

The Miracles Manual:  
The Secret Coaching Sessions  
*Volume Three*

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## Table of Contents

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5	Expect Miracles! <i>introduction by Dr. Joe Vitale</i>
9	Secret Session #1 <i>Dr. Joe Vitale</i>
27	Secret Session #2 <i>with Lauren Hardy</i>
43	Secret Session #3 <i>with Dave Greene</i>
61	Secret Session #4 <i>with Janeen Detrick</i>
83	Secret Session #5 <i>with Janeen Detrick</i>
105	Secret Session #6 <i>with Peter Wink</i>
129	Secret Session #7 <i>with Janeen Detrick</i>
149	Secret Session #8 <i>with Janeen Detrick</i>
169	Secret Session #9 <i>with Janeen Detrick</i>
187	Secret Session #10 <i>with Janeen Detrick</i>
207	Secret Session #11 <i>with Adam Mortiner</i>
233	Secret Session #12 <i>with Gregory Downey</i>
265	About the Author
267	Special Miracles Coaching® Offer!



## **Expect Miracles!**

### **An Introduction by Dr. Joe Vitale**

*Man is always more than he can know of himself; consequently, his accomplishments, time and again, will come as a surprise to him.*

Henry Wadsworth Longfellow

One of the things I notice each time I put together a new volume of *The Miracles Manual: The Secret Coaching Sessions* is how much I benefit by going back over the material. I learn something new, just as I hope my readers do. And I believe there's a reason for this, something I talk about particularly in this volume.

Inspiration.

You see, I've found that over the course of time my ability to put my faith and trust in the Divine has magnified exponentially.

When I look back, I can clearly see the path I took – the decisions, the baby steps, the quantum leaps. I can also see the fearful person I was that kept me in a homeless and poverty state. I can see the desire and willingness over the years to see myself differently. I can see all the times I spent

money I could ill afford in order to get to another level.

But then, hindsight is 20/20, as they say. No surprises there.

Still, I am surprised at the results, just as I am each day by the magic and miracles that await each one of us when we practice our connection to the Divine.

And that's the big secret – it really is a moment-by-moment practice.

Whether I'm doing a coaching call with Miracles Coaching®, writing a book, or recording a song – heck, even getting up in the morning – I know I am only here as a pipeline of sorts. I take it quite literally that each of us is a conduit for good to flow in and through us – in thought, words, and deeds.

But, like in everything else, we have to take the action.

We have to “lean in,” to quote Sheryl Sandberg.

When we do, the effects, the results, can be startling both to ourselves and to others, and I think you will agree with this as you read through this 3rd volume of *The Miracles Manual*. If this volume has any wisdom, it's because the Divine has something to say to you about what is possible for your own life.

But don't take my word for it.

Read it and discover what ideas resonate and touch your heart in this moment. Meditate on them, journal about them, walk with them, always listening for that inner whisper of inspiration as to the next step you can take.

What I know for sure is that every moment we listen to

this voice within, and take the action it inspires, adds up to a lifetime of joyful surprise and gratitude. And I want that for you.

*Expect Miracles!*

Love,  
Joe

Dr. Joe Vitale  
Creator of Miracles Coaching®  
Author of way too many books to list here  
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## **Secret Session #1**

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**Dr. Joe Vitale**

To begin, I want to say “Happy New Year” to everybody!

You’re probably still thinking about what’s going to happen in 2010, and what I want you to realize is that a large part of what’s going to happen in 2010 is determined by you.

If you’ve not sat down and done your resolutions, Nevillized your goals, or thought about what you would like to achieve or attract in this coming year – not just this month, but all year – then it’s time to do it right now. This is going to be the focus of this particular call.

I’m going to give you three things to do after this call because, if you know my work, you know that I’m a results-oriented guy. You have to combine action with your intention in order to attract results.

It’s wonderful that you’re in the Miracles Coaching® program and experiencing the results that you’re getting, but let’s go even faster. Let’s accelerate the progress here and attract more of the wonderful things in to your life, so that at the end of 2010 you can be bragging about how wonderful all this year has been for you.

How do you do that?

How do you attract a better future?

One of the things I'm going to want you to do, not necessarily right now, but after the call, is go to my blog and read the article that I wrote on January 14<sup>th</sup>, 2010. It was called "How to Attract a Better Future."

If you don't know where my blog is, it's at [www.blog.mrfire.com](http://www.blog.mrfire.com). Hopefully you're looking at it on a regular basis because I'm doing my best to talk about how to attract miracles in your life based on the Law of Attraction and the Law of Right Action.

In that blog post, I begin by saying, "Forget resolutions." I don't know if you actually set resolutions or not. Most people attempt to, but don't live up to them. Within a few weeks, the resolutions are forgotten.

If you want proof, just go to the gym.

In the first week of a new year, people rush into the gym and sign on. Then three weeks or four weeks later, those gym memberships for the most part are wasted money. They're forgotten and people aren't using them. Why? Because they set resolutions but they didn't know how to set intentions.

I advise people to set what I call positive predictions. What does that mean? It's a way of Nevillizing your goal. If you've read my books, *The Attractor Factor* and *Attract Money Now*, you'll see where I talk about Nevillizing a goal.

Nevillizing is a way to imagine or visualize what life would be like if your goal were already achieved today. In

other words, you don't push the goal in the future and say, "I'm going to feel great when I have more clients or when I have more money or when I've lost weight or when I got the book deal or when my business took off."

You're not projecting it in to the future. You're actually imagining that the goal is achieved now. The objective is to make an emotional connection to your future. You pretend it has already happened.

There are a couple of reasons why you do this. First, it allows your subconscious mind to believe it's possible but, more importantly, you program your mind and tell the Universe to bring that vision in to reality. Whenever you have a vision and you add emotion to it, you accelerate the process of attracting what you want in to your life. Nevillizing your goal is a way to do this.

The word "Nevillizing" is coined from the name of the mystic who taught how to do this particular method. His name was Neville Goddard.

At one point Neville said, "There is only one cause and that is consciousness. Your consciousness is the center from which your world mirrors and echoes the state you presently occupy."

Think about that for a second. What he's saying is that where you are right now, how you feel, and what you have around you was created by your consciousness previous to right now. In other words, a few days ago, a few weeks or months ago, you had a consciousness about you that got projected into the outer world – and the world is now

simply mirroring what you had in your mind.

Now this may be earthshaking to you, but I've written about it many times.

If you haven't read my book, *Attract Money Now*, go get it. You can read it for free online at [www.attractmoneynow.com](http://www.attractmoneynow.com). If for some reason you want the hardcover book, which comes with a DVD presentation I did about how to attract money, go to [www.attractmoneynowbook.com](http://www.attractmoneynowbook.com).

The point is you should be aware or familiar with how to Nevillize a goal, but have you done it?

Have you done it for 2010 yet?

I'm willing to bet you sat down and thought about what you'd like to have this year. Maybe you wrote some goals. Maybe you had some intentions. Maybe you had some resolutions.

When you look at my January 14<sup>th</sup> blog post, you'll see that I say resolutions are for wimps. Resolutions don't have any real, lasting, or holding power. What you need to do is something more tried and true, something that combines the metaphysical with the psychological. That's when you Nevillize your goal.

The second thing that I want you to do is to Nevillize your top three goals for the year. I don't want you to just do goals one time and forget them. You should actually be doing goals almost daily. You should have a goal or two for the day, week, month, quarter, and half-year mark. You should also have a goal or two for all of 2010, for the new year.

This is a way of programming your mind for success, to set up the radar in your brain to look for the opportunities to attract to you the things you say you want.

Remember, resolutions are easy to forget or dismiss, but Nevillized, positive predictions have a much stronger emotional tie. They have longevity and will last longer. They'll begin the process of attracting a new reality based on the Law of Attraction and the power of intention. Also, remember to have fun with this.

When I was writing my blog post, I was thinking, "Okay, what do I want to report on at the end of the year?" Notice what I'm saying here. I didn't write down the goal as something I want to achieve. I wrote it down as something that had *already been achieved*.

For example, one of my goals was that I went on David Letterman's, Jay Leno's, and Jon Stewart's television programs showing my incredible alien guitar. I didn't write it like most people write resolutions: "I want to go on David Letterman," or "I intend to go on David Letterman," or "My goal is to go on David Letterman."

Instead, I wrote it in the past tense. "I went on David Letterman's, Jay Leno's, and Jon Stewart's television programs showing my incredible alien guitar."

In your own life, maybe you want to attract more money. A goal or resolution could be written, "I intend to attract more money," or, "I want to attract more money," or, "I have a goal of attracting more money." But those are impotent.

What you want to do is Nevillize your goal and shoot it in to the future. You'd write, "I have attracted," or, "I just attracted \$500,000," or, "I just attracted \$5,000 a month in extra income," or, "I just attracted 50 new clients unexpectedly."

What you're doing is writing your goal as if it already happened.

Since your subconscious mind doesn't know the difference between reality and imagination, when you put this emotionally charged desire in to your mind, it doesn't know it hasn't happened. It's receiving an unconscious template to attract it in to your life. This is a very important powerful step.

In my blog post I go in to detail about how to write your goal so that it's Nevillized and not a resolution. Instead, you're programming your mind for success.

Next, I want you to Nevillize three goals. Write down three different things that you want, but write them down as if they already happened. As you write it down, you want to feel the excitement of accomplishing whatever that goal was.

A lot of people have asked me how I got into the movie, *The Secret*, and normally I tell them the factual occurrence – that Rhonda Byrne read my book, *The Attractor Factor*, and called me up. I didn't know who she was at the time. She said she was a television producer from Australia and wanted to do a movie on the Law of Attraction. She liked my book and wanted to know if I'd be in the movie.

I said, “Yes, I would,” if she was able to pull the money together and got a script. Eventually she did and a few months later called me. They flew me to Chicago, filmed me for a few hours in a hotel room, and then did their magic. Months later, there was this movie called, *The Secret*, and the rest is history.

If you haven’t see *The Secret* for some wild crazy reason, go to [www.thesecret.tv](http://www.thesecret.tv) and check it out.

But how did I really get into the movie? What’s the truth?

What’s the metaphysical reason? How did I attract that miracle in to my life?

Here’s what really happened: Years ago I walked in to my mastermind group and I stated to the group that I wanted to be in a movie. That was a wild, preposterous idea because I didn’t have any acting experience. I didn’t have any connections at the time with Hollywood. I might have known one celebrity at the time who I had probably just met.

This was going to be a big leap that to most people would have seemed impossible. It would have seemed incredulous, almost miraculous, for it to take place. I also went on to say that I didn’t want to be in just any movie. I wanted to be in a good, important, lasting movie. I said I wanted an important part. I didn’t want to be a guy sitting in the back of a restaurant and have no role or no speaking part. I wanted a noteworthy part in a noteworthy movie.

So how was I going to pull this off?

I'm stating an intention to my group. This is much like what you're doing. You're in a coaching program. You've got a Miracles Coach, so this is your mastermind. You may have your own mastermind outside of that relationship. You'd tell them what you want to achieve like I did. I told them, "I want to be in a movie, not just any movie, and I want to have a good part, not just any part."

Then I let it go.

I imagined the end result of being in a great movie and what that would feel like and I let it go. That's it. I didn't try to get an acting job. I didn't send out resumes. I didn't nudge anybody on my e-mail list and say, "Hey, do you know anybody that wants me to be in a movie?" I just waited, expecting my miracle, and I was ready to take action when inspiration or opportunity appeared.

And then a few months after my statement to my mastermind, Rhonda Byrne called me saying she read *The Attractor Factor*, wanted to make a movie about the Law of Attraction and wanted to know if I would be in it. That's how I got in the movie, *The Secret*, and it's led to all kinds of things.

Most recently, ABC News was here in my new office filming me. They're doing a special that'll probably air in March, or maybe even as late as May.

It's been a whole life changing, upward spiral into orbit, all because I masterminded a goal in a Nevillized way.

If you want 2010 to be bigger, better, and more miraculous than anything else you've done in your entire



life up to now, then you're going to have to do a few things differently.

You're already doing the most important one. You're in the Miracles Coaching® program and I applaud you for that, but you can't stop there. Life is a co-creative process. We create our life based on our beliefs. You're working on your beliefs with your coach, but you also have to create your direction.

*Where do you want to go?*  
*What do you want to achieve?*  
*What do you want to attract?*

You do this by writing down your goals in a special way – Nevillizing. So write down three goals as if they've already happened, and share these with your coach to get feedback and support.

This is another thing I've noticed in my life. Whenever I've had support, I've always achieved my results faster. Yes, you can do it alone, but alone is a tough way to go. I don't think the nature of the Universe is such to make us lone rangers. We all need a partner. We all need support. We're here to help each other. Life is truly a co-creative process.

Share with your coach and, if you have a mastermind group, share with them, too. If you don't have a mastermind group, consider creating one. I co-authored a book with Bill Hibbler called *Meet and Grow Rich*. It's the only book to describe what a mastermind is like and how to set one

up no matter where you are.

I don't care if you're in Houston or in the middle of North Dakota – you can set up a mastermind. They can be done by phone, e-mail, webcam, internet telephone, Skype, or they can be in person. There's so many different ways to do it that excuses are not acceptable. So, yes, use your Miracles Coach, but also create a support team.

So the first thing to do is go read my blog post, and the second thing is to Nevillize three goals.

The third thing is to read a book called *The Happiness Project* by Gretchen Rubin. It's a brand new book getting lots of publicity. I'm absolutely in love with the book.

*The Happiness Project* is her true story of taking one entire year of her life to improve herself in order to find out what it would take for her to be happy.

It's remarkably well written and is stuffed with practical wisdom about everything from relationships to parenting to getting things done, procrastination, the whole bit. It's a wonderful book and I encourage you to read it.

I noticed at the beginning of the year, she decided what she wanted to experience for the next year. In other words, *The Happiness Project* is a premeditated experience. This is what I want you to do with 2010. I want you to make this new year something that's at your beck and call. I want you to command what you would like this year to be all about.

When Gretchen decided that she wanted to experience happiness and find out what would make her happy, she actually took this on as a legitimate project for herself. She

didn't even know it would become a book. She didn't know a publisher would sell it or buy it later on. She just knew that she had a project.

She sat down. She wrote down her goals. She broke them down in to manageable portions. She started to take action. She did all the things that we talk about in the Miracles Coaching® program, all the things that I talk about in my books.

The nice thing about this particular book is that it's a first-person tale, told with great openness and sincerity about what it takes to change.

I notice a lot of people don't take action on their goals because they're afraid. What are they afraid of? They're actually afraid that they'll come true. They worry that maybe their life will change. Maybe they'll lose friends. Maybe they'll have another set of problems.

Surprisingly, plenty of people don't want to have more money in their lives because they fear that they'll have bigger problems. Fear is something that we all need to wrestle with. Once you realize fear is based on a belief and what the belief is, you can release it and move forward without fear.

You have to remember that if you feel fear it doesn't mean don't step forward. It doesn't mean don't do what you're planning to do. It simply means you're stepping out of your comfort zone. It means that you're doing something you haven't done before. So, yes, it feels uneasy. It feels different.

But it doesn't mean stop.

Genuine fear is when you're standing in the middle of a highway and a bus is coming at you. It's telling you to get out of the way. But when you're trying to do something like increase your business, and you have to run some advertising or speak in public, you can expect some fear.

You may have to do some things that genuinely make you afraid, but feeling afraid doesn't mean you have to stop. It means you actually have to break through.

My rule of thumb is that if I fear something and I know that it's good for me to do it, then I must do it. I can't give in to fear. If I give in to fear, I'll be giving fear more and more power.

When ABC News was here, I had dinner with Jennifer Nicole Lee, a famous fitness model. She's on the cover of many magazines and has an infomercial called the Ab Roller. She's been on Oprah, the Home Shopping Network, and has a bestselling book out right now. She came down to do the Rolls Royce Phantom Mastermind with me.

One of the things she said is that too many people – women, men, all of us – we don't take the action we know that we want to take because we listen to our fear.

She lost 70+ pounds. She went from being a nobody to being a celebrity fitness model seen on television, YouTube, all over the place. You can see her on my website because my January 25th blog post yesterday was called "Attracting Jennifer Nicole Lee."

She's an inspiring woman. Look at her website at [www.miraclescoaching.com](http://www.miraclescoaching.com).

jennifernicolelee.com. Notice she's not giving in to fear – and, as long as she's not giving in to fear, she's able to move forward and accomplish some things that at a previous time in her life would have staggered her.

So when you're thinking about your goals for the new year, I want you to realize that fear may be there, but you're bigger than fear. You're actually in control of what's going on. If you feel fear, just say, "Yes, I feel fear." Don't dismiss it. Don't deny it. Don't try to get out of it. You fear it. You feel it and you use it. Fear is energy.

Most of the speakers that I've ever met or heard of, including myself, always feel fear before we go on stage, but we know it's a good sign. It means we have some adrenalin rushing through us that's going to give us the energy we need to be more captivating when we're on stage.

Don't let fear of failure or success stop you. If you do have an issue with this, talk about it with your Miracles Coach. That's what they're there for.

You must take action.

I'm the guy who's always harping on the idea that you have to take action to get any results, but I want to remind you that the action you take is not the kind that feels like effort. The action you take is the kind where you feel inspired to do something and you actually want to do it.

So when you get the urge to write something, open a blog or a business, make a phone call, or speak someplace, when it feels like it's an intuitive nudge or a divine inspiration, then take action. You must take action.

I noticed with Jennifer Nicole Lee that she's taking action all the time. Whenever she heard me say something, she dropped everything and started taking action. She showed me the little iPod she was carrying around with every audio, physical, and e-book that I had ever written or recorded. She was listening to me night and day and whenever she got an idea, she stopped and she took action.

She signed up for the Rolls Royce Phantom Mastermind because it was an inspiration. She saw my mailing and had already been to my website, [www.mrfire.com/phantom](http://www.mrfire.com/phantom). She decided, "Yes." She didn't worry about it. She didn't fear it. She paid and flew from Florida to Texas and we did the mastermind – and it was amazing.

Again, you don't want to let fear stop you and you don't want to avoid taking action. You must take action.

We're a few weeks in to the new year and you're probably already making some results, but, if you're not celebrating your results, you're going to experience desperation and frustration. From a Law of Attraction standpoint, as long as you're feeling desperation and frustration, you're going to attract more desperation and frustration. You need to stop and smell the flowers.

Let me give you an example. When I came back from Russia, I had been in a minor car accident where I hurt my back. I muscled through it and went on to Poland and other traveling. Then, once I came home, I started going to the chiropractor almost every single day for a couple of months. As I got better, I stopped going every day. I'd go

two or three times a week, then a couple times a week, and then once a week.

Then yesterday, after three weeks, I went back to complaining, “Oh, my back is hurting again. Please adjust it.”

The chiropractor adjusted it and said, “Did you notice that you’ve had three weeks of improvement where you didn’t need to see me?”

At first I didn’t believe him because I was so focused on the problem that I wasn’t celebrating the healing. He got the chart and showed me the last time I had been in his office was on January 4th. I hadn’t stopped to celebrate the accomplishment.

Not noticing our growth is a danger when we’re busy pursuing and attracting all of our goals, and creating a new life. Even if you’re doing it by baby steps, you want to stop and say, “Oh, I just did that differently. I just improved, or I just did something I’ve never done before.”

It may not be the breakthrough that you want to celebrate, but your breakthrough will come if you stop and celebrate the little baby steps along the way.

Here’s another key to success in attracting whatever you want: As you’re working with your Miracles Coach this year and making progress, stop and show gratitude. Stop and celebrate it to yourself, celebrate your Miracles Coach, and acknowledge whatever degree of progress you’ve had.

Yes, you want the lottery win, so to speak, where you celebrate that you’ve had the major breakthrough, but that

will come faster if along the way you celebrate what you're doing and what you're achieving right now.

Most people set resolutions or goals only once a year, January 1<sup>st</sup> or 2<sup>nd</sup>. Then they forget it. I want you to do it on a regular basis. I mentioned earlier that you might want to do it every day with little things, plus weekly, monthly, and so forth.

Have one eye on what you want to attract, and then, when you start to attract it, make sure you celebrate it. Make sure when you write down what you want to attract that you Nevillize the goal. Focus on the feeling of having achieved the end result of it. This is how you attract miracles in your life. This is how it works.

I'm very proud of you and love all of you in this Miracles Coaching® program. You're on the leading edge of change. Most people in the world are struggling and feeling desperate, but you're doing something good for yourself. Keep it up. Pat yourself on the back and reward yourself. Acknowledge yourself and expect even greater success as we go in to the new year.

Remember to read the January 14<sup>th</sup> blog post and do your homework. Nevillize three goals but don't write them as if they're going to happen. Write them as if they've already happened and write out what it felt like. Get in to the juicy emotions of it.

Along with reading *The Happiness Project* by Gretchen Rubin, I would encourage you to go on a Miracles project of your own. She recorded and explored herself when it



comes to happiness, but what if you did that?

What if you went on a Miracles project and the Miracles project was you and your relationship to the miracles in your life?

What if you started recording everything that was going on and happening, including your coaching calls, your celebrations, your Nevillizing, the results, all of it?

This may end up being a book you can share with me or the world. Maybe it'll be published or maybe it's only for your private use. But also, maybe, it would deepen your relationship to how to attract miracles in your life.

You're on this call, you're in the Miracles Coaching® program, and you're reading all the books by me – so consider writing, recording, and making up a Miracles project *just for you*.

I love that you're in this program. Dare something worthy.

Godspeed to all of you.



## **Secret Session #2**

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### **Dr. Joe Vitale with Lauren Hardy**

**Lauren:**

Hello, everyone, and welcome.

We're extremely fortunate to have you here with us tonight, Joe.

**Joe:**

Thank you, Lauren and thanks to everybody for being on the call, too. I hope you're all warm.

It's actually been snowing here in Central Texas – where it never snows. We've had ice on the ground, snow flurries, and ice rain – stuff I left behind in Ohio. It took a long time to follow me here, but it did. So wherever you are, I hope you're warm and comfortable.

I want to talk about inspiration on this particular training call because inspiration is what we're all preparing ourselves to receive.

I was on a radio show yesterday and they were asking me about my progress through life. I'd told them about being homeless and in poverty for a while, but continuing to work on myself. As I kept working, I kept progressing,

growing, and evolving. I told them that you go through stages. Some of this I talk about in my audio program called *The Awakening Course*.

You get to a point where you're no longer the one creating your problems or even solving your problems, but rather receiving what I call inspiration and acting on that inspiration.

Wherever your life is right now, it can get phenomenally better. You can live a life of what I call moment-to-moment awe, when all the moments become magic in miracles. They become magic in miracles because now you're a vessel for inspiration to come through you. It's a sign post at the end of the road.

This is what we're all striving for and want to grow into. If it doesn't make sense at the moment, don't worry about it. If it does make sense, then wonderful. Regardless, we're still always growing.

We don't know what inspiration is going to bring us next, but what we're preparing ourselves for is to live a life of magic in miracles by following inspiration. And that's what tonight's training call is all about.

I have a handful of questions that were given to me that I'll use as my trigger to jump in to some answers and dialogue.

The first question I received was, "Once I am cleared of major blocks, does inspiration naturally flow to my consciousness or are there other steps that are necessary?"

Once you're cleared of major blocks – inspiration

– which was always trying to get your attention, flows through naturally without interruption. There's nothing in the way of you receiving inspiration.

The reason that you may not receive it right now, or may not know it when you do receive it because you're unsure of what you just received, is because of those blocks. Blocks all have to do with our beliefs, our programming, most of which we had nothing to do with.

We were born in to a life of programming. We were programmed from birth and we're still being programmed. Do you watch the news? There's a reason why they call the news programming.

Until we become aware of and release all of those blocks, inspiration has a tough time getting your attention. It's knocking at your door, but your door is locked.

When the blocks are gone, there are no other steps at that point because when you receive inspiration you will know it, you will feel it, you will be grateful for it, and you will act on it.

While the blocks are still there, you don't hear the inspiration or, if it manages to seep in to your consciousness, you don't act on it. Even if you do start to act on it, you're very reluctant and don't take all the steps, don't believe in yourself, or you don't follow through.

You're in Miracles Coaching® to find, release, erase, and cleanse all these blocks. As you do, inspiration will naturally flow. That's the great joy of life and the reason to be in Miracles Coaching®.

Another question is, “What is the difference between inspiration and regular thoughts?”

I had to reflect on that when I first saw it because inspiration to me has a certain holiness around it. I don’t mean that in any religious term, but I do mean it in a grateful term. There’s a different energy around inspiration than there is around normal thoughts.

If you just sit in your chair, you’re thinking. Thoughts are coming through and, if you’re not too aware, you might latch onto a few of those thoughts. They might make you feel good, they might make you feel anxious, they might make you feel angry, sad, or whatever it happens to be. Those thoughts are just small amounts of energy bubbling up from your body/mind system in to your awareness, all based on past programming.

Inspiration, however, is completely different.

Inspiration usually comes through as a type of feeling that allows you to transcend the moment. Another way to say this is that you become more in this moment.

On the other hand, when you’re following the thoughts that make you feel good or make you feel bad and distract you – you’re actually not in the moment. The thoughts have taken you away from present awareness.

With inspiration, it’s almost like an angel has sent you a message. You get a goose-bump sort of feeling, a little rush of energy. You realize, “This is a good idea,” or “This is a true inspired moment.” This comes with awareness, although I didn’t always know this.

For a guy that was homeless, in poverty, and unpublished for the longest time, unknown and struggling, I was deeply unaware of inspiration. And I was unaware of it because of all the blocks in my mind – blocks that were showing up in the form of thoughts.

I often speak to different groups and tell them, “You can’t tell me what your next thought will be. You can tell me after the thought shows up, but you can’t tell me before the thought shows up.”

Where are the thoughts coming from? They come from our unconscious mind, from all of that past programming. Thoughts bubble up, so to speak, and while you’re not asking for them, sometimes you get caught up in them and you end up having a miserable day.

Inspiration feels very different. Inspiration almost feels like it comes from above, in to your mind versus regular thoughts feel like they come from below, in to your awareness.

You just have to sit with this and become used to it. As I said, I haven’t always known the difference between thoughts and inspiration. In fact, I would say that for most of my life I had no clue what inspiration was. I would follow thoughts I believed would lead me someplace and sometimes they did. More often than not, they didn’t.

Over time I learned that those thoughts were based on beliefs and programming. Most of the programming we have is not sufficient; it’s not helping us survive. Well, maybe it’s helping us survive, but it’s not helping us thrive.

So we want to pay more attention to inspiration.

The third question that came in is, “How can I foster further inspiration once I have received it?”

Here’s the big clue: When you receive inspiration, act on it. Honor it and take action to make it come in to life. This is how you tell the Divine, the Universe, God, whatever word you want to call the higher power, that you want more inspiration.

If you receive inspiration and you don’t act on it, you’re refusing a gift. You’re training yourself and the Universe to say, “I don’t want inspiration. I’m above it. I don’t need it. I don’t want it. I don’t welcome it.”

We’re in Miracles Coaching® because we all want to live a life of miracles, so honor the inspiration. When inspiration comes to me, I treat it as a gift. I didn’t ask for it or create it. It didn’t come from my mind or my personality. It came as a gift and I received it.

This is important to understand. When you receive inspiration, this is a gift and your job is to act on it. That’s how you foster more inspiration. You’re giving yourself and the Universe the signal that you like this, you’re welcome to this, and you want more.

The next question that came in is, “Why do blocks keep inspiration from happening?”

Most of you already know the answer. The blocks are keeping you safe. They’re from your fear and your beliefs, and those beliefs are saying things like, “This isn’t going to work out,” or, “This isn’t going to work out for me,” or,



“I don’t deserve this,” or, “This is too good to be true.” Or you’ll stretch and say, “I don’t have the money, I don’t have the time, I don’t have the skills, I don’t have the energy, I don’t have the experience, I don’t have the education.”

Excuses are blocks, so whenever you receive inspiration and you don’t take action, it’s because of one of these blocks. They’re trying to keep you safe and it’s there because some part of you feels that, if you act on this inspiration, it might not work out. Or, if you act on this inspiration, it might work out. Either way, you’re going to be uncomfortable.

Following inspiration is going to take you in to areas you haven’t done before. That doesn’t mean you don’t have to do them. It means you’re going to feel different, funny, strange, excited, or even a little scared, but that’s only because you’re doing something you haven’t done before. That feeling doesn’t say, “Don’t do it.” It’s saying, “It’s new, so just proceed with awareness.”

Why do blocks keep inspiration from happening?

Inspiration is coming from the Divine in to your being. On the other hand, blocks are from your belief system and prevent inspiration in to your awareness, in to your consciousness.

This is why Miracles Coaching® is so essential. Your Miracles Coach is there to help you release those blocks – to find, erase, and release them. This is of fundamental, even crucial, importance if you want to have a life of magic and miracles. This is what it takes. That’s how you follow inspiration.

The next question that came in is, “When I follow inspiration will I still get resistance?”

You’ll only get resistance if you still have blocks, negativity, or limiting beliefs in you. If you follow inspiration and bump up against something that says, “Don’t go forward,” or, “I’m having a tough time going forward,” – any sort of limiting negative thought – it doesn’t mean stop and it’s not bad news.

It means you have – Eureka! – found another block.

All you do is erase it, which you do with the help of your Miracles Coach and all the different tools you’re learning to use.

These days, it’s not unusual for me to receive inspiration and – that same day – have that inspired idea brought to life. Whether it’s a blog post, book, article, audio, DVD, or some other business idea, I move fast. Why? Because there’s nothing in me preventing me from moving fast. There’s no resistance or block in me to the inspiration. However, that was not always the case.

I have to confess that, for most of my life, if I did hear inspiration, which was rare, I’d resist it. I’d start dragging my feet and slowly, if at all, start to take action on it.

As I kept working on myself, cleaning up my blocks and beliefs, it got easier to act on the inspiration. And I’ve streamlined the process. Now when the Divine says, “Joe, here’s an idea” and I feel that rush of excitement that comes with an inspired thought, I get up and start moving.

I’m the guy in the movie, *The Secret*, who says, “The

Universe loves speed.” I’ve said many times that money loves speed. Well, inspiration loves speed, too. However, that doesn’t mean that you have to move on a nanosecond.

