. Usually we're mistaken.

Sometimes we leap into the future, fearing, "What's going to happen next? What if this doesn't work out? What if I can't get this? What if this happens in a month?" We start going into a mental tailspin.

So find ways to remind yourself to come back into the moment. I do that pretty naturally now. I'll touch the chair I'm sitting in, or my desk—little things that pull me into the here and now.

The other thing I do, and I strongly recommend it for everyone, is to become very, very sensitive to your thinking.

Most of us fall *victim* to our thinking because we don't know that we're separate from it. We hear our thoughts and we identify with them, so if something negative comes up like, "What if this goes wrong?" we start feeling bad and getting anxious.

Well, we feel that way because we bought into our thoughts, but if you can remind yourself that you are not your thoughts, you are the observer of your thoughts, you can detach. Now the thought can come and go and doesn't have to have any effect on you.

You can help yourself by doing "what if up" thinking, which my friend, Mindy Audlin, writes about in her book, *What If It All Goes Right?*

Most of us do "what if down" thinking, where we're asking, "What if it goes wrong? What if it doesn't work out?" Well, notice that doesn't feel so great.

On the other hand, the "what if ups" feel fantastic.

What if it goes right?

What if it works out?

What if this is the best choice of my life?

What if this is the best moment?

What if this is the best call?

What if this is the best opportunity?

What if this is the best day?

What if you do become a millionaire by the end of the year?

What if you do become a multimillionaire next year?

What if the relationship problem is resolved in days or

weeks or months?

The point is to go with the “what if ups” because, as you can tell, “what if downs” drop and deplete your energy. When you start to go with the “What if up” questions, your whole energy changes, your spirit changes, and the glow in your vibration changes.

So do whatever it takes to bring yourself into the moment, to realize you’re at choice and you are not your thoughts, and to pay attention to how you would like things to be and go in that direction.

Gil:

Eat what you want and starve what you don’t want.

Joe:

Yes, that’s it.

Gil:

Do you believe that your thoughts influence water?

Joe:

Your thoughts influence everything.

I was watching one of my favorite movies, *Flatliners*, the other day, with Kevin Bacon, Kiefer Sutherland, and Julia Roberts. They play medical students experimenting with bringing people to the point of dying for a few minutes and then bringing them back to life. It’s a remarkable, powerful movie about love and forgiveness.

At one point, Kiefer Sutherland says something that, for me, is the turning point in the whole movie. He says, “Everything we do matters, everything we do matters.” I’d go further and say that everything we think matters, because what we do is always based on what we think. We think something and then, as a result, we do something.

Our thoughts go out into the world and influence everything.

For example, they influence plants. There are lots of books about how, if you talk lovingly to a plant, it will grow brighter, faster, and greener, or the colors will be more intense. The plant responds to your energy.

Water responds, too. I’d highly recommend watching the movie, *What the Bleep Do We Know?* because they talk about how water changes depending on the words around it. If you take a cup of water and put it on the word “love,” the energy in the water changes.

You’d have to ask a scientist to explain it, but the bottom line is that everything you do and everything you think matters.

Gil:

It’s as simple as that.

Joe:

Those are probably great words to leave people with tonight.

Thank you for doing the call and asking these great questions, and for all your contributions, Gil.

I also want to thank everybody for being on the call. I love you all. I'm glad you're in Miracles Coaching®. If you hang the course, keep working on yourselves, find things to be grateful for, and stay in the moment—miracles await you.

Gil:

Thank you, Joe. We're grateful for you.

Joe:

Godspeed to all of you.



Secret Session #9

Dr. Joe Vitale with Gil McLiff

Gil:

Welcome, Joe, we're glad to have you on the call.

Joe:

Thank you, Gil. I'm grateful to be here.

Let's raise the curtain and start the band. Why don't we begin with a short meditation?

Gil:

That's a great idea.

Let's have everyone take a few short deep breaths through the nose, bringing your attention into your heart center and allowing yourself to feel the feelings associated with the word "love."

Continue breathing in this way—slow, deep, heart-centered breathing, allowing yourself to feel the feelings associated with the word "gratitude."

Coming here in this moment, in this focus, in this presence, it is with tremendous gratitude that we have Dr. Joe Vitale here with us.

All right, I think we're ready to jump in.

My first question is, "How can we grow happiness?"

Joe:

Happiness is right here in this moment.

The idea of growing happiness suggests it's someplace else, in the future. People often think that if they do something particular, then something happens to them, or if they think a particular way that they'll begin to attract happiness and feel it.

My stance is it's here right now—not in the past or future.

Yes, we want things to come differently. We want our lives to transform in some way. There are goals we want to attract or achieve.

That's all fine and I support it, but the first half of the equation—which actually speeds up all the manifestations—is to be here now with gratitude and happiness.

I love how you guided us into our heart center because, when we take a deep breath and come from that place of warmth, love, spirit, and our connection to Divinity, it changes the way we look at our life.

It allows us to say, "You know what? Everything is really okay. Yes, there are a few things I'm tinkering with, a few things I'd like to change or adjust or retract. That's fine. They're all coming. But, right now, everything is okay."

This is the way you cultivate happiness—by realizing you can be happy now.

Abraham Lincoln said, “People are about as happy as they make up their minds to be.” That’s the “how.” You just make up your mind that this is the time to be happy. This is the place to be happy. Right here, right now. When you do, you can not only achieve and attract more, it can happen more quickly.

Cultivate happiness by being happy and it all starts right here.

Gil:

Sage words, thank you.

Let’s step over into the issue of infidelity. Can you tell us how to restore trust in a relationship?”

Joe:

It’s not impossible, but a great deal of love, compassion, forgiveness, self-responsibility has to come into the equation.

A few years ago, I traveled with a friend of mine to Los Angeles to talk with some people about my having my own television show. When we got back, I dropped her off at her home. A short time later, she called me to tell me that her spouse had stepped out on her. She was devastated.

I really didn’t know what to say in that moment. The hurt, the sting, the pain, and the distrust run so deep.

But I watched her heal the relationship.

She asked to go to couple’s therapy with her husband. She moved out for a day or so, but they started to work

together, and found common ground. They rekindled the original flame. They forgave each other because I think they realized that somehow they both played a part in it.

We don't do anything alone in life. This is all a game, and we have a partnership relationship with all kinds of people.

In this particular case, it was with her spouse, but she found the trust, and they're happy again. They've been together for years, and when I see them, there's no trace of animosity. I don't see any side glances where somebody is holding a grudge or resentment. It's all forgiven.

So it's possible, and there are keys—like finding love again, finding trust again, and finding forgiveness.

Forgiveness is the great healer in everything.

I believe it was Wayne Dyer who said that if there's any sort of block in any flow that you want in your life, whether it's prosperity, love, relationships, or health, look towards forgiveness. Somewhere you didn't forgive somebody or you didn't forgive yourself. More often than not, it has to deal with forgiving yourself.

So, you have to go deep with this.

If this occurs in your life, be thankful you're in Miracles Coaching® and have a Miracles Coach to help you. You can do it. The other side exists. In fact, it exists right now—it's just a matter of embracing it.

Love and forgiveness will be the keys.

Gil:

How wonderful to know this.

I'm going to switch gears here and delve into the subject of marketing. A lot of our students know you're an expert in this area, so we get questions about that sometimes.

What are the fundamental steps to marketing information? Is there a formula to follow and what technical resources would you recommend?"

Joe:

That's a huge question—a whole marketing seminar all by itself. When it comes to selling digital information, I'd use ClickBank.com. I've been using them since they started in the '90s and it's a great place to sell your information. They act as the middle man—they get the customer's money, keep a percentage for running the credit card, and then deliver the information.

So the first thing you need is a digital, information product. Once you have that, the next step is to create a sales page that describes it. What's it about? Who is it for? How much does it cost? The order link, attached to ClickBank, will also be within that sales page.

When somebody buys it, they'll be redirected to a "Thank You" page. This is a page you create that has the download instructions for your digital product.

Let's say your information product is an eBook on "How to Raise Burmese Cats" or "How to Litter Train Your Cat." You'd then write your sales letter specifically to attract the attention of people interested in this type of thing.

When they click to buy, they're taken to ClickBank, who takes their credit card, runs it, and then direct them to your next page, which is a secret page, not public. This is your Thank You page and people have to pay to access it. It'll say something like, "Thank you for purchasing my eBook, "How to Raise a Burmese Cat," and here's the download link. Please click on it and enjoy your book."

That's the shortest of "internet marketing 101 for dummies." I'd start there. Anything more than that, I recommend reading some of my marketing-oriented books, like *Hypnotic Marketing*, or others that are out there, or taking a half-day course on it, or just exploring it in more depth. There are a lot of things to do.

You can even get the eBook version of *Hypnotic Marketing* and model what I've done to sell it. Just go to www.HypnoticMarketing.com and check out the sales page. You can model that. Look at the headline, the description, graphics, testimonials, guarantee, the call to action, and the buy button. These are all elements of a really strong sales letter. It's been up for 8 - 10 years, working its magic.

Then if you buy it, you'll see a transaction take place, a transition. You leave the sales page, buy the product, and then you're taken to the Thank You/Download page. It's that simple.

The actual eBook, *Hypnotic Marketing*, also tells you how to market an information product.

Gil:

So www.HypnoticMarketing.com is not only going to be the “how-to,” it’s also going to be a model for how.

Joe:

It is and there are great lessons with both of those. I’d study it.

Gil:

What would need to happen for someone without brand or name recognition, or credentials, to break into and stand out in the personal development industry?

A lot of our students have an interest in coaching others. They’re really fascinated and in love with the Law of Attraction, with creating their own reality.

Joe:

I don’t remember the exact quote from the 1700s, but Benjamin Franklin said if you want to live forever you need to either do something worth writing about or write something worth reading about. I think the same philosophy applies here.

Everybody and his brother want to be a coach, a Law of Attraction counselor or some sort, and that’s admirable. I want as many people helped as possible. However, the marketplace is saturated, and the only way for an up and coming would-be miracle worker to stand out is to write something worth reading. They have to write something or

do something worth writing about.

The person who wants to stand out will need to meditate on one or both of those sides. Can they write something from their unique perspective on how they do the art of manifestation or the Law of Attraction, or do something like a workshop that demonstrates in a measurable way how what they do is different from everybody else?

This is important because, otherwise, you're just another person running the race, another person wearing a name badge who says, "I can do what everybody else in self-help can do," and you won't get noticed.

You've got to write something worth reading or do something worth writing about, one or both—and you'll stand out in the crowd.

For example, ever since I was in the movie, *The Secret*, I've been in a lot of others. One more came out yesterday called *Openings* and another today called, "What is New Thought?"

How does it work out? Because I wrote something.

Rhonda Byrne read my book, *The Attractor Factor*, and called me out of the blue to invite me to be in her movie. I'd never done anything like that before and I didn't know who she was. I also didn't know if this would actually become anything, but I seized the opportunity.

Why did she call me? I wrote a book.

You have to make yourself stand out in the world.

Gil:

Great answer, thank you.

One of our students wants to build a healing center with an emphasis on subconscious conditioning and started a meet-up group for networking and collaboration.

Can you give any tips that could help ensure early development and rapid growth?

Joe:

The first thing is to really serve the core group of people coming to you right now because they will become your messengers. They'll tell other people about his new center which will help bring in more people.

It may seem obvious, but not everybody does it. Give them 250% of everything you've got so they become walking billboards for you. They'll become evangelists for you and bring in the people you want.

The second thing I'd do is send out news releases. I talk about this in *Hypnotic Marketing*, but, again, it's something almost nobody does, or if they do it, they do it in a very impotent way.

The media is starving for stories. They're eager for them. They want to hear about your center. They want to hear about you. They want to hear about the different people who come in. They want to hear about the results. They want to hear about the future plans. They need stories.

Here's a big tip—call the Chamber of Commerce in the city you're in, or the next biggest city if you don't have

a Chamber of Commerce in your city, and ask for their media directory, guidebook, or resource book. Usually it's around \$15. It might be \$50 or even \$100, but it's worth it. It lists every media contact in your area: reporters, newspapers, radio and television, syndicates, the whole bit. That's a gold mine.

Next, contact those people and send them a one-page news release about your center. Not all of them are going to be interested. In fact, most of them will probably throw it in the trash, but all you need is one of them to start running that first story.

Publicity is a gold mine and probably the most underused marketing technique I've ever come across. I love publicity and have used it across my entire life. I still do. Now that I'm a musician with my own CDs, I send publicity releases for that.

Why? Because people don't know me as a musician. They need to be educated. And the media picks this up all the time because they're desperate for news, stories, and personalities. They need to know what's going on but they're understaffed.

They don't have the reporters they did a long time ago so they rely on news releases, the internet, and other sources to feed them stories.

Feed them stories and you'll help keep the attention on your center.

Gil:

That's good to know.

Okay, let's shift again.

How can someone overcome eating for pleasure?

Joe:

I don't think you should overcome eating for pleasure. Eating is one of the great joys of life.

We do it for social reasons—from birthdays and funerals to everything in between—so it's not a matter of denying yourself the pleasure of eating. That's not going to work.

Bill Phillips, who wrote *Body for Life* and a more recent book, *Transformation*, says, "Dieting is like holding your breath." I love that because I've been there. We've all been there. You deny yourself the pleasure of eating because you think it's going to help you in the long run. But like holding your breath, sooner or later you're going to come up for air, and want to find every buffet in the neighborhood.

The wiser approach is to look at the scientific research that says, "Go ahead and eat for pleasure but break up your eating." Have six small meals a day every 2 - 3 hours, not buffet style or a sit-down-and-gorge-yourself meal. One meal might simply be a protein shake, an apple—or it could be a bowl of Jell-O. Somewhere in the mix you can have two more traditional, sit-down meals with protein and carbs, like lunch and dinner or breakfast and lunch.

You can have protein as big as your open hand and carbs the size of your closed hand. So, for example, I have a

big hand, so that might be a 10-oz steak, along with a sweet potato the size of my closed hand.

When you eat every couple of hours with this more balanced approach, you don't starve or deprive yourself, and you don't miss out on the joy of eating.

It's not a matter of shutting off the thing you love—it's more a matter of redirecting your focus. Enjoy what you're eating, but be selective in your choices. In the long run it's going to be healthier and easier to do, and, of course, you'll be able to maintain it.

Gil:

We should put a plug-in for Metro Pizza in Las Vegas. What did you think about that pizza when you were here?

Joe:

That's probably a once-a-year experience.

Gil:

I agree. It's absolutely for pleasure.

Joe:

There's such a thing as having a "free" meal once a week, where you really let go. That doesn't mean once a day, or an entire day each week.

When I was in Vegas, Metro Pizza was my free meal so I went ahead and indulged, but I wouldn't want a steady diet of that; I wouldn't be able to get in and out of the doors.

Gil:

Okay, here's a really potent question.

What would you say to someone who has a deep fear of not being loved if they have more money than anyone else in their family?

Joe:

I had that fear years ago. I was making quite a bit of money on the internet selling information products.

I was one of the first people doing internet marketing way back in the late 90s, and I wrote books about what a wonderful playing field the internet is. It seemed there was no limit to the amount of money you could bring in.

I noticed, though, that somehow I had a limit. I'd only make so much money a day, week, month, or year, and I'd think, "Now, why is there a limit?" So I had to reflect on why I had a ceiling. It had to be psychological because it wasn't in the material world.

I realized I didn't want to make more money than my parents, particularly my father, because the way I grew up, he was the breadwinner. He worked really hard for 30+ years as a laborer on the railroad, often working overtime. He'd get called out on weekends, or for disasters like wrecks, floods, and snowstorms, and, as far as I know, he never complained about it. That was his work and he was glad to get it, even though it was a limited salary.

When I asked myself why I didn't want to make more money than my father, I said, "Well, I would be embarrassed

or he would be embarrassed.” Then I had to ask, “Is that true? Would my father be embarrassed if I made more money than him?” The honest answer is no.

My parent is like every parent who wants the best for their children. They raise you the best they can to help you be whole, even though there may be things we want to adjust when we look in the past. In reality, their motivation is deeply seated in love.

Once I realized my father would actually be proud of me, the ceiling evaporated and I started making more money.

A few years ago I went back to visit and had just bought a car. My father asked me how much the car cost, and I hesitated. I almost didn't tell him because it was a 2008, handmade Spyker from Holland. My father has never had anything more than a used Chevy in his entire life, and here I am about to tell him that I bought a quarter of a million dollar car. But I took a look at him and I thought, “Well, I'm going to tell him the truth.”

I did, and he was proud. There was no sign of him being hurt, embarrassed, or in any way negative. I'm sure he never would buy that kind of a car for himself, but he didn't judge me for making that much money or spending it on that kind of car.

On the other hand, you may have a parent who would be embarrassed, and, in that case, I would ask the question, “What's the worse that would happen if I make more money than my parents and they're embarrassed?”

I'd play that out in my mind because our fears are nothing to be afraid of. When reality actually takes place, we find out that people don't react the way we fear. They react in very surprising ways. They can be incredibly supportive, generous, or curious.

And if they actually don't like you anymore?

That's their issue, not yours. You need to be at peace with your own life, your own passion, your own desires.

Hopefully, your parents and everyone else in your family will notice you're living your dream and going for what you want—and root you on. That's the ideal. If that doesn't take place, you still need to take care of you. If you don't, what are you saying? You're saying you're a puppet and they're pulling your strings. You're saying you're a victim.

Miracles Coaching® and everything I teach is about you being the victor, not the victim. It's about going for your dreams, attracting miracles, achieving things that others might think is impossible, and then turning around and sharing it with your family, friends, community, and world.

The more you can be strong and help yourself, the more you can help the rest of the people in your life.

Because of who I am today, I've been able to help my sister, brothers, and parents and nobody has objected or been fearful. No one's been judgmental or angry.

The bottom line is you need to take care of you and release your fears so you can come from a faith that says, "This is the right thing to do." And you'll be able to help your family as you do it.

Gil:

Once you have that ability, you seem to find others you can help, too, that you might not have thought of beforehand.

Joe:

You can make a big difference in the world once you take care of yourself and you also become a model to other people. They don't come to you looking for handouts. They come to you looking for information and inspiration.

Very often, people will ask me, "How did you change your life? What did you do? What did you read? What did you listen to? How do you think? What do you do today?" It's a wonderful place to be because now I can empower other people.

So be the source of strength and empower your family.

Gil:

What if you want to improve your health and you make a choice to eat a certain diet, like raw. Is there a way to develop resilience to social negativity?

Joe:

There's been a recent discovery in science that it isn't your diet that's the cause for your success as much as they thought. It's the group system that you have supporting you when you're on it.

In other words, if you really want this to be a success, don't worry about social judgment or negativity. Who cares

about what other people think anyway? Instead, surround yourself with your own support group. Find or create a group of people that are on the same diet as you.

For example, if you're making a particular life choice that you're only macrobiotic, or you're only raw, find people somewhere, even on the internet like Facebook, who are doing the same thing. Either join their group or establish a group and invite people to attend it.

In this way, you create a group of supporters that will enable you to have greater success, more long-lasting success, and more fun, because you're not worried about what anybody else thinks outside of that group.

That and Miracles Coaching® are the most powerful things I can think of.

Gil:

Yes, I agree.

Do you think that when people come into Miracles Coaching® they should discontinue other courses, like hypnosis, that they might be in even if they're in the middle of it?

Joe:

No, not at all.

You use all those tools and any others that come to mind. I love all the tools that we have available to us today. What a marvelous time we live in.

I still listen to audios. I still listen to seminars. I still

go to seminars. I still read books. I'm still interested in whatever the next self-improvement technique might be. I want it for myself, and when I find it might work for me, I want to share it with other people, like the folks at Miracles Coaching®, so I'm all for it.

Don't turn off any of the juice that's coming to you from any other directions. Let it support, encourage, inspire you, and inform you as you do the Miracles Coaching®.

This is all a synergy, an organic process, so let it all be part of what you're doing. Don't dismiss any of it or stop any of it.

Gil:

What if there's something that might be a contradiction from what they're learning from their coach, like a methodology, meditation, or guided hypnosis (versus a self-directed meditation)?

Joe:

I'd be hard-pressed to think of what something might be that wouldn't be in alignment with Miracles Coaching®, although you have to be the sole judge of what's in your best interest.

If you're in Miracles Coaching® and you feel that a book you're reading isn't in alignment because it doesn't feel right, then drop it. As long as it's feeling right, your energy stays up, and you feel tuned in, tapped in, and turned on, I'd say continue with it.

If it starts feeling uneasy, awkward, or just unsettling to you, let that be your barometer, your guide.

Stay in Miracles Coaching® and use the other tools, but if any of them start to feel like they're agitating, not working, or not in alignment, you be the judge and you take care of you.

Gil:

My last question is about cultivating inspired action. How can we do this?

Joe:

Have you ever noticed that the word *attraction* is in the phrase "Law of Attraction," and *action* is in the word *attraction*? I'm a great believer in taking inspired action, but what exactly does that mean?

It means that when I'm inspired to do something, I generally stop what I'm doing and do it. It's not likely that I'm going to get an idea for a song or for a blog post while I'm talking to you on this phone call because I'm totally focused on here. But, right after I hang up, I may get something. I may reflect on one of the questions and go, "You know that's actually a good blog post, or maybe that's a good song."

What I'll generally do is start to draft it right then and there, and if I'm really busy and have to run out the door for another call or appointment, I'll make a note so I can honor the idea and not forget it, and then as soon as

possible, I'll find time to elaborate on it.

People often ask me, "How have you written 50 books? How have you recorded all these music CDs? How have you done all of this?" It's by taking inspired action. I didn't sit down and say, "Well, if I do this every day for 30 years, I'll end up with 50 books." That was never a thought.

Two years ago when I decided to become a musician, I didn't sit down and say, "Hey, if I keep writing songs then in two years I'll have 5 or 6 CDs." That was never the intention.

The intention was, "I want to write a book." Later it was, "I want to record a CD." As I did those things, more ideas came to me.

So, the big takeaway is to honor the ideas when they come. Inspired action means take action on the inspiration, and the way to cultivate that as a habit is to do it today, tomorrow, and the next day—and keep on doing it until it becomes a joyful second habit.

That's the joy of inspired action.

Gil:

Thank you, Joe.

You have such great access to this type of guidance—to the clarification and inspiration that you share. We sincerely appreciate you being that beacon of light for all of us, and guiding us along here.

Joe:

Thank you and thank everybody for being on the call. I love all of you, and I'll see you on the next Miracles Coaching® call. Go for your dreams. Expect miracles and Godspeed.



Secret Session #10

Dr. Joe Vitale with Gregory Downey

Gregory:

Welcome, Joe.

Joe:

Thank you, Gregory.

Would you mind starting with some sort of short meditation—a clearing, cleansing, gratitude moment to bring us all in alignment and on the same page?

Gregory:

Yes, I would love to start with a moment of gratitude.

I'm very excited for the weather we're having. We had a wonderful winter with more moisture than was expected. It was much needed and so I'm grateful for that, but I'm also grateful for the warmth that we've been getting recently.

The flowers are starting to appear. Leaves are coming onto the trees, a symbol of new life and new beginnings. It's a reminder that new beginnings are always in front of us if we're willing to look for them, and for that I am grateful.

Is there anything you want to add, Joe?

Joe:

Yes, I am grateful, as well.

I'm grateful for this moment. I'm grateful for you. I'm grateful for the chance to get to talk to people in Miracles Coaching®. I'm always curious about what's on their mind. I'm looking forward to finding out what their questions are and, also, what my answers will be. Hopefully you'll chime in and add to that. I'm grateful for all of it.

With that in mind, let's go through some questions.

Gregory:

I have some awesome questions for you tonight.

What do you say to someone who constantly dumps their negativity, or comes into your space and unloads on you at the most inconvenient time?

Joe:

I've heard that many times and know I've answered it.

Just in case, I want to be sure people know they can get a free eBook called *The Miracles Manual* at www.miraclesmanual.com that has a lot of the questions like this one. Also, we record all of these calls so we have years' worth of them for you to listen to.

Gregory:

Yes, they're on the Success Blog and very easy to find and access.

Joe:

Okay, back to the question.

There are two ways to look at it. The first is the earth-level approach and that is not to take it anymore.

In fact, I just wrote a blog post called “Mind Poop” about the idea of allowing people to poop in your head (or using yourself to poop in your own head) with negativity, criticism, or limiting beliefs—anything that’s other than going for your dreams, going for the miracles—and clearing yourself of any obstacles and inner blocks you have so that you can be, do, and have whatever you want.

The earth-level response is to put your foot down. Create a boundary and stop allowing people to do that. We train people how to respond to us so if you allow it, you encourage it. People will get the idea that, “Well, it’s okay. I’m just going to keep dumping because the sign on your forehead says, ‘dump the load here.’” We don’t want that to happen.