It means that if you’re busy doing something else, at your first opportunity you breathe life in to your inspired moment. You treat the inspiration as a gift and start taking action.

As you work on yourself, resistance will erode. It will slowly dissolve and you will be free. What a wonderful moment it is when inspiration comes and you’re free to act on it.

The next question is, “Can we be inspired to do something that may not be the best for us or that can actually hurt us?”

What is the motivation or reason behind this question? Isn’t it fear? Another block?

Isn’t the person who’s asking this question basically saying, “I want to follow inspiration, but I want a guarantee I won’t be hurt. I want to follow inspiration, but I want a guarantee I won’t hurt anybody else”?

Let me tell you something, inspiration doesn’t come from your ego. Only the desires that come from your ego could hurt you or somebody else.

Inspiration comes from God, what I call the Divine. Inspiration comes from nature or from life or from the cosmos, whatever you want to call that larger energy that we’re part of. That’s where inspiration comes from and, because of that, it only does good.

So the greater thing to look at with this question is the motivation behind it. It's revealing that fear is on the mind of the person asking the question. If you relate to this question, if you're afraid of following inspired action because you think it's going to hurt you or somebody else, you have to realize that it's fear that's blocking you from receiving inspiration. This is a breakthrough.

This is the kind of thing you want to talk to your Miracles Coach about, that you want to find and release. If you have this, if this is a belief on your part, congratulations, you found it, which means you're aware of it and can now release it. That's good news, if not terrific news.

The next question is, "Once I am inspired to do something, how can I keep myself from getting in the way, or sabotaging my own success?"

The first thing you want to do is maintain your sessions with your Miracles Coach. Why is this so important? Because you need the support to keep you on track.

It's too easy to fall in to the way of most people's lives – desperate, unhappy, and broke. They feel like, "This isn't going to work out." It's way too easy to let your ego take control and go in to self-sabotage. Instead, you want to find, create, and continue with your support team.

Your Miracles Coach is your co-creator buddy, the person that can help you from getting in your own way or sabotaging yourself. This is the first thing to do.

The second thing is to try your best to remind yourself of what it feels like to follow inspiration. I've often told

people that there's a big bonus when you follow inspiration as quickly as you can. You get a rush of energy that comes with the inspired moment that you can use.

If I get an idea to write a book that inspires and excites me, and I act on the idea as close to that moment as possible, I seem to get extra energy. But, if I put it off, if I wait weeks or months before finally getting around to writing the book, I won't have the same energy. Now it'll feel like work.

So act on the inspiration quickly and keep reminding yourself of the inspiration. As long as you do, you'll maintain your energy, focus, and direction. You'll keep that wholesome ideal in front of you.

The third thing I'd say is to be aware. Watch yourself.

If you find yourself saying, "Well, I'll go eat a meal," or, "I'll go watch a movie or TV," or "I'll go play pool with somebody," you might find out that you're actually wasting time as a distraction. It's a distraction technique to keep you from your purpose.

You must stay on purpose. Follow your passion. Follow your inspiration. Follow your bliss. These are all keys to living a life of magic and miracles. It's essential.

The final question is, "Once the door of inspiration opens up, will it close if I don't act immediately?"

As long as you remain open to inspiration, you will receive inspired ideas. And if you don't act on the inspired ideas as they come to you, you'll probably miss out on the rewards that would come from you completing the inspired

idea.

For example, I've often heard that Tony Robbins, the famous motivational speaker, would ask people, "Have you ever come up with an idea for a product or service?" Almost everybody raises their hand. He'll continue and say, "But you didn't act on the product or service, you didn't follow through, you didn't create it?" and most people will continue to raise their hands. Then he asks, "What happened six months or a year later?"

Almost everybody says they walked into a store and there was their product or service on the shelf.

Remember, when inspiration comes, it doesn't just come to you. If you don't act on inspiration right now, it doesn't mean that you're going to close the door on inspiration, but it does mean you could be closing the door on the rewards of acting on that inspiration. That's far more important and what you want to focus on. You want to be sure to acknowledge that inspiration is a gift from the Universe, so when it comes, say, "Thank you," and take action.

When you take action, you're sending the message that you want inspiration and please send more of it. The other part is that, when you take action, you will be the one to receive the rewards from taking action.

When I write a book because of inspired action and it comes out, I make money from the book. If I record an audio, open a business, or act on some sort of entrepreneurial idea, I receive the reward because I took action on it and got it into the marketplace.

So, no, the door doesn't close. Once you've opened up, ideas and inspiration will come to you, but remember, if you don't take action, somebody else will – and they'll benefit rather than you. So let's have win-wins around the world and follow on your inspiration.

Here's a tip, something I want you to do: Every day create a space to receive inspiration. Find a quiet time – call it meditation if you want – where you turn off the phone, TV, and Internet, close the door, and sit in silence.

It's a type of meditation, a receiving mode. Quiet your mind, slow your breathing, relax your body, and sit in silence. Sit in the dark if you have to, but sit where you won't be interrupted. Do this every day. Find a way to do this.

I have a hot tub and, even though right now it's freezing outside and snowing on my hot tub, I'll still sit in it and relax. I'll be by myself, under the Texas sky and get quiet. Sometimes I'll talk to the stars and say, "I love you, I'm sorry, please forgive me, thank you," but, more often than not, I just sit in a receiving mode. That's my gratitude hour – my allowing hour.

I am creating a space to receive.

You don't have to spend an hour doing this, but you do need to start making space. This is like taking your phone and putting it on the cradle so that the Divine can call you. Most of us are so busy with the chatter of our minds, the business that we do online and offline, our families, and this, that and the other, Divine can't get through,

inspiration can't get through. We've got this busy signal going.

You want to unplug from the regular, earth-level life and plug in to the Divine, universal life.

So your tip and takeaway point is for you to make that time and create a space for inspiration to come to you. Start doing it for a few minutes, and then stretch it a little bit. Start tuning in to it every day, over your lunch, over your coffee, when you take a walk, whatever you happen to be doing.

See if you can find silent time. Pay attention to your thoughts – only in the sense that you have thoughts and you watch them come and go. Don't get attached to them. Just wait for the flow to send you an inspired thought, an inspired moment at which point you're supposed to take action.

Thank you, everyone, for getting on this call. I always love doing these training calls for Miracles Coaching®.

You're all doing wonderful things, I hear. I just got a book, *The Way of the Toddler*, by one of the people who's in the coaching program, so you're doing incredible things. I love hearing these stories.

I'm rooting for you. I'm loving you. I'm sending you nothing but good thoughts.

Look for the inspired moments and, when they come, share them with your Miracles Coach, with me, and with your family and friends. Anchor the moment, and then go on to the next one.



Godspeed to all of you.



## **Secret Session #3**

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**Dr. Joe Vitale with Dave Greene**

**David:**

Welcome Joe.

**Joe:**

Thank you. It's great to be here. I always love getting together with the Miracles Coaches to see what's going on and see what's on their mind.

To the listeners on the call, if you happen to be sitting at home, it's always good to have a piece of paper and a pen handy in case something has been said that strikes your fancy and you want to reinforce it. This is one way to train yourself to learn new things, and not just say, "Oh, that was a great idea."

Write it down, make a notation of it, let it swirl around in your mind and become a new part of your consciousness. This way you become a new person. That's what miracles are all about.

The focus tonight will be on self-esteem. I have six or seven questions here that are all pinpointed around that, so I want to see what I can do to shed some light as you work

with your coaches to make that happen.

The first question is, “How can I grow and find success in various areas of my life if I don’t have belief in myself already?”

It begins by pretending that you already have belief in yourself.

The fact that you’re already in Miracles Coaching® tells me that you must believe in yourself on some level. You must know that there is a potential within your being that can take you further down the road than you’ve already done by yourself.

You’ve already stepped in that direction. You may say you don’t have belief in yourself, but is that really true? You have to pause and ask yourself, “Is it really true?”

If you’re a living, breathing person – and especially if you’re in Miracles Coaching® – you’re showing that you have belief in yourself.

The question that’s really behind this question is, “How do I get more belief in myself? How do I build up my self-esteem? How do I increase my self-confidence? How do I take it to the next level?”

This comes from the baby steps that you take in this process.

Thirty years ago I was backwards and shy, I was intimidated by the world, and yet I knew that one of the ingredients of success is to actually be out there as a speaker. I was writing books and I knew that if I could speak, I could sell books in the back of the room. I had to

buck up, get my enthusiasm going, and get the belief in myself going.

The very first class that I taught had six people in it. I was so nervous and scared that I thought I was going to pass out and fall to the floor. I was actually leaning against the wall as I spoke. My knees were trembling and I was sweating.

How did I build self-esteem? How did I build self-confidence so that, later, I could speak on Larry King Live with millions of people watching? Or go on Donny Deutsch's TV show when he was on CNBC?

How was I able to go from the guy who couldn't speak in front of six people to the guy who can be in movies or to speak to 17,500 people in Peru? The short answer is you do it in baby steps.

If you had plucked me out when I was speaking to those six people and put me in front of 17,500 people, I would have collapsed. I was not ready for it. I had to practice by constantly stepping out, constantly doing something that stretched me.

So realize you already do believe in yourself or else you would not be in this program. You can put a checkmark there.

Next, do the things that make you feel good about yourself.

If that means making the phone calls that you're nervous about making, writing the resume, sales letter, or website you're nervous about doing, taking a class or seminar you're

nervous about paying for, or extending your Miracles Coaching® agreement so that you have more support and encouragement – then you have to do that. That’s how you increase self-confidence and self-esteem.

*You vote for you and you vote for you by your actions.*

So vote for yourself by doing the things that increase your self-esteem even if, at first, they’re scary, make you nervous, or you wish somebody else would do it for you because you’re so afraid of it. As you do, you go from the person who couldn’t speak in front of six people to the person who can speak in front of 17,500 people live.

The second question is, “I’ve heard it said that you can’t truly love others until you love yourself. Is that an accurate statement?”

I believe it is. You love your neighbors as you love yourself. Most people don’t love themselves, so they have a very difficult time loving their neighbors. I believe that it’s one of the sources of the pain, chaos, and conflict on the planet across the board, not just in you and me. This goes on in governments and cultures in different countries.

If you understand some of my deeper teachings, you know that I say everything in the outer world is a mirror reflection of what’s going on in your unconscious mind.

If a person doesn’t love themselves, they don’t usually look inside themselves and say, “Oh, I don’t care for myself.” They look *outside* and say, “I don’t care for that neighbor, I don’t care for that government, I don’t care for that country,” and they project their dislike onto something

else.

What they're really doing is projecting their dislike for themselves out into the world. That's why there's chaos.

If you really want to bring peace to yourself and to the planet by extension, you begin it by focusing on yourself, by loving yourself.

This doesn't mean that you have to totally love yourself before you can start loving other people. I think it works both ways, but you start with yourself.

Start appreciating yourself. Start finding things that you're grateful for, things you love about yourself. This heals the wounds that have been in all of us, myself included. As you heal those wounds, you're able to love yourself and then, by extension, you can love others.

So while I believe it's a true statement, don't let that stop you from practicing love for other people as well as for yourself because, at that point, it becomes an excuse. You start to say, "Oh, I'm not going to love other people because I don't love myself." That's a cop out.

What you want to do is love other people *as* you love yourself, and as you love yourself, it will become easier to love other people. Then the biblical phrase about loving others as you love yourself will become authentic. It will become true. It'll become what you're actually living from in your soul.

Let's go to the next question, "Is it possible to really love yourself when there are characteristics or features of your own personality or body that you don't like? Is total and

unconditional self-acceptance required? Is it possible to really love yourself when there are characteristics or features of your own personality or body that you don't like?"

Of course you can totally love yourself. Is total and unconditional self-acceptance required? I don't think it's required to begin, but I think it's required as the end result.

In *The Awakening Course*, I say that we are here for one purpose – to awaken – and along the way we go through stages.

The first stage that we're all born in to is victimhood, and most of us stay in victimhood. If we're very lucky, at some point we go in to the second stage, which is empowerment.

If you're in the Miracles Coaching® program, you're almost certainly in the second stage. You've entered the second stage of empowerment, but there's still left over feelings, thoughts, paradigms, and beliefs about being a victim.

One of the worst is when you think that you're not good enough. When you think that you have a personality that's flawed, or you have a body that's not exactly right, that's coming from a mindset of victimhood.

If you come from a more spiritual and elevated mindset, you know that you're perfect the way you are. You might be a diamond-in-the-rough, so to speak, in terms of an ideal that you have in your own mind, but that just means you're still sculpting yourself. The truth of the matter is that anybody concerned about self-development, about having miracles in their lives, is still working on themselves.



I am still working on myself. I am still polishing myself. That doesn't mean I look at myself in the mirror and say, "Joe, you have this aspect of your personality that really sucks. You can't go out in the world until you fix it. You can't go speak in public until you fix it. You can't write books until you fix it. You can't go on a Miracles Coaching® call until you fix it."

Obviously, that's not true. I can work on myself as I do my business in the world.

I can do personal development on myself as I go about doing things like being on this phone call. I'm not going to wait until there's some ideal, perfect Joe that's all done – and *then* I can do the Miracles Coaching® phone call for all of you. It doesn't work that way.

If you logically analyze this, what's considered perfect? What is the perfect personality? What is the perfect body? We don't all agree on anything.

So what you see when you look at your body may not actually be flawed. It may be that way *because* you're judging it as being negative. What I'm suggesting here is you take a more elevated view of yourself and realize you can love yourself as you are and *as* you change yourself.

Changing yourself, then, doesn't become about changing the negative, it becomes polishing the positive to become even a brighter, shinier you in your own eyes.

This is really important to get because, as soon as you love yourself as you are – as you speak, as you walk and talk in your physical body with the personality, brain, and

everything else that you have – as you love all of that, that love polishes the diamond.

This love and acceptance of who you are starts to help you refine the very things you might have been complaining about to begin with. Then the process of transformation becomes almost automatic, it becomes natural.

You don't stop growing, changing, or working on yourself, but it becomes an easier process because you're no longer fighting yourself. This is why love and acceptance is so important. Still, you don't have to be at a place of total love and acceptance right now, just working towards it.

Here's another question: "I've been put down by my parents and others my whole life. How can I shed the negative self-image that I developed over the years so I can come to love and accept myself?"

Most of us have had parents who were not enlightened. Our parents probably did not have the best attitudes about money, health, relationships, love, sex, or the world, but they were doing the best they knew how to do. They weren't in a Miracles Coaching® program. They probably didn't read self-help books. You have to be very forgiving.

I have a friend who has a couple of young children. I remember him saying he doesn't know how to raise them, there's no manual. He feels like he's shooting in the dark and, in many ways, that's what's going on. Your parents did the best they could with what they knew and they may not have known all that much. They know less than what you know now.

The second thing to realize is that what you're calling a negative self-image is something that others would call your habit of thinking.

In other words, when you're looking back over your life and you're thinking, "My parents didn't encourage me. My parents said such and such about me and now I don't feel so good about myself. I don't feel worthy of success or of money," you're falling back in to being a victim.

At this point in your life, and I'm going to be blunt, that's an excuse.

When people sit around saying, "I have a negative self-image and it's because of my parents," that's a little bit like saying, "Okay, let me bring my parent in to Miracles Coaching® and once they change, then I'll change."

It doesn't work that way. You're in Miracles Coaching® to make the change in you. The self-image that you're calling negative is only a belief that you bought in to at one point.

As you become aware of it and explore this with your Miracles Coach, you'll be able to release it. It's not permanent. You don't need mind surgery. You don't need physical surgery. You don't need to have anything in particular happen for you to begin to have a positive self-image.

The only thing you have to do is say, "You know what? I am now building a self-image that I love. It's the new me and it begins right now."

The first person on your team to support you in that new self-image is yourself. Next person is your Miracles

Coach. You start to pull in a new idea. The old parent gives way to something new.

The old is only there because you still paid attention to it and thought that it had to be there. You no longer have to pay any attention to it. It no longer has to be there anymore. You have my permission to let it go. You have my permission to recreate a new story.

In fact, that's all a negative self-image is. It's the story you've told yourself over the years. I've heard stories of twins who were raised in the same family and one would complain about their childhood and the other would not – yet they had the same parents and generally same experiences in the same house.

How did one have a negative experience and the other have a positive experience? It's because they chose those perceptions.

What you can do now, and you can work with your coach about this, is recreate your story. Instead of looking back over your life and saying, "It was negative and my parents put me down," start to say it was positive and my parents used reverse psychology to get me to believe in myself.

Make up a new story. The story you have is just made up anyway. You made it up over the years in a very unconscious way, but you still did it.

Now you're becoming a conscious, empowered miracle worker and you're creating a new story: Your childhood was positive, your parents were good, and the self-image you

have now is a shiny, positive one of spirituality and power.

Start to work with that and you'll change your life now.

Let's go on to another question. "I know others that also struggle with their self-worth. Is there anything I can do to help heal their image of themselves?"

The number one thing you can do is be an inspiration to them. In other words, you don't need to say anything to them. Let them see the new you and your life blossom.

As you become happy, healthy, prosperous, and you live this magical life of magic and miracles, they'll look at you and say, "I wonder what he or she is doing?" Often they'll model what you're doing because they see the strut in your walk, the smile on your face, and the actions that you're taking. It'll inspire them to do some of the same thing.

Or one day they'll come up to you and say, "What are you doing?" and maybe you'll tell them about Miracles Coaching®, or maybe you'll tell them about a book you read, or audios you were listening to.

For people who are struggling with their self-worth, the best thing you can do is inspire them by example. *You* be the example of success and, as they see it, it will inspire them to go on and have a great life of their own. That's how all of this begins.

Another question that came in is, "Are there things that people do on a regular basis that destroy their self-esteem without even realizing it?"

Yes, and maybe it doesn't destroy their self-esteem, but it can diminish it.

If somebody who is overweight continues to overeat, they're not building their self-esteem, they're diminishing it and losing power. They're showing they don't have power over their food or choices.

It's the same with someone using drugs or drinking too much, or even procrastinating.

What are some of the actions or thoughts that you should be aware of? Definitely your self-talk because what you say to yourself leads to the actions you take. So, instead of watching your actions, watch your thinking.

If your thinking starts to go down the road of negativity or talking you in to doing things that would diminish your self-esteem, that's where you want to change your thinking.

I've talked about "what if up" thinking in the past, but I'm going to go ahead and say it for those who may not have heard it before. This is a process that Mindy Audlin talks about in her book, *What If It All Goes Right?*

Most of us have "what if down" thinking. As soon as we think of a project, idea, commitment, or decision, we start thinking, "What if it doesn't work out? What if I don't have the money? What if this is harmful? What if I don't feel good about it? What if it backfires?"

You can feel your energy drop when you start "what if down" thinking. "What if up" thinking is the opposite.

*What if it goes right?*

*What if it works out?*

*What if the deal comes in?*

*What if this is the best thing for me in my life?*

*What if this is the best purchase for me?*

Watch your thinking and actions and become acutely aware. The whole purpose of life is for you to awaken to your inner power and potential to create miracles in your life and to experience it on a day-by-day basis.

Be aware of what you're thinking and, if that thinking starts to take you down a dark road where you're going to take an action that you'll regret, that's when you want to ask for help.

Ask for help from your Miracles Coach, a buddy, or a support system like a mastermind group. I co-authored a book with Bill Hibbler called *Meet and Grow Rich* that explains how to create your own mastermind. Create a support system around you so that you can watch your thoughts and actions, and do things that make you feel good.

Build up your self-esteem. Do the things that are positive – you know what they are and which is which. You're aware of that. Take a deep breath and say, "I'm not doing the negative, I'm doing the positive," and then get your support team to rally behind you. Get your own inner voices to rally for you. Do the "what if up" thinking and believe in yourself, believe in your positive thinking, and believe in your positive action. This can help you maintain that self-esteem and keep building on it.

Another question I received is, "How can I help to

protect my child's self-image when the kids at their school pick on them and are unkind?"

First, you're going to have to demonstrate your own self-image by showing strength. In other words, don't become a victim and say that you're going to roll over and play dead. Show that you have inner power. Maybe you have to address the parents of the other kids, the principal, or the teachers, but kids, like everybody else, learn from example.

They're watching you. If you don't do something, they're going to conclude that the best answer to being pushed around is to allow yourself to be pushed around. So remember that you're setting an example of self-image to other people.

Don't overlook the earth-level responsibilities of possibly having your child learn some sort of self-defense. That helps build self-esteem in them. I have nephews that have been in karate and other martial arts since they were seven years old.

One is 17 now and has been doing this his entire life. I don't believe any of the kids pick on him or his sister at school.

Children are modeling your self-image. Like everything else that I teach, the outer world is a reflection of your inner world. Change the inner in you and you change the outer.

Most of you have probably read *Zero Limits*, which I wrote with Dr. Hew Len. It teaches a technique where you can heal what you perceive on the outside, but you heal



it within yourself by loving whatever it is that you fear or consider a problem. You're loving whatever you think is a challenge. You're loving whatever you think is the person on the outside.

It's all inside you, and as you love it, you start to heal it, which changes outer reality. It gets better.

The advanced technique I want to teach you is an extension of that, something Dr. Hew Len taught me as we were waiting at an airport for our luggage one time.

We were at the baggage claim and I was telling him about a problem I had in my life. He was listening to me as he always does with great love, concern, and gentleness. He said he wanted me to imagine what my problem was and then to imagine I took a card, like a business card, and sliced it up. As I sliced it up, it would dissolve. This is nothing but imagery, a visualization. It's that simple.

So if you're imagining a problem, like lack of self-esteem, or the way your parents brought you up, or your children being pushed around on a playground, what the issue is you're imagining is within yourself. It feels like it's real on the outer world, but you're only noticing it as real because of how you perceive it inside you.

As you slice it up in your mind, you can feel little pieces falling apart. Maybe they float away to the floor, or into outer space. They just kind of evaporate and disappear. In your mind's eye, you're holding the problem, and then you're dissecting the problem, and then the problem is disappearing. As you do that, the outer problem that you

perceived will change.

This is the kind of miracle I'm talking about that is so delicious, and that you're going experience on a day-by-day, moment-by-moment basis as you stay in Miracles Coaching®. This is life-changing, transformative work.

Doctor Hew Len taught me that technique. It's not in my book, *Zero Limits*, or on the blogs that I write. It's not on any e-mails. I've never written about it before. You're getting an exclusive, so to speak.

When it comes to building self-esteem, which has been the whole purpose of this call, reflect on the idea that the story you tell yourself about yourself is where your self-esteem begins. If you were telling yourself that, "I have bad self-esteem because of how I look or my personality or how my parents treated me or what they told me," that's a story that you're repeating, a type of programming.

You're programming yourself to continue believing that and to maintain that story in your own body and mind.

What if you changed the story?

What if you were to say, "I remembered my childhood and the way my parents brought me up incorrectly. What I thought they were doing was a misperception on my part. It actually was done in a positive way and this is what I got out of it"?

What if you start writing a new story and listing all the positives that you get out of this new story? You'll find that by having the new story you will become a new person.

You're already an apprentice to miracles. It's like you're

in the school of Harry Potter learning how to have your own magic wand, but the magic wand is your mind and how you use it is your choice. Self-esteem is under your control.

What you're doing with it right now is part of the awakening process. What you've been giving power to is something you thought was separate from you, but it's not.

You create self-esteem by what you say, what you think, and what you do. You have the power to change yourself right now and it all begins with love. It all begins with finding how you appreciate yourself and how you're grateful for yourself and from there you build.

I want to encourage you to share your insights, whether it's something that came up that enlightened or confused you, with your Miracles Coach. That's what he or she is here for. That's your support system. That's part of the wizard training to help you have a life of magic and miracles.

Remember, I'm doing cleaning and clearing for you. I'm thinking about each of you. I'm doing the Ho'oponopono method as described in *Zero Limits* on all of you, even now as I've been talking. I've been sending love to you and doing it from the inside out. As I'm talking on one level, on an invisible level I'm sending energy.

You can call it Reiki energy, you can call it Qigong energy, you can call it divine love energy – that's what I'm sending to you.

Godspeed to all of you. Look for your miracles and, as I like to say, expect miracles.



## **Secret Session #4**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

Welcome, Joe.

**Joe:**

Thank you, Janeen. You and I have talked about an energy medicine formula, and I wonder if you'd talk about this tonight?

**Janeen:**

Yes, I'd be delighted to share it.

**Joe:**

Please do. I'm going to follow along as you explain it. I'm all ears. I want to know about this as well. So, go for it.

**Janeen:**

Oh, fantastic.

First, let me explain briefly to everybody what this is.

Energy medicine is an umbrella term that covers a multiplicity of different healing modalities, including

Reiki, reflexology, quantum touch, etc. There are many different modalities and they all fall under the umbrella of energy medicine.

This technique is actually a direct result of a question that Joe asked me, “Is there an energy medicine formula for increasing a person’s financial set point?”

**Joe:**

I remember it very well.

I thought, “That’s what everybody wants to know and what we need to come up with so we can help everybody.”

I’m so glad you took it on as a personal challenge.

**Janeen:**

Exactly, and I’m so delighted to deliver this to the world.

This actually came to me by inspiration during the night. In the wee hours of the morning I was awakened with this picture in my awareness. I wouldn’t exactly call it a vision. I would say it was more an impression.

At first, I didn’t understand all of the energy medicine principals behind the technique that I was seeing for increasing a person’s financial set point. So I did some investigating to learn what all of these different points along our bodies actually mean and the science behind how this works.

Are we ready?

**Joe:**

I sure am.

**Janeen:**

First, I want to explain to everybody to always start, whenever you're moving energy, by taking a deep, cleansing breath. Everybody take a breath in through the nose and then out through the mouth. Throughout this process, don't forget to breathe. I'm not going to be instructing you regularly to remember to breathe, but just do. Breathe deeply in through the nose and out through the mouth while you're working through this energy medicine technique.

For those of you that cannot do this for yourselves because you've got one hand on the phone and you're trying to write notes, this will work for you, too, because energy medicine is marvelously forgiving. Your intentions will carry this to the right spots if you can't use your hands. So rest and know that everything in universal law is designed for your success.

*Take a deep breath and start by rubbing the spot at the middle of your tailbone. Go ahead, both hands on the middle of your tailbone and just kind of rub with your fingertips. This is the ground chakra. This is the manifestation chakra. A chakra is a synergy vortex where there's a convergence of energy and this grounding chakra is actually where you manifest. It's where you manifest money. It's where you manifest a job.*

*Then move your fingers up slightly. This is the region of*

*the second chakra. That's the creative life-force center. That's exactly where feelings about money are contained. So your hands are on the middle of your tailbone and then they move up slightly. Now, place your fingertips about three inches on either side of your tailbone so that your fingers are pressing high on your glutes, your buttocks, three inches on either side of your tailbone and you're kind of rubbing.*

*Now, continue rubbing up. You're sort of dragging your fingers up the back of your spine at the top of your glutes. Keep moving up until you get to your waistline, in your back, on your backside. Keep moving your fingers up. You're dragging your fingers and you're rubbing. Don't forget to breath. Now, when your fingers get up to your waistline, your fingers are right about where your kidneys are located. This is really interesting because the kidney meridian governs fear. Releasing negative energy here releases fear energy.*

*Okay, so now your fingers are on your backside at your waistline right about where your kidneys are. Press your fingers around from the back moving to the front side of your body. You're pressing your fingers from your back along your waistline to the front side of your body, and you're following the bottom of your ribs, and then right at your waistline.*

*This pathway that you're rubbing includes both the kidney meridian stress points and also the spleen meridian stress points. You already know that the kidneys governs fear. The spleen governs the solar plexus chakra or the seat of self-esteem. So you're literally releasing negative energy on the issue of self-esteem.*



*Now your fingers have come around to the front of your waistline and your fingers are getting close to your navel at this point. When your fingers are about three inches on either side of the center of your body in the front, this is actually your gall bladder stress points. The gall bladder hordes excess. When there's negative energy built up there, you get stuck. You get backed up and you get bogged down.*

*About three inches on either side of your navel or the center of your body in the front, those are your gall bladder points. You've rubbed your gall bladder points for probably about 20 seconds, and that's about all it takes, so now move your fingers out and up. Out and up at a diagonal until your fingers are directly underneath your pecs or your breasts, right directly in line with your nipples. Your fingers are right below your pecs and you're rubbing there. This is the liver meridian stress point and the liver governs organizational skills.*

*What we've noticed is that the students who've been doing this for the last two or three weeks since this technique was revealed have found a burst of energy in their organizational skills. They've cleared off their desks and other things which, in turn, generates more organization. They felt a little prompting or nudge to go to their planner and plan things out, and they felt a burst of energy in their organizational skills. We all know that wealthy people have good organizational, delegation, and time management skills.*

*So, when you're rubbing these gall bladder points, you're releasing negative energy that has held you back relative to organizational, delegation, and time management skills.*

*Okay, now lift your hands. Lift both your hands and with your dominant hand, press directly between your pecs or your breasts, right in the center and rub right there. This is your circulation/sex stress point. Circulation is flow as in money flows and flows. Sex, of course, is from the creative life force center. Without proper flow of circulation, creativity doesn't flow and so rubbing here releases negative energy that has blocked your creativity.*

*Okay, now don't forget to breathe; take a deep breath and leave your dominant hand right there on your circulation/sex point in the center of your pecs and tap with your other hand on the top of your head. Take your other hand and tap on the top of your head. Right now you're both rubbing between your pecs and tapping on the very top of your head by your crown. This is the gall bladder neurovascular point. You already know what the gall bladder does so you're releasing hoarding and allowing more flow.*

*Now, lift your hands and tap the boney bumps that stick out low on the back of your head just above your neck. Find those bumps. You can either rub on those or tap on those. Many students have reported to me that it seems more comfortable to rub. That is perfectly fine. Rubbing or tapping, both release the negative energy.*

*Put your thumbs on those two boney bumps that stick out in the back of your head. Put both of your thumbs on those two boney bumps and then place your middle fingers on the points on your head that are about four inches above those points. Just rub the back of your head like this for 20 seconds while*

*you're taking deep breaths. These upper points are your spleen neurovascular points and we already know that the spleen governs self-esteem.*

*Now, lift your hands and tap or rub with your fingers on the spot that is one inch above your ears on both sides for 20 seconds; one inch above your ears, directly above your ears, for 20 seconds. These also happen to be spleen neurovascular points. There are two sets of neurovascular points governing each meridian and this is your second one. So you're rubbing just above your ears on the sides of your head. It feels good, doesn't it?*

*Now tap on the top of your head again and simultaneously tap on your heart with your other hand. Right now, you should have one hand tapping on the top of your head and the other hand tapping on your heart.*

*Take a deep breath in and say upon the exhale or with the exhale, "My financial set point has just been increased." Say that three times. Let's do it together three times. Inhale and on the exhale say, "My financial set point has just increased. My financial set point has just increased. My financial set point has just increased."*

**Joe:**

My financial set point has just increased. My financial set point has just increased. My financial set point has just increased.