In my blog post on “Mind Poop,” I wrote that if somebody came over to your house and went into your living room to take a poop, you would stop them. You wouldn’t allow it.

The same thing is going on at a psychological level when somebody comes to you and to dump their negativity. They’re pooping in your head.

When you look at it in this kind of vulgar, graphic way, you start to take on the idea that you are worth more than that. You need to be respected and you need to respect

yourself.

Do whatever you have to do to escape, draw the line, confront, ask them to stop, or not be in the vicinity. I can't conjure up all the variables because I don't know the different situations someone might be in.

That's the first level answer, where you just say, "No, not anymore, done."

At a deeper level—spiritually, metaphysically, even psychologically—you have to realize that the other person is often voicing the thing that's already in your head. This can be hard to grasp and, admittedly, a little hard to accept because we're talking about full responsibility, but I look at life as a mirror universe.

In other words, what we see on the outside is actually a very clear reflection of what's on the inside of us.

So if somebody walks up and starts spouting negative beliefs or negativity, they are in many ways voicing what's already in your mind. That's where you have to clear it and why you're in Miracles Coaching®. It's also why we have resources like *The Miracles Manual* and recorded calls to listen to. It's all designed to help you clear up your own beliefs.

My experience has been that, when you clear up your own beliefs, it's almost magical. You look out into the same world and what bothered you before either doesn't bother you or isn't there—it's gone.

It sounds magical, but we do live in a world of magic and miracles. That's my reality.

So, on the first level you have to stop it and put up a boundary. On the second level you have to clean it up in yourself.

Gregory:

It's interesting that you talk about putting up the boundaries because I tell my students in the coaching sessions that you can usually put an end to it with a good question.

Most of the time people who do this are looking for commiseration, somebody that's going to buy into their dump and help them feel good about the misery that they're in. I think it's because people really do want to feel good.

They come to dump because they want to feel better and they don't realize that they're, for lack of a better term, mucking up the environment. So, I encourage students to first validate where the person is coming from—not necessarily to give them permission to dump, but at least validate their feelings as a human being. They could say, "I can tell that it really bothers you." Most of the time people will say, "Yes, you're right, it really does bother me."

Then ask a good question like, "What have you tried or what have you done to improve the situation?" Usually they'll do one of two things—either come to an awakening and realize, "Oh wow, I've just been dumping. I didn't realize that I have the power to change things," or they just won't get the response that they want and stop coming back.

Joe:

Yes, they'll move on to find it.

Gregory:

Of course, you still have to clear whatever is inside you that attracted that person, and you do that by identifying the feelings that came up when that person was dumping.

Joe:

I'm glad you brought that up because I want to remind people that in *Zero Limits* I tell the true story of Dr. Hew Len, the therapist who worked in that hospital for mentally ill criminals—people who were violent and had to be shackled and sedated. He didn't work on them directly, even though they pushed his buttons. Instead, he looked at the feelings that came up in him when he looked at their files or saw eating lunch or some other activity.

As he worked on himself to clear his own programming, the patients got better. He didn't do it to make the patients better—he did it so he could clear himself of his triggers.

That's the opportunity with these situations. We want to look at what we're reacting to. What is it in us that's being triggered or manipulated?

As you pointed out, the feelings that come up are what you want to clear on and release. Once you do, you'll either not be bothered by the other person or the other person will simply not show up in your world anymore. That vibe won't be there. It'll be gone.

Gregory:

Often we don't even realize those feelings exist in us.

They may have been triggered originally by something that happened 10 years ago, and it's important to know that, just because you're not feeling it all the time, that energy is still there. It goes back to the saying, "Feelings buried alive never die."

That earlier experience may not be haunting you, but if those feelings come up again it's an indication that they still exist within you. It's a good idea to spend some time clearing them so you can be true to yourself.

Joe:

From that perspective, what you're complaining about is actually a gift.

Gregory:

Yes, absolutely. It goes back to turning it into something good and recognizing the lessons in it.

My next question is about writing a book. I have a student who has a title and outline of her chapters, but she can't seem to get started with the actual writing. She's afraid no one will want to read the book.

How can she break out of this limiting belief and get the ball rolling once and for all?

Joe:

I can relate.

I remember 30 years ago wanting to make a difference and write things that would uplift people, but when I'd sit down I'd think, "What if nobody reads it? What if it's not any good? What if it never gets published or it's a bomb?"

Then I came across a quote in a writing magazine that I cut out and I taped to my desk by my typewriter. I can't remember it word for word but the first line was something like, "What if what I'm about to write is truly horrible, never gets published, is never respected, never sold, I never earn a penny, and nobody ever reads it?"

The line below it said, "What if what I'm about to write is the most astonishing thing, gets me fame and fortune, makes a difference in people's lives and is the thing that I am known for forever?"

I always remembered that it's my choice. I can sit there and dwell on the idea that nobody's going to read it or I can sit there and dwell on, "What if this is incredible and the world sits up and takes notice?" I looked at that quote every single time because that's when I had a decision to make.

I could decide, "It's not going to work," and get up and leave, or I could decide, "I'm going to write this and we're going to see how it works out. Maybe it's the thing that makes a difference."

Thirty years later, thank goodness I wrote what I did. I wouldn't be living the life of the rich and famous now or get to be on this call with everyone here. None of it would have happened—because I wouldn't have written anything

and nothing would have been published.

Who knows what ditch I'd be in...

So you do have a choice. It could be the turning point in my life. That's the upward path, the safe path.

Gregory:

It's good to talk about this because it's easy to think, "Oh, that's easy for Joe to say. He's famous and has a following."

I remember when we were in Las Vegas you talked about your music career and how you struggled with your limiting beliefs. You said you started looking at the guitars that you owned and decided, "Okay, maybe I'd better finally learn to play these things."

It blew me away to hear you confessing these messages from the ego that said, "Who are you to learn to play guitar now? What makes you think you'll ever be able to do this?"

I thought, "Well, I'll be. He really does put his pants on one leg at a time."

Joe:

I'm human as anybody. I just had to get to the point of coming from faith.

Yes, I struggled with the writing part of it because I didn't know if it would be published. More recently, when I decided I was going to record music, those demons of the mind showed back up and said, "Who are you to do this? What if the songs you write are crap? What if the music you record is never heard?"

I went down that “what-if-negativity” road until I woke up and realized, “Wait, this is just like everything else I’ve ever done in my life. Clear the negative beliefs out of the way and go for what I really want. I really do want to play the guitar, I really do want to write songs, I really do want to record music, I really do want it to be heard.”

The only way to find out if it’s going to work is to actually do it.

Gregory:

At this point in your career, do you ever have new limiting beliefs that come up about your writing?

Joe:

Yes, I do any time there’s a new project or an inspiration comes and nudges me to write something.

For example, I’ve been toying with a sequel to *Zero Limits* and sometimes I’ll hear a voice that says, “How will that ever match the legendary bestselling status of the first book?” I wrestled with that a little bit until I realized, “Well, I don’t have to match it, all I have to do is write the book to the best of my ability and get it out there.”

It’s the same with writing music. Every time I look at a blank page I think, “What do I do now? What do I write? Some of the songs I’ve written are, in my opinion, really great. What if the next song I write is really terrible?”

I go through the same kind of thought process, but it takes far less time now. I didn’t have a coach or resources

back then. I didn't have support or Miracles Coaching®.

Thirty years ago I might wrestle with that thing for weeks before I'd make a decision—now it happens within minutes.

Today I know all the different things I can do—EFT (tapping), talk to a coach, write it out as a dialogue on a piece of paper, or do Ho'oponopono and the whole *Zero Limits* approach.

I can get rid of it really, really fast and get right to clarity.

Gregory:

So you still deal with the limiting beliefs, but more quickly.

Joe:

Yes, I deal with it almost instantaneously.

I've done it enough times that I've built up a mental muscle that knows, "Look, you make the decision and you're going to do it." People close to me have said, "We never underestimate you—if you decide you're going to do something humungous that you've never done before, we've learned not to question it."

I've taught myself this about myself, but it comes from repeatedly challenging myself, wresting a little bit, moving forward, succeeding, and then going through the process again—much like when I go in the gym and lift weights.

I've built this confidence muscle, this faith muscle that says, "Go ahead and think big. Go ahead and go for the biggest, most challenging inspiration that comes your way

because we know once you decide you're going to do it, you'll do it."

It's the same for everyone. I've just maybe done it more and for a longer period.

Gregory:

As an author, you're probably aware that you attract a lot of students who want to do what you do.

In fact, I'd say that at least 40% of the students I work with are involved in energy work or some type of coaching, and even if they're not, they want to. That's why they seek you out as a mentor.

Can you tell us how do you discover your niche?

Joe:

I just watched a TED talk with Simon Sinek, the author of *Start with Why*. He said that in his research, he found out that all the successful people and giant corporations we admire that are always having breakthroughs have one thing in common—they start with *why*, not on *what*, people will buy. They don't focus on the product or the packaging. They focus on the internal, passionate motivation.

In other words, *why* do they want to do something?

I recently read the autobiography of Henry Ford, which came out in 1922. I loved it because it just reeked of service. He dedicated his life to serving people right down to saying openly he didn't think that people needed to buy more than one car in their entire life if the car manufacturer made a

car that would last that long.

He also thought that if a car he made ever broke down no person who owned it should ever have to pay for a repair. It didn't last so the company that made it should pay for it.

This man's "why" was on serving the masses.

So, instead of thinking of a niche, what the public might buy, or what they'll hire you to speak or coach on, you have to look within yourself to say, "Why do I want to do this at all? What's my motivation?"

When I was very young I discovered my calling. You could call it my driving force or my big "why," and it's still the same today. I want to inspire people to go for and achieve their dreams. That's it in a sentence.

I want to inspire people to go for and achieve their dreams and that guides everything I do. I don't sit around thinking, "Well, what should the next book, musical product, DVD, or seminar be?" I want to know, "What is the next thing that will inspire them?"

So explore your motivation because, once you tap your why, the niche and the following and everything else is going to be fairly automatic. It'll become much clearer.

In the TED talk, Simon talked about Martin Luther King, Steve Jobs, and the Wright Brothers—people who had no money, no fame, no experience, but they had this "why." They had a dream.

They had an internal motivation that said, "I'm going to make the most unusual breakthrough computer products"—and we end up with iPads and iPhones, or we

end up with a man who stands up in 1963 and says, “I want to make a difference on the planet. I have a dream, I have a dream,” and 25,000 people show up.

No Twittering, no FaceBook, no Internet, no newsletter—yet all these people somehow get the whiff of his big “why” and support it. They’re not even necessarily supporting the man, they’re supporting his dream.

The Wright Brothers gave flight at the same time the government was trying to fund flight. I don’t know how much money they were throwing at it, but it was a tremendous amount because the government wanted to create a flight. Yet, it was the people with no money who had the biggest dream. The Wright Brothers were the ones who created flight.

It all comes down to, “What’s your big why?” If you’re focused on money or notoriety, fame of some sort, reputation, those aren’t the “whys.” They’re reasons, maybe, even side effects, but it’s not as important as the “why”.

The “why” is first.

Gregory:

I’ve often heard you say that the universe demands immediacy or speed.

Joe:

Yes, the universe loves speed.

Gregory:

What if a person wants to attract inspiration into their life? Would it be more important to ponder “why” than “how?”

Joe:

Absolutely, far too many people focus on the “how.” “How am I going to do this, how am I going to accomplish that?” That’s not for you to figure out—that’s for the universe to figure out.

Your job is to figure out the “why” and that’s best done in contemplation. You have to create quiet time in some way—being in nature, reading a book, sitting in your hot tub, swimming, or going for a walk.

It’s different for each person, but you make time for the universe to speak to you and through you. Your “why,” that inspiration, leads you to everything else.

When you start to pursue your dream, you don’t usually know how you’re going to do it. You don’t usually have the how. What you have is the “why” and that leads to the “how” as long as you keep doing whatever you’re being inspired to do next.

Gregory:

What if there are challenges? How does a person find the lesson in the experience?

Joe:

That’s the beauty of being in Miracles Coaching®. You have

somebody to explore it with and don't have to do it alone. It seems to take forever when you do it all by yourself, although miracles happen all the time.

The first thing I ask people to do is play a little game. I'll say, "I know you don't know what the meaning is to whatever is going on in your life right now, but if you just played along for a second and made it up, what might it be?"

When you just take a wild guess about what the lesson might be, something will come up unless, of course, you block it and say, "I don't know," or "Nothing's coming up." That's dodging the question because I only asked you to play and come up with a fictional reason.

Just make something up. When you do, 95% of the time it will either nail the actual lesson or be so close to it you'll feel it.

So allow yourself to play with it. Don't block it, judge it, condemn it, or be embarrassed by it. It's a private thing between you and your Miracles Coach.

The other thing I ask people to do is pay attention to how they talk to other people about the experiences that are troubling them.

If you get together with a friend and say things like, "Every time I try to do such and such, this always happens," or, "You know what? It just feels like..." these are indications of the belief that's causing the lesson.

For example, you might hear yourself tell someone, "Well, I'm trying to date but it never works out. It just

feels like all the good ones are taken.” Obviously this isn’t true—it’s a belief.

Or you may say, “I’m trying to make the sale but I never can seem to do it. I’m just not a born salesperson.” I don’t know anybody that’s born a salesperson.

This is a way to unearth your beliefs in conversation, especially when you’re really loose, meaning you’re with a trusted friend having a glass of wine. It tends to loosen your tongue a bit, and you’ll start to narrate what your explanation is for the trouble that you’re going through.

Your explanation is a belief and one you want to get rid of. The belief that’s operating is actually what’s causing or attracting or manifesting everything in your life. Once you get the lesson and clear that belief, that experience will disappear. You won’t need it anymore.

Gregory:

It’s a kind of graduation.

Joe:

I like the word “awakening” better, which I think we’re all here to do.

Even when I go through my own struggles, when I take on another big project, I’m awakening to another level. I discover other beliefs I didn’t know I had. When I find it, I’ll say, “Let’s get rid of it.”

For example, I’m a musician. I wasn’t two and a half years ago, but I am now. How? I found the belief that was

stopping me from even experimenting with music and said, “Wait a minute, people learn music all the time. You can learn how to write, you can learn how to sing, you can learn how to play guitar. We can learn anything at any time.”

Once I got rid of the belief and learned that lesson, it was gone.

Gregory:

Do you think it has anything to do with the idea of “havingness?”

Joe:

I don’t think I’ve heard of it that way.

I’ve heard of “beingness” where you become the person you want to become now. In other words, you fully embody the “beingness” of whatever it is that you’re trying to attract.

So if you want more income or a bigger house or a romance—the whole laundry list—what would you be like right now if you had all that?

When you step into the feeling of being what you want to have in the future, you start to attract it to yourself sooner because you’re living the “beingness” of it right now.

I don’t think “havingness” is different than the “beingness.”

Gregory:

People often say things like, “If I could just do this *then* I’d

really be that,” but it sounds like what you’re saying is that it’s important to focus on being *now*.

Joe:

It’s a very powerful exercise.

There’s a book from the 50s called *Fortunes for All* by Vash Young, which I’d highly recommend if you can find it. It has two pages in it where he asks you to take out a piece of paper and write down everything that you want to have, do, or be—everything.

If you want to be president of the United States, write that down. If you want to have a Rolls Royce, write that down. If you want a particular house or relationship, write that down.

Inventory everything and then, he says, “Okay, you’ve written everything. Did you leave anything else out? Is there a certain amount of money you want? Write it down.”

You write it all down and then pretend you already have it. You have everything that you just listed, your entire catalogue of the things you want to have, do, or be. You imagine you’ve got it, and you feel it now. This is your new life.

“If you had all this,” he said, “What kind of person would you be? What kind of person would you be if everything was complete on your list?”

Then you start being that person right now—because you will be happy, you will be complete, you will be fulfilled, and you will be satisfied. You go about your life

living this feeling of the miraculous.

From a Law of Attraction standpoint, you'll have that high-energy vibe that will pull all those things in or something even better.

Gregory:

His name was Vash?

Joe:

Actually it was Vashni, but he preferred Vash, and he was a distant relative to Brigham Young.

Fortunes for All was his last book, and his most famous book, which is the easiest to find, is called *A Fortune to Share*. They're both worth reading because they're about your mind power.

It's all about your ability to be happy, to serve people, to attract what you want by thinking positive, being positive, acting positive—and from there having this glorious life while also touching everybody around you in the most glorious way.

We've all got a list of things we want. We're in coaching because we want something.

Vash would say, "Pretend you already have it. How would you be? Be that person now. Be that confident person, that happy person, that healthy person now and all those things that you were longing for, they're going to be added to you as you go about your life."

Gregory:

I have learned about some of the most profound books from you.

I understand you have something called the “Vitale Vault” in your Hypnotic Gold program with some of history’s most amazing books, written as far back as the turn of the century.

Joe:

Yes, some even before that. I’m a self-professed bookaholic. I absolutely love books and have a pretty impressive collection.

Some of the older books set the stage for every other book that came after, and I like to go to the source. I love to discover people like Vash Young who are pretty much forgotten by everybody and become reacquainted with them.

Gregory:

Some of the most profound material that I’ve gotten a hold of is information that’s come right out of “Vitale Vault.” It’s had a huge impact on my life and helped me as a coach. Students like to feel they have information that is different than what everybody’s talking about at the water cooler.

Okay, I have one last question for you. What if you believe that you’re so happy that you just don’t want anything?

Joe:

The question is actually a limiting belief. It's not true.

Even if you're feeling complete and happy, in a state of bliss, you don't just sit like a rock and die. At some point you get up and say, "You know what? I want a piece of pie." So it's not real at all.

I studied with Barry Neil Kaufmann, who wrote a book called *To Love is to be Happy With*. He and his wife had a son that was born autistic and all the medical treatment centers said, "Look, there's nothing to do for autism. You're just going to have to live with this. You have other healthy children, focus on them. We're sorry you have an autistic child."

They didn't accept that. Barry had been looking at beliefs and they began working with their son themselves, mirroring all his moves and loving him unconditionally. They looked at any negative belief that ever showed up in their lives as they worked with him. He's an adult now with no traces of autism. They've since created a center and have been working with people who have autistic kids to show them the same thing.

When you love someone unconditionally, when you accept them and handle your beliefs about everything, you can actually help them. Actually, cure is the right word here.

Barry has made a deep study of beliefs. He says that one of the most bogus beliefs out there is, "If I'm happy right now I'm not going to do anything." That's hogwash.

When you're happy you actually do more, feel better about it, and are closest to your inspiration because there's nothing in the way of it. When it bubbles up you think, "Oh, I'll go write a song now," or, "I'll open this business," or, "I'm going to write this cookbook."

A lot of beliefs just have to be looked at for a second to see if it's real. You realize, "No, it's not real at all. It's just a flimsy little belief."

Gregory:

Awesome.

Before we wrap up, is there anything you'd like your students to know about?

Joe:

I'm kicking around doing a seminar in Austin, Texas about attracting money and awakening to your own abundance. People are reading my free eBook, *Attract Money Now* [available at www.attractmoneynow.com] and seem to be interested in learning about how to handle their money and attract more of it. The Law of Attraction and abundance seems to be a hot button. [Note: The Home Study Version of this workshop is now available at www.attractmoneynowlive.com]

Another new, free eBook for people is *The Miracles Manual, Volume One*, which is based on other secret coaching sessions like this call. I'm very proud of it. I went through it and thought, "Wow, there are some very

insightful questions and honest, in-depth answers in there.” You can get that at www.miraclesmanual.com.

I also have a sixth music album, *At Zero*, coming out next week which is the sequel to *Aligning to Zero*. It has seven new instrumental music tracks designed to align, clear, and cleanse you of limiting beliefs, and take care of your chakras, energy centers in your body.

Mathew Dixon worked with me on it and the music is exquisitely beautiful. *Aligning to Zero* is one of our bestsellers, so we’re excited for this second one. The website for it is www.atzeromusic.com.

Gregory:

You’ve also got *Blue Healer*, *Strut*, and what else?

Joe:

I have *The Healing Song*, which is more singer/songwriter stuff. Three Grammy winners were involved with that album.

The most recent album is called *Sun Will Rise*, a collection of singer/ songwriter songs of hope and inspiration.

Gregory:

Do they find all that at www.mrfire.com?

Joe:

Yes. There are links for the different music, so just explore around.

Gregory:

Joe, it's always a pleasure.

Joe:

Thank you and Godspeed to everybody.

Expect miracles.



Secret Session #11

Dr. Joe Vitale with Gil McIff

Gil:

Joe, we're glad you're here with us. We've got a full house tonight.

Joe:

Great! I'm glad to be here.

Gil:

Let's get started with our traditional gratitude focus.

Everyone, tune into your heart center for a moment. Breathe in slow and deep and then exhale long and full. We'll do that one more, inhale slow and deep and exhale long and full, bringing your awareness into your heart. Continue breathing in this way and allow yourself to feel the feelings associated with genuine gratitude.

As you inhale, fill up with that gratitude and, as you exhale, broadcast that to every cell in your body.

One more time, inhale that gratitude and this time as you exhale, broadcast that to every person here.

Again, inhale that gratitude, really filling up into the

heart and this time exhale it to everyone on this planet.

Thank you all for being here.

Joe:

Thank you for that gratitude meditation, Gil.

Gil:

You're welcome. It's short, sweet, but pretty potent.

Joe:

Every moment you take a breath and feel gratitude is priceless.

I know you've got some great questions prepared for you. Let's jump in...I'm ready for them.

Gil:

Wonderful!

My first one is something that comes up in coaching a lot. What is the difference between feeling and emotion, if there is one? Could you give us any insights?

Joe:

Yes, they're very similar. They're both internal and subjective and tend to bleed into each other, so to speak. It can be very confusing.

Emotions are longer lasting, solid states of feeling that have crystalized into a label like *love*, *fear*, *anger*, *grief*, *shame*, *embarrassment*, or *gratitude*. Those are the biggies.

If you think about these, they usually last longer—days, weeks, or longer.

On the other hand, feelings are a momentary, internal reaction triggered by some outside stimuli, something in our environment. For example, if you put your hand on a stove, you get the feeling that you better move it quickly. Feelings are part of an instantaneous, internal guidance system we have. In the case of a hot stove, it says, “Don’t do that.”

Where feelings are transitory, emotions are deeply held, longer-term aspects of our personality, the bigger picture. We can lock into any of the emotions and carry them around.

The key to understanding the difference between them is to pay attention to how we feel. Do we feel like we need to move our hand because it’s hot? Do we feel like we need to express gratitude? Do we feel like we’re in love? Feelings are like teaching moments, pointers to where we want to go.

I’m after the higher vibration emotions. I want to live in a state of bliss, which is composed of gratitude, forgiveness, happiness, bliss, generosity and love. I like to think of them as a blanket or a coat we can put on and walk around with all day.

Gil:

I love that analogy.

Why are love and gratitude such powerful forces when

it comes to creating miracles?

Joe:

Love and gratitude are at the top of the scale in the hierarchy of emotions, the most powerful tools in existence. There isn't anything more powerful than love.

Dr. David Hawkins, a psychiatrist and researcher, mapped the levels of consciousness and put it all on a chart. Emotions like fear, anger, and regret make you feel low. They bring your energy down and you feel like you have extra weight inside of yourself. Those energy vibrations don't help you manifest.

You have to go up the scale of enlightenment, if you will, to forgiveness, gratitude, generosity, and love. In love, there's no judgment internally or externally, so you have all the power available to you and through you in the universe—there's nothing in you obscuring or blocking it. That's the big insight.

In any moment when we're feeling bad, for example, we're still holding onto a grudge, not forgiving ourselves or somebody else, and feeling angry, upset, or despondent—we've temporarily locked down our awareness of all of our options. We're not totally plugged into the power of the universe. We've limited what's available because of this little box we've put ourselves in.

As you explore those fears, those beliefs, everything that's bringing those feelings up, you rise up the level of consciousness and awareness, of enlightenment and

awakening. The more you go up the ladder, the more expansive your energy becomes and the more connected you are to the planet. When you get to love, you're one with all that is, which means you are at the power center of pulling the levers to allow miracles to happen.

So love is the biggie, the lotto ticket of life. And you don't have to pay anything for it. You're the winner.

Gil:

That's a beautiful explanation. I want to hear it again

I want to remind everyone here that if they want to hear this answer again, all of these calls are recorded so people can go back and listen to them.

Joe:

Yes, there are years of these calls.

When you acknowledge that an answer like the one you just heard was good enough that you want to repeat it, I want to repeat it, too. I don't have notes in front of me when I'm on these calls. I'm adlibbing and, to the best of my ability, allowing inspiration to speak through me.