**Janeen:**

Excellent.

What that doubling tapping does is tap the change in to your heart, which locks the change in to your energy field.

Science has proven that there are brain cells in your heart and, of course, throughout everywhere else in your body, including your spine. But there is a multiplicity of brain cells in your heart.

When you tap on your brain and tap on your heart at the same time, you're locking that change in to your energy field.

Do this every day for two or three weeks because science has shown that it takes about three weeks to change an old habit and reprogram a new, good habit.

At the end, whenever I've moved energy, I like to give thanks to the Universe for the beautiful way in which universal laws sustain and support everything that is good.

I do this by taking a deep breath in through the nose while I'm bringing my fingertips of both hands together.

*Take a deep breath in and bring your fingertips together, fingers pointing up. Your thumbs go across the bottom to form a pyramid directly in front of your body. Take a deep breath and with the exhale say, "Thank you, thank you, thank you."*

**Joe:**

Thank you, thank you, thank you.

**Janeen:**

*It's with recognition of the Divinity within us all that I offer you this blessing.*

There you go, everyone, your financial set point has increased.

**Joe:**

I love it. That was invigorating. It was like an energy massage.

It's one of those things where I felt all the energy centers in my body were being stimulated and awakened. Even the ones I thought were already online and buzzing just got amped up a bit.

I look forward to seeing my financial set point bumped up even more than it already is.

Thank you, Janeen. I know you were taking extra time to do this for us. It's a great gift. I appreciate it and, of course, we have that as a recording we can go back to. So, thank you.

**Janeen:**

You're welcome.

**Joe:**

I'm going to go ahead and take over the rest of this call and talk about limiting beliefs.

I'm going to be short but direct because I want to get right to the point, and I want to do it in a way that's going

to get in to your consciousness and start to work with your unconscious. This is how I do my own Miracles Coaching® these days and how I want to work with you. I want you to get the best results, fastest, and most efficient results, and it doesn't take a lot of time to get those kinds of results.

If somebody thinks it takes a long time to get a change or a transformation or a miracle, what they just stated was a limitation. So what are limitations? What are limiting beliefs?

Limiting beliefs are the ideas that hold you back. They're ideas, beliefs, and thoughts that keep you from becoming the person you want to be or doing the things you know you really want to do. Most of the time, these limiting beliefs aren't even true. In other words, they're not facts.

These are things you've heard over the years and maybe didn't question because you might have been too young. Maybe a parent told you, or a teacher or minister, somebody in power, and you weren't at a place where you could question it.

Most of us never get to a place where we question our beliefs. We are just run by them. I've said for the longest time that we are in a belief-driven universe. Change your beliefs and you get a different reality. You actually get a different universe.

I was in Dallas a week ago because CNN television wanted me there to relive my years as a homeless person 30 years ago. What I realize is that the "homeless Joe" of three decades ago is not the person who sits on this call. How did

I go from homeless to this luxurious, powerful lifestyle? By changing those limiting beliefs.

One of the questions somebody asked is, “Does everyone have limiting beliefs of some sort?”

The honest, bottom line, direct answer is yes, we all do. I do. Everybody does. There may be an exception but it’s hard for me to imagine. Of course, as I say it, maybe that’s a limiting belief on my part. Maybe there are people walking around who are belief free or limitation free. That’s a possibility but, generally speaking, we all have limiting beliefs.

The next question might be, “How do you know? How do you identify them?”

If you’ve ever found yourself saying, “I can’t do something. I can’t do it. I can’t lose weight. I can’t gain weight. I can’t get fed. I can’t earn money. I can’t attract money. I can’t get a new job. I can’t handle whatever’s going on in my relationships. I can’t handle my family. I can’t open my business. I can’t do whatever,” you’ve just stated a limiting belief.

These are judgments about your reality coming from a limiting belief.

If you use limiting words like “never,” “always,” “all,” “none,” these are words signaling a limiting belief. For example, “It never works out for me. It’s always turning out this way. All of my dates never work out. None of the people I meet like me.”

When you’re making judgments about reality that

sound negative, those are limitations. They're coming from limiting beliefs. If you don't have your life the way you want it right now – you're not happy, productive, prosperous, singing as you go to work or as you bake cookies or whatever you happen to do with your family or friends or in your general life – than you probably have limiting beliefs. It's almost a guarantee.

How do you recognize these limiting beliefs? Most of the time, it's a feeling. When you start talking to yourself or anybody else and you're complaining about your life, you're complaining that something isn't working out or something isn't happening, those are revealing limiting beliefs.

You have to learn to be very, very aware of these.

This is one of the reasons you want to talk to your Miracles Coach who can listen to you in an objective and detached way and start to reflect back to you some of your beliefs. That's why Miracles Coaching® is so priceless.

You want to become aware of the uncomfortable feelings. Stop and ask yourself, "Why? Why does being around men make me feel uncomfortable? Why does being around women make me feel uncomfortable? Why do I get angry when I go to work?"

Look at any feeling that is other than what you would like to feel.

If you're feeling anxious or excited or panicky or scared, these are the opportunities to find the beliefs behind them. Obviously, there are beliefs there causing you to feel a particular way.



I'm going to read off a few limiting beliefs only because I want you to be considering, "Do I have this one or not?" Write down if it feels like it's a zinger for you and you relate to it. We'll talk about how to clear it and, of course, you can be clearing this with your Miracles Coach.

As you're listening to these, keep in mind that if you believe any of these self-limiting beliefs, it's going to cause you to act or not act in a particular way, and either get the results you want or push them away.

Okay, here are some limiting beliefs:

- *I have always been poor and I'll always be poor so there's no point in trying to earn more money.*
- *I'm not lucky so I won't try anything that requires luck.*
- *Anyone who is athletic is competitive and dominating so I don't want to do things that are athletic.*
- *Anyone who looks stylish and attractive is shallow and vain and usually stupid so I'd rather just look average.*
- *Anyone who is wealthy is greedy so I'd rather be in the middle class.*
- *If I share what I have I won't have anything left so I don't like to share things or donate money.*
- *Anyone who is thin is anorexic so I'd rather be on the heavy side.*
- *Bosses are power-hungry and hated by other employees so I never want to be a boss.*
- *I can't trust anyone else to do the job as well as I can so I have to do everything myself.*
- *Women can't handle the pressure of high-stress jobs so I*

*won't work with a woman.*

- *Men aren't sensitive and understanding enough so I won't work with a man.*

I have to admit, I've struggled with some of these, too.

For example, "I can't trust anyone else to do the job as well as I can so I have to do everything myself." I had that belief for the longest time and it drove me crazy because I was trying to do everything myself until I realized that was the Lone Ranger mentality, and I was not going to achieve any great success if I kept trying to do everything myself.

When I let go of that self-imposed limiting belief and started to expand my universe and put on new beliefs, like "The more I trust other people and the more I delegate, the more freedom I have, the more fun I have, and the more money I attract," then that became my new reality.

You can see that these are beliefs and by having them, they cause you to have a limited life. You can have a miraculous life. You can have a prosperous and prolific life, but you have to change the beliefs.

Let's look at some more of these questions. "How do you identify your beliefs?"

The story you tell about your life is very revealing about your beliefs. For example, if you say you're what you are today because of your parents or teachers or whatever, in a way you're correct because they did help in programming you, but you're also saying, "If I can go back and change my parents, then I'll change." That's not reality.

You can change yourself.

Begin by asking yourself, “What’s the story I tell about my life? What’s the story I tell about why I’ve achieved miracles or why I haven’t achieved miracles? What’s the reason I give for not fulfilling my dreams right now?”

Those answers are going to be your limiting beliefs. Write them down and then air it out, preferably with your miracles coach. You can do it by just writing it down and looking at it, because once it’s out of your head and on paper, you’re a bit more detached from it and you start to weaken its power over you.

Let’s look at another question somebody sent in. “What’s the best way to deal with friends and loved ones that add to or fuel fire to my limiting beliefs? I don’t want to sever the relationships, but I feel they are stunting my progress and growth.”

When somebody says they want to sever the relationship because they feel like it’s stunting their growth, they’re playing the part of a victim. Hopefully, you can hear that. Hopefully, you can hear that in the background is the desire to escape. There’s the feeling that, “I am a victim in this family, with these loved ones, with these friends, or with these relationships and I want to break free of it.”

Here’s the thing I want you to get and, believe me, I’m being a little in your face with this, but I want to be to the point, I want to be direct, and I want to help you. This is only to help you achieve the miracles you want in your life. You have to realize that as soon as you can love those people who you feel are stunting you, the sooner you’ll have the

miracles you want.

Let me repeat that: The sooner you can love, forgive, appreciate, and be grateful for the relationships that you feel are stunting your growth, the sooner you'll have the miracles you want.

Why? Because your resentment and your being a victim is what's holding you in place.

As soon as you get the lesson, you no longer need the experience. As soon as you look at those loved ones and realize that they're not causing you to have the limiting beliefs – that they are, in fact, helping you find the limiting beliefs, the sooner the limiting beliefs leave and those relationships transform.

You will be amazed because you'll be in the same relationship, but the fire will be out. You'll be able to look at the other person and have a relationship without the anger and resentment. You'll be free.

Your challenge, of course, is to accept what I'm saying and live it.

This is your big homework: See God or the Divinity in other people, including the ones that you think are stunting your progress. They are not stunting your progress. They have no control over your progress.

All of the control is in you, but as long as you point a finger and say it's them, you're going to be stuck. Look inside yourself and say, "Okay, I attracted them. I must need to learn more unconditional love," and as you practice that, then it gets easier.

They change as you change, but not first. You'll change first and as you change, they will change and, suddenly, you'll look at them and think, "Wow! What a great gift they've been."

Another question that came in is, "What are the most effective techniques or strategies to help with overcoming limiting beliefs?"

The first and most powerful, direct, transformative thing you can do is to work with your Miracles Coach. Another thing you can do is EFT, the tapping technique. You tap away your beliefs once you've found out what they are.

There is a movie about EFT called *Try It On Everything*, which has recently been renamed *The Tapping Solution*. It's the same movie. There are also several books on EFT and I've written about it. Most of your coaches know about EFT.

I would do that and also belief questioning. In other words, if you have the belief, "These techniques by Joe Vitale just don't work for me," question that. Ask yourself, "Is that really true?"

If it's really a fact, then these techniques wouldn't work for anybody. But they are working for everybody, so if they're not working for you, it could be because you don't want them to work for you, in which case you want to explore. This is what I mean by belief questioning. You have to be logical about this and dig a little bit. Ask yourself, "Why wouldn't I want to change? Why wouldn't

I want these techniques to work for me? Why wouldn't I want Miracles Coaching® to work for me?"

Notice what comes up for you. It may be something like, "I feel safe right where I'm at. I'm too afraid to take a risk and do something that's out of my comfort zone." Then question that. "Is it really unsafe for me to take action on a dream?"

Is it really unsafe for you to start a business, make a phone call, send out a resume, or whatever it is for you to do next?

Is it?

The more you question these beliefs, the more you'll find out that they're just beliefs, thoughts, and limitations that aren't real. That's the whole point. You want to take apart this fabricated universe that you're cocooning yourself in so you can break free and see that miracles are possible for you as well as everybody else.

There's a final question that came in on this whole topic of eliminating beliefs. "What are some things I can do to get through panic attack situations? Breathing, meditation, thought control, running up and down the stairs, what can I do?"

I used to suffer from panic attacks and anxiety attacks. In fact, I used to be terrified of speaking. I think I've told this story on previous Miracles Coaching® calls.

There are three things. What I had to do first was face my fears, and as I did that it got easier. Second, I'm a big fan of EFT, and third, I had to look at what I was eating

and drinking.

Seriously, if you're drinking a lot of caffeinated sodas, coffee, or power drinks, you're going to make the adrenals in your body run rampant. You're going to start getting a rapid heartbeat, and when you notice that, you're going to interpret it as danger.

As soon as your mind feels that it's danger, you're going to get panicky. Then, you're going to race in to a deeper panic because now you're going to feel out of control.

One of the wisest things you can do – and a very practical thing – is look at what you're eating and drinking. Are you eating a lot of sugar? I'm at the point now where I think sugar is just plain poison. I don't know that we should have it for any reason at any time or any purpose.

If you're eating a lot of sugar, it's probably going in to your bloodstream, ramping up your feelings and your heart and your anxiety. If you're drinking a lot of caffeinated anything, coffee or anything else, probably the same thing is going on. So look in that area.

Next, start looking at your thoughts. Do you have “what if down” thinking which we've talked about in the past? “What if up” thinking is when you start thinking in a positive way. “What if it all goes right?”

“What if down” thinking is when you think in a negative way. “What if it doesn't work out? What if this all fails? What if I lose my money? What if I lose my job? What if I lose my spouse? What if I lose blah, blah, blah?”

Once you start to feel a little anxious and you follow

that up with, “What if this is a heart attack? What if I pass out?” you’re going to feel worse.

You have to change that to, “What if this is just my heart beating fast because I had too much caffeine? What if this is just a passing phase? What if it’ll go away in a few minutes and I’m actually fine and all is well?” So watch your thoughts.

Also, be reminded of the fact that when you do have a panic or anxiety attack, it will pass within a minute. All you have to do is wait it out. Panic and anxiety attacks always pass. It may take a little longer than a minute, but rarely does it take two or three minutes.

If you remind yourself, “I know what this is and it’s going to be gone in a minute or two,” you can get through it much faster and much easier.

Then finally, I want to remind you to breathe. I have learned that slow, deep breathing can solve just about any problem that’s going to come up.

If you start to feel anxious or panicky, all you have to do is take a deep breath in to the count of 10, and hold it for a second. Then release it, trying to count out slowly, whatever it takes to get the breath out. It could be to a count of six to bring it in, a count of one or two to hold it, a count of six to let it out.

The more you do the deep breathing and the more you relax, the more you realize that all is well.

I love all of you. I’m always thinking of you and your energy. I’m sending energy to you and doing Ho’oponopono



for you all the time.

Janeen was kind enough to share her fantastic financial set point energy pattern. Now that you know it, go do it every day, and then expect results. This is part of changing your limiting beliefs.

Instead of expecting it not to work, which is a limitation, expect it to work. Create a new belief. Create an expectation.

I'm always telling people, expect miracles. I end my blog posts, and most of my emails and sales letters, with the phrase "Expect miracles."

When you do the financial set point readjustment that Janeen was so kind to share, expect it to work.

When you start working with your Miracles Coach, expect it to work.

When you start working with your own limiting beliefs, or doing EFT and belief investigation, any of the things we've been talking about, expect it to work.

There's a song that I've always loved called, "Look on the Sunny Side of Life." It's a profound message: Look on the sunny side of life. Let this be your mantra. Have a positive expectation for your life and be grateful for everything.

Be grateful for the people who seem to be disturbing you. Be grateful for your family, friends, and work. Be grateful for your Miracles Coach, for me, for this call, for Prosper putting it together, and, of course, for Janeen, for sharing the financial set point readjustment tool she gave you.

So, with that said, God speed to all of you. I love you all.

Expect miracles.

## **Secret Session #5**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

It's our privilege to have Dr. Joe Vitale on the phone with us tonight. Take it away, Joe.

**Joe:**

Thank you. It's always great to hear your voice. You sound so upbeat and your vibe is high energy. You're a treat and a gift.

**Janeen:**

Thank you, Joe. That's the way we all feel about you.

**Joe:**

I want to make one more request of you before you wander off here in to the sidelines. I was hoping that I could get you to lead us all in a centering exercise. I'm going to be answering questions that people have sent in and a lot of the questions are reflecting that people are not in the moment. They're feeling desperate, worried, and concerned, letting their fears overtake them.

Usually this can be overcome just by settling down in to the moment, breathing and relaxing and realizing we're all here now. This is our private time. This is our time together. And right now in this moment everything is fine.

So, Janeen, would you mind doing that for us as a gift?

**Janeen:**

I would be absolutely delighted to do that.

**Joe:**

Wonderful, thank you.

**Janeen:**

I'm thrilled to do this because our energy is magnified and amplified by having every one of us on the call unified and in the moment together. That focus of energy raises the vibrational frequency of the entire universe and assists us in helping ourselves as well as the world.

Okay, everyone, here we go:

*The first thing I'd like for each and every one of us to do is take a deep breath in through your nose and then exhale out your mouth. We'll do three of those deep breaths together. Everyone together, in through the nose and out through the mouth. Push it all the way out. Empty your lungs. And now, one more and exhale a deep strong exhale out. And now fill your lungs.*

*I want everyone to notice where you are. Look around you.*

*Notice where your telephone is in relation to your body. Notice the angle of your body to the telephone. Notice how your hands are positioned either on your handset or on your desk. Cast your gaze upon the grain in your desk if you're sitting near a desk or the grain of the table nearest you.*

*The reason we do this is to draw our attention in a focused manner to the here and now. We are present with our bodies in this moment. Nothing else matters in this moment except being here now.*

*Our minds are on this call. The grain in my desk has a little squiggly in it. There are two different tones in the wood. Thank you, desk, for being my desk. You'll want to say that to whatever it is you're casting your gaze upon now. In our minds just say together, "Thank you, desk, for being my desk." Now say it to your phone. "Thank you, phone, for being my phone."*

*When was the last time you put energy into the chair upon which you're sitting? It serves you every day. All the time. Thank it. Thank that chair for serving you. That chair is made up of energy. It will thank you back by serving you better.*

*Let's say it together in our minds, "Thank you, chair, for being my chair." Touch your chair and thank it together with me as I speak it. Thank you, chair, for being my chair. One more time. Thank you, chair, for being my chair.*

*Now look around you in the room where you are. Are you noticing that your mind isn't wandering off onto anything else in this moment? Isn't that wonderful? When you're in the moment, it's impossible to worry because your mind is in your body and present with what you're doing now. You're present*

*with what you're doing now. And in this moment everything is right.*

*Breathe it in. Let's all of us breathe it in. Take a deep breath in through your nose and out through your mouth, saying with the exhale, "Thank you. Thank you. Thank you." In through the nose and out through the mouth and on the exhale say, "Thank you. Thank you. Thank you." Here we go. Thank you. Thank you. Thank you. One more time. Thank you. Thank you. Thank you.*

*With all of us in unison and our attention directed to the voice of Dr. Joe Vitale, we're here now.*

Take it away, Joe.

**Joe:**

That was beautiful. Thank you very much. I feel like I am totally here and I can sense that everybody listening is, too.

This is a wonderful place to be and, as Janeen said, when you're in the moment, right now, all is well. It's only our mind that, when it leaves the moment, makes us feel that it isn't well.

But right now, right in this moment, all is well. There's no past, there's no future. There's only now.

What we just did and said is the answer to every one of the questions I'm going to go through this evening. So keep this moment and feeling in mind as I go through them.

The first question is, "Sometimes I have panic attacks about money. I am doing Nevillizing and Ho'oponopono.

I do my “what if upping,” but it still haunts me some. Is it just that it will take time to manifest? How can I feel good while I wait?”

I have been there and so have others. Many people are still there. Again, it goes back to being in this moment.

When you're in this moment and you do deep breathing, or you look around and you're thankful for anything – your chair, phone, desk, environment, even for yourself being on this call – you cut through the illusion of fear and take away panic.

Everybody has had panicky and anxious feelings. I think all of you know by now that I was homeless at one point. I was in poverty for well over 10 years. I know what it's like to have panic attacks about money. I know what it's like to be anxious. I know what it's like to lay awake at night. I also know that whenever you can take the time to breathe, you're going to stop the panic.

It's important that you stop the panic because it's not serving you. If you're feeling panicky, you can guess what you're going to attract in the future – more panicky moments. This isn't a cause for concern. It's a cause for you to do something different.

I recommend Nevillizing, which means imagining what your life would be like when money is not an issue, when it's not in your mind at all. What are you doing when money is gone from your life as a worry and concern? What are you doing? Who are you talking to? How are you experiencing that moment, that life? Get in to that feeling

and start creating and programming your future moment. That's Nevillizing.

And, of course, keep doing Ho'oponopono. Say the phrases, "I love you," "I'm sorry," "please forgive me" and "thank you" to the Divine, or even use the shorthand version of that and just say, "I love you," inside yourself to the Divine if you feel panicky.

Dr. Hew Len said many times that if you knew how much cleaning and clearing was being done when you did it, you would never stop. Just because you may not notice it changing anything in this particular moment, it is changing things and your future moments are going to be enriched. So keep doing it.

Also, keep doing "what if up" thinking, where you guide your mind to always ask yourself, "What would be better? What would be better than *that*? What would be better than *even that*?" Learn to constantly increase your energy, your vibration, and your optimism by moving your own mind in a positive direction.

But if it does feel like it's haunting you, it's usually because you've left this moment and you've got to find your path back. And one of the best ways back is through gratitude.

The more you can be grateful for anything in this moment, the more you will return to the moment, you will stop the panic and anxiety and, this is even better, you send out a positive energy to attract riches in your future moments. This all begins by practicing gratitude right now.



It's only taking time to manifest because there's resistance in you to actually allowing the good to come in. Whatever you're experiencing is an outward manifestation of what your inner reality is. This is why you're in Miracles Coaching®. Your Miracles Coach is helping you to dissolve, find, replace, and integrate new beliefs.

The more you realize you do deserve money, happiness, peace, wealth, health, prosperity, and a great relationship, the more it will tend to come about. But when you feel panicky or impatient, you have to do something about that feeling right now.

And it's as easy as what Janeen just led us through.

I'm getting ready to go on another trip and, before this call, I was a little distracted and anxious, so part of the reason I asked Janeen to do this was to help me as much as to help you. Even though that little tiny exercise only lasted a couple of minutes, I feel phenomenally better. I am in this moment and, as long as you're in this moment, you're fine.

The second question is, "I want it now. I need it now. Why isn't the money coming? I've been studying the Law of Attraction for years. It doesn't feel like it's working. Is this normal?"

I hope you can hear in that person's question the underlying desperation. When that person says, "I want it NOW" in capital letters and, "I need it NOW," and then goes on to say, "This doesn't seem to be working," I'm sure everybody on the phone can hear the underlying belief.

The underlying belief is that this isn't going to work and that this Law of Attraction stuff is just mumbo jumbo. They're saying, "I'm not normal because this isn't working for me." These underlying beliefs are why you're experiencing this feeling of desperation.

I have said in many of my books and recordings and other Miracles Coaching® calls that it's the belief that's creating the experience. The experience isn't creating the belief.

You have to realize that you have work to do. This is why you're in Miracles Coaching®. You want to work with your Miracles Coach to understand what beliefs could be stopping you from allowing money to come in to your life right now.

Really look at the reality of life itself – of the Universe. Money is swirling about.

Trillions of dollars are in circulation.

Millions of dollars are being printed every single day. This is new money being printed and circling throughout life and around the planet. It's circling among your neighbors, friends, and family.

If it's not circulating in you, it's because you have internally put up a block. That's not horrible news. It's actually good news because I say all of life is about awakening and what you want to do is discover and awaken to your beliefs about money.

Maybe I have to be a little bit more direct with you. Maybe I have to practice a little tough love and say, "Look,

if you don't get money right now, will you die? Will everything end? Is the game over? Will you not get money tomorrow or next week or next month?"

When you look at the question in that way, you start to realize that you don't need money to breathe. You don't need money to be in this moment. In this moment all is well.

So, again, practice gratitude and be in this moment. Trust, and take action.

What is common to every one of these questions is that most of the people asking them are not taking action. They're actually clicking their heels together and expecting that the Universe is just going to open up and hand money to them in a vault or in a bank check or in some other magical way. You have to do something. Life is a co-creation.

I saw the TV show *Mad Men* recently. It takes place in the 60s and is about advertising people on Madison Avenue.

One of the characters was playing Conrad Hilton, who started the big hotel empire. He asked, "Where do ideas come from?" Then he answered himself by saying, "I believe ideas come from the Divine. They come like gifts." Then he asked, "How do we know what to act on?" And he couldn't really decide what to act on so he acted on every idea that came his way.

Hilton created a multimillion-dollar empire and legacy. It might even have been billions of dollars. Why? He got

inspiration and he took action. He didn't sit around saying, "This doesn't work." He didn't sit around saying, "Why isn't the money coming?" He took action to help it come to him.

The Law of Attraction is one law and the Law of Right Action is another.

You also have to look at your underlying beliefs. Why do you feel desperate? The reality is that your mind is making you feel this particular desperation so you must deal with the mind.

In almost every one of these cases, people have been seduced by their own mind. Don't fall in to the trap of believing every thought that comes in to your head.

The third question that came in is, "My wife is putting pressure on me to get a damn job. I opened the business of my dreams, but it has high overhead and isn't yet yielding enough fruit to help us build financially. She feels like she's carrying us all by herself. I don't want it to be that way, but so far it is. I keep telling her to think positive, like I'm trying to, but it's hard. Do you have any advice?"

Everything that we've been talking about applies here, as it will with all these other questions. I don't know this person's situation. I don't know what money they're making or not making, but sometimes you do have to get a job.

I did one of my Rolls Royce Mastermind evenings and a surgeon came to it. He paid good money to fly down and have his evening in the Rolls Royce with me.

He told me he'd gotten an e-mail from me awhile back

that said, “Sometimes you just have to get a job.” He decided to take a job at an emergency room, part time, so he could make extra money, which he used for his own business and to come down for the Rolls Royce Mastermind evening with me.

Sometimes getting a job is the right thing to do. You also have to look at all the other things we’ve been talking about. For example, is this person who’s running the business also doing marketing?

Marketing is actually a wonderful tool and a service to anybody in business. But you have to learn and implement it. Marketing is a way to share your love for your product or service to the people who want to hear about it.

Sometimes one person in a family may be carrying most or all the load for an enterprise or a dream, and that can be a struggle. It’s a balancing act. A relationship is a partnership, so there has to be open communication. You must find out what you can do, as well as the other person, to make this dream come true.

Keep focused on your goal. You want your dream to come true, but let’s not dismiss reality.

When you can stay in this moment, you’ll better see what your opportunities are in this moment. In other words, relax. Take a deep breath. Do what Janeen was teaching us to do earlier. Look at your desk, look at your phone, look at your chair. Breathe in deeply. Get back in to this moment and look at the reality of the situation.

What would be the next right thing for you to do? That’s

something you have to answer yourself, but you answer it out of the clarity of the moment. If you're listening to your worries, concerns, fears, and indecision, you're not going to be able to see, let alone act, on what's there for you to do next. So take it slow. Turn within and then make your decision.

Let's look at the next question because all of these build on each other. "I feel attached to outcome. This business has to work. How can I let go of the outcome and still believe at the same time?"

This is very similar to what we were just talking about. And, again, in all these cases whenever somebody says, "It has to work or else," what they're really saying is that they have no faith in the next moment. They have no trust in the future. They're based in fear and fear is going to chase you down the street. Fear is going to drive you crazy, make you unhappy, and make everybody around you miserable.

Fear comes when you're not in this moment – so let go.

If you read *The Attractor Factor*, Step 5 is to let go while taking inspired action, which means realize that your happiness is not dependent on this business working out. Of course you want the business to work out, but your happiness isn't dependent on it. This is a very fine distinction and something you may want to talk to your Miracles Coach about.

But you don't want to come from desperation or attachment because you'll send out energy that says, "This isn't going to work." And that energy is going to do what?

Create a reality where it doesn't work.

You really have to go deep. I applaud everybody who's in Miracles Coaching® because you're learning how to change your life one step at a time. You're going beyond the Law of Attraction and the superficial understanding that most people have.

You want to let go and be able to say, "Yes, I want this business to work out, but you know what? If it doesn't, I'll be okay. I'll do something else or maybe a new business will come out of the fact that this business didn't work out. Maybe I'll learn something that's more profound." Maybe you'll discover a product or service that will make you even more money than you ever dreamed possible.

You have to believe in yourself.

You want to be able to look in the mirror and say, "If this business doesn't work out, I'll create a different business. I'll do a different business. I'll find more money. I'll attract a different enterprise of some sort."

How will you do that? You don't know, but you'll do it because you believe in you. That's what you want to believe in.

You don't want to believe in the external reality out there. Yes, that's fun. Yes, cars and businesses and money and anything that money can buy, all of that wonderful stuff is great. Those are gifts from the Universe and part of spirituality, too. It's the spiritual and the material being whole.

The secret is, however, to be unattached to it. Believe

in yourself and enjoy the game. How do you do that? By being in this moment.

Let's go to the next question. "If I have a few negative thoughts throughout the day, but shake them out of my head and start thinking positive again, have I screwed up my life because I had those negative thoughts?"

Not at all. We have a safety mechanism in our mind and you can thank the Divine for giving that to us. You may think of all kinds of negative thoughts, but they don't instantly do anything. You're given a chance to erase them.

I think it was in my program, *The Missing Secret*, but it might have been in my other program, *The Secret to Attracting Money*, I spelled out that most of what you think right now, if you think it with feeling and intensity, will generally come about in three days.

Fortunately it doesn't come about instantly because most of us have pretty lousy thoughts. We don't think really positive. We react to people, events, traffic, or situations without thinking. So it's good that we don't have instantaneous results. We're not evolved, awakened, or enlightened enough to be able to handle that.

So if you have a few negative thoughts throughout the day, no big deal. In fact, applaud yourself for catching it when you have those thoughts and that you're changing them. Do "what if up" thinking. "What if up" all your thoughts so that they start being better and better.

*What if it gets even better?*

*What if the next thought is even healthier?*



*What if the next thing I do is the one that makes a difference in my life?*

*What if the next call with my Miracles Coach is the one that makes the breakthrough of all time for the year?*

Just keep playing with that kind of thinking and that energy, and more and more you will create a reality that is miraculous, magical, and upbeat.

The next question. “My family doesn’t support me and I have to be around them all the time. How can I feel good anyway?”

You feel good by paying attention to the inside of you and not the outside of them. Most people want to be supportive, but most people have fears.

Whenever you hear somebody that’s not being supportive of you, you just have to look at them and realize that, in their world, education, and upbringing, given the parents and system they had, that’s how they think. It has nothing to do with you.

I admit that having people around you who support you makes life easier. This is why you’re in Miracles Coaching®. You have somebody who’s rooting for you and supporting you. You have somebody who’s holding you accountable and inspiring you.

If you’re in a family that doesn’t support you, then you know that having just one person support you is worth gold.

Also, keep an eye out for people who might be willing to join a mastermind that you create. I co-wrote a book called

*Meet and Grow Rich*, with Bill Hibbler which describes how to set up your mastermind. Where your family might not support you, a mastermind can support you and you support them. It's a win-win all the way around.

So my first suggestion is to look at your family with more understanding. Look to yourself for more of the strength, and look to your Miracles Coach for the fortitude you need as you're learning to stand on your own feet and move forward with a lot more power.

Do things that might, at first, be a little uncomfortable because you're stretching your comfort zone. And then, of course, think about creating a mastermind.

Let's go on to the next question. "My husband thinks the Law of Attraction is phony baloney. Sometimes it makes me mad that I can't share with him all this amazing stuff I'm learning. How can I get him to come on board? What if I can't get him to change?"

Well, guess what? If you're talking to your husband and he sees you getting mad, he's not going to be convinced that the Law of Attraction does anything. It becomes apparent that you're not able to control your emotions. If he's talking to you and sees you're upset because you're trying to convince him to change, he's not going to be persuaded.

The better way to change him or anybody is to live a life of inspiration. Let him see the change and happiness in you and then he's going to get curious. *Then* he's going to want to know what the amazing stuff is that you're learning. *Then* he's going to get on board. It all comes back to you.

I know you probably didn't want to hear that because none of us do. We all want to say it's about somebody else. But I have to be honest with you because I care about everybody in the Miracles Coaching® program. I have to tell the truth, and this is what I've learned through my own process of awakening:

We are creating our own reality.

If there's anybody in your life, whether it's a husband, another family member, employer, or the president pushing your buttons, those buttons are in you. If that button didn't exist in you, they wouldn't be able to push it.

Just keep working on yourself and learning the Law of Attraction. *You* keep taking right action and following inspiration. *You* keep working with your Miracles Coach. And as you produce results that are amazing, your husband is going to lean over one day and say, "Sweetie, what have you been doing?"

Let's go to the next question. "I feel compelled by God to become a counselor. It excites me. But I'm 60. Isn't it too late to go back to school? Do I have to have a degree? Could I find some way to do it without the degree? Would I seem credible? Making these decisions confuses me sometimes. Shouldn't the Divine give me a sign?"

It sounds like the Divine already gave you a sign.

Your very first line said, "I feel compelled by God to become a counselor." Well, there's the sign. Your second line says, "It excites me." There's your second sign. You then say, "But I'm 60." You say that like it means something, so

it must mean something to you.

Sixty years old. I'll be 57 soon and feel like I'm more like 25 or 30. There are so many people who've lived to 100 and older and went on to do productive things. Many opened businesses in their later years and had entire career changes. Changing at 60 means nothing unless you say it does.

So when you ask, "Is it too late to go back to school?"

Of course not.

Do you have to have a degree? What kind of counselor do you want to be? Maybe you do, maybe you don't. I'd say you probably can do it in some way without a degree depending on what you want. Would you seem credible? You know what? If you think of yourself as credible, others will think of you as credible.

You say these decisions confuse you, but that's only because you're letting your mind run you around in circles. If you take a deep breath and come back to this moment, you'll realize God, according to you, is compelling you to become a counselor. And, also accordingly to you, this excites you, which is a very sure sign to me that there is passion there.

What you need to do next is whatever you feel, based on your passion and excitement. Maybe you have to make a list of possibilities. One of them is to go to school; one of them is not to. Maybe one is to write a book, or get some sort of certification.

There are probably all kinds of ways that you can do

this, but first, you have to take a deep breath, relax, and realize being 60 has nothing to do with this. It's not an element in the calculation.

I'd also suggest that you share this with your Miracles Coach just to get an objective person listening to you and hearing between the lines. Sometimes we confuse ourselves. A neutral, outside party can listen and feed back to us what we said. We'll nod and say, "Oh, that's right. It was there all along. I just missed it."

Let's look at the last question. It's an interesting one. "I really can't see how I've created all this garbage in my life. People do lousy things and I'm stuck holding the bag. I am a victim. How can I see it any other way?"

What a beautiful question to end on.

We're all being seduced by our mind. If anybody is thinking, "I am a victim," why are they thinking that? They're thinking that because their mind is telling them that.

As long as they believe the thought, "I am a victim," they'll feel like a victim and act like a victim. They'll look around and see all kinds of circumstances that confirm they're a victim. But in reality is anybody a victim? Is that person a victim?

You could say, "People do lousy things and isn't that a shame?" But that's not even the highest way of looking at it.

Instead you could say, "People do things for their own reasons and I may not agree with it. I am in charge of my

own reality. I am in charge of my own experience. I am in charge of my own story. I am in charge of how I describe my life and how it's happening in the world."

In my audio program, *The Awakening Course*, I say there are four stages of awakening. The first one is victimhood. Almost everybody is born in to that. We all feel that we're victims.

But at some point, if you're lucky, you run in to a Miracles Coach or you read a book, something, and you suddenly realize you're not a victim.

You have choice. And when you make new decisions, you have different circumstances.

As you go through that second stage, called empowerment, sooner or later you get to the third stage which is surrender. You surrender to the Divine in the third stage, and the fourth stage is actual awakening.

But for the person who is thinking, "I am a victim," obviously they're still in the first stage. It may take a couple of nudges for them to come out of it. You may have to go and read some books, like *The Magic of Believing* by Claude Bristol or *The Book of EST* by Luke Reinhardt. Go read some of my own books and ask yourself, "If I feel like a victim and think I'm a victim, aren't I going to experience being a victim?" It's just a natural reality because of the Law of Attraction.

What you have to do is start thinking differently. You're going to have to realize you're not your mind or body. You're not your emotions or thoughts.

You're the essence, the spirit, and the witness that is behind all of that. That essence, spirit, witness is not a victim.

It's impossible.

Sure, you can buy in to your thoughts and arrange for your life to feel like you're a victim. But you have a choice: You can wake up right now.

You can start to entertain the idea that, "Okay, maybe I thought I was a victim in the past. Maybe I have a little bit, just a little bit more control than what I thought. Maybe I could influence my next moments by being in this moment and thinking positively. Maybe, just maybe, with the help of my Miracles Coach, I can start to feel power and start to make a difference in my life."

I have really enjoyed this. These were wonderful questions and I hope my answers were stimulating.

Janeen, thank you for doing that wonderful, centering meditation for us.

I love you all and I care about you.

Godspeed to each of you.





## **Secret Session #6**

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### **Dr. Joe Vitale with Peter Wink**

**Peter:**

I'd like to welcome my good friend, Dr. Joe Vitale.

Welcome Joe!

**Joe:**

Thank you, Peter. It's great to be here.

I want to talk about money tonight, particularly how to make money in any economy. Far too many people are paying attention to the media, which is the first mistake and the first lesson.

If you pay attention to the mainstream media, it's going to scare the pants off of you. It's going to look for and communicate in the most emotionally impactful way all the bad and gloomy news that it can find.

Whether you directly pay attention to that or not, it will influence you. It will influence and mold your unconscious mind.

So, here is a big tip, the million-dollar tip of the evening: Turn off the mainstream news.

I'm very serious about this. I can give you a lot of

examples, but the one that most readily comes to mind is that, a few months ago, I met with a realtor and friend of mine. I asked her how she's doing in her business and she said, "Great."

I said, "What are you doing different, because all the other realtors I hear about seem to be struggling. They're paying attention to the economy and not selling houses or land or property or businesses. They're not doing too well."

She thought for a minute and said, "I guess what I'm doing is not paying attention to the news."

That might seem strange, or it might seem right on the money for you, but it's what you have to do in order to make money in any economy. The first thing to be aware of is that your beliefs are controlling the results you get.

In your unconscious mind, you have a lot of beliefs about yourself, business, money, wealth, and wealthy people, most of which you're not aware of. Almost all of those beliefs came to you and were programmed in to your unconscious mind while you were growing up. It came from media, family, and friends.

We were all programmed by our parents. They were doing the best they could, but most likely our parents weren't really healthy when it came to money. They probably struggled with it and you inherited that struggle or that mindset, that paradigm in your mind.

It may have come from your school system, which doesn't teach you how to prosper. It barely teaches you how to survive.

It could have come from the government, which, in many ways, teaches us to be victims and to be dependent. It doesn't teach us to be victorious, empowered, or to look for miracles. It teaches us to have a fairly meager existence.

And then, of course, we have religion and it's doing what it's doing, pro or con.

All of this is programming you. So, in order for you to make money now, no matter what the economy is doing, you have to look at your belief systems.

I could look at this on a basic level and say, "Everything is about marketing." If you want to make money in any economy, all you have to do is look at a problem, turn it in to a product and sell it." And certainly, this is a valid way for you to make money today.

Donny Deutsch, when he had his show on CNBC, *The Big Idea*, he used to say, "Pay attention to what you complain about or what you hear other people complain about because there is your opportunity to make money."

If you find yourself complaining about a particular business or service, if you stand in line someplace and think, "Why don't they do this?" or "Why hasn't somebody ever thought of doing this?" that's your cue. You're the one to do something about that, and when you do, you've just created a solution to a problem. You now have a product or a service to sell.

If you want to make money in any economy, start to think like an entrepreneur, like Donny Deutsch.

Start to pay attention to what you complain about or

what somebody else complains about. It's pointing in the direction of a need, and once you fulfill that need you can be very wealthy, no matter what's going on in any economy. You will be immune to it.

From a purely entrepreneurial or marketing standpoint, the first thing to be aware of is that people make money in any economy. They made money in the Great Depression. They've made money in recessions.

We've gone through about 15 recessions since the Great Depression. It might even be 17, and we've not only survived all of them, a lot of people have prospered through them.

Money is available, and it's available to you if you open your eyes, think like an entrepreneur, pay attention to what people complain about, and find a way to serve them by solving their complaints, yours or theirs. That's a valid way to make money, but I want to look deeper than all this.

Miracles Coaching® is about coming from inside yourself.

What I've learned through my own work and experience, through my own writings and CDs and audios, is that when you change inside – your beliefs and your unconscious mind – you get different results that, at the time, can seem impossible. That's why we call it a miracle.

And I do believe in magic and miracles.

How does a guy who was homeless and in poverty get to a place in his life where he's on Donny Deutsch's and Larry King's TV show in nine movies, including *The Secret*,

writes 50+ books, have several books that were bestsellers, and travels all over the world?

How does this happen? Well, it happens in everybody in the same way: You change the inside of you and you get different results on the outer.

I have a long career in marketing, copywriting, and being an entrepreneur. All that's valid, but you're not really going to take to it or get it until you take care of the inner, and the great news is that, when you take care of the inner, your beliefs, your mindset, and your paradigm, then everything falls in to place and the marketing becomes second nature.

Sometimes you don't have to do it at all. At that point, you're experiencing miracles.

I want to focus on some of the beliefs that hold you back from success and making money in this economy – or any economy.

We're in a belief-driven universe. Change your beliefs, and you get a different universe.

So, what are some of the beliefs that are active in all of us?

I've done a lot of research and have been writing a new book which I'm going to be giving away to everybody here and everybody in the world that wants it called *Attract Money Now*. It's going to reveal my 7-step formula for attracting money, and you can download it for free at [www.AttractMoneyNow.com](http://www.AttractMoneyNow.com).

If I had to name the top 10 most insidious beliefs that stop you from attracting money, having a miracle, or

experiencing the full blown gusto and happiness of life that you want, what are those beliefs?

These are what I had to change in order for me to go from nobody to somebody, from unpublished to published, from broke to wealthy. I know that when you change these beliefs in yourself, you will create a different you and have a different result.

You'll have miracles.

I'll also tell you about how to change these beliefs as well. I'm not going to leave you hanging and just tell you what the negative beliefs are.

Awareness is the first step. Most people aren't aware at all about what they're thinking and believing, particularly in their unconscious mind because most people don't work on themselves. Most people are truly unconscious machines, just going through life blind.

Anybody who's in Miracles Coaching®, working on themselves and doing self-study, is working on themselves to move ahead, grow, and experience miracles in their lives on a regular basis.

So let's look at some of these negative beliefs that stop you from attracting money – right now in this economy, in any economy. It doesn't matter what's going on.

1. *Money is not spiritual.* Putting aside religious beliefs for a second, when you judge money as being not good, as being unspiritual, it ends up being something you don't want.

I hear people say, “Oh, I want to attract money. I’m writing affirmations and doing my Miracles Coaching®. I’m reading Joe Vitale’s books and listening to audios, and I’ve watched *The Secret* over and over again. I really intend to be wealthy and have my business work. I want a money miracle.”

That’s the conscious level, but if unconsciously you believe money is not good or money is not spiritual, then you’ll push it away. You’ll blame it on everybody else.

You’ll say, “*The Secret* doesn’t work. Joe Vitale doesn’t work. This Miracles Coaching® doesn’t work,” and none of that is true.

All of it works.

What’s really going on is you’re butting up against limiting beliefs. In this case, “Money is not spiritual. Money is not good.” The truth is that money is neutral. Money in and of itself is very spiritual, but it doesn’t have meaning unless you give it meaning.

When you say it’s bad or not spiritual or in any way not good, you’ve judged it as something you don’t want.

You’re going to have to befriend money and realize that money is neutral, a powerful source for doing good in the world. I’ve often said that if you care about starving people in other countries or in your own community, then one of the great ways to do something about it is to become wealthy and distribute your money in the places that will do the most good.

Why? Because money is a powerful tool, a resource

for doing good in the world. To me, that means money is spiritual, but let's not even judge it as being spiritual or not spiritual. Let's just say money is neutral, a tool you can use.

So, the first belief you have to release is that money is not spiritual or money is not good. Obviously, that's not true.

2. *I will never have enough money.* This belief stops all of us from getting where we want to be in terms of finances until we erase it. Most people say this.

Throughout their lives when they get their paycheck, they say, "Wow, there's my paycheck, but it's not enough." Even if they're handed money or find money in the street, they'll think, "That's great. I found \$20, but that's not enough." Their first thought is to go to lack and limitation and scarcity.

From a Law of Attraction or miracle-making standpoint, as long as you're focused on "not enough," you will attract that very thing, "not enough."

You will attract circumstances, money, jobs, sales, and clients who will pay you – but "not enough."

There is more than enough. You want to move in to a mindset of gratitude where you realize that, "What I have right now in my life – in this moment – is more than enough. In fact, I really don't need anything to be happy. I can be totally happy right now on this phone call being coached by Joe Vitale. I'm in the Miracles Coaching® program and getting this wonderful feeling."



This is true wealth, and that's enough.

When I learned that the phrase, "I will never have enough money," or "There's never enough," was actually a belief and it was creating the reality that I perceived as not having enough, then I could change it.

I changed it by saying, "Well, of course there's enough. We have an abundant universe. There are trillions of dollars out there. They just need to circulate towards me."

The only reason they weren't circulating towards me is because I was pushing them away with some of these beliefs. I would push it away to prove to myself that there's not enough. In reality, there is more than enough.

There's plenty out there and there's plenty for you.

You have to wrap your head around the idea that what you have is plenty. You'd like to have more, but what you have is plenty and you're grateful for it. That attitude will shift your ability to attract more money.

3. *I'll probably just fail anyway.* This is another belief that most people have. I had it.

In the past, before I would take on a project, I'd think, "Oh, what's the use? It probably won't work. Somebody else has done it or I'll probably just fail at it."

I'd talk myself out of it. Notice what I was doing. Notice what you might be doing. You're giving yourself self-talk that's limiting, not self-talk that's reality. And it's self-talk that creates a limited reality.

When you tell yourself you might fail, or what's the

use, or any of the negative limiting statements, you'll notice that your energy drops.

You certainly won't feel like creating a miracle.

You certainly don't feel like you'll ever have a miracle because you won't feel like you really deserve it. You'll just talk yourself out of even trying. This is a belief that you have to look at and release.

When I talked about thinking like an entrepreneur and turning a problem in to a solution and then in to a product, some of you probably nodded your head and said, "Yeah, that's a great idea. I need to do that, but it probably won't work for me. I'll probably just fail." This is a belief.

This is why it's so important that you stay in Miracles Coaching®. I have learned that I get the most profound results, the most lasting results, the faster results the more I work with a Miracles Coach. Why? Because a Miracles Coach can help me see these beliefs.

Once I see the beliefs and release them, my reality changes. I change and my world changes.

So this third belief, "I'll probably just fail anyway" is simply a belief. Let that go. You want to encourage and be a cheerleader for yourself. You want to say, "I will probably succeed anyway." You'll want to have a different form of self-talk in your brain.

4. *I can't afford it.* The variation is "We can't afford it." This is a statement of lack and limitation.

In my free book at [www.AttractMoneyNow.com](http://www.AttractMoneyNow.com),

I reveal a 7-step formula for attracting money. In this 7-step formula, I talk about something called “prosperous purchasing,” and it’s a way to overcome that fourth belief.

Notice I keep saying belief. It’s not a reality. It’s not a truth. It’s not a fact. It’s a belief. It’s a belief that’s a judgment about your life.

Prosperous purchasing is an antidote for it.

In prosperous purchasing, you’re looking at something you can buy or afford and you go ahead and buy it. Notice I’m not talking about going in to debt, getting a loan, or hurting yourself financially.

Prosperous purchasing means that if you have the desire to buy something, whether it’s a book or a dinner or a product of some sort, and you have the money to do it, then buy it.

Why? Because you’re overriding the belief that says, “I can’t afford it,” or “We can’t afford it.” You’re sending a signal to yourself that you’re worth it, and that’s important. I’ll talk about this a little bit later because this is very important.

You want to realize that you’re valuable. You can afford it, and again, I’m not talking about going in to debt here. I’m talking about buying something you know you can afford and that’s right in front of you.

If you really are in a position where you want something but you don’t have the money for it, you can always say, “It will be great when I can afford that.” Or, you can imagine already having it. You certainly don’t have to go in to a

mental tailspin and start to judge yourself as being in a lack or limitation mindset. You don't have to say, "I can't afford it."

So you want to look at that phrase, "I can't afford it," or "We can't afford it," and realize that you are attracting money. Then, when you want that at some point in the future, you'll be able to get it. Maybe not today at this very moment, but don't judge it or you as bad.

Let's talk about the fifth belief that's been hampering a lot of people from attracting money, and maybe you.

*5. Rich people are greedy and dishonest.* I confess that for the longest time I thought that way. I thought rich people were greedy and dishonest, and as long as I thought that, guess what? I didn't want to be rich. Why would I want to be rich if rich people are greedy and dishonest?

I had to look at that and say, "Is that true? Are rich people greedy and dishonest?"

Certainly there are some exceptions, some people who are greedy and some people who are dishonest. But there are also poor people who are greedy and dishonest. There are people who are unemployed who are greedy and dishonest. Yes, there will be people who are greedy and dishonest, but it doesn't mean that all rich people are greedy and dishonest. It doesn't mean that at all.

I realized, "Oh, that's a belief that somebody gave me when I was growing up, and it's not true."

There are plenty of examples of wealthy people who are

very giving, very honest, very honorable, and they're doing good deeds in the world.

For example, Richard Branson and Warren Buffett are both trying to make a difference in the world, and give staggering amounts of money away.

I'm doing things, too. I've created *Operation Yes*, my movement to end homelessness. I'm working with the *Circles*® program, a movement to stop poverty in this country. And I give away a lot of money to many different people.

If you want to be rich, if you want a money miracle, if you want to attract money now, let go of that belief. It's a belief, not the truth. It's a judgment based on how you were trained or how you grew up. You learned it from somebody else and absorbed it.

6. *If I'm successful, my friends will be jealous and stop liking me.* Most people have this as a belief. Remember, the most powerful beliefs are not in your conscious mind. They're in your unconscious mind, which is why you need a coach and why I have a coach.

We need somebody who can listen to us because they can listen to the dialogue that's coming from our unconscious mind. We're all so absorbed in our reality, yet we don't know our reality is belief created. That's why, when you have somebody who can listen objectively, they can hear the beliefs in what you think is reality and point it out to you.

This is where magic and miracles take place and why Miracles Coaching® is so crucial.

This belief, “If I’m successful, my friends will be jealous and stop liking me,” is obviously not true. Your friends, if they’re friends at all, are going to be happy and joyous for you. They’re going to pat you on the back and hopefully learn from you.

If, by any chance, there is a friend who doesn’t feel like they can keep up with you, they will fall away, change, or transform, but you’re not responsible for them. You’re responsible for you.

What I’ve learned is that the more I’m successful, the more I actually inspire my family and friends, even complete strangers, to do more in their own lives.

They start to think to themselves, “Oh, if Joe can go from nothing to where he’s at, then I guess I can, too,” and the same thing will happen to you. The more you’re successful, the more your success will send off a vibe that will influence everybody around you. So, let number six go with the wind.

*7. I’m no better than my parents, so I shouldn’t make more money than they did.* I personally wrestled with this, and I’ll bet number seven is one you’ve had to wrestle with or will wrestle with in your coaching.

Years ago, when I started making a lot of money on the internet, I noticed that I seem to hit a ceiling in my income and I wondered about that. Now, there’s nobody stopping

me from making more money on the internet. There are no regulations of any sort. There's nothing that says, "Joe, you made too much money this year. That's it for you. There's a cut-off point."

There's no such thing, but somehow there was an invisible ceiling, and every year, even though I was doing really, really well and was very successful, I would bump up against that ceiling.

So, one day, I asked myself, "Where did that ceiling come from? What does that mean? What does it reflect?" which is a clue to how you find these beliefs within yourself.

I started exploring, and I realized that I didn't feel comfortable making more money than my father.

When I tell this story in seminars, I hear a hush go around the room and a murmur. I can almost feel the tremors as people nod in agreement and realize that, "Oh my god," they were thinking the same thing. They didn't know it because the beliefs are unconscious, but once they heard it and identified with it, they had a shudder of identification.

So look at this one and say, "I'm no better than my parents. I shouldn't make more money than they did," and realize that's not true. It's not a matter of being better than your parents. You're as deserving and loving as them, and they would be proud of you doing well.

In my own case, I realized that my father would never be upset that I was being more successful. He would be proud and say, "Way to go, Joe."

I let go of that and went on to make far more money than my parents ever made. And my father does, in fact, pat me on the back. He doesn't understand what I do. He doesn't understand the internet. He doesn't understand my books. He doesn't understand me being in so many movies or on so many TV shows or traveling all over the world. He doesn't understand any of that, but he's proud of me and content.

So number seven is about making peace with success in relationship to your parents. It has nothing to do with judging yourself or them on any level. It has more to do with realizing they would be fine with you having more money or success, or attracting whatever it is that you want in your life. They might even ask, "How did you do that?" and start to explore it with you.

When you let number seven go, your miracles will skyrocket.

8. *I might forget what's truly important and not like the person I've become.* A lot of people are afraid of becoming wealthy because of this. They think that they'll become like wealthy people in the movies who always look greedy and unhappy and manipulate everybody, and as a result they don't want to become wealthy.

This goes back to the whole idea of money is not good or money is not spiritual. When you think that, you don't want money.

If you think you will forget what's important in life



when you become wealthy and won't like yourself, do you really think you're going to want to attract more money? Again, you'll push it away.

This is an invitation to look at yourself and realize that, as you attract more miracles in your life, as you attract more money or success or fill in the blank, whatever you want, you're still going to be you. You will still love you. You will still be taking care of yourself, hopefully through Miracles Coaching® and ongoing self-development, self-education, and self-awareness.

This is the kind of person you are. This is the kind of person who is on this call. This is the kind of person who is in Miracles Coaching®, and money won't change that.

When you realize this, you won't fear becoming a miracle maker or having more money in your life. You'll be comfortable with it, but it begins with you being comfortable with yourself now, with trusting yourself. That's a biggie, trusting yourself to take care of you.

Let's go on and look at number nine, which is probably the #1 negative belief that stops every single person on the planet from attracting more money. This is it.

It's the thief in your brain blockading all of the money, miracles, and sometimes happiness from coming in to your life.

9. *Money is the root of all evil.* I'm sure you've heard it. It's a biblical phrase. Unfortunately, it has been misquoted, misused, and abused – and you've heard it since you were

knee high to a grasshopper. We were all told this, and it ties in to other beliefs that money is bad.

If money is the root of all evil, do you really think you would want any money?

No, of course not. If money is the root of all evil, you'll push it away. You'll say, "I don't want any evil in my life."

The world is set up that you need money. You're going to go for work and clients. You're going to be doing your business and creating a product to do whatever it is to make money. And then you're going to wrestle with it and complain about it and wonder why you're not attracting money – and underneath it all, the foundation belief in your unconscious mind is money is the root of all evil. It's what stops you from having success with wealth in particular.

What's the reality? The biblical reference does not say money is the root of all evil. It says the love of money is the root of all evil. Now, pause there. Saying that the love of money is the root of all evil is very different than money is the root of all evil, but let's dig a little deeper. This is an insight almost nobody gets.

Wealthy people don't love money. Wealthy people love freedom. They love time. Money helps them get time and freedom. This is the breakthrough insight of the evening.

Money is just a tool. It's neutral. We project meaning like survival, spirituality, and evil onto it. Money is innocent. It's paper and coin. It doesn't necessarily mean anything. It's something we've agreed to use as a means of exchange,

but money in and of itself is actually nothing. It's just an invention. It's a creation.

When you realize that money can help you have more time and help you have more freedom, then you can have more money.

10. *I'm not worthy.* Number 10 deals with self-esteem, self-respect, self-love, and self-loathing, which may seem like a shock. You might even think, "Oh, I'm worthy and I love myself," but remember, unconsciously you may not feel that way.

Tests show that a full 90% of the population has an issue with low self-esteem.

When I was in Toronto a year or so ago, there was a therapist who had written a book and she got up and said, "Every single person in the room has an issue with love, self-love." She said she had never met anybody who loved themselves. Think about the impact of that observation. She never met anybody who loved themselves, nobody, not an exception, none.

This means that you and I have issues with self-worth.

If we're trying to attract money or we're trying to attract a miracle, then we are dealing with the idea that we may not feel that we actually deserve it. We may not feel we're worthy of money or relationships or clients or a job or health or happiness. We may be in some way punishing ourselves. Why would we do that?

In many ways, we're programmed throughout our life

that we're not loveable and likeable. We're not programmed to be successful. Usually it's the opposite.

You have to look at the phrase, "I'm not worthy," and realize it's not true. It's a belief, an observation, a judgment that has come from somebody else.

This is another reason to be in Miracles Coaching® because you need ongoing support to erase these feelings that are not loving and filled with lack, and to help you replace them with feelings of love and deservedness. When you love yourself and you deserve the things you want, you will attract it.

Magic and miracles will then become a daily thing for you.

Working to release these 10 beliefs will allow you to make money in any economy.

Yes, you have to think like an entrepreneur and look for the marketing opportunities. Yes, you want to turn any problem in to a product and sell it, but more importantly, look at these beliefs and release them.

Last, I want to talk about one of the best ways for you to do an overall clearing technique that can help you attract money in any economy. It's called scripting, a way to Nevillize your goal, and it's the fourth step in *The Attractor Factor* formula.

To Nevillize or script your goal means to imagine what you want to achieve or attract as if it's already happened. You don't want to write it as if it's going to happen tonight or one day in the future, you want to write it as if it has

already happened.

It's a big difference in what everybody else teaches, and why this method works when others don't. It's a scripting technique that you could call the miracle script.

Sit down with paper and pen and select what it is that you want. For example, let's imagine that you want to attract a particular amount of money by the end of the month or the end of next month. Just pick an amount and a time frame. That's what you want to attract.

You may not know how or maybe you do. Maybe you want it to come from clients. Maybe you want it to come from your copywriting or art or an online business. Maybe you want it to come in an unexpected way. The world is your oyster. Write it the way you want it. So pick what you want to attract.

Next, write down the experience of having attracted it. This is important.

If you want to attract \$5,000 by the end of next month, you pretend that it is now the end of next month. You write, "It's now August 29, 2009, and I attracted \$5,000 in unexpected income this week and it was exhilarating. Here is how it happened. I made a phone call or I answered the phone and talked to so and so."

You go on with script writing as if it's a diary entry after the fact. In a way, you're doing an imagery experience where you're projecting yourself in to the future, but the thing you want to experience has come to past. You're still in the glow of it. You're still in the excitement of it, and

you're writing with a fever pitch because you're so excited that the miracle came to be.

This is scripting. This is how you script or Nevillize a miracle. You're writing out the experience to the extent that it feels like it's already happened. Project yourself to the night of your miracle having manifested and write what it was like to experience the end result.

What I'd like you to do is begin reflecting on all this. Write down any beliefs that come to mind, where they came from – your parents, your religion, media, etc. Realize that nobody was trying to program you in a negative way and were doing the best they could with the knowledge they had.

Then, explore these with your Miracles Coach so you can become aware and release them. Look at each of the 10 beliefs that I went through because, even though they're about money, they have a spillover effect.

For example, if you think you're not worthy, it will influence all areas, not just money. It will make it hard for you to have a relationship, to be happy, or to be healthy.

Then, as soon as you can, sit down and script out a miracle.

You can pick something small, or you can pick something large, but pick something that excites you because emotion is very important. Emotion and imagery is how you manifest any miracle.