Gil:

I hadn't heard you say that before.

Joe:

I didn't have it before. This is living in the moment, which is where the miracles are.

The more we can be in the moment, the more we can experience miracles—and what a rush that is. That's when we're connected to everything and everyone.

Even when I write books I allow inspiration to lead the way.

Gil:

You've alluded to the answer to my next question—that when you get it right on the inside, the outside takes care of itself.

How does this happen?

Joe:

I'm fond of using the metaphor of a mirror, meaning that everything you see on the outside is a mirror image of what's inside you. I've even created a technology for change using an actual mirror, which is the technology I teach in my new program, *The Secret Mirror*.

It's important to realize that *everything* you see, whether person, place, or thing—is all inside of you. This includes any experiences you may have, for example, when you look outside your window or car when you're driving.

Nothing exists except your interpretation of it within yourself.

So when you don't like something—you don't like a person, you don't like your boss, you don't like your job, or you're having challenges, you want to go inside yourself to make the changes because what's bothering you isn't on the

outside. Your pain, concern, or frustration is inside.

Once you go inside and dissolve the issues, you get to a state of peace, which is another word for love. You're in a state of being centered because nothing is bothering you anymore. When you look outside, you may see the same people, situation, or scenario, but the triggers in you are gone.

When you change inside, you no longer send out what some physicists call an "attractor field" that matches what's bothering you. So if you're having an issue with a relationship, you might end that relationship, but if you haven't taken care of the attractor field, or your beliefs, you may attract a very similar relationship. Once again you'll have the same problem.

When you take care of it inside of yourself, it stops showing up in the same way. The people might still be there but they no longer bother you because your trigger is gone—or, because your trigger is gone, there's nobody there. They move on, leave, quit calling, or quit visiting. They just disappear.

As I've kept working on myself over my 60 years on the planet, a lot of people who were in my life at one point didn't stay on the same level as me. I kept changing and they didn't change with me.

There was no animosity, nobody called up the other person and said, "Hey, you have to move, you're not on the same level, you're not enlightened like me." It was a very organic process.

You don't take care of anything on the outside, you take care of what's on the inside and the outside will take care of itself. You'll be lead to do something or the other side will be lead to do something. It'll resolve, but it only happens when you resolve the inner and find that place of peace, love, gratitude, generosity, and forgiveness—that place of heaven in you.

Gil:

The inside job is part of the next question, too.

What would you suggest for minimizing desperation and anxiety when you know how to generate the right things but you need more money fast?

Joe:

I've got to chuckle because I wrote a whole book on this, which I just picked up off my shelf. It's called *Attract Money Now* and it's free. Just go to www.attractmoneynow.com and read it. I can't read it for you. I can't do anything for you, but there are seven steps in that book that'll help you attract money now.

If you're struggling with money and need immediate resources you can turn to, meaning that if you're really desperate right now and feeling you can't pay your bills or rent, whatever it happens to be, there's a bonus chapter called "29 Ways to Attract Money Now" on page 120.

Those are earth-level things to do, like phone numbers you can call, things like that to pull you out of the ditch,

but let's look at this in a Miracles Coaching® oriented way.

When somebody's feeling desperate, they're sending out an attractor field that pulls in more desperation, so it's not a good place to stay. Definitely talk to your Miracles Coach and dissect the belief behind it because there are always beliefs that are operating.

When you change the beliefs, you get a different reality. Change your beliefs about money. Change your beliefs about deservingness.

When somebody feels desperate, underneath desperation are beliefs like:

I'm never going to get money.

Money is evil.

Money is bad for me.

I'm not worthy of money.

None of this stuff will work for me.

None of these processes are actually good for me personally.

These are just some of the common ones. Everyone has their own beliefs underneath the feeling of desperation.

So my first bit of advice is to read the book, *Attract Money Now*, go to the chapter I mentioned earlier, make the calls, and do what you need to do. Next, talk to your Miracles Coach about these feeling and unearth the beliefs that have them erected as a reality in your life.

This isn't a hard process—it's fun. It's like looking for the treasure. You're looking for the beliefs that say that you can't have money right now. Whatever those beliefs are, question them, let them go, and the treasure will appear.

You'll look around and say, "Wow, I never thought that I could do this particular work...put this particular eBook online...contact this particular person for a job...open this particular business."

When you have beliefs that put you in a box where you can't see your way out, you drop the belief that created that box. Suddenly you see all your options, opportunities, and freedom. They're there now, they've always been there, but because of beliefs we don't see them.

The good news is there's a way out and the great news is you're already signed up with Miracles Coaching®. Leverage that to get out of it right now.

Gil:

Yes, absolutely.

My next question is in the opposite direction. What if someone comes up with thoughts easily enough but the feelings are more elusive? Can you generate more skill with the feelings?

Joe:

Thoughts are what create the feelings. When somebody says they can come up with the thoughts easily but not the feelings, they don't have the appropriate thought.

My friend, Mindy Audlin, wrote a book called, *What If It All Goes Right?* and, in a nutshell, she advises people to do what she calls "What if up thinking."

Most of us do "what if down" thinking. We think,

“What if it goes bad, what if I go bankrupt, what if this doesn’t work, what if I get hit by a car, what if, what if, what if?” but it’s all negative what if’s.

Her advice is to go up with questions like, “What if it works out, what if I get the money you need tomorrow, what if somebody else pays your bills, what if I do a Miracles Coaching® session and get a breakthrough that leads to a fortune?”

Notice when you ask these questions, your feelings, energy, and enthusiasm goes up.

Play the “What if up?” game with you Miracles Coach and start to explore what would be really cool to have in your life. What’s a turn on for you?

For me, it might be a new car, a new guitar, a new travel experience, a new book deal, a new speaking engagement, or a new author I discover. Any of those things could really excite me, but I don’t have to have it in my experience to have that excitement. I just have to have the belief that it’s possible. That’s the thought that increases my energy.

Role play, fantasize, have fun, and dream bigger than you’ve ever thought before. When you state a dream, like “It’d really be fun if I wrote a cookbook,” wouldn’t it even be more fun if you wrote a cookbook and a big publisher paid you for it and you got your own TV show and you’re doing cooking on camera once a week?

All of these are thoughts, but these thoughts feel so much better. The vibe is higher—they’re more exciting and enriching.

Gil:

If someone has a “realistic objective” of \$50,000 a year, does it do any good to contemplate \$150,000? Or is that kind of a stretch for their belief system? Should you “What if up?” beyond your objectives? Can you talk about that?

Joe:

It should excite people and make them a wee bit nervous, but if it crosses the line and puts them into panic, then we’ve gone too far for that person at this time.

For example, I remember listening to an audio program years ago called something like *Think like a Billionaire*, and one of the first CDs in that program asked every listener, “Do you really want to be a billionaire?”

I stopped at that time and thought, “I never really thought about it.” Having a billion dollars can bring its own set of problems that most people listening to that program weren’t ready for.

If a person is making \$40,000 and they want \$50,000, that’s probably an exciting, doable, great objective. If they suddenly want five million, unless they’re congruent with that and say, “Yes, that really feels good, I welcome that, I want that,” it’s probably too big of a jump. But that’s an internal thing.

Each person has to be ruthlessly honest with their self and say, “Yes, I want more but what’s comfortable and yet a stretch is this amount.” Then when you achieve that and you’re comfortable with that, you can relook and say, “Okay,

now I'm ready to go to the next level up. I'm comfortable and a little bit nervous about it, but I know I can do it."

So we're making these jumps within the realm of possibility but also stretching ourselves just enough to be out of our comfort zone without panicking ourselves.

Gil:

In the goal setting, then, keep it believable and realistic with a stretch. In the dream building, think big, feel big, journal big, and have fun with that.

Joe:

Yes, just let it be fun.

Gil:

Can you elaborate more on the difference between awakening and enlightenment?

Joe:

To me, awakening and enlightenment are the same thing.

I wrote a book called *The Awakening Course*, which is also an audio program where I map out the four stages of awakening: victimhood, empowerment, surrender, and the awakening/enlightenment stage.

These have been talked about for centuries. It's not new in any way, shape, or form.

I think the great goal of life is for us to awaken, but I also know it's not something that you do, it's something

that you allow—meaning you can meditate, visualize, walk on hot coals, try to levitate, and do meditation retreats all you want but that doesn't guarantee enlightenment.

Enlightenment has happened to some of the most obscure, unlikely people throughout history—somebody sits under a tree and they wake up enlightened. It comes by grace, so we don't want to put any energy on it because that's simply ego.

If our being is saying, "Wow, I really want to be enlightened because that's the "in" thing," that's anti-enlightenment. That's pure ego saying, "I want to be enlightened." When you're enlightened you don't have ego, so the ego doesn't really actually even want that.

To make this an "Enlightenment for Dummies" kind of approach, just be in the moment because this moment is really it. When we're in this moment we realize the past is gone, the future isn't here yet, and all we have is this moment.

When you're in this moment with gratitude, focused on taking deep breaths, looking around and saying, "Here's what I'm grateful for in this moment," you pull yourself into the miracle of reality.

There's no magic button, no "on" switch, no little buzzer to push, and no mantra for it. It comes by grace, but in the meantime, let's take care of ourselves.

Let's keep our hands busy. Let's follow inspiration. Let's stay in the moment. Let's do what we know to do. Let's do Miracles Coaching® to take care of any snags in our

awareness so that we can be at peace now.

When enlightenment comes, wonderful, welcome it like every other moment. The central thing is to be in the moment. Be happy now.

Gil:

Are there specific practices or meditations that you can recommend in order to have more effective results in clearing blocks?

Joe:

I wrote a book called *The Key* that lists 10 different clearing techniques. Some are by contributors so it might be interesting for people who are curious to pick that up and review it.

There are so many clearing techniques today. It's an amazing library of possibilities I didn't have when I was homeless and in poverty.

Personally, I've always leaned on a couple different cleaning and clearing techniques. One is Ho'oponopono, which I wrote about in *Zero Limits* and will write more about in the sequel I'm working on. I use it every day.

I love Ho'oponopono. I'm using it right now in the background of my mind even though I'm talking. I continuously repeat the four phrases, "I love you, I'm sorry, please forgive me, thank you" to clean and clear so I can be here now, speak from inspiration, and be of the most service to people.

I also use tapping, or EFT—the emotional freedom technique. It was originally called TFT (thought field therapy). It's a way of tapping on your body, usually on your hand, face, and some places on your chest to release emotions, feelings and even beliefs.

Some people call it psychological acupuncture because you're not using needles but you are tapping particular meridian points on your body to release, clear, and clean.

The third thing I do all the time is question beliefs. I learned this way back in the mid-80s from Barry Neil Kaufman who wrote *To Love Is to Be Happy With*. He teaches a Socratic dialogue technique.

For example, somebody may feel like, “Money is never going to come to me.” Obviously that's a belief. It can't be a fact. It can't be the truth because it can change at any moment and it's not true for everybody.

So you question it, beginning with a simple thing like, “Do I believe money is not going to come to me?” When you ask the question, you may right then and there have enough distance to realize, “Well, no, I don't believe that,” and that belief might just go with the wind.

But let's say you do believe it, “Yes, I believe I'm not going to have any money come to me. This isn't going to work for me.” Don't judge it, just go to the next question and ask, “Why do I believe that?” What you're looking for is your own evidence—because you got that belief from somewhere. You may have seen it in a movie, read it in a book, heard it growing up. Most of us didn't have parents

who were clear when it came to money and we inherited a lot of their limiting beliefs about money.

So it shouldn't be a surprise that every now and then a belief will surface and you think, "Where did that come from?" It may have come innocently from your parents who didn't know any better. They were programmed too. As a child, you're vulnerable and programmed with everything around you, so you take the belief on.

So you ask, "Where is my evidence? Why do I believe that?" for that belief. Whatever comes up is your opportunity to get clear with it because now you get to see, "Oh, that was my parent's belief, that was the educational system I had, that was in the community I was part of." It doesn't mean it's still your belief today. You can let go of it.

Those are the three things I still do today—Ho'oponopono (the four phrases), EFT (tapping), sometimes called thought field therapy, and the Socratic dialogue.

Miracles Coaching® is profound because the Miracles Coaches work with all these.

Gil:

If someone is in a peaceful state, no negative feelings, but isn't having any promptings to do action steps, is anything wrong? Is this a normal part of moving from surrender to awakening?

Joe:

It's normal except for the fact that there's a question about it.