When you write your script with emotion and imagery using words to describe the images that you feel, you will

anchor it in your brain and send a signal to the Universe. The Universe will co-conspire in a positive way to make this happen for you. This is where real miracles take place.

This coaching call has been focused on how to make money in any economy. If you follow what I'm talking about, you can thumb your nose to the economy.

Turn off the mainstream news. Stay focused on what you want. Stay focused on encouraging yourself. Keep working with your Miracles Coach and expect miracles.

Thank you and Godspeed to each of you.





## **Secret Session #7**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

Joe, I'm absolutely delighted to welcome you to the call.

**Joe:**

Thank you, it's great to be here as always.

Would you mind, Janeen, doing a one or two minute centering exercise to put us all in the same place before I begin answering questions and speaking?

**Janeen:**

I would be delighted to.

*Everyone, let's get present in the moment. I want each and every one of you to touch something in your immediate surroundings. Take a deep breath in through your nose, and then on the exhale, lay your hands upon something in your immediate vicinity. Get centered in the moment. As for me, I choose to touch my headset on my telephone.*

*Now, think about how that item feels. I can literally feel how it feels attached to my ears. I can see and hold in my*

*awareness the little black mouthpiece coming around in front of my mouth. Wow, I love technology.*

*What are you thinking about that's present in your moment? Maybe it's the desk you're sitting at, and you look at the wood grain and the patterns of the wood grain. Maybe you're in your automobile and it's the color of your steering wheel and the leather you have wrapped around your steering wheel. Notice it, feel it. Feel the texture of it. Be in this moment now. Bring your mind and your body together in this moment so that your energy is congruent with this space here, now.*

*Take a deep breath in through your nose and out through your mouth. Feel your lungs and breathe it all the way out. Then take another deep inhale through the nose and out through your mouth so that your mind is here now and your energy is flowing all around your body right here now. Can you feel the relaxation that takes place because every cell in your body agrees with your intention and rejoices in this moment now? Can you feel your elevated energy in this moment now?*

*On a cellular level, when as you take those deep breaths, every cell in your body softens and relaxes and absorbs all the wonderful DHEA that this centering exercise causes your brain to release. Ah, feels good. We are all in unison in this place, together with Joe in this call. The energy of it is heightened and our vibrational frequency is exponentially increased as we raise the vibrational energy of the Universe as a whole and as we raise the vibrational energy of each and*

*every one of us individually, corporately and individually, we are well now.*

*We welcome everything we're being taught here.*

Take it away Joe.

**Joe:**

Thank you for helping us get in to the moment where everything is totally fine.

As much as possible, it's good to breathe, touch a physical object in this moment, and remind yourself that in this moment all is well. You may have worries about the future or concerns about the past, but in this moment, everything is actually perfect.

Tomorrow I'm going into the recording studio with Nightingale Conant. They've been the producer of several of my audio programs from *The Missing Secret* to *The Secret of Attracting Money*.

Recently, they've been offering my *Awakening Course*, and tomorrow I'm going to the studio to record a new program called *The Abundance Paradigm: How to Move from the Law of Attraction to the Law of Creation*.

If you don't know what a paradigm is, it's a mindset, a collection of beliefs. It's not one belief, but many beliefs that end up being the worldview that you live from.

When I got the questions for tonight's call, most of them appear to come from a worldview of being a victim, being in scarcity, and being in pain. When you jump in

to the abundance paradigm and make the mental shift that everything is exactly the way it's supposed to be in this moment, that all is well, then you start to attract in to your life the things that you would be welcoming, bragging about, sharing with others, and relishing when they happen.

This new program has to do with taking action. Way too many people get ideas and gifts from the Universe, but they don't go and act on them. Manifesting, attracting, and creating is about co-creation. You have something to do.

When you get a nudge inside to do something, that is inspiration knocking at your door. Your job is to say, "I'm going to go do it," and you follow those orders, so to speak, from the Divine.

The first question that came in is, "I've learned that when there is something about another person that bothers you, they are like a mirror and reflect something about yourself. Most of the time, what they are mirroring is not obvious. How can one identify what it is that is being mirrored so it can be addressed and cleared?"

When you look at the outside world, notice you're usually thinking about it in the form of complaint. You're looking at somebody or something and saying, "Boy, that person never honors their word," or "That person is always late," or "That person always has a scowl on their face" or "That person is always just..." fill in the blank.

But whatever you notice about another person or situation is a reflection of you.

Deepak Chopra once said he didn't like the idea that he was a mirror and other people were a mirror of him. He started complaining about some other person and listed all the things that he didn't like about that person. Then, he went to his wife and asked, "Which of these characteristics that I don't like in this other person do I have?"

His wife said, "You have all of them."

The very thing he saw in the other person that he was complaining about was something in him he didn't like.

If you think, "I'm looking at the other person and I don't really notice what's wrong with them," that may just be a sneaky way to self-sabotage. You have to be ruthlessly honest with yourself as you go through the process of being in Miracles Coaching® and awakening.

If you're looking at the world and don't see anything to comment or complain about, then wonderful. Applaud yourself and move on. But if you do look out there and think, "I don't like such and such about this person. I don't like such and such about this business," then you have to listen to what you're saying.

Write it down and look at yourself. Ask, "Is that true about me? Do I have this feature that I'm complaining about in that other person? Do I have that problem I'm complaining about in this business?"

If you truly don't see anything in another person to complain about, then there's no problem, but if you're hiding from seeing something in another person that you don't want to admit to yourself, then there is something to

heal.

The second question is, “Many people have come from pretty bad childhoods with a variety of levels of child abuse. As we learn in coaching, we have created these situations in our lives, and I’m still a little confused on how we do that.”

Let’s pause before I finish this question.

Yes, we create everything on an unconscious level. We come in to this life with an unconscious agenda we selected on the other side before we came in. Some of the experiences we wanted to have include people we wanted to have them with. This was all agreed upon with a divine agreement.

As we come in to this life, we don’t remember any of that and we’re not supposed to. This is why we go through the process of awakening. We’re here to awaken.

The rest of this person’s question is, “What is the healthiest way to grow to an awakened state and be able to interact with these people, especially when they show up in our lives years later? Does this mean we’re supposed to act on this? I realize that every situation is different, but maybe there are some questions we can ask ourselves.”

I’ll pause again because the question continues to go on.

If you’re in the moment and you look at the situation, you’ll have a response that would hopefully be one from a higher awareness – one of love, forgiveness, and acceptance. If it’s one of frustration, illness, rage, anger, any of the lower emotions, we acknowledge that as well. It doesn’t mean you

have to act on those emotions, but it does mean you need to acknowledge them.

Whenever you bury a feeling, you bury it alive.

When you do that, it'll show up inappropriately another time if you don't deal with it now. Again, this is why you have a coach, somebody to help you with these feelings when you don't know exactly how to handle them.

Let's go on with the continuation of the same person and the same question.

"How does one know what to do in regards to someone who is abused as a child, especially by a family member?"

There's only one thing to do – forgive them. That is the only thing to do.

I have learned that there are different degrees of forgiveness. For example, you can say, "I forgive you for what you did," and still not forget the experience. You haven't forgotten it because a part of you is really holding on to it. That's the first level of forgiveness.

Another level of forgiveness is forgiving in such a way that you know nothing bad happened to begin with. That's a level of forgiveness that's tough for most people to accept, but when they do, they will experience awakening, miracles, and freedom. This comes from realizing that you're forgiving to such a deep level that you honestly, sincerely, and authentically know that nothing bad happened to begin with.

Yes, something happened, but because of your awakened view of it, it's not bad. It's gone, forgiven, healed. It may

be remembered as a memory or a story in your mind, but beyond that, there's no energy on it.

Let's go to another question. "I have forgiven my dad for having molested me when I was a child, however I don't want to have any contact with him."

What I just said as a previous answer suggests that, if you still don't want to have any contact with him, perhaps you have not totally forgiven him. Perhaps you still have some lingering energy, some lingering distaste, that doesn't allow you to fully forgive.

This doesn't mean you have to run in to his arms, but from where you're sitting – in this moment where all is well – look at your father and realize he was in some sort of mind frame of his own at the time of this occurrence. He may have been young. He might have been drinking, who knows?

Forgiving means to realize that person was acting on some sort of program, some sort of mental belief that they thought was right at the time, and if you truly forgive them, you're beyond withholding any sort of affection.

The same person goes on to say, "Recently, my dad has written me to invite me to receive an inheritance in his will, but to do so, I have to write to him and sign something. I feel like I want the inheritance, but I don't want him. Does forgiving somebody mean that you have to be in contact with them?"

No, you don't have to be in contact with anybody, but I think you're answering your own question here. This



inheritance is coming up as a way for you to experience abundance, apparently in some concrete way, but it's also coming up as a way for you to complete your healing.

I encourage you to sit with this and imagine what it would be like to have total forgiveness, because my suspicion is it's not there.

Remember, it's not your father's healing. It's your healing. The person you have to forgive is the person holding on to this memory, and that's you. So, no, you don't have to go running into your father's arms, and no, you don't have to meet with him, and no, you don't have to sign anything.

However, I'm suggesting that this is present in your life experience as an awakening moment for you. Here is your opportunity to not only close any un-forgiveness that's there with your father, but also to sign a piece of paper to allow you to have an inheritance which would most likely benefit you in some way.

You don't have to have contact with anybody, but what your father is asking you to do is sign a piece of paper. That's not contact with him. So consider forgiving completely, signing the piece of paper, and having true peace in your life.

The same person asked a follow-up question, "How do I lay down my resistance to being touched? The thought of having to touch my husband makes my skin crawl. I'm probably not clear on that. Am I?"

As you already know, no, you're not clear on that. You're

going to have to sit with this and forgive whatever it was that's made you feel vulnerable and afraid and resistant to being touched. Obviously, you've put walls up. You're protecting yourself.

There's nothing wrong with protecting yourself. You must take care of yourself. You must love yourself, but you also have to heal this.

You have a choice. When you simply don't want to be touched, that's not a choice. You're only going in one direction. Your body and mind have put you in a prison by feeling that way, and this may be something that you want to talk to a therapist about.

This may go beyond Miracles Coaching®, although I would start there. I would definitely do all the clearing exercises that you know of, and as they work on you, you may get all this resolved. But, if it doesn't and you feel uncomfortable, you might want to consider a therapist. There's nothing wrong with that.

Many healthy people go to therapy for one problem or challenge or another. It's a possibility you might want to entertain, but for now, love yourself, remind yourself that you're loveable and likeable.

You don't have to be touched if you don't want to be, and you can also relax a little bit and just say, "I will allow myself to be touched when I feel like it." You could even start by letting a cat or a dog touch you so it feels like it's not inappropriate, but it's still loving and safe.

Let's go on to another question here. "I've been told

to allow other people to experience things that they have attracted in to their lives and not to try to protect them from themselves, but I want to protect them from feeling pain. I guess this is my co-dependent behavior. I'm afraid to go through watching their pain. How do I allow myself to watch their pain? I don't want to experience this. How do I allow it in me?"

What a great question. Hopefully, everybody's read *Zero Limits*. It's all about 100% responsibility, and that whatever you see outside of yourself is what you have to take responsibility for inside of you.

When you're looking at somebody and feeling pain, it has nothing to do with the other person. It has to do with your own belief system and mindset, your own paradigm, and what you have to do is claim it and clear it.

You're looking at other people in a way to protect them. What if, instead, you looked at other people as a way to encourage them? Instead of saying that you're going to see them going through pain, look at them and see that they're going to go through awakening.

When you look at people and think they're going through pain, that's you projecting what you think they're going through. They may not be going through pain at all. They may be loving the experience. They may be welcoming it and wanting more. You have to consider it.

Your judgment of another person's internal experience is almost always incorrect. You're imagining what they're going through, but you're not going through it so you can't

really know what they're feeling.

The more you can be a strong, encouraging, support person, the more people going through their experiences are going to feel relaxed, strengthened, and encouraged. They will get support from you, but if you look at them and you're worried, then they're going to get worried.

So be a pillar of strength. Look at them like they're going through a life experience that's a powerful one, a strong one, and a strength-building one.

Let's go on to another question. "I get to have preferences, but when I am in a marriage that isn't fulfilling to me, how can I change the way I feel about the marriage? It would be convenient and better if I could make myself happy and still stay in it, but how?"

That's an easy one. I don't want to be flippant, but if you look around in your life and marriage, you can find good things in it. And if you find the good things in it and focus on them, they will expand. They will expand to the sense and degree that they override anything you once thought was negative or a limitation.

Hopefully you know about the book, *A Complaint Free World*, by Will Bowen. He's the guy who issued a challenge for all of us to stop complaining for at least 30 days. I'm on the board of directors for a Complaint Free World because I like it so much.

I'd say to take the challenge in your marriage. For the next 30 days, don't vocalize one single complaint about your marriage, none.

Now, that doesn't mean you can't think them. Go ahead, think your lousy thoughts and the complaints, but don't speak them. As soon as you speak them, you start to create more to complain about.

Instead, for 30 days, look at your marriage and only speak the things you like. When you notice your spouse doing something that's positive, reinforce it. Notice it. Write it down. Speak it. If you see something happening you don't like, just keep it to yourself and don't speak it.

Finding things to be grateful for is what's going to change your life and your marriage and, yes, you can do that, and you can do it beginning right now.

Another question is, "I use food to make myself feel loved. The food is the only reliable thing I've ever had in my life. I'm getting fat. What's the solution?"

I used to have that one myself and recently got rid of it, but that was after 56 years of using food as comfort and love, as the only reliable thing I've ever had, just like this person.

What have I done to make the change? I looked at all the underlying beliefs. I found the beliefs and early programming that had me turn to food.

I encourage you to work with your Miracles Coach on this one and ask yourself, "When was the first time I noticed food was love?" For me, it was when I was very, very young. My grandmother from Italy would cook for us and that's when I began to learn that food was love.

Now, in reality, food is not love. Food is not love in any

way, shape, or form. Much like our issues with money, we project all kind of things onto it that we deduce as love. But it's not love at all.

Food is just fuel, but when we add all these other emotional elements, we start to have a problem. I'm going to challenge and encourage you to work with your Miracles Coach to find out when you started doing it and find a different substitute.

In other words, look for real love – and begin by loving yourself.

Recently, I saw a fellow who thought he was overweight and wanted my help to lose weight. I told him, "Look, if you can begin right now by loving yourself as you are, you will begin to release weight because part of the reason you have extra poundage is for protection. You're using it to keep yourself safe."

We may say it's love and comfort, but we also use it to pad ourselves to protect us from the outside world, and we want to become aware of this.

My advice to him and my advice to you is to love yourself right now in this moment. This is where it all begins.

Okay, let's look at another question here. "How do I feel good about my young adult son's choices when I really think he's screwing up his life and mine in the process?"

You have to allow your children to grow their own wings. You don't know if he's screwing up his life. You can't have that kind of perspective. You might think he is, and you might think it's influencing your life, but this is just

throwing your own responsibility for your life choices out there on somebody else.

What you really want to do is look at the trust issue and say, “Look, my son is a bird who is learning how to fly.” He may fall. He may get hurt, but he can also learn how to fly. He might also get up and run. He can also get up and move forward. This is what his life is all about.

You have to be strong enough to encourage him to go forward and experiment and do what he thinks is right.

There’s no way this is screwing up your life and it’s a very selfish thought. I don’t mean to be so blunt about it, but we’re in Miracles Coaching® here. We’re all about awakening, so we have to tell the truth to each other, and when we’re concerned about ourselves and how our lives will end up because of what somebody else is doing, we’re actually more concerned about ourselves than the other person. And that’s an ego trip.

We really want to be concerned about spirit, the spirit in your son, the spirit in you, the spirit in me. That’s what we want to water and put sunshine on and encourage. That’s where the focus needs to be, not on fear.

Here’s another question almost like the last one, “Bankruptcy sounds like a big relief to me, but I feel I’m lacking in integrity to file bankruptcy. I feel like I’m ripping all my creditors off. I don’t want to do that to people. How can I reframe that so I can feel good about it? I can’t think of any way to feel good about bankruptcy.”

Well, I can. Bankruptcy was invented to help people

like you, and it helps the businesses that you feel you're actually ripping off. Bankruptcy was invented to help them and help you.

When people have gotten to the point that they can't pay their bills, they need help. They can be driven into the streets because they have no money or they can select bankruptcy and save what they have so that doesn't happen. Bankruptcy is saving you.

From a business's perspective, if you file bankruptcy, they just declare a loss and write it off the books. Nobody's hurt, ripped off, or thinks twice about it.

I filed bankruptcy, when I was in Houston, at one point and a huge relief came over me. Interestingly, I didn't actually have to go through with the bankruptcy.

When creditors would call, I would say, "Well, I'm filing bankruptcy," and they would simply say, "Okay," and stop calling. I didn't have to continue with the bankruptcy at that point. When I realized they stopped calling and I didn't need it, I let it go.

I probably didn't even owe all that much money, but at the time it felt like a huge amount, and why I considered bankruptcy.

Bankruptcy is, like most things, neutral. It's a ticket for you to start over again, and a way for your creditors to clean their books up and move on to the next paying customer.

The good news is that, once you're out of bankruptcy and you have all this stress off your mind, you'll have so much money coming in that you can go back and pay those



creditors if you want or just buy new goods from them so they're still experiencing their own prosperity. But don't use bankruptcy as a way for you to feel bad. This is a gift. This was something invented to help you and businesses.

The last question for tonight is, "Relative to attracting money and leaving this dumb job, I am no longer afraid to fail. Now, I can take risks. I realize that more money is on the way and the Divine can afford the promptings I get, but here's my problem. I have no idea what to try. How can I figure out what to do to try to bring money in to my life?"

This is another question that's hiding a self-sabotage issue. This person says, "Relative to attracting money and leaving this dumb job." Let's stop right there.

When you call your job dumb, you're showing you don't appreciate it. This is the vehicle you currently have to attract money in to your life, and you're calling it dumb. That's not showing respect for yourself or the job, and it's not showing gratitude for anything – the job, your work, or for your paycheck.

So, I would say, right now, love that job. Love every element of that job. Never again call it a dumb job. This is your current means of attracting money.

Money doesn't come to you through some sort of magical way where the clouds open up and it just falls on you. It comes through the things that you're doing, and the thing you're doing to attract money right now is this, as you call it, your dumb job.

It's not a dumb job. This is your attractor factor. This

is what's bringing the money in. Begin right now to be grateful for it. Be sincerely happy you have this wonderful job and do the job to the best of your ability.

People like Napoleon Hill, Dale Carnegie, and other success literature authors, have always said that one of the best ways to move ahead in the world is to love the job you already have.

The second part of the question is, "How can I figure out what to do or try to do to bring in money when I don't know or have any idea?"

Again, this is usually self-sabotage. We almost always know what our ideas are. We've been getting them over time. The Universe is giving us ideas almost every day.

What was the thing you wanted to do last week, last month, last year, maybe when you were a child? What was the business? What was the product? What was the service?

If you really don't know right now, then, certainly, don't leave your job. Stay with it and continue talking to your Miracles Coach. Be open to the ideas that are coming your way. Go back and reread *Attract Money Now*, especially the section on thinking like an entrepreneur, and go listen to *The Secret to Attracting Money*, if you haven't listened to that yet.

Appreciate what you have while looking for the next experience coming your way. As I end tonight, that's probably the message for everybody.

Appreciate what you have, be in this moment right now, and be open to the messages coming from the Divine

about what the next message, step, or action is for you to take. There it is: Be happy now while taking action on the next moment as it's coming your way.

This is the secret to awakening.

I love you all. I'm sending everyone wonderful energy. I love you. I'm sorry. Please forgive me. Thank you.

I'm using Reiki to clear up anything that might be in your energy fields, and I look forward to the next time we speak. Enjoy your meetings with your Miracles Coaches and expect miracles.

Godspeed to you.



## **Secret Session #8**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

Welcome, Joe.

**Joe:**

Thank you. I love the energy and the excitement in your voice. Would you mind doing a little centering exercise for everybody?

**Janeen:**

I would be delighted, Joe.

*In this centering exercise class, we are going to take this meditation visualization one step deeper. I want each and every one of you to gain awareness of a deeper level of appreciation that you can feel for everything that is around you right now. Perhaps you do not yet have your dream home or your dream car, or other things that you're Nevillizing to create, and yet you can send the vibrations to the Universe of those items by appreciating what you have now.*

*In this visualization meditation to anchor yourself to*

*the moment, you will gain awareness of the way in which to appreciate what you have now, and that will open the eyes of your understanding to see everything in a new way and to appreciate it in a heightened way, with heightened awareness.*

*To get started, I want each and every one of you to anchor yourself to the moment by noticing something in your immediate sphere, immediately around you where you're sitting. Allow your eyes to fall upon something, to anchor yourself to this moment, because in this moment you can never feel overwhelmed because you only have one thing to do.*

*In this moment, I am going to choose to anchor myself to this moment by fixing my gaze upon a lovely, small chest of drawers that is here in my office space. Pay attention to something in your surroundings and describe it to yourself.*

*What I am seeing is a small, wooden chest with four drawers. It has a lovely green paint on it, with a muted gold trim and on the front of each drawer is a two-tone gold design, the muted gold in the background and a slightly more vivid gold in the front that has scrollwork engraved on the drawers of this little green chest. It has darling little knobs and it is, in fact, such an adorable little piece of craftsmanship.*

*And now, having anchored myself to this moment by observing this piece and describing it, I want to take this meditation and visualization deeper and comprehend in my imagination the craftsman who created it. Perhaps it was on the assembly line and a woman was putting screws in the drawers. I send her love. To the craftsman who created this little drawer, I send appreciation and love, that she offered her*

*time in her moment so I could enjoy this darling little chest of drawers. I thank her, or him, wherever they may be.*

*I also thank – and we are going to take this deeper back in time – I also thank and offer appreciation to the tree that this little chest of drawers came from. Thank you, living tree. Thank you for your willingness to be part of the cycle of life and to manifest in this world at this time so that I could appreciate this darling little chest of drawers.*

*Thank you, tree. Thank you, craftsman that built it and thank you, tree, for offering this wood in the cycle of life because your offering in the cycle of life gave food and bread and water to the craftsman, who received of the abundance that you offered while crafting this little chest. And now, I am the recipient of your energies.*

*Thank you, tree, for offering your energy, and may the way in which I use the energy that you have provided bring honor to you for your sacrifice in the cycle of life. Thank you, little chest of drawers, for bringing my awareness to my connection to all things and to the energy of the cycle of life. Thank you. Thank you. Thank you.*

*With heightened awareness, my body is relaxed to this moment and everything is perfect and right with the Universe. Now with heightened awareness of my connection to all things, the synapses of my brain has keen awareness and is heightened to receive all of the learning that will be imparted to me now.*

Thank you, Joe.

**Joe:**

Thank you, Janeen.

I find it very interesting that you were focusing on a little chest of drawers, because in a way, there is a hypnotic analogy there. Our mind is a little bit like a chest of drawers, and we look inside the chest to see what is there. When you're working with your Miracles Coach, you might be working in the top drawer, but there are other layers and you want to go deeper.

I have been given some questions that you have sent in and I'm going to use those as my triggers to talk to you this evening. I want to be inspiring, informative, and I want to help you get the miracles that you're looking to attract.

I want to go in to a lower level of drawers in that chest of drawers of your mind. So follow along with me and let this go in to your subconscious, as well as conscious, mind.

The first question is, "If I eat junk food, but do not think it will make me fat, will that work? I would have to convince myself that that is true because I currently do not believe it. What do you think?"

This is such a fascinating question because I struggled with obesity for most of my life. Being a practicing metaphysician and a psychologist, I tried to make food not actually mean anything to my body.

In other words, I was trying to do what the person said, "If I eat junk food but do not think it will make me fat, will that work?" I longed for that to happen. I wanted to be able to eat food and no matter what the food was, have it



have no effect on me, or have no calories in it. And, it never happened. It still never happens.

The only person that has a book out there that is even close to that subject is Sondra Ray. It's called *The Only Diet There Is* and it's still in print on Amazon. It's not in bookstores.

When she says "The only diet there is," she's really talking about love and loving yourself.

Instead of trying to manipulate food, or erase food, or try to make your mind turn it in to something that does not have any real value to your body, what you really want to focus on is loving yourself as you are. That's what *The Only Diet There Is* by Sondra Ray focuses on. That's the only diet. It's love.

Once you start eating love, so to speak, you will find yourself reaching a state of natural balance in your weight.

So when somebody wants to eat junk food, you have to stop and look at this. Junk food is not good for you, and the only reason anybody eats junk food is because there are properties in junk food that make you addicted to it.

When you eat fast food, cookies, or anything that you might determine to be junk food – and most of us can describe what that is – you're eating things that then go into your body and then you long to have more.

The first thing to realize is that junk food will cause you to eat more junk food because of the addictive substances that are in it. There are books written about this.

This person also says, "If I have to convince myself that

it's true, but I don't currently believe it, will that work?"

No, it's not going to work because we live in a belief-driven universe.

If you don't believe something, it's not going to happen. If you do believe, you will go in the direction of that happening. But in the final analysis, you're still dealing with physics.

If you go a little deeper in the mental chest of drawers, the only reason somebody eats junk food is for emotional satisfaction. Well, why is somebody doing emotional eating? This is where Sondra Ray's book comes in to play, *The Only Diet There Is*.

The real key here is not trying to outthink or overthink food, or manipulate it, but to ask, "Why am I eating junk food?"

Undoubtedly it's leading you to want more junk food. There's an addiction there. But the deeper reason is because you're looking for something missing and, more often than not, it's love. So start by loving yourself.

Janeen's opening meditation is a wonderful affirmation of love. Look around and find something that you're grateful for. In this particular case, you look at yourself and you're grateful for yourself.

Now, again, I have had enough experience with this to relate to anybody who has problems with eating, or is having problems with loving their own body as it is.

But what I've learned is that when you can look in the mirror and say, "I love you" and mean it, then your body

morphs in to this wonderful version of yourself because a lot of the extra weight is for protection and safety. If you just cut through it all and start to love yourself, then things start to change.

The second question is, “I eat impulsively whenever I want to release anxiety. How do I quit that? Willpower is not working.”

Willpower will never work because willpower is you consciously trying to control an emotional, deep-seated impulse. In other words, willpower is equal to your conscious mind.

If you're familiar with any of my work, especially *Zero Limits*, you know that the conscious mind is only the tip of the iceberg – it barely sees a few bits of information in any one moment. Yet, unconsciously, there is 11 billion bits of information going on in that same moment.

When you try not to eat impulsively, it's not coming from your conscious mind, so if you're trying to control it from there, you will fail.

Willpower will not work.

So what do you do? You have to look at why the anxiety is there. Again, we're looking to food for comfort and reward. We're looking at food as a safe way to get love.

Food is always there. It's available. It's not going to reject us or hurt us. We look at food for a lot of emotional reasons, but what do we really want?

What we really want is to love and be loved.

If we're really honest about this, we can start to move

towards it. But when we dodge what we really want – or maybe we're not even truly aware of what we are wanting – then we start to do things impulsively, which could be eating, smoking, drinking, or it could be some sort of other behavior that becomes addictive.

So what can you do to relieve anxiety? Lots of different things. For example, you could exercise.

I look at exercise as my time for inspiration. If I go for a walk or swim, or lift weights, that's my time to relieve anxiety and relieve stress, but also to receive inspiration. So my exercise time is my inspiration time. I just renamed it to be more comfortable with it.

The other thing you might want to do is EFT, the emotional freedom technique, also called the tapping technique. Watch the movie, *The Tapping Solution*. And I'm sure that your Miracles Coach knows about EFT. You probably do yourself.

I do it every day. I did it right before getting on his phone call. Why? Because I want to be clear and clean in this moment. I want to be inspired, inspiring, and of the most help to you.

Let's look at another question. "Is it true that unhealthy food is only unhealthy because we keep thinking that? Will my body metabolize food in a better way if I think better thoughts?"

For the most part, that's absolutely true and something I wrote about in *Zero Limits*. If you recall the story, I took Dr. Hew Len to a very small restaurant here in Wimberley,

Texas, where I live. It was one of the few places open that day, and he ordered a hamburger.

At that point I was not eating anything with a white bun, that kind of meat, or melted cheddar cheese, but he ordered it. And he loved it. He ate it with great love, enthusiasm, and passion. He so appreciated that hamburger that he went and looked for the chef, a short-order cook in the back, to thank him.

I asked him, "Aren't you worried about the burger being bad for you?"

He said, "No. I clean before I eat it," meaning he says the four phrases: I love you, I am sorry, please forgive me, thank you.

He neutralizes any negative thoughts in his mind about the hamburger so that he can enjoy it. The more he can enjoy it, the better the food metabolizes in his body to be of the most positive and best use.

In fact, Dr. Hew Len went on to say that he had a chili dog every morning. I couldn't believe it. I haven't had a chili dog in 30 years. I'm not sure I would know what a chili dog is. Before he ate it, he would clean on it and wipe away his negative thoughts about it.

I'm not at that point, so I don't eat chili dogs. I have negative thoughts about it.

And I didn't eat a hamburger with him that day.

So, the short answer is yes, you can eat food and have it do better for you when you have better thoughts about it.

At the same time I say that, you know in your own

heart what you feel to be good or bad for you. I'm not encouraging you to eat fast food and then try to think that it's good.

The wiser approach is for you to eat healthy food, food *you* think is healthy for you, and think good about the healthy food as you eat it. This goes back to love. If you can love yourself and your food, it will be better for you.

Here's another question. Somebody wrote in, "I have been using the tapping technique to get in the new habit of not eating too much. Left side tapping for the negative command, 'I do not like sweets,' right side tapping for the positive command, 'I eat normal amounts of healthy food.' I have lost 15 pounds this way, but there is one problem. My husband wants me to be fat again. Yikes! He does not like men looking at me, but I do. It feels good to get the attention. Is it bad that I like it?"

First, love and applaud yourself. Feel proud, feel sexy, feel beautiful, and enjoy the attention you're getting. You wanted it and you're getting it. Enjoy. It's not bad that you like it. It's a very human, natural experience.

But what do you do about your husband? My suggestion is to assure him that you love him. In other words, hug him, lean on him, kiss him, do whatever it is that he feels is the signal that you're still with him and you still want him. He obviously has to deal with his own self-esteem and insecurity issues, but you don't have to address those issues with him.