In other words, when you're totally at peace and in the moment, you don't even have a question like, "Hey, is it okay to be totally at peace and in the moment?" That's a signal that we're not totally at peace and not totally in the moment. We're still questioning that moment.

So what if you are in the moment totally at peace and for this moment all you have is to sit there? Well then, by God, sit there, enjoy it. There have been numerous people who have sat under trees or on mountaintops or beaches. Sooner or later they get up.

Sooner or later they're nudged to do something. Sooner or later they get hungry. Some of them come out of the cave and write books and make audios about meditation. It's going to be different for each person. The nature of life is movement so there will always be some sort of compelling nudge to do something—and when that shows up, your part of the deal is to do it. Life is a co-creation.

When the inspiration says, "Okay, now get off the sand and go on over and make a burrito for your loved one," go make the burrito. It's really about being in the moment, at peace and following inspiration when it shows up and says, "Now's the time."

Gil:

In your book, *Faith*, you write on page 132 that "you don't

proceed blindly.” This seems to indicate that you do collect information about any subject you may be wondering about, but then you ask for guidance as to whether or not to do it after you collect the info. Is that right?

Joe:

No, I’m actually being guided into collecting info itself—in other words, the guidance was there before the information.

For example, in 1998 I wrote a book on the great circus promoter, PT Barnum, called *There’s a Customer Born Every Minute*. I loved that book and I loved Barnum.

I read his autobiography and just was astonished at his genius, his humor, and his ability to be an entrepreneur. He turned nothing into something and caused millions of people around the world to want to see it.

I was fascinated with this guy, so I wanted to write the book and was guided to do the research. At the time there was a museum in San Antonio. I went there. I was guided to go to a museum that was in Bridgeport, Connecticut. I went there. I was guided to get particular books. I got them.

As I got all this material, I went through it and made it part of me. I read and relished it while making notes. The guidance was there all through the amassing of information, and then I was guided in how to write the book.

I’m an author. It’s not uncommon for me to want to read books, get information, and do research. That’s fun for me. I enjoy doing it. It may not be the case for everybody

else, but inspiration is unique to each person and will, more often than not, is going to work through your talents and your strengths.

When inspiration said, “Okay, you’re going to write a book on Barnum, go do this research over here,” it was really easy for me to say yes because that is my nature. Inspiration is working through me as Joe Vitale. It works through you. It works through anybody that’s using their strengths along the way—but it’s definitely not a matter of gathering all the information and then inspiration will come.

Gil:

So, just as inspiration could utilize the talents as that guidance, could it also use the intelligence as the avenue?

Joe:

Absolutely, you’re like the channel for it and it can only use what’s available in your channel.

If inspiration knocked at my door and said, “We want you to speak in Portuguese about Ho’oponopono,” that would be a dead end because I don’t know one word of Portuguese. But if it says, “We want you to speak about faith in English, start now,” I can do that because it’s using what I have available.

It’s piping through my system and my system is available to do that. It’s unique to each person using what they have available—intelligence, information, personality, past experience, everything in that person’s package.

Gil:

That's makes sense.

Can you summarize your new relationship program on attracting love? A lot of them sound the same, so could you tell us what's better about yours?

Joe:

I haven't purchased all the other ones, so I don't know that I'm in a position to say what's different or better.

I can tell you that Patti Stanger, Steve Jones, and I got together and created a "soulmate attractor" product. [www.attractingasoulmate.com]

Patti Stanger is a powerhouse woman who has the #1 show on Bravo, "Millionaire Matchmaker," and runs a matchmaking dating service (and also found her own soulmate using her techniques). Steve Jones is a celebrity hypnotist who uses hypnosis to help people find their perfect matches.

I kicked in with some clearing techniques, and we ended up with a very unique package. There are probably great packages out there by other people—I just don't know what they are. The one we came up with seems pretty unique to us and, because of the reputations of Patti, Steve, and myself, we've created something that is different, unusual, powerful, and designed to get results.

Gil:

As long as it's effective and it works, it doesn't need to be

better than anybody else's.

One last question: What are you most grateful for right now? What's inspiring and moving you forward?

Joe:

I'm grateful for so many things in my life.

Zero Limits has been a very powerful book in my life. It's changed millions of people lives and been published in languages I didn't even know existed.

I am enormously grateful to have the contract for the sequel and to know that it's coming out in November because I get to continue helping people through that book and through that message. That's a biggie.

I'm also very grateful for all the people who love my books. I posted on FaceBook today that I had the book deal for the new *Zero Limits* book and hundreds of people "liked" it.

Twenty some people just said, "We love you, we love all your books," and this warmth just gushed at me. It was almost overwhelming. I had to take a deep breath and say, "Wow, just take that in and be grateful for it." The person that's really keeping me going here is Nerissa, my wife. She's at a meeting right now but she made sure I ate before I came on this call. She made sure that she kissed me, loved me, and wished me a great call. She was rooting for me even though she was juggling a bunch of her own stuff and was rushing out the door to get to a meeting. I'm very grateful to have her helping me.

Then I always have to say that I'm enormously grateful for the Miracles Coaches who are extensions of my work, touching people that I can't reach right now because of all the other things I'm doing. They make a difference in everybody's lives.

I feel such gratitude for all the people on the call right now, people who raised their hand in life and said "I'm ready. I want to make a difference. I want miracles. I want change and I'm doing something about it." They're showing up. These are the leaders, the movers and shakers, the spiritual warriors making a difference on the planet by making a difference in their own self first.

As we change ourselves we inspire others. We don't know who's watching or makes a change because of it. The ripple effect can go around the planet and out through the universe. Who knows?

I am so grateful for all of this and more.

Gil:

That's a great answer, wonderful.

As you said, "To love is to be happy with," and we love you, Joe. Thanks to everyone for being here and, until the next time, we wish you the best.

Joe:

Godspeed to all of you. Expect miracles.



Secret Session #12

Dr. Joe Vitale with Janeen Detrick

Janeen:

Welcome, Joe, it's great to have you on our call tonight.

Joe:

Hello, Janeen. How are you?

Janeen:

Absolutely wonderful. Life is a wonderment.

My aunt used to tell me that all the time growing up, my mother's sister, and I still love it. The more I learn, the more of a wonderment it becomes.

Joe:

It's a magical world, so wonderment is good. I vote for it. Let's get tattoos that say "wonderment."

Janeen:

I like that idea.

Let's get started with my first question. Can you tell us about the "Remembering Process" and what that means?

Joe:

Yes. *The Remembering Process* is one of my new books coming out in April 2014 and is based on a technique by the same name.

The “Remembering Process” is not from me. It’s from Daniel Barrett, a musician and my music producer on three of my six CDs, who taught it to me. When I was new to writing and recording songs, playing the guitar and singing, I used it to speed up the production of my music, and I was able to create my first CD in record-breaking time.

In short, it’s an advanced visualization technique. Most people visualize what they’d like to have in the future, which is fine. That works, but with the remembering process, you go past the point of fulfillment in time, and you remember back to when it happened.

For example, say you want to manifest more sales. In traditional visualization, you’d visualize three months out where you have all these new sales, and you’d feel what that feels like.

Instead, with the Remembering Process, you go *six* months out, and remember *back* to that three-month period because, at that point, it’s already happened and now it’s a memory for you.

So it’s quite different than traditional visualization. You’re not just going into the future to visualize the moment when you receive something. You go past that moment and remember back to it, and there are some built-in things

that take place which is really cool.

There's an underlying assumption that it had to have happened. If you're remembering the sales or the house or the job or whatever it is that's the miracle you were wanting to attract, if you're remembering attracting it, then, by God, it had to have happened. The message you're giving to yourself is that it's real.

In the book we go into it in great length and detail, but there are different ways to play with it. For example, you can imagine there's a "future you" alive and well walking around six months, a year, however far out you want to predict. By mentally connecting with that "future you," you can remember from that "future you" perspective some of the things that have already taken place. From your current perspective, it's in the future. From the "future you" perspective, it's in the past.

The Remembering Process is about tapping into the "future you," but from a future before it so you can remember what it was like to achieve it.

Janeen:

What a powerful way to put data into your unconscious mind.

Joe:

There are two ways to look at it.

One is that you're putting data into your unconscious mind, and the other is that the future already exists, and

you're simply extracting that data from your unconscious mind.

Janeen:

Both are excellent—putting it in the present moment and extracting it.

Joe:

It's a head turner, but it helps me break all the known rules and boundaries for creating music.

I have six CDs completed in just over two years, where the average musician might takes years to get one done. A large part of that is because they're wrestling with their current reality and all their beliefs in it. By using the Remembering Process, I can go into the future where I'm already a recorded, established musician with six or more CDs completed, and remember back to what I did to create the first CD. It's a very different creative experience, but really empowering.

I don't expect everybody to understand it in only a few minutes of conversation and I know you have other questions, so I'll just let that rattle around in people's brain.

You can pick the book up when it comes out in April or preorder it on Amazon.

Janeen:

That is so exciting. It seems to fit perfectly with your metaphysical understanding and awareness since everything

is happening right now. There is only now. There is no time.

Joe:

It's metaphysical. It's quantum physical. It's all that and more.

Janeen:

Since energy is not local it makes perfect sense.

Let's talk about clarity and getting clear for a minute. It seems this can refer to two different things—both the concept of knowing what you want and eliminating blocks, and also clearing the whiteboard of the unconscious mind.

Can this first type of clarity, knowing what you want, actually become a limitation because it's based only on what a person can currently conceive of?

Joe:

Clarity about your life goals, your mission, and what you want is very important—but I've found it's far more valuable to get clear of all the limitations, the negative beliefs, the self-esteem issues, and the ideas about what's possible because the more you get clear of the interference, the more clarity shows up. In that way they're not two different things.

So, what's most important is actually getting clear and I use that phrase a lot.

We're all clearing the air of negativity, limitations, beliefs, cultural beliefs, personal beliefs, and family beliefs.

The more we get clear of that, the more clarity just appears.

It's not a matter of coming from the ego and saying, "Hey, what do I want today, tomorrow, next week?" It's more a matter of, "What does Divinity want through me?" The more we can get clear of our ego's interference, the more clarity just shows up, and that clarity is God or Divinity wanting to live and breathe and act through us.

Wanting to have clarity comes from an ego trying to project and control reality, and I find more often than not that it's a limitation.

As wonderful as my ego happens to be, it doesn't perceive the whole world. It does not know all of the possibilities that are there. It does not know how wonderful and magical and miraculous my life can be. My ego thinks it knows, but my ego is thinking from everything it's already read, everything it's experienced, all of its past lessons. It's a database, and that database is limited.

The whole purpose of getting clear is to reduce the interference so we can hear God. When we hear that voice, and get that feeling, that nudge from within, we don't want to have any questioning. We want to know, "Oh, that's the thing to do. This is how to answer the question."

Even now, as you ask questions, I'm trusting Divinity to speak through me with as little interference from my ego as possible. This is how we get clear. That's what's really important to me.

Janeen:

If I hear you correctly, the second type of clarity facilitates the accomplishment of the first one, and that facilitates receiving the inspiration.

Joe:

Yes, getting clarity about your goals is wonderful from a certain perspective of living your life, but I want the people in Miracles Coaching® to transcend both the limitations of their ego and other people who are walking around in these lives of quiet desperation.

So we want to get clear and with that comes a different kind of clarity, a purity that is more divine. This is the life path that we want to follow and each one of us has that.

Janeen:

Are you saying that being cerebral and wanting to understand things could be bad?

Joe:

Not bad, but limiting.

Janeen:

Needing to understand can sometimes be a limitation then. Is it always?

Joe:

No, not always.

For example, I'm still a guy who wants to understand. There's a part of me that wants to make sense of the universe, and yet at the same time, there's a deeper part of me that knows it's not possible. In one situation, truth might be relevant. In another situation, that same truth may not be relevant.

I don't know if so much of it is contradictions or it's just the ebb and flow of life where both sides, all of it, co-exists in the same moment. So trying to articulate, "Here is how life works" and write it down so we all agree on it, will never happen because we'll always find exceptions to it, variations to it, examples where it works, examples where it doesn't work.

The greater thing is to be able to go with the flow and trust life and have faith. I think that's the greater, more noble, happier, and healthier approach—to be able to go with the flow of life with deep trust in the ebb and flow as each moment comes and goes.

Janeen:

Absolutely beautiful, and it's so much more peaceful that way. There's no struggle.

One of the principles you teach is that describing things is putting words on the whiteboard and a student asked about this. They said, "I used to call myself names through the definitions I laid upon myself, the way I described myself. One of the self-esteem building mantras and affirmations that I have begun to love is that God is

ineffable, therefore so am I.”