You take care of yourself. You keep on loving you.

And as your body morphs in to this wonderful, attractive, beautiful woman, enjoy it, but also keep in mind that he has his feelings. Let him know you love him in whatever ways that you know he will know it.

Let's go to the next question. "At times I get confused in the Ho'oponopono process because it seems like I am telling God that I am sorry, as if he is mad at me. Am I telling God that I am sorry, and the other three phrases, or am I telling the God within me?"

You're not talking to anybody that's mad at you. The Divine, God, if you will, is total love. God accepts us. We are the ones who do not accept ourselves.

What you're clearing on is the feeling that you think God is mad at you. You're cleaning on the confusion. When you say, "I am sorry," you're not saying it to someone who is mad at you or because you intentionally did anything wrong at all. You're saying it as a way to express unconsciousness.

In other words, we're all like robots and, unless you have somebody to help you see your patterns, you're not always going to see them.

We often act out of robotic behavior. We do not even know we're doing it because we're unconscious to our thinking and behavior. What you're saying to God is, "I am sorry I have been unconscious."

There's nobody mad at you or waiting in judgment for you to say, "I am sorry." In essence you're saying, "I do not know where the feeling or belief came from, but please help me erase it." Or, "I am sorry that I thought you were mad

at me. Please forgive me and erase whatever the thought or belief was that was making me feel like you were mad.” That’s the approach you want to take.

Maybe this next question will help clarify it. “I used Ho’oponopono on my broken computer and it worked! It healed itself without me even running virus software. Now I’m wondering if I have enough belief to quit paying for life insurance and health insurance. What do you think? Do you have life and health insurance, Joe? That leap scares me a little, and probably wouldn’t work, would it?”

I do have life and health insurance. I have it more for the safety and well-being of my family and partner in life, than I do for me.

The clue here is that this person says “the leap” to not having life and health insurance scares them so it probably “wouldn’t work.”

Well, you’re absolutely right. If you have the thought that it probably will not work, then it’s not going to work.

Remember, we’re in a belief-driven universe. What you believe and expect on an unconscious level is going to be what you attract in your outer, concrete reality. If it’s scaring you not to have life insurance and health insurance, then by God, keep it.

I say you should have it anyway. From an earth-level observation, many people are taking a gamble by not having life or health insurance. There are way too many stories out there about people who have had financial problems because they did not have either one of them.



Do what you need to do for yourself, or talk it over with your Miracles Coach. My own vote is that you should have life insurance and health insurance. You can still get to the point where you believe that you do not need it, and you might still keep it. That's okay. I'm actually neutral. I'm not afraid of life or health insurance and am glad I have both. I don't sit around worrying about either one of them. This is where you really want to be, in a state of peace, gratitude, and of letting go.

By the way, congratulations on fixing your broken computer. I've actually done the same thing. I've had snags in my computer in the past, and wondered, "What am I supposed to do here? What's wrong?"

I'd do the four phrases, and say, "Okay. I'm sorry. I have no idea what program was in me that caused the program malfunction in my computer, but please forgive me for being unconscious of my own thought pattern. Thank you for taking care of this and I love you." I'm speaking this to God, to the Divine. When I went back to my computer, son of a gun, it was working again.

Here's an interesting question I'll bet all of you can relate to: "When someone gets cancer, maimed in a car accident, or robbed, can you explain why nothing bad is happening? It sure seems bad to me."

This is a big question. And it's one that you'll probably have to talk to your Miracles Coach about to get more clarification, but if you remember in my book, *The Attractor Factor*, I talk about a pretty harrowing, traumatic

experience I went through when I was betrayed by my therapist and best friend.

It sure looked bad at the time.

I also talked about the author, Kurt Wright, who said, and I am paraphrasing because I do not have the book in front of me, “Have you ever noticed that a year, two years, or five years after some bad event happens to you, that you saw the humor in it, or the positive reasons for it?”

Almost all of us can have that experience. We can reflect back and see that at the time it was an aggravation, but then later, when the thing is long gone and the wounds have healed, you actually tell it as a funny story, or you tell it as a story where there is an insight or an observation that changed your life.

But Kurt Wright went on to say, “If that insight was available from a five-year distance, wasn’t it also available in the moment it happened?”

Think about that. If we can find the positive in the negative years from now, it means that the positive was available in that so-called negative at the moment it happened. What you’re being asked to do here is to have trust. Trust that everything is working out for your highest good, even when it does not appear that way.

There’ve been many stories of people who got cancer or were hurt, who used it to create new strength within themselves.

For example, I’m in a movie called “Beyond Belief,” and it was directed by a man who lost his left arm in a mountain

climbing accident. He's not ashamed or embarrassed, and, in fact, he has a sense of humor about it. He lost his left arm, so he says that he is always right. He's found ways to have fun with it and use it to his advantage.

Here's another story. I was visiting friends the other day and they were saying that they had fallen in love with this house in Houston, and really wanted it. It was their dream home. They had everything lined up, and then it all fell through. It was a horrible and disappointing experience that they couldn't get over.

A year later, they found out that the house had mold problems. A family had moved in to it and had health problems, so bad that the "Home Makeover" TV show went to that house in Houston, completely tore it down, and rebuilt a mansion for the people living there.

What looked like was bad to my friends actually saved them from horrible problems later. And the people who did get the house thought it was bad because they got the house and the mold problems. But then a TV crew with "Home Makeover" came in, tore it all down, and built them a mansion.

What was bad in either one of those?

You're being asked to trust that the Divine is taking care of you. Trust that there is a positive in everything that you call negative.

In fact, I will be so bold as to say that when you can say the negative is actually positive, you will have arrived at that fourth stage of awakening that I talk about in *The*

*Awakening Course.* You'll be at that place where you see miracles everywhere. You won't judge them as bad because you'll know that there's a positive, silver lining, a deep spiritual reason for everything.

Let's go to the next question: "I have a hard time prioritizing. I get really confused when I think about my goals, trying to figure out what I should do when, and what the first step should be. I end up doing nothing. It makes me think that I have a learning disability or something, and that I'll never be able to succeed. Any suggestions?"

My first suggestion is to talk to your Miracles Coach. You want to get feedback, inspiration, direction.

Everybody knows that I'm prolific and productive. I've written 53 books, and have numerous DVDs and audio. I'm on TV. I travel around the world. I run the Miracles Coaching® program and have other businesses. I'm still playing guitar. I find reasons to do everything that I want to do and I find time to do it.

How am I being so productive?

I make a list of everything that I want to do. It's everything that's right there, all the potential choices for me at any moment. Usually I make this list the night before, everything from, "I want to write my blog" or, "I want to work on the next book." Maybe I want to record an audio for my podcast, or the next program, or I want to visit a friend, or build something. There are all kinds of things I want to do.

I put it on paper because, as soon as I do, it's out of my

head. I can breathe easier and see my choices. Then I decide which one is the most exciting, or which one needs to be done first.

Sometimes there's a deadline, but, usually, I look for the passion. Which one is the most exciting? I'll circle it and say, "What's the first step I can do?" Maybe it's just writing down the headline for a blog post, or the first paragraph or, or drafting the first chapter.

You don't have a learning disability. What you might have is an organizational disability, meaning that what you have been doing in the past as your habit is not working. But you can create a new habit with the help of your Miracles Coach. This is not something that cannot be overcome. You're just learning how to organize.

So I suggest writing the things you want to do on a sheet of paper. Just go ahead and brain dump everything down. Then look through it and make a list of the first thing that you would really like to do. Number all of them in order of importance.

Take the one that's the most exciting, the one that you've said is number one, and ask, "What is the smallest first step that I can take to get that done?" Take that first step and then take the next step after it. By taking baby steps you can accomplish a lot.

The next question is, "Why don't you hypnotize anymore? Does it not work or did you just find something that you like better?"

I still hypnotize myself. I still come out with hypnotic

DVDs. In fact, hypnosis will be on my next audio program, *The Abundance Paradigm*. Hypnosis is also in my book, *The Key*.

Hypnosis works. I love it. It's still powerful. It's still in my life. I do not hypnotize other people, one-on-one, if that's what the person asking the question means. But that's only because I do not do anything one-on-one anymore. No coaching, no personal consulting. I'm a beehive of activity, doing all these other wonderful things.

The final question is, "What is your new audio program, *The Abundance Paradigm*, about?"

It's going to go deeper than anything I've done before, and will be a companion to my audio program, *The Awakening Course*.

*The Awakening Course* describes the four levels of awakening and *The Abundance Paradigm* is going to help you shift in to the awakened mindset. *The Abundance Paradigm* is going to be the most experiential and spiritual program I've ever done in my life. There are going to be a lot of new processes, including hypnosis.

There are also going to be advanced Ho'oponopono methods, including one that I was personally taught by Dr. Hew Len, the therapist who co-authored *Zero Limits*.

The exciting thing is that it will still talk about the Law of Attraction in a deep, all-encompassing way, but it will also move you to the Law of Creation. The Law of Creation is all about creating miracles, or better said, co-creating miracles in your life.

It's time to wrap up, but if there's any message, it's that working with your Miracles Coach helps you go through the chest of drawers in your mind so that you can get rid of any old clothing, so to speak, any old beliefs that no longer fit or serve you. You can clean out those drawers and put in new clothing, new beliefs that serve you better.

As you dust off the chest of drawers, you'll see how shiny it is, and it becomes your new miracle.

You're in the Miracles Coaching® program to change and transform your life, to realize that magic and miracles are possible. The very first miracle I want you to realize is the one Janeen referred to – the miracle of this moment. Be in this moment and you'll experience the divinity you've been longing for.

I love you. Godspeed to all of you.





## **Secret Session #9**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

We're absolutely delighted that you've taken time to teach us how to move our lives to the next level of success.

Welcome, Dr. Joe Vitale.

**Joe:**

Thank you very much. I always smile when I hear your voice. You've got wonderful energy and it comes across in your personality and your voice.

You began the last few calls for me by leading us in a gratitude meditation to bring us back in the moment. Would you mind doing that again for everybody, including me?

**Janeen:**

I would be delighted to, Joe. Thank you for asking.

Bringing ourselves back to the moment and with gratitude is one of the very best ways for us to begin attracting everything in our lives that we want.

So let's go ahead and get centered in the moment.

You start a moment-anchoring meditation by selecting an object in your immediate surroundings. The object I'll use tonight is a little votive candle that I have sitting here on my desk. I'll describe it to you as I progress through my moment-anchoring meditation.

*Thank you, little candle, for being here on my desk. Thank you for your lovely cherry aroma that you radiate to my surroundings. Thank you, candle, for your three beautiful shades of red that you have running throughout your being. I appreciate so much the vibrant color and I'm very grateful that I have the privilege of having you on my desk, little candle. Thank you for being my candle on my desk to brighten and cheer my surroundings. I do feel very appreciative of you, little candle.*

*And then I like to take it back further and deepen the gratitude. Thank you to the person who sat on the assembly line at the factory and poured the wax into the mold or who ran the computer on the factory assembly line to create my little candle. As I hold this little candle in my awareness to you, person on the assembly line, I offer gratitude that you showed up to work that day.*

*I'm grateful that you were there and I'm grateful to you, little candle, that because of your existence, you actually supplied abundance for that person who showed up to work on the assembly line at the factory that day. Thank you for providing a paycheck and bringing abundance in to that person's life.*

*To the person who loaded this candle in a box with probably several other candles onto the truck for distribution, I'm grateful to you for the energy as you hefted the box and loaded it into the truck. I thank you for the energy you poured into this little candle. That energy that you poured into this little candle is rejuvenating my energy now and I'm extremely appreciative to you for bringing this candle to me.*

*To the truck driver who brought it across the country so that I could buy it in the store from which I bought it, I'm grateful to you, truck driver. I hope that your family is well. Wherever you are, I send you love. I send you healing love. Thank you for trucking this candle across the country so I could buy it at the store from which I bought it.*

*And to everyone who worked in the store that loaded my little candle onto the shelves. Thank you for your participation in bringing this candle in to my life. Thank you for the person who poured this aroma in to the wax or set the computer to pour the aroma in to the wax. It brings me joy every time I experience it and I am truly grateful. Thank you. Thank you. Thank you.*

There you go, Joe.

**Joe:**

Thank you, that was very beautiful, quieting, and centering. I know we're on the same page at this point.

As Janeen was looking at her candle on her desk, I was looking at my water bottle and being grateful for it. It helps

to keep me hydrated and my voice lubricated so I can talk to you.

Then I noticed that the water bottle is called Zero because it's a zero-calorie sports drink. They had no idea when they created that drink that the author of *Zero Limits* was going to be drinking it or how meaningful this would be to me, or to my readers and all the people in the Miracles Coaching® program.

And the company who makes this zero-calorie sport drink is called Powerade.

There are so many messages around us all the time. All I'm doing is looking at my desk for something to be grateful for and, suddenly, my water bottle has life-changing meaning to it. It's giving me power, aiding me in having power. Yes, it's helping me to hydrate myself, but the more symbolic reason to the name Zero is it's helping me to get back to zero. And that's the point of tonight's call.

I want to remind all of you that at the place where your limiting beliefs and negativity is gone, you're at zero, a place of receptivity where the Divine can give you inspiration. That inspiration could be anything. It could be for you to open a restaurant or to open or close a business, or to write a book, any number of things.

There's no point in me cataloging them because it would be as big as the internet in terms of possibilities. But when you're at zero – you've cleared yourself of all the interference – at that point you can hear inspiration and act on it.

I feel that's the goal for all of us. I've been saying for quite a while now that the goal of life is to awaken. Life is a process of awakening.

When you've achieved that level of awakening, you don't have limits, negativity, or limiting beliefs. You're free.

I think it's delightful that, as I look at my desk and randomly pick a water bottle, suddenly it's more relevant than a simple water bottle. How did it become that way?

Because I was grateful for it.

I could have looked at anything on my desk to be grateful for and, before you know it, I would have found some sort of use for it, some sort of meaning or symbol for it.

This is the power of gratitude.

Throughout your day, in every moment that you can, look around and genuinely find something to be grateful for. It can be a person, a place, a thing, anything, but your life transformation is in this moment and one of the best ways to get there is with gratitude.

My first question tonight is, "What do you suggest I do when I have a day that suddenly feels like things are not going right and I start to feel doubt? I am doing great most of the time. It's the doubt that comes in and gives me an unsettled feeling. Do you have any ideas to give me a pick up?"

Welcome to the human experience. We all have it.

In fact, I was just in San Antonio working with a healer on some of my own doubt that surfaces now and then. In

your case, I'd say rely on the Miracles Coach to help you through doubt. It's what we do with it that matters.

Doubt is a form of fear. It's saying that you don't believe that things are going to work out and the fear is trying to protect you.

Once you look past that fear and realize you're safe in this moment, and remind yourself that this moment is the miracle, in this moment all is well, and all is working out, it's a lot easier to go through life with power and strength.

There are tools you can use like EFT, the emotional freedom technique, sometimes called the tapping technique. Whenever you're feeling doubt, tap and say, "Even though I feel doubt right now, I deeply love, accept, and forgive myself." You say that two or three times while tapping.

Once you learn how, you can do tapping for anything that shows up. I do tapping almost every day.

I'd also remind you that you should focus on your goal, your intention. What is it that you're trying to attract or achieve? Instead of focusing on the fear, focus on the faith. Instead of focusing on the possible failure, focus more on the success. Instead of focusing on the doubt, focus on the goal or the intention. In other words, put your energy back on the thing you want. This will help you go in the right direction.

There are all kinds of tools and techniques to help you get through doubt. I wouldn't be afraid of it. Look at it in a detached way and realize it's a part of you, a part of your programming. It's not you. You're separate from your

doubt.

Notice you can observe your doubt. “Oh, I’m doubting. I am having the experience of doubt.” You’re experiencing doubt, but you’re not that. When you can separate yourself from it, you have more strength to go forward to attract what you really want. So don’t let this be a big issue.

Let’s go to the second question. “I get down sometimes because I have chronic pain in my hand and arm. How do I not pay attention to the pain? How do I feel good now, even when the pain is there?”

I know what it’s like to have pain and I also know that you have to do something about it. My first thought is to remind you that you can be objective or detached from pain. I know that’s a hard one to get because, if you’re feeling a headache or a backache or there is some kind of chronic pain in a hand or arm, it’s drawing your attention.

Notice that you have it, but also notice you aren’t the pain. This is a very spiritual experience.

Yes, pain is calling your attention. It means there’s something there for you to look at. Pain is a signal from your body that it needs something and you want to pay attention to that. You don’t want to dismiss it or overlook it. At the same time, you don’t want to think it’s going to be there forever.

I believe there’s always a way to resolve anything. If you’ve got pain in your hand and arm, I’d say make it your goal or your intention to attract a solution and put your attention on that.

How do you feel good now, even when the pain is there?

You feel that you're going to get a solution to the pain. You feel that the pain is not you. You may not want it, but you've got it and it's drawing your attention. It's drawing your attention because it wants a solution – *so focus on the solution.*

I'm not trying to dismiss anybody's pain. I know when you're in pain you want to get rid of it. I definitely say, "Hey, go to a doctor when you need to go to the doctor. Go to an alternative healer when you need to go to an alternative healer. Take an aspirin when you need to take aspirin."

I'm not a medical doctor so I'm not telling you what to do, but I am saying that pain is trying to get your attention. Ask it what it wants. This is an exercise I wrote about in *The Key*, and it's probably in some other books and audio programs.

You can look at your hand and arm and say, "Okay, you're in pain. What do you want from me? What are you trying to tell me?" Then have a dialogue. Write it out.

Pretend you're writing a script. Write your name on a piece of paper and say, "Okay, arm, you're hurting. What are you trying to tell me?"

Then you write down, "Arm," and pretend that it's talking to you. Write whatever comes up. Allow your unconscious mind to be the voice here. Don't judge it or criticize it, and don't try to change it. Accept what comes because it may be telling you any number of things that are a true message for you to pay attention to.



Meanwhile, if you do need medical attention, then please get it. Don't overlook the earth-level remedies that are out there.

Sometimes people look to the spiritual or the metaphysical as a remedy to everything, forgetting that the earth-level gifts that we have, whether a healer or medicine, can be the solution that is in the physical form. It's still spiritual. It's just in a physical form.

So don't rule out other possibilities. Be very open-minded about what can help you resolve this.

Finally, be grateful you have a hand or an arm. There may be pain there, but ultimately you've got something that some people don't have. Fall back on gratitude as much as possible because that's our cushion to help us experience the miracle of each moment.

The next question is, "Where can I buy Ceeport stickers? Are they on your website?"

I talk about Ceeport stickers in *Zero Limits* for anybody who doesn't know what they are. They're for clearing all the negative programming between you and the zero state.

Dr. Hew Len, my co-author, told me his inspiration gave him the idea to create Ceeport stickers that you can put on your computer, car, in your wallet or purse, or on your clothing. It can be put on your house, wall, or on the door. Essentially, anywhere.

They're very popular. You can google "Ceeport stickers" or there's a website called [www.ceeports.com](http://www.ceeports.com) with all kinds of goodies that Dr. Hew Len has created through

inspiration for getting to zero.

And in case anybody's wondering, I use them every day. I believe in using anything and everything that comes my way that can help me get clear, stay clear, and help others get clear. I have them on my computers, iPad, wallet, and so many different places. I don't think you can have too many. You can put one underneath a piece of furniture, underneath a computer, behind the TV set, under your phone – there are all kinds of clever ways to use Ceeport stickers.

Here's the fourth question. "Joe, what is your personal life mission statement? Would you be willing to share it?"

I'd be glad to share it. I believe that my mission in life is to help you attain your dreams. I'm here on earth to inspire people to go for and achieve their dreams, to attract and achieve their dreams.

That's exciting to me and I feel inspired when I do it, which tells me that I'm on the right path. I feel inspiration when I help other people feel inspired. And that's what I'm trying to do with everything. These monthly calls are such a juicy moment for me.

Even when I was a kid, I knew I wanted to help people have a lighter load. I thought I was going to write humor, and I did write a few one-act plays. One even got produced. I looked around and everybody seemed unhappy, so I thought, "I want to do things to help people be happier."

It took me three decades to get to the place where I fine-tuned it enough to understand that I want people to

be inspired. When you're inspired, the Divine is breathing through you. You're excited about life and you're happy.

So there it is, my mission statement: To help you achieve your dreams.

The next two questions, five and six, are related. Number five is, "My boyfriend is absent-minded. He loses things all the time. This is so annoying. I think I might have to leave him. Can I use Ho'oponopono to change him so he won't keep losing things? The 'Please forgive me' statement confuses me. Why should I ask my own forgiveness when I haven't done anything wrong? I try really hard to be conscientious so I want my partner to be, too."

If you've read *Zero Limits*, you know that the person asking this question doesn't understand Ho'oponopono. You don't use it to change anybody, ever. You don't change your boyfriend, girlfriend, parents, or anybody else with Ho'oponopono. You use it to change you.

As far as why you ask for your own forgiveness when you haven't done anything wrong, you're asking for forgiveness because you're not seeing your participation in the co-creation of that relationship.

It's not that you haven't done anything wrong, but that you're not awake. You haven't done anything to be ashamed of, or anything to be guilty about, but you've been unconscious – and that's what you're asking forgiveness for.

It's basically telling the Universe, "Universe, I'm sorry I was asleep at the wheel. I'm sorry that I've been unaware of the programming in me causing my boyfriend to be

absent-minded.”

The whole philosophy is dramatically different than what most of us have ever heard. It certainly was different for me when I first came across it and I resisted it. A lot of people still think, “If I use Ho’oponopono, I’ll just change everybody around me.” That’s not how it works and that’s not what it’s for.

In *Zero Limits*, I tell the story of Dr. Hew Len and how, when he worked on himself, the mentally ill criminals in that mental institution got better. But if he tried to work on them, they didn’t get better. Why? Because they weren’t the problem.

In life, everything that’s in your experience is something you co-created. You attracted it to you. Of course, you didn’t attract it on a conscious level. You didn’t sit there and think, “Oh, I want to attract a boyfriend who’s absent minded.” But unconsciously that program is there.

How do I know that? Because you have a boyfriend who’s absent minded. The real cleaning that needs to be done here, the real Ho’oponopono method, needs to be done on you, meaning that you want to clean and clear on this feeling that he’s annoying. That’s what you want to feel.

If there’s anybody or anything that you’re complaining about in your life, whether it’s a husband, a parent, or a boyfriend, whatever it happens to be, you have to realize that you’re playing a co-creation role in having them in your life. You don’t try to change them.

All they're going to do is resist that anyway.

You find peace inside yourself, and when you do the Ho'oponopono method, you're cleaning your own programming. As you do it, that's when the other person will change. But you don't do it with that focus.

If you're trying to change the other person, you're coming from victimhood. You want to change the other person so you don't feel like a victim. You have to awaken from that and get your power back.

I say this with the deepest love and respect. We all do this because we're unconscious. We're all still waking up slowly. This is the way, though, to take your power back. Do the cleaning on you and, as you do, the outer world actually gets better.

Let me take the next question because it might tie in to this. "I can't stay away from my family because we run a family business together. Both my parents are so negative that it gets really discouraging. How can I be around and not get sucked in to that negative stuff? I wish I could throw a switch and make them be quiet."

Again, this is very similar to the question we were just talking about – trying to change other people – and it's not what works in life.

You can do that. You can read about how to manipulate, persuade, and influence people. There are all kinds of propaganda books and tools to try to change other people. But nobody changes without resentment when you try that approach. It just doesn't work.

I'm here to tell you that what works in changing anybody is changing you. No matter who you have static with, work on you. Say, "I love you, I'm sorry, please forgive me, thank you," on the feelings you have. The more you can flip the switch inside you, the more they will feel the difference around you and change.

I know that when I'm around different people, my personality seems to shift. I often think, "Why do I seem more humorous when I'm with Martin over here? Why am I a little more playful or poetic when I'm with Sara over here?" What's happening is they're drawing out of me reflections of what's in them.

When you're with your family you aren't just being influenced by them. You're influencing them.

If you're in a peaceful, playful, and loving place, they'll sense it. They may not say it, but they will sense it. And because they sense the difference in you, they'll act differently.

This is something you can test in the real world. It goes back to taking personal responsibility, practicing the Ho'oponopono method, and working with your Miracles Coach so that you understand this at a deeper level.

Keep focusing on cleaning inside of you.

Let's go to another question. "How long does it take to manifest a new house?"

There are already houses manifested out there so it doesn't take long at all. What you're really asking me is how long it takes you to move into a new house. That doesn't

take long either because you can hire people to move you.

Okay, I'm being a little playful here, because what you're really asking on a deeper level is, "How long does it take me to know I deserve a new house?"

The truth is you can manifest a new house today, tomorrow, next week, or next month. It'll take as long as you believe it will take. And that's the important thing here. Beliefs are always creating reality.

But let me take this to another level for you. I recently wrote a blog post, "Attract \$175,000 Today." [[www.blog.mrfire.com](http://www.blog.mrfire.com)] or [[www.blog.mrfire.com/attract-175000-today/](http://www.blog.mrfire.com/attract-175000-today/)]

I talk about a man who wrote bestselling books in the 1930s during the Great Depression. I got so inspired and excited that I wrote this long blog post. I think it's some of my best work ever – and I think everybody who reads it will be inspired.

The author, Mr. Young, said, "Go off by yourself with a pad and pencil and write out your own ticket for a happy and successful life. By that, I mean put down all of the things you would like to have or be."

In the case of manifesting a new house, you put on the list, "I have manifested a new house."

He continues, "After imagining every wish has been granted, go one step further and start being the ideal person you *think* you would be if you had everything your way." Start to be the person who has already manifested the new house you want. This is the big difference.

How long does it take to manifest a new house? Not long at all, and it doesn't take any time if you can step in to the feeling of having already done it. This is the breakthrough. This is the turning point.

If you focus on time and say, "How long does it take to get this house over to me?" you're coming from doubt. You're coming from fear and a lack of faith. But if you come from the place of, "I already have the house and it feels fantastic, and this is the kind of person I feel like when I have this new house," you're going to attract it at warp speed.

Work with your Miracles Coach to get a better understanding of this, but I'm giving you my honest understanding of how life works. I urge you to follow this material and to try these methods out in your own life. They are working for hundreds of thousands of other people, as well as in my own life.

The last question is, "What's the best way to get clear like Jonathan helped Joe?"

This person is referring to the coach who I talked about in my book, *The Attractor Factor*. I openly confessed that my life began to change when I finally had a coach, and it's because of that experience I created Miracles Coaching®.

So what's the best way to get clear like Jonathan helped me? Work with your coach.

The Miracles Coaching® program has been designed by me to work on both conscious and unconscious levels so that you can attract what you prefer to have in your life.



It helps you drop all limiting beliefs and negativity so you can get to a place that I call zero, where you can finally feel inspiration – which is the most glorious, majestic, magical, miraculous moment that you could have. And it's available at every moment.

As always, I'm sending love and light to everybody in the Miracles Coaching® program. I'm a Reiki master and Qigong healer, and when I'm talking to you, I'm also sending energy to help heal you on deeper levels than you might imagine.

Remember to feel gratitude in each moment because each moment is a miracle. It's when you leave the moment that you start to have doubts and fears and concerns and worries. But in this moment, all is well.

Godspeed to all of you. I love you all.



## **Secret Session #10**

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### **Dr. Joe Vitale with Janeen Detrick**

**Janeen:**

With tremendous gratitude, I am thrilled to introduce to you Dr. Joe Vitale.

**Joe:**

Thank you, Janeen. I'm glad to be here.

Would you lead the group in a gratitude meditation and bring us all on the same page and help us relax in to this moment?

**Janeen:**

I would be happy to do that.

*Everyone take a deep breath in through your nose and out through your mouth. Try to fill up your lungs all the way to the lower lobe of your lungs by allowing your stomach to even pooch out as you inhale and breathe it out.*

*We're anchoring ourselves to this moment so that our minds are not wandering away to something else but we are fully present here. Touch something in your immediate surroundings.*

*Touch anything around you that you can anchor yourself to. Each and every one of you touch something in your immediate surroundings.*

*The item that I feel drawn to use for the purposes of this moment-anchoring-gratitude-meditation is a wool scarf that I use as a throw every single day of my life. I love this wool scarf.*

*Then you just simply start to offer gratitude and appreciation for this object, which is in your present moment, in order to align all of your thoughts in your heart and every cell in your body with now. I love this wool scarf upon which I sit as a throw over the top of my office chair. I love it because it grounds me. It anchors me to the earth because the wool is from the animal, the sheep, which is an earth element and my fire and air needs to be anchored to the earth so that I can manifest. And I love this wool scarf. It serves me and it's beautiful and it's soft and I'm so appreciative of this wool scarf.*

*Its colors are bold and yet muted. There is a muted burgundy and a deep, intense, and yet muted indigo. And then a gold which radiates like the sun, a deep warm mustard gold. And I love this emerald green that reminds me of the earth element in emeralds and the compression that goes on deep within the earth that ignites and radiates and builds all energy. I love this emerald color because it reminds me of emeralds that grow deep within the earth. I am so appreciative of the bright colors that are still warm to help anchor me.*

*It's soft. I'm appreciative of the person who spun these fibers or perhaps the people, plural, who spun these fibers. I am grateful for their skill and their attention in weaving these*

*fibers. I am grateful for the colors of the dye and I know that each one of these colors are 100% natural. Pomegranate is in here and earth elements all throughout this wool scarf. I deeply appreciate those earth elements that anchor me for manifesting in this life.*

*I'm appreciative of all my brothers and sisters who contributed to spinning it, to weaving the threads, to dying the threads of yarn. I'm grateful that because of this scarf, so many people had abundance in their lives that day when they showed up to weave and to work. And while the amount of money that they made to sit and spin may not be something that would be necessarily considered abundant and in my world, for them it was everything they had that day.*

*It brought abundance to them and I am grateful that through my purchase I can contribute to that abundance no matter how small my contribution. I want them to feel loved and valued which is why I love buying products made by people who are utilizing their creative talents and skills and honoring the earth in such a way.*

*I'm grateful to the sheep who grazed upon the grass and ate of the earth's growth to provide this wool for me. I'm grateful that that sheep chose to incarnate here for such a time as this so I could have this sheep's wool. Thank you, sheep, that you provided this for me. Thank you. I want you to be honored by the way in which I use the energy that you provide to me and I feel deeply reverent as I hold you in my awareness. Every cell in my body is vibrating with aliveness, with gratitude for this beautiful wool scarf and I thank you. Thank you.*

*And because every cell in my body is vibrating with aliveness as a result of this intense gratitude that I feel, the brain that I utilize to receive and transmit information is sharpened and I am ready to receive inspiration and education through this group call. Thank you, Joe, for giving me the opportunity to reflect on the beauty of this moment. It is done.*

Thank you, Joe, take it away.