Can you tell us more about that?

Joe:

I use the whiteboard as a symbol or metaphor for the background essence of life. It's like the sky without any clouds.

We end up writing things on the whiteboard, putting data there. We put ideas and names of things there. We all do it, and we do it very naturally. It happens from birth on. People look at you and say, “Your name is Janeen. Your name is Joe.”

The more we acquire all this information or data—these beliefs, thoughts, ideas, facts, philosophies—the more we cover up the white board and forget the source of life. Behind your name, behind all of your beliefs, behind all of your thinking, thoughts, questions, and data, is the whiteboard. Behind all of it is this clarity we call Divinity, God, or some other name.

I just flew in from New York City and as we were coming through the clouds, it was choppy and we bounced all around. It wasn't a very pleasant ride, but once we got through those clouds, the sky was clear and open. It was peaceful, calm and smooth as can be.

These examples—the whiteboard and the sky or anything else you can come up with—points to your inner essence, your inner Divinity, that inner soul. It's from that God place in you that you can manifest the miracles you

want in your life, all the ones that you want to achieve.

In and of itself, having your name on the whiteboard isn't a problem. We have to have "Janeen" in order to identify Janeen when she shows up in the room. We need to have "Joe" on the whiteboard so when I appear you know, "Oh, that's Joe." The deeper reminder is, "What's behind Janeen? What's behind Joe? What's behind every person?"

That light, that whiteboard, is God.

This is what I talk about in my new book, *At Zero*, the follow up to *Zero Limits*. The whole point is awakening. Too many of us get caught up in what we call ourselves, "I am a writer." "I am a speaker." "I am a mother." "I am a schoolteacher."

We define ourselves, and that definition is fine in order to communicate with other human beings, but we want to pause and meditate on the reality that *you are far more than whatever you say you are*.

You are this spiritual being, this God in human form.

The more we can remember that and identify with that, even if it's just in meditation a couple times a day or whenever we think of it throughout the day, the more we'll empower ourselves to do miracles, and the more we'll be relaxed as we go throughout our day. We'll be far less jarred by other people or life or anything that happens at any moment if we realize, "Oh, it's just something on the whiteboard. It will pass. It's just a cloud in the sky. It will pass."

Remember the white board, remember the sky,

remember that peace of the internal, and that will help you center yourself and get through virtually anything—and lead to the miracles that we want in Miracles Coaching®.

Janeen:

So saying things to yourself like, “I am an introvert,” or “I am a writer,” wouldn’t come from your inner Divine knowingness?

Joe:

No, that’s from the outer.

Janeen:

That’s programmed.

Joe:

Yes, and if those labels serve us to communicate with other people who also have labels, that’s fine. That’s how we get along in life, but if those labels are inhibiting or demeaning us, then we need to erase or replace them.

Janeen:

So a clean white board is my inner Divine and the mucked up whiteboard are the programs of the ego?

Joe:

They’re the same thing in a sense.

The clear white board is in you just like it’s in me. We’re

all connected. We all have this white board, and what's written on it is our upbringing, our cultural programming, our beliefs. It's not bad in and of itself, but we want to remember we are the essence underneath all of it.

We are the whiteboard. We are the sky. We are the soul or Divinity or God underneath all of that writing. It's just a nice image to remember. All the writing on it, the limitations and beliefs, that's just stuff we wrote. We can erase what doesn't serve us.

We want to be reminded of the essence.

Janeen:

I love that we are empowered to erase it.

Joe:

That's the whole point right there.

Janeen:

Do it now. Just erase it.

You've recently marketed a book I've fallen in love with—*The Book of EST*.

However, I want to ask you about page 38 where it says, "The recreation of an experience makes the experience disappear." Can you talk about that and how it cancels the energy of the pain?

Also, could you discuss how describing things and telling the story causes us to both write on the whiteboard and makes it disappear? It sounds incongruent.

Joe:

As I said earlier, these truths have incongruences depending on the situation, and in trying to make everything fit you're going to find a whole lot of things don't fit. It's just the nature of life. That's my first thought.

The second is I love *The Book of EST*. I am so grateful I got to meet the author, become the publisher of the reprinted version, and actually write the forward to it. It's a great honor because *The Book of EST* is one of the top 10 books that have influenced me in my entire life, and I say that while sitting in my library with thousands of books, as well as having spent time in lots of libraries.

The idea of expressing your story in writing or in speaking is a therapeutic way of releasing the energy of the story. It's important to understand we're not talking about a casual, "I went to the store and bought chewing gum" kind of story. We're talking about a story that you've never wanted to say in public. It's something that maybe embarrassed you, shamed you in some way, stories that we just try to push aside. We make them a part of our shadow self, and maybe we remember them, maybe we don't.

The point of *The Book of EST*—and the point of it even in the Miracles Coaching® program—is to release them. There's a rule of thumb in therapy that says, "When you bury a feeling, you bury it alive." Stories have feelings about them.

For example, for the longest time I didn't talk about my upbringing because my father was abusive, and a lot of

the pain of being hit by him or humiliated by him, I didn't want to talk about. I didn't want to own it. I certainly didn't want to make it public, but because I did own it, I did write about it, I did speak about it, now I can talk about it openly without a blush in my face, without any flush in my system, without any sort of energy on the story itself. Now it's just a story—as if I was reading a children's book or a novel.

The Book of EST is a recreation of the original EST seminar, which was very popular back in the 70s. It's long gone and been replaced with a watered down version called the Forum, but in the old EST days, they were very confrontational, and would often have people stand up and tell their story. They were doing it in a safe environment in the sense that they were in a seminar room with people who were paid to be there.

The more the people would open themselves, the more they released all that pain, shame, and energy. Then it was out of their body and no longer in their mind or their subconscious. They freed themselves. The feeling that had been buried alive now got to be expressed. It got to be seen and it was gone.

The same thing happens when you go through Miracles Coaching® and you share some of the stories. Once we share the story, we realize, “Oh, it was no big deal.” It takes the edge off, the energy out of it. We may see there's a lesson to be learned from the story or realize, “Wow, my mind made a bigger deal out of that story than it ever needed to be.”

Once we express those stories, the energy is now available to you to use and floods into your being. Now you can be more prolific, productive, efficient, and effective. You can attract more. You can achieve more because you've got all of your energy working.

It's a little bit like waking up in the morning and, instead of having 100% fuel in your system, you only have 65% fuel, and you drag yourself through the day never realizing that the other remaining percentage was all wrapped up in your mind and body. Now you have 100% energy and when you wake up with that, you feel like a dynamo. You can accomplish virtually anything.

So there's no conflict here. It's a matter of understanding that often you have to express a story you didn't want to before and do it in a safe environment. You can do it with your Miracles Coach and then you're beyond it. Now, you're free. You can go on and use the energy and enjoy your life.

Janeen:

In my pursuit of a doctorate in counseling, I learned that when you're telling the story or ruminating to stay stuck in it, it adds energy to it, which of course makes the feeling worse. That's a totally different intention that what you're describing now—telling a story to release and discharge the pent-up energy.

Joe:

People who tell a story to stay in the pain are a little bit like gossipers. They're probably going to talk to other people who share a similar story, and they stay stuck in that energy. That's not what Miracles Coaching® or *The Book of EST* is about. Both of them come from expressing to heal, expressing to release, expressing to dissolve the energy and be free of it. You still have the story. You can still tell it and learn from it, but any pain or shame is gone.

Janeen:

In *Zero Limits* you teach, "If you can spot it, you've got it." I love that phrase. It really brings home the fact that if you can see it, then the energetic imprint was already in your unconscious mind. And the science of how we see really supports that statement because the unconscious mind projects stored impressions and refracts it off our lens so we can see things based on those impressions.

It seems we're always seeing the past. Can you discuss this with us further? I've heard you say, "My ego cannot see the big picture." What's the solution so we don't keep recreating the past?

Joe:

The short answer is that it's constant clearing through Miracles Coaching®, through Ho'oponopono, or any other method that people like to use.

I believe we're here to awaken. Even I am still in my own

Miracles Coaching® program, so to speak. I'm still working on myself. I'm still looking for, finding, and releasing any limiting beliefs. I'm still dealing with limitations of the ego. I'm doing all this because I know that as long as I try to perceive control and understand the world, I'm probably coming from ego, and I want to come from the Divine. I want to come from Divinity's eyes through me.

The only way I know to do that is to constantly be cleaning and clearing. In order for us to be free of the ego, we have to constantly be in Miracles Coaching®, questioning our beliefs, questioning our excuses, questioning our stories, and questioning our limitations as we notice them and as they come up. The more we can do that, the more we can be free and see the bigger picture more easily.

I don't know of another way to make that happen because it's a little bit like the ego trying to erase the ego, and that's not going to happen.

Dr. Hew Len said he was only here to clean and clear and even after 25 years of doing it non-stop every day, he's still doing it. He says that at any moment, you either come from inspiration or you come from memory, and more often than not, you come from memory. That's the nature of us as human beings. We've been programmed with so much data inadvertently and without any negative intent.

We've downloaded all this negative data so we have that to get rid of. We have to keep cleaning. We have to keep clearing, and the more we do it, the more we can begin to glimpse the world view, the Divine view rather than the

peephole view that the ego has.

It's a non-stop process.

Janeen:

It's like you're dissolving the energy of the memories.

Joe:

Yes, and that's important because if we don't take the energy off the story, it recreates itself in our lives. This is why so many people seem to have a reoccurring problem in one particular area. For example, somebody might have their health in order and their relationships in order and their job in order, but they always have a problem with money. It's a reoccurring problem—a memory replaying itself trying to get that person's attention so they'll dissolve it. Once they dissolve it, it will begin to self-correct.

Somebody else might be doing just fine with money and just fine with sales and their job and their business, but they constantly have a health problem. More often than not it's a recurring issue trying to get their attention so they can release something concerning their health. There's a story there—and a lesson.

We want to release that energy because that energy is going to recreate itself until we get the lesson and free ourselves from it.

Janeen:

I've heard you say that it's not the person, it's the program,

and that's a huge release.

I've also heard you say that when a person keeps asking the same question, they're stuck in reframed problems and replaying the memory over and over.

Joe:

Yes. It's replaying itself so all of the data in it—including the questions—are going to just keep sounding off.

Janeen:

If we become more aware and see what our reoccurring cycles are, our repetitious patterns, then we can clear all that to be free. It helps us get “unstuck.”

Joe:

Yes, it frees us.

Janeen:

Can you explain how we can identify the programs that we're running? What do we look at? What evidence do we see?

Joe:

The first thing is to listen to your Miracles Coach.

The dialogue that you have with your Miracles Coach is going to be very revealing because they're an objective party. They're not in your mind. They're not in your belief system. They're not coming from your background, programming,

database, or ego.

Your Miracles Coach listens in a detached way, so their feedback can be very revealing. This is priceless and illuminating. It will be an awakening, an enlightening experience, and you want to pay attention to that.

Outside of Miracles Coaching®, as you go about our daily business, you want to listen to yourself. For example, what did you complain about the most? When you're having a beer, tea, or coffee with someone and start shooting the breeze, where does your language go? What are the stories that you talk about the most?

When you listen very carefully to yourself, you can hear where the issues are. For example, when I was in New York City, I was in a private mastermind. They had an official photographer there and he shared his story with me. I liked him so I was very encouraging to him, but he kept saying, "I don't want to impose." He said the word impose about seven times in different situations. He would say, "I don't want to impose on you," or "I don't want to impose on people." I would mention a mutual friend, and he'd say, "Well, I don't want to impose on that friend."

I said, "Do you realize that you're saying the word 'impose' over and over again?" His eyes lit up. He wasn't aware he was saying that. I said, "You're saying this word 'impose' so it must mean something to you. It must imply something."

He was playing the humble role like, "I don't want to really share my photography. I don't want to put myself out

there in a big way because I have to use people to make that happen. So, I don't want to impose on people."

What he's telling me are his beliefs, his story. It's not true. It's not true that people don't want to hear from him or that he doesn't have something to share. What he was making true was his belief that people might think he's imposing or he might be using people. Those are his beliefs.

Where does your conversation go? Do you talk like a victim about certain things? Do you use the same phrases or same words over and over again to describe something? You can do this with a friend you trust to listen in this way, too. You can do it for each other.

It's all a matter of awareness, listening to yourself when you're talking to a friend and really being relaxed, open, and vulnerable about what's going on in your life. This can be very revealing to what your programs are, what your stories are, what your beliefs are.

Then, when you're aware of them, you want to question them like the photographer. Do you really believe you're going to be imposing on people? I had already offered to help. I said, "You put up your website. I like your photography. I'll tell some people about it. I'll post it on FaceBook or something. Does it sound like I'm being imposed on?"

I called him on it, and a Miracles Coach can do that with you, or you can do that with yourself.

Janeen:

It's a matter of awareness and paying attention to what we hear ourselves say.

Can you explain the difference between setting a goal, holding an intention, and receiving inspiration? These seem like they're three different levels of comprehension of the exact same principle.

Joe:

Goals and intentions usually come from ego and there's nothing wrong with that.

When you're going through life, you might want to have goals to survive, goals to prosper, goals to accomplish a few things—so there's not a thing wrong with that. It's the same with intentions—goals and intentions help guide your way. In fact, I think most people don't even have enough goals and intentions.

Most people wandering around in the universe feel pretty desperate about their lives. They're struggling and most of them are unhappy or unhealthy. I think it would behoove them to have more goals and more intentions.

They may come from their ego when they state them, but goals and intentions organize the power, the energy, and the forces in your body and mind to go in a particular direction.

When you don't have a goal or an intention, you kind of bounce off of circumstances and react to life. Something happens, you react. There's no real control or direction. So

goals and intentions are very powerful, and I still love both of them. They have their place.

These days, I'm far more in love with inspiration, and this was the turning point when I was writing the book *Zero Limits* way back in 2005. I was discovering that intentions and goals were in some ways a limitation because, as I mentioned, both of them come from your ego.

Most of the time, you're stating an intention or a goal because it's something you egotistically want, and, again, that's not bad. At the right time, the right place, that can serve very well.

As I have been growing spiritually and psychologically in my own evolution, I've learned that inspirations are more powerful, more enriching, more empowering, more divine, more service oriented to the planet as well as me and more pure. And an inspiration can become a goal or an intention.

For example, if I say, "I want to have the largest guitar collection in the United States," that would be an egotistical goal. There's nothing in me that feels connected to spirit around that goal. It's a cool goal and it would be fun. I'd have bragging rights. It'd be a great intention. I'd start collecting guitars, figuring out who has the biggest guitar collection, so I could acquire one more guitar than that person in order to have the winning guitar collection. That's an ego-oriented goal.

On the other hand, inspiration might come through me and say, "You don't need the largest guitar collection

in the world, but you really might want to have a guitar made by an Italian in New York City who is known to be the Michelangelo of guitar makers.” That inspired goal would psych me up more because it would be coming from Divinity.

When inspiration comes from Divinity, I might make it a goal. I might say, “Oh, Divinity wants me to do that,” and then follow through on it. My inspiration is now an intention. My inspiration is now a goal.

We’re all here to awaken, to know the difference between Divinity and ego, and that’s a great, sensitive place to be. Whenever I asked Dr. Hew Len, the co-author of *Zero Limits*, “How do you know the difference between inspiration and intention? How do you know the difference between Divinity telling you to do something and your ego telling you to do something?” he’d openly say, “You don’t always know.” It’s really easy to deceive ourselves and say, “Oh, that goal, that’s not from ego. That’s from inspiration.” Who’s to say?

This is why we have to keep cleaning and clearing, keep questioning so that we can come from the purest place possible in our own place in time, in our own evolution. We want to be able to say to ourselves, “This feels like inspiration to me. Let me sit with it for a little bit. Let me meditate with it, and if it still feels like inspiration, that’s what I’m going to pursue.”

I didn’t write the follow up to *Zero Limits* for a long time. I started it a year and a half ago, but it sounded a

little forced. I thought, “Well, if it’s really feeling forced, it must not be an inspiration. It must be my ego saying, ‘You should write the sequel to *Zero Limits*. You should just start writing the book, there’s a following for it. You can sell it. You’ll be able to market it. You’ll be able to help people.’” But, because it felt forced, I had to sit with it and go, “I don’t think this was right.” Then, a year and a half later, my publisher contacted me and said, “We’re interested in the follow-up to *Zero Limits*. Have you thought about writing it?”

When I checked in with myself, this time I got a, “Yes, now is the time to do it.” I sat down and wrote it pretty quickly. I just turned it into the publisher and I’m really excited about it now.

Another test of whether something is an inspiration is to look at the outer evidence.

For example, I gave it to the publisher, and said, “Look I’m doing this seminar in Austin, Texas, in November. Is there any way you can have the book published by then so I can give it to every person who attends my Attract Money Now Live Event in Austin in November?” I was shocked when they said, “Yes, we will guarantee we will get the book printed and published and delivered to your attendees in Austin in November.” They’re a big publisher and typically take a year to come out with a book, and I had just turned the book into them a month ago.

All of this began to tell me, “Oh, writing the sequel is now inspiration and it was the right thing.” A year and a

half ago it was a good idea, but it wasn't the right time and it was more ego driven. So, I just backed off.

We want to have an acute sensitivity in us to know when inspiration is coming because that's at that point you want to drop everything—drop the other goals, drop the other intentions, and follow inspiration. That's more important. That's more Divine, more God-directed.

There's nothing wrong with goals and intentions. They serve us, but inspiration trumps everything else in my mind.

Janeen:

And it seems that inspiration yields more fruit more quickly because it's starting in your heart, not your head.

Joe:

That's a good way to put it because very often goals and intentions will feel like they come from your head.

You want to relax, breathe, and really feel yourself in your skin when you're thinking about your goals because, if it's coming from your head, if it seems like a good thought, it's probably ego.

If it's deeper and more body-centered, like it's coming from your belly, heart, or chest—anywhere in there—it's probably inspiration.

Your observation helps add another guiding principle, another way to detect whether it's coming from ego or inspiration. Sense where it is in your body.

Janeen:

What do you do if you're not feeling inspired? Should you just wait and have faith until you get an inspiration before you do anything? Or do you try to prime the pump, so to speak?

Joe:

The first thing is to have faith, absolutely.

Faith is a choice, and when a person is doubting faith, they're showing they don't have faith in faith. You either have faith in fear or you have faith in the future. Have faith in faith itself.

I want to have faith and that means choosing it. I choose to believe the world is supporting me. I choose to believe I'm here on a life mission. I choose to believe that I will receive inspiration for my next project. I choose to believe that the decisions I'm making and the life I'm leading right now are absolutely perfect for me. I choose these things because they make me feel more faithful. They make me feel empowered. Go ahead and choose them.

As far as inspiration, we're all here to do something. It may be taking out the trash. It may be changing the diapers. It may be going to whatever job you have right now. That's what you're here to do. So do that.

I was talking to Will Arndt, who directed the movie *What the Bleep Do We Know?* and asked him, "Are you working on another movie?" He said, "No." I said, "Well, is there anything on the horizon?" and he said, "No, I haven't

received my marching orders yet.”

Meanwhile, he was sitting down and having dinner with me, he was getting married, moving to a new city, and buying a house. He was doing something with his cars. I forget everything he was up to, but he wasn't sitting around doing nothing. He was still working. He was still playing. He was still living and loving. That's what we want to keep doing.

When the inspiration comes in, like it did for me to write *At Zero*, I was already busy. I was traveling, I had my music, I had all the songs I was writing, I was working on projects, I was coming out with another project with Prosper. I was doing all kinds of things including taking care of my family, supporting them, doing things at the house, trying to find time to practice my guitar. I had a long list of things and I didn't need to wedge in writing another book into my time.

When the inspiration came in and it felt right because I felt it in my body—and then the publisher came looking for the book—I suddenly made time. Somehow the time opened up. I took my marching orders and wrote the book, and I'm pleased and ecstatic that I did.

Now I go on with my life. I go to New York, I come back, I'm on this call. I do the next thing. There's always something for us to do. We always do what's in our highest good to do in the next moment, but when the marching orders, the inspiration, come from Divinity, you salute and treat them like they're from God because in many ways,

they are.

Janeen:

So even though you didn't necessarily have the inspiration yet, by doing the things you enjoy doing, like writing music, you were priming the pump.

Joe:

Exactly. I was doing things that turned me on and excite me, things I love and am passionate about.

In many ways, doing these things is an inspiration—playing music, writing my blogs, doing all these other things that I do, they're all inspired. They may not be a marching order in the sense of "Go write this book," or "Go film this movie," but they are still the joys of my life—and by expressing the joys of my life, I'm following the inspiration for me.

I always make time for inspiration, meaning I'm not so preoccupied that I don't take time to get in my hot tub. I get in the hot tub almost every night, outside in the Texas sky, and usually I'm doing gratitude sayings. I'm saying, "Thank you for my life," or thank you for something specific that day. I'll do the Ho'oponopono mantra, "I love you, I'm sorry, please forgive me, thank you." I talk to my angels. I make time to meditate, to be open to receive. I make time to receive. I do that several times throughout the day. I don't allow myself to be overwhelmed if at all possible. There's a certain pace that goes on, but I get up,

take a break, and go out among the trees to commune with nature.

This is how I reset my activity mode so that if an inspiration has been trying to knock at my door and I was busy learning a guitar chord, I stop long enough for inspiration to come through.

I make time for inspiration.

Janeen:

I love the picture that you just painted in our minds.

You actually have more downtime when you're following Divine inspiration, more quiet time to rejuvenate than manic and panic busy-ness all of the time. I love that because who amongst us doesn't want time freedom? That's wonderful.

Joe:

It's taking care of yourself and pacing yourself during the day like a walking meditation. Just take some time for spirit to come in.

Janeen:

When I heard you say that, I felt this energetic impression that the universe obeyed your command. When you said, "I'm making time to receive," it's like the energy of the entire universe moved to restructure itself to accommodate that decision.

The reason you get everything done and still have time

to sit in the hot tub and receive is because you're causing the shift in the energy of the whole universe to accommodate the time. You're creating it.

You continue to do more and more things and stretch and multiply your talent. It's amazing. 'What else is possible?' is all I can think. It just keeps getting better and better.

Every time we think we can put you in this little box and define you and say you're an author, you become something more, and I just applaud your creative capacity.

Joe:

Thank you, Janeen. I appreciate you. You are wonderment embodied, and I want to thank you for leading it and guiding us here today.

I also want to thank everybody for being on the call. I love you. Godspeed to everyone. Expect miracles.



About the Author

Dr. Joe Vitale is the author of way too many bestselling books to mention here. Some of them include *The Attractor Factor*, *Life's Missing Instruction Manual*, *The Key*, *Faith*, *Attract Money Now* and his latest is a sequel to his bestseller, *Zero Limits* which was officially launched in January 2014, entitled *At Zero*.

He's also recorded many Nightingale-Conant audio programs, to name a few, *The Awakening Course*, *The Missing Secret*, *The Secret to Attracting Money*, *The Abundance Paradigm*, *The Ultimate Law of Attraction Library* and his latest release is called, *The Zero Point*.

Joe has also been in several movies, including the blockbuster *The Secret*. He's been on the following TV shows: Larry King Live, Donny Deutsch's "The Big Idea," CNN, CNBC, CBS, ABC, Fox News: Fox & Friends and Extra TV. He's also been featured in the *New York Times* and *Newsweek*.

One of his most recent accomplishments includes being the world's first self-help singer-songwriter as seen in 2012's *Rolling Stone Magazine*®. To date, he has released 6 albums! Several of his songs were recognized and nominated for the Posi Award, regarded as "The Grammys of Positive Music."

Dr. Vitale's seventh music album will be released in early 2014.

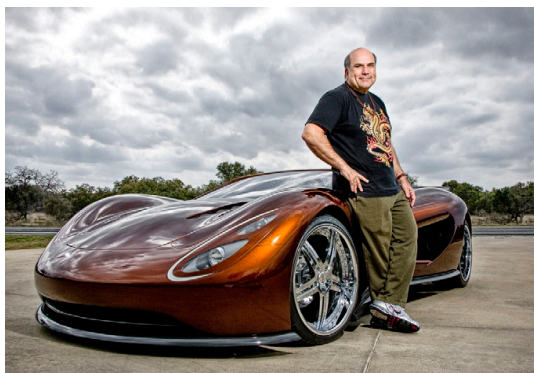
He created a Miracles Coaching® program and helps people achieve their dreams by understanding the deeper aspects of the Law of Attraction and the law of right action. This man was once homeless but today is a bestselling author who believes in magic and miracles.

For more information on Joe Vitale, go to: www.mrfire.com

To contact the author of this book, please e-mail Suzanne@mrfire.com



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