**Joe:**

Thank you for bringing us in to this moment where we can be together. This moment, this point in time right now, is the most powerful one available to you for a lot of reasons.

There is a full moon tonight and this is a power day. For another thing, it's the Christmas holiday. Whatever your beliefs are around that day, it's a highly charged, energetic day full of power and possibility.

Beyond that is a new year – a time of new planning, new possibilities, new challenges, and new miracles to come your way. And, of course, there's the moment itself. Whenever you're in the moment, you're at the most powerful place you can be.

My invitation for you is to be thinking about what you want. What would you welcome in to your life next? What are the miracles that you would like to attract?

Play with possibilities to the extent that you can visualize and feel them, and write them down. Visualize the miracles that you would welcome in to your life over the next few

weeks as the new year approaches. Get in to it so that you feel it as if it's already happened, that it's already come to pass.

And then I'd like you to write it down. Write it down as if it's already happened. This is the point of power.

It's more powerful than almost any other time of the year, but whenever you're in the moment, you're in the point of power and you can mold, co-create, and attract the life you want.

You are indeed the sculptor of your own life. You're the painter of your life painting. And the point of power for you to do this, for you to take up your hammer or chisel or paintbrush or pen is now.

As I'm talking tonight, reflect on what you would welcome in to your life. What would you like to attract? What's the next miracle for you? What do you want in the new year?

All of this is not only possible, it's probable, and probably already on the way to you if you help it along.

One way you can do that is to crystallize what you would welcome in to your life by envisioning, feeling, embodying, and writing down. Nevillize it as if it's already happened. Mark my words, this is how you co-create the reality you want. This is how you attract miracles.

So without further ado, let me go through the questions. The first is, "How do I let go of fear?"

The short answer is you're never going to be totally free of fear. Fear is your friend. Fear is something that was given

to you by God or the Divine to help you be aware of what you're about to do.

When you do things that are different, you're leaving your comfort zone and feel a little uneasy. You feel fearful about that. This is your body and mind alerting you to be on high sensitivity. To be aware of what you're about to do. It doesn't mean you're in danger, going to be hurt, or that you'll have anything to regret.

Fear is simply saying, "Be alert, you're doing something you haven't done before."

When you have this new awareness of fear, you can be more comfortable with it and actually use fear as energy to propel you forward.

A favorite example is two people standing at the top of a ski slope. One absolutely loves the rush of going down the slope, but the other person is terrified of it. Yet it's the same ski slope. They're doing the same activity. One fears and dreads it and the other relishes and welcomes it.

Fear is the same way.

Pay attention to fear but don't dismiss it and don't let it stop you. You don't really want to let go of fear but you want to be the person in charge of it. You want to acknowledge it and then say, "This is what I'm going to do."

As fear comes up, you can say, "Okay, it's a reminder that I'm doing something different. Is there anything I have to adjust in what I'm about to do?" If so, make the change or go forward anyway.

There are many quotes of people who have done heroic



things, who said they did them despite the fear. They use the energy of the fear to give them added strength. Public speakers are known to do this.

Every public speaker I've ever talked to, all say they were so scared before giving the talk that they wanted to bolt. Some of them throw up. They're feeling the fear, but they go and do the activity anyway.

So feel the fear, but do it anyway.

The second question is, "When someone is angry, how can I not get angry back?"

You have to remember that anger is another emotion that pushes buttons in most of us. What's important is to find and disconnect the button.

When you get angry back, you're being engaged in a lower level energy. It's not right, wrong, or indifferent, but I want people to awaken. I think that's the whole purpose of life. And you awaken to a point where you don't take the hook.

If somebody gets angry or says something that normally would anger you, you don't have to take the bait. You can be detached and separate from it. You can take a deep breath and count to 10 or 100, but you don't have to buy in to the other person's energy.

At first it may feel uncomfortable because you're used to victim reacting. But as a co-creator, as somebody who is looking for miracles and attracting miracles, you want to find the center of peace within you. You become the center of the cyclone, so to speak, the still point. And you dissolve

other people's energy when you don't feed it.

This is a way for you to practice self-control and help bring peace to the planet. The more each of us can be what I call the "mystic in the marketplace," and learn to meditate and stay calm wherever we are, the more we send out a ripple effect that causes other people to calm down, too. It may take a little practice but you can certainly do it.

The third is, "I've been trying to find investors with whom to partner so I can start making money. Any ideas on how I can create a support group so I can meet such people?"

When it comes to finding investors or creating your own support group, read *Meet and Grow Rich*, which I wrote with Bill Hibbler. It's in print, on Amazon, and in bookstores. It will teach you how to create your mastermind, your own support group.

Also, be really clear about what you want because too often people say, "Oh, I want investors or I want partners," but they don't have a clear idea of what they want the investors or the partners for.

Here's a million dollar tip: You need to be able to write your idea on the back of a business card. If you can't express your idea in one captivating, hypnotic line, just enough to write in a few words on the back of a business card, then your idea is not clear enough.

The clearer you are in saying what you want, the more quickly the Universe will respond and bring the right people to you.

Just saying, “I need investors or I need a partner” isn’t clarity. It’s almost like saying, “I’m going to go to the mall because I need a jacket.” You need to be far more clear than that because you might end up with any kind of ratty old jacket that may not even fit. It could be the wrong size, color, material, or any number of things.

So I would say be open-minded about this. Read the book, *Meet and Grow Rich*, and talk to your Miracles Coach.

The next question is, “You always teach how to attract money but I still need it. Could you explain how to not be jealous of other people who already have money?”

The first thing I’d say is go read my free book, *Attract Money Now*, at [www.attractmoneynow.com](http://www.attractmoneynow.com).

And don’t just read it, do it.

This is the thing I find lacking. People read books that have steps to success. For example, *Attract Money Now* has a 7-step formula.

Yet, if I ask people, “Did you actually do the steps, did you walk through the formula?” – almost always they say, “No.”

It’s not enough just to read the book. You have to take action. You have to implement what you’re reading.

As for the other part of the question, how not to be jealous of other people, that’s a big one.

I remember being in my first prosperity seminar decades ago with Bobby Birdsaw, who I dedicated *Attract Money Now* to. He was the first person to stand up in front of the

crowd and say, “When you see a wealthy person, don’t get jealous. Bless them.”

I wrestled with that because, at that point, I was jealous. I was thinking, “How come they’ve got money and I don’t have money? How come they’re doing fine and how come I’m struggling?”

Here’s the inside secret: The more you judge other people as bad, the more you’re saying you don’t want to be wealthy like those people.

Now listen to the psychology behind that because, if other people have money and you’re jealous of it, you’re saying in some way, shape, or form that they’re not okay.

More than that, you’re saying *you’re* not okay. You have to be okay with money, and you have to be okay with wealthy people for you to attract money and for you to be wealthy.

As soon as I started looking at people driving around in Rolls Royces, BMWs, and Mercedes-Benz® [luxury cars] and said, “Oh, how wonderful. They must be doing great things in the world. God bless them and Godspeed to them,” the more I started to attract money – including a Rolls Royce and other cars.

So it all begins with relaxing your judgment because judgment is not helping you. Start to say, “It’s good for people to have money. It’s good for me to have money.”

When you have money you can take care of yourself, you can take of your family and the causes you believe in. You can direct money wherever you want it to go.

If other people have money already, let that be an inspiration to you. If they can do it, you can do it. If I can do it, you can do it.

The next question is, “Is there a magic bullet to stop me from procrastinating? What’s the key to not procrastinating?”

Procrastination is one of those things that people say is a problem. They say something like, “I just can’t get started. I can’t get myself to do anything.”

Usually I’ll look at them and say, “Okay, can you take out a piece of paper?”

Yes, they can do that.

“Can you write your name on the piece of paper?”

“Yes, I can do that.”

“Okay, go ahead and do it,” and they do it. Then I’ll say, “Okay, write down what you want.”

They’ll write down on one line what they want. “I want to increase my income,” or, “I want to find a romance,” or, “I want to have a wonderful holiday.”

I’ll say, “Okay, you’ve just now taken action. You took out a piece of paper. That was an action. You wrote your name on. That was an action. You wrote down something I asked you to write down. That was an action.”

People will take action if they’re tiny baby steps and that’s the secret to overcoming procrastination.

Most people who procrastinate are looking at a great big project. They want to do any number of things. All of you have something that you want to do, but if you think

of it as the end result it can be overwhelming.

When I first started writing books I thought, “I’ll have to write 200 and some pages?”

I remember signing my contract to write my book, *There’s a Customer Born Every Minute*, about P.T. Barnum, and my first thought was how overwhelmed I felt.

How am I going to write an entire book on this man who lived so many different lives in his 80+ years, who was so talented, complicated, and entertaining? How am I going to write a book on him?

I decided to take out 15 folders. I wrote the numbers 1 through 15 on the folders and those became chapters. As I did research on Barnum, I would take notes and throw them in the folders.

The first folder said, “Early years,” and anytime I came across something about Barnum’s early years, I jotted a note and put it in there.

I was breaking down the book in to manageable parts. Instead of it being a colossal, 200-page book that was going to take me a year to write, it became 15 folders that I just threw things in. Every now and then I’d pick up one of the folders to see if I could make sense of it and start to write a first draft.

I wasn’t writing a book. I was writing folders. I was writing notes. Notes became chapters. Do enough of that and at the end you have a book.

What’s the magic bullet? Take baby steps.

Break whatever it is that you’re resisting doing, down in

to the tiniest little steps. It might be to pull out a piece of paper. It might be to make a phone call. It might be to go to the courthouse and get your company name incorporated. I don't know, but you know.

The other thing to keep in mind that could serve as a magic bullet for you is to focus on the end result.

When I was writing my book on P.T. Barnum, I thought, "Oh, how wonderful it will be to have the book done, to see it in bookstores, to hold it up and sign it, share it, and be able to sell it."

I had a vision that compelled me to want to get the book done.

The next question is, "I am the only member of my family who isn't rich yet and it makes me feel a lot like a loser. How do I stop comparing myself with them?"

Look at them as inspiration. If you're from a family that's already wealthy, that's good for you. The odds of you becoming wealthy are great because that's your support group.

When you look at them and judge them as missing or lacking, or putting yourself down because you put them up on a pedestal of some sort, then you're hurting your own self-esteem, your own image.

So flip it and, instead, compare yourself to them in a positive way. They're role models for you. They're already bringing in money. That's wonderful. Hang around them. Spend more time with them. Talk to them because you'll take on their energy, which will help you attract more

money as well.

Start thinking, “I wonder where the money is coming from,” instead of, “I wonder how come I don’t have money and they do?” I’d look at it from a more positive, expectant mentality – one that says you’re going to be like them, or even better.

The next question is, “How do I increase my self-esteem?”

That’s easy: Do little things that make you feel good.

In other words, if you know that you would feel better tomorrow morning if you got up and did a little bit of walking, aerobics, or strength training, go do it, and then note how you feel about yourself when you’re done.

A friend of mine says he may resist going into the gym to work out, but he has never once said it was a waste of time when he was done. That’s how you build self-esteem.

If you know that you want to do something, or perhaps your Miracles Coach has advised you to do something and you haven’t done it yet, but you know you want to do it, go do it. Doing all those little things that take care of you is how you build your self-esteem.

And don’t forget the little things like pampering yourself. Take a bubble bath every now and then.

Many people know I’ve got a hot tub and that I get in the hot tub almost every night. I’m taking care of me and giving myself a subliminal message that I’m worth it. Every now and then you might buy yourself something or hang around people who make you feel good.



Do the little things that take care of you. You know what those are. This is how you build self-esteem. The more you do it, the more the self-esteem builds.

The next question is, “Even though I know that I shouldn’t get anxious about the money not showing up, I still get anxious. I guess I feel I have to seek proof that this works. Do you have any suggestions?”

Yes, I would stop and look around. You want proof that this attracting money works? Where are you living? What are you driving? What are you eating? What’s over your head? What’s under your feet? What do you sleep on at night? How are you using the telephone or the computer? How are you in Miracles Coaching®?

The answer is: You’ve been attracting money. *You’re already doing it.*

The real question is, “How do I increase the amount of money I’m attracting?”

Here’s the big secret: The more you appreciate what you’re attracting now, the more you will increase what you attract. Look around and start to feel grateful for having everything that you have. Yes, you might want more. I want more. Everybody wants more, but you get more when you appreciate what you have.

Whatever you’ve got, you got it because of money, so you’re obviously attracting money. Think, “I am attracting money. This feels great. I am so grateful for attracting money. I am loving this money business. This feels so good.”

The more you get in to that feeling, the more you will up your ability to attract even more money. That's how it works.

Here's the next question. "I love my boyfriend, but is it possible that he isn't good for me? I feel that living where we need to live in order to accommodate his life is choking out my life. What do I do if I can't grow living out here in the country? Do I say goodbye even though I love him? He won't move."

It's a big question and I'm not about to advise anybody to move or not move, but I am going to ask you to look within yourself and notice what buttons are being pushed in you. It's not about your boyfriend. He just happens to be the stick figure in your life that's pushing the button within your wiring.

I want to remind people this is why you're in Miracles Coaching® – to explore the beliefs behind feelings.

I don't deny that a person can feel choked off in their life or that they could feel like they grow better if they were someplace else or with somebody else, but you have to accept reality. You're with your boyfriend and you're living where you're at.

As soon as you love both and get the lessons in both, then you can make whatever choices need to be made, which may include staying with him and staying right where you are.

Too many people argue with reality. Reality is truth.

When you look around and say, "This is what I have,"

you then have to look at, “What does it mean to me and what buttons are being pushed within me?”

You want to disconnect the buttons in you. You don’t want to change anything about your boyfriend or living circumstances, not without having mental clarity.

You have to look within yourself and say, “Okay, am I really being choked off? What is it that I would prefer to have in this situation? What buttons are being pushed in me? What beliefs are being activated within me? What can I believe differently about my circumstances that would make me feel better about my boyfriend and my living situation?”

Life is a process of awakening. How do we awaken? We use the bumps in the road to tell us where we went off course.

If you’re feeling bumps with your boyfriend or your living possibilities, it has nothing to do with your boyfriend or living in the country. It has to do with the internal wiring, the belief system in you.

These are the things you want to talk to your Miracles Coach about, and I’m going to leave that as a meditation and a mental exploration.

My last question for the evening is, “I’m trying to reconcile the principle of taking action with the principle of letting go. I don’t want to push and use force to make things happen, but I feel lazy when I don’t do anything. How do I find the balance?”

I’ve never said to not do anything. By the nature of

living we're always going to do something. Even if you're sitting and breathing, you're thinking and sending off energy of some sort.

You have to take action to co-create your world. The balance is in finding what the inspired action is and then doing it while maintaining a mental air of non-attachment. That's really the balance, and it comes down to asking yourself in each moment, "What is the thing that the Divine, my inner being, is asking me to do right now?" It's very unlikely it's going to say, "Just sit there and do nothing."

There's nothing wrong with meditating, sitting in a hot tub or hammock and looking at the stars. There's a place and a time for it, but I don't think that's the nature of this question. This question is about getting results by taking action and letting go.

I'm suggesting that the action you take is inspired and comes from your direct connection inside of yourself. This usually feels like a push or a motivation that comes from a divine source. It has a sweet energy to it, a good feeling to it. It's something you want to do.

The inspiration nudges you to do something – that's the action part. Letting go means you take the action without being concerned about the end results. In other words, you take the action to make the phone call to your Miracles Coach, you read the book, attend a seminar, go to a movie, whatever it happens to be. There's some sort of action you're inspired to do – and you take the action because

you're inspired.

The letting go part means that, psychologically, you're detached from the action. You're taking it, you're enjoying it, and you hope for the best, but you're not going to live or die if it works or doesn't work. You're taking action because it's the next action to take. You're letting go because you trust life. That's the balance that you seek.

I began by saying this is a full moon night. It's a Christmas holiday and a highly charged week. We have a new year coming around the corner with new possibilities, new energy, and new wisdom available to all of us. This moment is your time to create the miracle you want.

I want you to be thinking about what you would want. What would you attract? What would you welcome in to your life?

Visualize it and then step in to the visualization so that you feel it. What does it feel like to have this dream, this miracle, this outcome?

Finally, write it down as if it's already happened, as if it's the evening of the day these dreams came true, these miracles came through for you. Nevillize the goal.

Do it today because this is the full moon and Christmas rush of energy. We're heading around the corner to the new year. Today holds the moment of power.

I love you all. I am sending love and light and great energy to each and every one of you.

Godspeed to you in creating miracles in your life now and in the new year.



## **Secret Session #11**

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### **Dr. Joe Vitale with Adam Mortimer**

**Adam:**

With tremendous gratitude in my heart, I want to welcome Dr. Joe Vitale.

**Joe:**

Thank you, Adam.

I love talking to you. We always have such a great time. I never know where we're going to go, which is part of the adventure here. We're two trail blazers trying to find out what's going to happen next.

**Adam:**

Absolutely, and I've got a number of questions tonight.

A lot of people are very curious about your upcoming event, so why don't you just take a moment and tell us how it's going to be different from the events you've done in the past?

What exactly inspired the event?

**Joe:**

The event is called *Attract Money Now Live* and it's for anybody who wants to attract money, but feels like they're hitting roadblocks and doesn't know why.

Whatever it is, they're worried about what's in the future and how they can protect or handle themselves.

The last seminar I did was *Zero Limits* with Dr. Hew Len, which was very different. This seminar is all about attracting money in to our lives, and it's important because, while we're spiritual beings, we do live in this earth plane that requires us to pay our bills.

We have to be comfortable with money and with following our passion and charging for it. But, there are a lot of beliefs that need to be released or replaced to have a more prosperous life.

I know from my own direct experience that unless you really do something different, such as change your environment, habits, or self-discipline, it's hard to get the results you want. Usually books and audio aren't enough and that's why I decided to do a live event.

If you want a dramatic, long lasting change, if you want to break the reality you feel locked in to of suffering in fear and concern, you may need to actually get on a plane or bus, or get in the car and drive to an event to shake it loose.

*Attract Money Now Live* is designed to do that. I've got a lot of speakers, including you and me, coming to help people release the beliefs that don't work. It's not about investing, real estate, banking, or outer world stuff. This is



about the inner world of the individual.

I've found that you have to take care of your inner world – that software of the mind – call it your mindset, paradigm, or belief system, all that wiring that causes us to think, act, and get results in a particular way. It needs to be unraveled and that's the focus of this seminar.

I know that once you do that the outer starts to work almost by magic without effort. Of course you are still involved. Life is a co-creation. We're all expected to do something here, but it becomes easier.

I've often said I found the escalator through life and now I'm telling people where it is so they can get on it and enjoy the ride.

*Attract Money Now* is a historic event that has never been done before, a completely different kind of experience, and I'm bringing some powerhouse speakers, whose main forte is transformation.

These are people who can help us transform in the room in just a weekend. Believe me, it happens. I know because I've already experienced it.

**Adam:**

I can feel your energy about this. It's really exciting!

If you haven't read the book, *Attract Money Now*, go get it at [www.AttractMoneyNow.com](http://www.AttractMoneyNow.com). Is that right?

**Joe:**

Yes, that's the site for the book and it's free. The event

website is [www.AttractMoneyNowLive.com](http://www.AttractMoneyNowLive.com).

**Adam:**

When I read this book, I was just starting to understand the Law of Attraction. But once you get it, you know you got it.

**Joe:**

Exactly, the blinders are lifted.

It's almost like you've taken the sunglasses off. It's the same world, but the sun is out, the sky is clear, and you see what you didn't see before. Once it's like that, you don't go back. Now you're awake.

Even though this weekend is about attracting money, it's really about awakening. I want people to have this spiritual awakening so they're no longer a victim.

Money is a side benefit and the reason to get you in the door, but once you're in there and you re-align yourself, you'll wake up and money will start to come in to your life. You'll see your opportunities. You're awake and now it sticks.

**Adam:**

I have a brother that struggles with money. I told him, "You don't need to struggle anymore." It's so hard for me not to just say, "Hey, here are all the answers. Do this, this, this, and everything is going to change."

A person has to be ready.

**Joe:**

Thank you for saying that, Adam, because it's true for all of us.

Each person is on their own timeline, their own internal schedule, and they make their own internal decisions based on their beliefs.

You can put it in front of them. You can offer books or an event. If it feels right to people, they know it inside. They feel like, "This is the next step. I need to be there," and they'll do whatever it takes.

A fellow signed up to come to *Attract Money Now* early on, and then sent us an e-mail that said as soon as he signed up, his life changed. When you know you want to go and you make the decision, the decision starts to reorganize your belief system right then and there.

It's almost like the decision is a sword that cuts through all of the limitations, vulnerabilities, and victimhood mentality. You start to awaken on the spot – all from a decision.

If someone is thinking about going, they should look at that and say, "Look, if I'm thinking of going, I must really want to go. The only reason I haven't decided is that I have some sort of self-doubt about me or about the event."

Once you make the decision, you feel better.

I experienced this in my own life when I was struggling. I'd have a tough time thinking about how I could go to an event because I barely had the money to pay for it, let alone feed myself.

Then I'd think, "I've got to go, otherwise I will probably live like this forever. I've got to go." I would make the decision and somehow find the money to go. The decision changed everything.

But you can't make the decision for someone. They have to do it.

**Adam:**

Decision is such a powerful concept.

I've seen it many times in students' eyes once they decide. The Universe starts to move when you make a choice. Just do it. Stop thinking about it and sitting on the fence and go for it.

**Joe:**

Yes. Magic happens when you make the decision and just do it.

**Adam:**

That's right.

There's something I've been curious about, Joe. You've been losing weight and gaining muscle. Can you talk to us a little bit about that?

**Joe:**

Thank you for giving me the opportunity to brag a little bit because I've been working hard at it.

Each of us comes in to life with different challenges. For

one person it might be a relationship issue, a health issue, or a money issue. For me it was weight.

I went to visit my family recently, and they pulled out these early photos of me at one and two years old. I looked pretty pudgy even then and have always struggled with it. I thought, “Well, this is just like somebody having a money problem or somebody having a relationship problem, it’s all belief-based.”

We have enough information. There are books, there’s the Internet, and we can gather information on what to do, but it’s not of much use if we don’t have the inside of ourselves cleaned up. It’s true about money and beliefs about money, and it’s true about weight and our beliefs about weight.

I made a decision in January because I was struggling with this. I had my own gym and was working out, but just wasn’t getting there. So I had to look at my own belief system and reach out for help. I’m a great believer in coaching as massive changes come from relying on that support and accountability, and from having somebody who believes in you.

For me it was Bill Phillips. He’s the guy who started the *Body for Life* fitness programs 10 years ago. He’d sold it and kind of disappeared, but I found him, reconnected, and hired him as my coach. I went to Denver in February and started training with him personally.

I did two 12-week programs and just finished my second one in his transformation challenge. I’ve lost 40+

pounds and put on about 15 pounds of muscle, which is even harder to do.

There's a great photo of me right after an upper body workout where I'm flexing my muscles, and I swear I look like Popeye. My arms are fantastically huge and I'm laughing because I'm proud of myself. I got two medals and certificates for doing this. And I'm continuing on.

We all have different things we wrestle with. It's part of the human experience to have challenges, but it's up to us to make the decision to face and unravel them, to transform.

So that's what I'm doing in the world of health. I'm 60 and I feel like I'm 30.

Lou Ferrigno, the famous bodybuilder and actor, was in my home a year ago, and I didn't have the muscle mass that I do now. Now I'd like to welcome him back and flex my muscles with him. I wouldn't be intimidated because I've got some muscle mass to show now.

**Adam:**

That's awesome. Forty pounds! That's amazing.

You must be feeling fantastic. That's a lot of weight to lose.

**Joe:**

It is. I've never been a slouch in productivity, but, Adam, look out, you can't stop me now.

**Adam:**

I already knew that, Joe. That's really exciting.

I'm really scared now.

**Joe:**

Right, just get out of my way. [Laughter]

**Adam:**

So, Joe, who are the speakers we should really be excited to hear at this event?

**Joe:**

I've got a massive lineup.

I will speak, of course. I'm going to be speaking about beliefs that limit us and how to release them. I'll also be giving away my new book, the sequel to *Zero Limits* called *At Zero*. This book reveals advanced Ho'oponopono, the Hawaiian healing method that really causes miracles.

Bill Phillips will be there, who I just mentioned. His camp is called "Transformation," and his website is [www.Transformation.com](http://www.Transformation.com).

This is a man who helps people transform, and not just their physical body. He created an empire starting with \$60 in his pocket and he didn't borrow any money. He just kept leveraging what he was doing to make it happen.

He'd built his company and loved it, and then somebody wanted to buy it, but Bill didn't want to sell. They were so pushy about it, that Bill wrote down on a piece of paper the

largest number he could think of and handed it to them. They looked at it and said, “We’ll pay you twice that.”

Isn’t that staggering? Talk about attracting money. He sold and went on to build another company. He’s now helping people transform and the guy is incredibly inspiring. He’s one of the heroes in my life. When I asked him to speak at the event and he said, “Yes,” it was a defining moment for me, a miracle moment.

Dee Wallace, a famous actress, will be speaking. Most people know her as the mother in the movie *E.T.*

What they don’t know is that Dee is an energy healer and has written books, like *Conscious Creation*. She’s a walking light bulb. I’ve seen her light up a room with her ability to generate energy, and heal everybody there.

When I say heal them, I don’t mean just physically. I’m talking about the beliefs in the subconscious mind. She helps people get in the divine flow. I absolutely love her. She was the first person I asked to speak.

Mindy Audlin is speaking on the “What If Up” process. It’s one of those wonderful tools where you learn how to change your thinking. Most of our thinking is “what if down” thinking – negative, critical thinking. We put ourselves and our ideas down, but you can change it to “what if up” thinking, which Mindy will explain and demonstrate. You can use it all the time.

Other friends will be there, like Lori Anderson, who went through a horrible divorce but was able to transform it and turn it in to a profit center. She’s written a book, and



has an audio program and seminar.

Chuck Pennington will talk about mastermind groups, which will be a big takeaway for people. He'll walk everyone through how to do this and they'll actually create a mastermind there so that, when they get home, they can stay connected. This will keep their energy up and the ideas flowing. They might even do some networking or joint ventures with their group.

Daniel Barrett will be there. We wrote *The Remembering Process* together, and he's also my music producer and dear friend. He's helped me record six albums at this point, if you can believe that. I'm going in to make a seventh pretty soon.

Daniel is going to talk about how to remember your wealth, which is going to be a head-spinning technique. When people leave the event, they'll know how to attract wealth in the future.

My guitar teacher, Mathew Dixon, is going to be talking about attracting for others, which is huge.

And my personal trainer and dear friend of 10 years, Scott York, has a really interesting talk about how he's turned his four young boys in to entrepreneurs.

These kids are getting checks from Google and have their own T-shirt line. They've got videos on YouTube. It's not that Scott is telling them they have to go and do it either. He's just shown them how they can pursue their own interests. They love garbage trucks – remember, we're talking about kids that are 4 to 10 years old – and have

found a way to make money online. It's really inspiring, and Scott is going to talk about how to raise entrepreneurs.

I've got Connie Ragen Green, who is a wonderful speaker. She's a former school teacher and has the ability to break down things so they're easier to understand. She'll be talking about being an affiliate marketer and making money with almost no list at all, starting with nothing.

Another friend, Bruce Burns, is going to be talking about "Volunteering for Wealth."

And then, of course, you're going to be speaking there. What are you going to speak about?

### **Adam:**

I'm going to talk about how to overcome limiting beliefs on money. I'll share the most common ones I've seen in students' lives and what stops people, and also give exercises on how to rapidly eliminate those limiting beliefs.

### **Joe:**

Beautiful. I'm sure everyone will be interested in hearing what you have to say on that topic.

I'll speak on both Saturday and on Sunday, and there's going to be a lot more. We'll cover all the negative beliefs people might have consciously or unconsciously.

All of this is designed to transform people, and not just for a day or weekend, but a life-changing transformation around money so that people can leave money worries behind forever. I mean that literally. Leave money worries

forever and move in to an abundance mindset – lock it in and live from it.

From that paradigm, you're living a spiritual life, a prosperous life. You're living your divine mission and making money as you're doing it.

It's going to be a pretty dynamic experience. I'm already excited and fired up.

**Adam:**

I'm with you. There's going to be a lot of high energy there. Fun, too.

**Joe:**

People can change just by being in the room. You'll have 200+ people who've come and made a decision. All of this creates a mastermind energy field, so just sitting in that will transform people. It's not even a matter of what they do, what they say, what they hear, or anything like that.

Just being in the room is the environment that can cause or trigger the beginning of a transformation.

**Adam:**

It's true.

So, Joe, why is it that so many people struggle with applying the Law of Attraction when it comes to attracting money?

**Joe:**

Those are the people who need to be at this event. They really do because that's what we're taking care of. It's so easy.

People think they understand the Law of Attraction. Consciously they're say, "I intend to attract money and I'm doing the right thing and money is good and I deserve it," but unconsciously, and this is the punch line, unaware to them they have limiting beliefs about money in their unconscious.

They could have beliefs like, "Money is the root of all evil." That's a very common one. If they've got a belief like that, or "Money is bad for me and will destroy me," or "Money will ruin my relationships and make me greedy," they're not going to attract money because they don't want it in their lives.

Consciously, they'll say, "I want money."

Unconsciously, they'll say, "No, I don't."

Until they take care of those unconscious beliefs, they won't be in alignment to bring in money.

This is why I get on a soapbox and ask people, "Have you ever wondered why you just squeak by? Why you bring in just enough money to pay the bills, but you can't bring in more?"

It's because they will allow themselves to survive, but they won't allow themselves to prosper. They look at money as a necessary evil. All of this is a limiting belief system. It doesn't serve them, it doesn't help them fulfill their dreams,

and it doesn't help the planet at large.

They need to go to this event – or buy the home study course afterwards. Just go to [www.AttractMoneyNowLive.com](http://www.AttractMoneyNowLive.com).

We're going to delete those limiting beliefs so that people can have, do, or be what they need to do and have the money to express their divinity, their life mission, their calling.

Money isn't bad, it's a good thing. It's neutral, just paper and coin that we agree has some sort of value. We project all this emotion and meaning onto it, most of which is not serving us.

So it doesn't surprise me that somebody would say, "Hey, I'm attracting all this other stuff, how come I can't attract money?" Well, unconsciously, you don't want to attract money.

That's the point of the event, to take care of those beliefs.

**Adam:**

Wonderful.

What are some of the most common limiting beliefs around money? I know you mentioned a few of them.

**Joe:**

The big one is "Money is the root of all evil." I usually don't even have to finish the sentence.

What's interesting is that it's not even an accurate statement. The longer Biblical phrase is "The *love* of money

is the root of all evil,” and we’re not even sure that’s accurate because we’re translating translations. It sounds a little better, but it’s still not ideal.

The wealthy people I know aren’t in love with money. Even Donald Trump will often say he loves deal making. It’s not money he loves, he loves deal making. He uses money to find out if he’s making a good deal or not. It’s a scorecard for him.

I love this quote by Walt Disney: “I want to make money from my movies so I can continue making movies.”

Do you hear the purity in that? Most people don’t have that because they have beliefs like:

*Money is evil.*

*Money will taint me.*

*Money will corrupt me.*

*Money is scarce.*

*There’s a limited amount of money out there.*

I did research one day and found out there’s trillions of dollars floating around at any one time. That’s only for the U.S. government. There are many other governments in the world printing money. Money is unimaginably abundant.

I could go on and on but those are some of the top beliefs people have. The good news is they’re easy to take care of. There are proven ways to eliminate negative beliefs and anybody can do it.

At the event they’ll have the experience of changing

them and breaking free. It's all re-doable.

**Adam:**

I often talk to students who'll say they're good at attracting this or that and they're very playful about it, but then they'll say something like, "I need to attract this amount of money on this day," and their energy totally changes. They're not thinking of the Law of Attraction in terms of energy and vibration and frequency.

**Joe:**

That's a great observation.

As soon as their energy changes, you should stop right there and ask them, "Why is the demand there?"

It's there because, unconsciously, they're telling themselves it may not work. They have a belief that "I may not get the money and something bad will happen to me."

Once they look at the belief and realize, "Well, wait a minute. If I miss a car payment, it's actually okay. It's really okay."

If you miss only one car payment, you can probably call them up and they won't even charge you extra or anything. They'll just say, "Okay. That's all right. Just pay it and move on."

You have to take the energy of desperation off.

There is some belief you're unaware of like, "This may not work or "I don't deserve it." There could also be a more complicated, self-sabotaging belief that says, "I don't want

the money to come in because money is evil. I don't want to be one of those evil people who brings in money and pays for cars that use gas."

Ironically, removing the belief releases you to bring in the money to make the car payment or the house payment or the phone bill, whatever it happens to be.

*The playfulness releases the energy.* It just doesn't feel like that when people are stuck in worry. They're stuck in the idea of fear.

**Adam:**

Where do most people pick up their limiting beliefs about money?

**Joe:**

I just recorded a new program for Nightingale-Conant that talks about the three levels of mind.

We have the conscious level of the mind that we're using to think right now. People are listening and questioning, and they've got their doubts or excitement. Most of that is in the conscious level of the mind.

We also have the unconscious mind, a database of beliefs and stories and experiences. It's been programmed since we were born. Most of our parents didn't have abundant thoughts about money. I know my parents didn't.

Most of my family's arguments were around money – the scarcity and limitation of it, and the struggle to get it. It helps explain why I struggled with money. I inherited



those limiting beliefs from my parents and they probably inherited it from their parents.

So a whole lot of the beliefs are downloaded in to us very innocently. None of us are consciously self-programming ourselves for limitation.

The third level of mind is the collective unconscious, a term coined by Carl Jung, the Swiss psychologist. The collective unconscious is a shared consciousness. It's in all of everyone. They can be beliefs held by the country, the public, and, perhaps, even globally. We didn't put them there, but we absorb them. Just like the unconscious beliefs, we inherit them.

Where do these beliefs come from? They come from the environment itself, from all of life – other people, the culture, the school system, parents, family, friends, religion – all over the place.

Our duty is to awaken from the programming to what actually works for us so that we can express our spirituality and our divinity through our life mission. It doesn't really matter where they came from. We can release them and move away from them.

**Adam:**

I haven't heard too much about the collective unconsciousness. It's a fascinating concept.

**Joe:**

The cool thing is that when each one of us takes care of

beliefs within ourselves, we start to help the planet and the collective unconscious.

It ties in to *Zero Limits* and my new book, *At Zero*. Dr. Hew Len, who taught me Ho'oponopono, would say that when you take care of the programs within you – programs of beliefs, mindsets, limitations – you actually take care of them for the masses.

So when I take care of those deeper beliefs in me, I'm actually helping take care of them in everybody because of that shared consciousness.

This might be deeper than where a lot of people want to go. They may just want to know, "How do I make money?" and I don't blame them at all. I've been there. I'm just explaining the deeper levels of it.

### Adam:

So when you clear your own limitations, you're cleaning the thought pollution out there, like cleaning the air, so to speak.

### Joe:

That's a very good way to think about it, and doing this kind of work ends up being a very noble or heroic thing.

One of the best reasons to learn how to attract money in your life is that, not only can you take care of yourself, you can take care of your family and friends. You can take care of communities or causes you believe in.

For example, *Habitat for Humanity*® recently did a

fundraiser and I was able to contribute personally, and also ask my friends through my mailing list to make a contribution as well.

*Habitat for Humanity*® ended up being so amazed that they're interviewing me for the *Habitat World Magazine*, which I didn't even know existed. I didn't do it for any sort of popularity or publicity.

The point is that, because of abundance, I'm able to help family, friends, community, and organizations like *Habitat*. And it all comes back to me because of the good feelings I get by being able to help my family. That's very comforting to me. It makes me feel wonderful about my life and my life purpose. I enjoy helping organizations like *Habitat* that help people I'll probably never meet, or hear from or about.

Just one person learning how to attract money now by taking care of their beliefs in their conscious and unconscious mind, and in the collective unconscious, can heal the planet. That's amazingly powerful.

**Adam:**

You just blew my mind, Joe.

**Joe:**

I didn't think that was possible.

**Adam:**

It's possible.

What were your big limiting beliefs that you struggled with? I know you were homeless and went through some really rough times. What did you do to overcome them?

**Joe:**

I had the same ones that most people have about money being bad or evil. The other ones that I haven't mentioned had to do with self-esteem and self-worth. I didn't feel like I was deserving of money or any good things. This is part of the reason I would end up feeling like a total victim.

I had no sense of empowerment. I felt like a total victim. Being homeless, you feel like, "There's no hope, there's no faith, there's no future, there's nothing. I'm unlovable. I'm unlikable. God doesn't even like me." Those are the kinds of feelings that I had."

Those are beliefs because they're not true. They're not measurable facts that we can all agree on, so they have to be beliefs.

I had to look at my own self-image and self-worth. When I was homeless, I would go to the Dallas Public Library, partly as a shelter during the day to get out of the sweltering heat, and partly because I've always been a book addict.

While I was there, I'd read the self-help books. They'd talk about doing things like looking in the mirror and saying, "I love you." But I couldn't do it. Not at first, anyway.

I couldn't do it because my belief system was saying I

wasn't lovable, I wasn't likeable, I wasn't worthy, I wasn't deserving. Deservingness is a big one for people, and I write about it in *Attract Money Now*. It's one of the biggies, especially around money.

So I had to work on myself. I didn't have coaching. I didn't have calls like this. We didn't have the Internet. If there was a seminar like *Attract Money Now Live*, I couldn't go to it because I had no money. There wasn't a way for me to get in the door that I was aware of then. I had to do all of this on my own, so it was a long, slow, painstaking process.

One day I went to look in the mirror and find something I like – anything. If I couldn't look in the mirror and like the totality of my image, what one thing could I look at and like?

Throughout my life, I'd always heard that people liked my dimples. So I thought, "Okay, let me look at my dimples." I'd look at them and think, "Well, that must be a worthy thing. That must be a good thing because everybody's always praised them."

It may sound silly now, but that was the opening for me to begin to get the sense of self-love and self-worth. I had to keep doing that to erase those limiting beliefs. It took a long time because I was totally alone. Think about it – I'm doing this with me and a mirror and a book in a public library. That's the kind of experience I had.

**Adam:**

So if you'd had an opportunity to attend an event like

*Attract Money Now* back when you were struggling, what do you think would have happened? How do you think that would have changed your life?

**Joe:**

It would have shortened my lifespan of pain dramatically.

Even after getting out of homelessness, I was in poverty for a long time, probably 10 more years. That's a long period of pain and struggle. It's a long period of me working on myself by myself to try to make a difference.

Had I been able to time-travel in some way and get to *Attract Money Now Live* and go through it, I would have broken the pattern – my habitual way of thinking. I would have awakened. I would have been able to stop the limiting beliefs, freeze-frame everything that was happening so that I could morph in to the Joe that was living out of prosperity. That would have cut the lifespan of pain. I would have been able to walk out and begin a new life right then and there.

That's the truth.

**Adam:**

So, Joe, let me ask you this: Why is it that so few people realize that so much of their lives are ruled by their subconscious mind?

**Joe:**

I don't think that it's common knowledge, something we talk about normally. I don't think the average person

is sitting around their TV set talking about subconscious beliefs. The vast majority of people have conversations around reactionary behaviors.

They drive to work and when somebody pulls out in front of them, they have a reaction. They get mad, then go to work and carry that anger, passing it along to another employee. That employee gets offended and passes it to somebody else. Rarely do people stop except for rare occasions. Fortunately, we have a planet that's awakening, so there are a lot more people who are evolutionary breakthroughs.

People don't stop to ask, "Am I upset because of a belief?" That's not in the common vernacular.

The kinds of people who are on this call and go to events like *Attract Money Now Live* are on the leading-edge of awakening. These are the people who can lead the masses in to a global awakening, who can really make a difference on the planet. They can help wake it up to a stage of love we haven't experienced before.

**Adam:**

I think you hit the nail on the head there.

As always, this has been a blast. You're always enlightening and your energy is so high and amazing. Thank you so much for being here.

**Joe:**

Thank you, Adam.

God speed to everyone.



## **Secret Session #12**

### **Dr. Joe Vitale with Gregory Downey**

**Gregory:**

Please allow me to introduce my friend and mentor, Dr. Joe Vitale. Welcome, Joe.

**Joe:**

Thank you. How are you doing this evening?

**Gregory:**

I'm doing fantastic.

**Joe:**

I love that. I love the word fantastic and I love that you're doing it. That's awesome. I'm glad to be here and glad to greet everybody.

Let's rock and roll.

**Gregory:**

We have some great questions and we're really excited to have you on. I know that you love gratitude, so I'm going to take a moment and express my gratitude for my career.

It's an amazing opportunity to be a Miracles Coach, both for the lives that I get to touch and the ones that touch mine. I learn amazing things from my students and have the opportunity to see people grow, change, and thrive. I get to witness miracles in their life.

So for that and for you, for creating Miracles Coaching®, I'm extremely grateful.

**Joe:**

That's a great thing to focus on, and I invite everybody to think about one thing they're grateful for.

I just finished a major event in Austin and ended it by talking about gratitude and the importance of it. Gratitude is incredibly powerful. It moves us back in to the moment, which is the point of power.

Feeling grateful right now makes everything else go away. There are no problems or concerns. We're just here in the moment with the gratitude and it feels good.

**Gregory:**

When I'm having a day that's either challenging or doesn't seem to be producing the results that I'd rather have, I sit down and think of 10 or 15 things that I'm grateful for. Immediately my attitude is completely changed.

**Joe:**

Yes, and you don't even need 10 or 15 things. I did it with the pencil story I talked about in the movie, *The Compass*.

This is before I was even published or known. I was broke and struggling, virtually starving. I wasn't getting anywhere. I kept hearing about gratitude as an exercise and would think, "Yes, give me something to be grateful for and then I'll be grateful." But that's not how it works.

I picked up a No. 2 yellow pencil on my desk, the kind most of us wrote with when we were kids. I started looking at it and was being very flippant and skeptical. I said, "Yes, I'm grateful for this pencil." Then I just started making up things like, "Yes, I can write a suicide note with this. I can write some sort of ransom note."

Then I thought, "Well, I can write a love song or a poem. I can write a movie or the great American novel. I can write a grocery list or a to-do list."

I started to feel different right away just by doing that.

Then I started to move into, "Wow, I can do a lot with this stick, this piece of wood with lead in it," I turned it over and thought, "There's an eraser. How brilliant to put an eraser on it. So now I can erase the suicide note, the ransom note, and all the negative things."

That experience opened my heart. I was still in the same situation, but because the pencil and the gratitude expanded my mind, it was like opening up a window. The Universe was there all along. I just wasn't seeing it.

So start with anything. You might not feel grateful for it at first, but finding reasons to be grateful for it can shift the entire moment, the entire day.

**Gregory:**

I love that. Thanks for sharing that story. And it's a great segue in to the Thanksgiving holiday coming up.

What does gratitude and Thanksgiving mean to you, Joe?

**Joe:**

I'm really of the opinion that Thanksgiving is every day, minus the overeating and the football.

In the traditional sense, when we have Thanksgiving, it's a time of being with family and friends and that's certainly warm and wonderful. But I want to expand it – start with that spirit of Thanksgiving and let every day become a joyful holiday.

It's not a one-time yearly occurrence. It's remembering family, friends, love, and what we're grateful for. It's being grateful in the moment, but doing it on a regular basis in every moment.

**Gregory:**

What if somebody struggles with gratitude? I've had students where they have a difficult time identifying what they're grateful for.

What are some things a person can do to be more grateful – particularly if that's an area they struggle in?

**Joe:**

They're going to have to become aware of self-deception. It's

really easy for our egos to deceive us, even try to outsmart us and say things like, “I don’t have anything to be grateful for.”

In the objective reality, we have so much to be grateful for that it’s staggering. The fact that we’re living and breathing is something we should be grateful for.

When I was homeless and in poverty, I didn’t appreciate that I had this life. It would have made a big difference to me, even in my struggle time, to realize I can be grateful for the fact that I’m alive.

If we don’t like our current moment, we have to remind ourselves that it’s changing. It’s going to change all by itself because that’s the nature of life.

And it can change even more rapidly for everybody in Miracles Coaching® because they’re getting advice, encouragement, and accountability that’ll help them take better actions. This speeds up their changes.

It starts by realizing right now that you’re alive – and a lot of people aren’t. Start to be grateful for things that you normally dismiss, like air.

I read a book about improvisation where the author said that, if we trust life more, we get to the point where we realize we are overwhelmingly in debt to life because the planet keeps us alive.

We have air around us that is taking care of us. We have gravity that’s holding us on the planet. There are all kinds of physical elements that are making life possible and that we take for granted.

We take for granted things we use daily, like a telephone. Back in the 1800s, they didn't have that. They had to send messages that would take weeks to get to wherever they had to go. They didn't have e-mail or faxes or FedEx or the telephone.

We can look at some of these basic things and start to move in to the spirit of gratitude.

But if somebody fights that and blocks it from their awareness, then they're shutting off their own good. That's something to look at. There was a therapist years ago who would ask people, "How good can you stand it?"

Many of us draw a line around the possibility of having it better to the point that we don't even realize that what we have right now is truly priceless, truly awesome. And we can go beyond the phone, to a computer or iPhone or iPad, and the internet. What a miracle that is by itself. We take a lot of that for granted.

I wished there had been something like the Internet when I was struggling and on the streets. I could have gone to the public library and gotten on one of their computers. People today can go there to get online and get all kinds of information, inspiration, and advice. That would have made a difference in my life even quicker.

This is just the tip of the iceberg, so look around wherever you're at right now and realize the gratitude of having what you have. This is where it starts. This is the power point and anybody can do this. You just have to tell yourself to pick something to be grateful for because, by

God, it's there.

The fact that air is coming in and out of your body is something to be grateful for and that's free. It's given to us by the Divine.

**Gregory:**

I'll be out shopping or running errands and ask people, "Hey, how are you doing?"

If I get a response that's not enthusiastic, I'll say, "Well, at least you're on the right side of the dirt."

That tends to shift people's attitude. They start being more grateful. It changes the energy and opens them up for more conversation.

**Joe:**

I know you like to say that you're doing fantastic, which is wonderful. When you share that spirit, that tiny tweak, just one word or line can cause the other person to have a completely different experience. They may end up passing it along, and this kind of little thing can change the planet.

It begins right here where we're at and by realizing that we have a lot to be grateful for. We just need to be honest with ourselves.

**Gregory:**

How does gratitude fit in with the Law of Attraction?

**Joe:**

It's right at the heart of it. People speed up their ability to attract when they begin from a place of gratitude.

Often when people try to attract something, they'll say, "I want to find my soul mate, get a better job, and attract more income, a better car, or a house." It doesn't matter, just fill in the blanks. But when they say it, there's a feeling of emptiness behind it. They're coming from a sense of "I don't have it" and a sense of desperation.

When you understand how the Law of Attraction works, you realize that it's going to respond to your utmost and deepest unconscious feeling.

For example, if you state something consciously like, "I intend to attract a better job," but unconsciously feel, "I'm going to die if this doesn't happen. I'm going to be miserable if this doesn't happen," or, "This has to happen within the next 48 hours or 48 days or my life is miserable and ruined," that feeling of negativity and desperation will either completely block the attraction of what they want or just plain slow it down.

It's like swimming uphill in molasses.

Change it and come from a spirit of, "I'm really grateful for where I am right now. Yes, I would like to have some changes in my life and I'd like to have that better job or more money, but right now I'm fine. Right here in this moment all is well."

Notice whatever you've got in this moment that you're grateful for, and from that base of generosity and gratitude



you can speed up the Law of Attraction.

Now the feeling that goes out is one of gratitude. There isn't any negativity. There isn't a limiting belief. There isn't anything to slow down or block the process from working.

Gratitude is the power source because you're being in this moment. This is all we've got.

We don't have a past and we don't have a future except as we experience it in this moment, so this moment is the point of power. This moment is the nuclear generator and, out of this moment, when we come from gratitude, we can more easily pull in the things that we want.

It's almost like the Divine or God or nature, Gaia, whatever you call this higher power or greater force that we're all a part of, will respond to gratitude over responding to negativity.

How many of us want to hang around negativity anyway? We'd rather hang around people who are grateful, who are doing fantastic.

### **Gregory:**

I think you inadvertently described the core or the anatomy of the counter-intention, which is the opposite of gratitude.

A person says, I'd really like to have this thing, a Mercedes, for example, but then on an emotional level they're saying, "I just don't ever think that I can have that."

The subconscious takes direction from the emotion, so whichever emotion is strongest is the way their behavior is going to go. They start behaving as a person that's not

grateful and, consequently, don't manifest the things they want.

**Joe:**

And they actually get things they won't be grateful for. In other words, the experience of what they actually want will be delayed, which I learned the hard way.

When I was driving a clunker and still trying to learn the principals of manifestation and struggling with all of it, I kept hearing I had to be grateful for what I already had. But my car would break down and I would struggle to pay for the repairs, so I found it very difficult to be grateful. It's a very human experience and I'm sure everybody can relate to it, but here's what I learned.

As soon as I felt gratitude for the fact that I had a car, that it was repairable, and that I could get the money somehow by borrowing or earning it – that I could do something to get the repair money to take care of it – that transformed my experience of transportation.

If I stood there and looked long enough, I could see that when I was homeless I didn't even have a car. To have a car that was fairly dependable was many steps up from being homeless and having no car.

I could now look at the same car that was previously a big challenge and say, "You know what? I really love you. I really love the fact that I have this car. I would prefer that it's running and dependable so I know we can get there, but I want to start by saying I love this car. It's got four

tires. It's got seats. It's got an engine. It's got a gas tank. It's got all the elements that it's supposed to have to be a car and, son of a gun, I own it."

When I started feeling differently about the thing I was complaining about, then the energy shifted and the car became more dependable. It's almost like the car repaired itself because it was finally loved.

### **Gregory:**

I always tell people it's a lot more comfortable to cry in a car than on a bike.

### **Joe:**

There are so many "Yes, buts" we can come up with, and it's easy to say, "Oh, yes, I understand. That's a human experience. Hang in there." But I want to be the guy that cuts through all of this. This is why you're in Miracles Coaching®. You want miracles. You want your life transformed and transcended.

Well, it all begins by stopping the excuses, stopping the complaining, and focusing on what you have with gratitude. Then, from there, focus on what you would prefer to have.

That's really the million dollar secret and the takeaway for today: It's a mind shift.

You can do it with a pencil. It's not a big deal. It's not a big effort. It doesn't take any money. You don't have to fill out a form. There's nothing that you have to jump through.

You can be grateful now, and as soon as you are, you can just kind of daydream and say, “Wow. This is a cool moment and I’m glad I have what I have. Here’s what I would like to have next. Here’s what I would like to attract or achieve.”

This is a formula for manifesting miracles.

### **Gregory:**

For years I practiced creative visualization, and I really believed that I was supposed to visualize my outcomes with enthusiasm and with excitement and with feeling. That’s good, but I really think that what made the difference for me was understanding that the appropriate emotion for Nevillization is gratitude – being grateful for that thing that has not yet happened.

I honestly do not believe that there are more expressions of faith than to be grateful for something that hasn’t manifested yet.

### **Joe:**

I love that and I want to take it one step further.

The big thing for me is Nevillizing your intention, your goal, the miracle that you’re longing to bring in to your life, because this means that you already have it. It’s already here. So if you want the new car, you imagine that you have the keys in your hand and the car is in the driveway.

In other words, it’s not an expectation anymore. Now it’s an experience that is real in this moment.

When it's real in this moment, you can put a smile on your face and say, "Wow, it feels great!" and come from gratitude. You take out the longing, the time delay, the future, and you bring it in to the present.

Anything you can imagine you'd like to have in the future, erase that and say, "I've already got it." I know we're using imagination, but I want it to go deeper than imagination. It's not just a visual thing in your brain. You actually pretend that this is your current reality – that you have that job or the income or the soul mate or the house or the car – and that you're living from a place of bliss because it's done.

You're not struggling to make it happen. If you truly Nevillize it, it means it's already over. You've living it right now. This accelerates the creation of that thing and can make it happen really fast.

### **Gregory:**

What would you say to a student who thinks, "I'm not really good at visualizing."

Do they have to be a vivid visualizer – or could they simplify it in some way?

### **Joe:**

I know some people struggle with visualizing and that's totally fine, but if I said, "Do you have a television set?" the person would probably say yes.

If I ask, "Do you know where it's at in your room?"

they'll probably say, "Yes, it's to the right of the sofa," or, "It's in the bedroom."

They may not be visualizing it in the sense that you and I would be describing something; it may not have all the colors, for example, but it'll have the feel to it. That's all you need – an embodiment of the end result.

I'm not really in favor of a specific car or whatever. If you're looking for a house or a soul mate or something like that, I don't want to put a name on it. I want to be more like, "I think it has the feel of a Ferrari with the safety of a Volvo and the fuel efficiency of a Chevy Colt." Then out of that, I'll feel like, "Wow, I got that car. I don't know exactly what it is, but I've got it and it's in the driveway. I've got the keys in my desk drawer." Then I allow the Universe to manifest it for me.

In the early days, I saw a BMW Z3 and fell in love with it. I said, "Hey, I want that car, but if there's something better, I'm open to it." Think about it. I don't know every car in existence. There are all kinds of boutique car manufacturers, as well as a long line of major car manufacturers. I may want the BMW Z3 because it makes me feel a particular way, but the Universe might have something better in mind for me.

That is another secret to manifesting miracles – allowing and trusting this higher part of you, your connection to all that is – to bring you something even better.

It all begins with gratitude and with playing with possibilities while having a sense of detachment, a sense of

trust and faith and play. Let all of that revolve around the feeling of what you would like to have.

**Gregory:**

That's an important point because a lot of times people assume that attachment to outcomes means only being attached to how it's going to happen.

**Joe:**

It's very important because you want to be open to something better.

Most of the time our intentions come from our limited knowledge of what's available. None of us are walking Googles. We don't know everything that's possible or everything that's potentially out there.

It's more useful to make the request that, "I'd like to have something like this Ferrari, or elements of this particular car," but at the same time be open for something better to come around that could be more dependable or more fitting or more exciting. It could feel more like you when it shows up.

It definitely involves faith and trust.

**Gregory:**

Thank you for sharing that.

How does gratitude help us turn an experience in to something good?

**Joe:**

It helps you realize that what just took place is positive.

For example, I did an interview earlier today and was asked, “Have you had a lot of failures in your life?”

I told him I don’t think in terms of failures – I think in terms of feedback.

For example, I just had a fantastic event called *Attract Money Now Live*, but what you don’t know is that I tried three other seminars and all of them bombed because not enough people signed up. I realized, “This isn’t going to work. This isn’t what they really want.”

I had to turn that in to something good. I didn’t look at it as failure; I looked at it as feedback. I thought, “Maybe the title of the seminar or the focus isn’t quite right.”

I let a few months go by and I announced another one. That one didn’t work either. I thought, “Well, I’ll just give up. Maybe seminars aren’t going to work.” But I wanted to turn it in to something good.

I still had the desire to deliver a live presentation, partly because people have been asking for it for years and, also, because I hadn’t done one of my own events in quite some time.

So I revised the title and the focus and called it *Attract Money Now*. I turned all the previous feedback in to something not only good, but profitable. *Attract Money Now* was the end result and that seminar turned out phenomenally. Everybody bought things, and, of course, they paid to be there, so it was a revenue generator. But



we had to turn the previous attempts to do seminars in to something good.

What's useful in this?

Instead of complaining that, "Oh, three people signed up for this seminar so I guess we bombed and it was a failure," look at, "How can I turn this in to a seminar that they will attend?"

Well, I can be grateful for the feedback that came back, which was, "We love you but we don't want to go to this event. What else have you got?"

If it didn't match your expectation, instead of saying it was a failure, you look at what did happen because it's probably a gift. That's where the sense of gratitude comes in. Whatever takes place you look at it like, "Wow, this must be the right thing at the right moment. I wonder what the lesson is? I wonder what the turning point is? I wonder how I can turn this in to something good?"

Then you use the energy of gratitude, along with the reality of what happened, because there's no point in arguing with reality. It's there. We take the reality of what happened, and ask how we can morph it, transform it, mold it, change it, and transform it in to something that is actually preferable. That's the whole concept.

**Gregory:**

Do you find that it's easier to forgive somebody when you're grateful for outcomes or experiences that you've shared with that person?

**Joe:**

That's a big one and, yes, gratitude will transform the entire energy.

As long as you hold onto a negative interaction, the only person that is really being drained is you. That's not healthy or a growth experience. It's not something that you want to leave in your life.

At first it may be something that you have to work at. You have to start saying things to yourself like, "Underneath what they were doing, they probably had a positive intention. I may not understand it because their thinking is different than my thinking, but I want to assume that their heart was in the right place."

I also use Ho'oponopono, which I've written about in *Zero Limits* and my new book, *At Zero*. People have programs, and when they say or do something, it's not necessarily the person who is saying or doing it. It's the program that they caught.

It's almost like catching a virus of the mind, or catching a cold if you went to the doctor's office where everyone was sick. They're not necessarily a victim, but they're a host to something that caused them to react in a certain way.

When you bring this kind of higher-lever awareness to the situation, you can start to forgive them. You can start to realize, "They were doing the best they could. I actually feel sorry for them because they were hurting at the time," for example.

You find a way to make sense of it using gratitude as the

foundation.

As soon as you can release that in your own heart and mind and see it as a story – just something that happened but now the energy is taken out of it – that’s when you can have more miracles in your own life.

I think it was Wayne Dyer who said, “If there’s any block in any area of any part of your life, it has to do with you not forgiving either yourself or somebody else.”

**Gregory:**

So the more gratitude we have, the more compassionate we become as human beings.

**Joe:**

Absolutely true. We become more compassionate to ourselves, to others and to the world.

In *At Zero*, I did a lot of research on where modern day Ho’oponopono came from. There’s an entire chapter on Morrnah Simeona, the person who taught Dr. Hew Len.

In Morrnah’s world view, everything is alive. Everything. The walls are alive, the ground is alive, the chairs are alive, the phone is alive, the desk is alive, your shoes are alive.

Everything is alive.

When you truly wear that kind of an attitude towards life, compassion and gratitude flood through your system.

**Gregory:**

You become more conscious of every decision that you

make.

**Joe:**

That's right, because everything matters.

**Gregory:**

That's awesome.

Can gratitude shape a person's perspective or help them frame their life experiences?

In other words, if somebody says, "I really want to have a year of awesome experiences," how can gratitude come in to play to help shape that person's perspective in terms of what they're experiencing and moving forward? Does that make sense?

**Joe:**

Yes, that's a great question because this is really a shift of perception.

Before I picked up the yellow pencil, I lived in a little cubbyhole I was paying \$200 a month for, and struggled to pay that to live there. I often went without food and was driving a clunker.

I didn't see the world as a very nice place.

After I picked up the pencil, I moved in to a spirit of gratitude and saw the same world differently. Now I'm thinking, "Oh, my God. I have a roof over my head. I ate today. I have a car out front. I have transportation. I have health. A lot of people don't have these things."

I swear that was the turning point in my entire life.

Today, if I don't get in the hot tub every night to say thank you, if it's been too cold, then I go to bed and say, "Thank you, thank you, thank you."

I officially lock it down and anchor it every night before I go to sleep. This transforms my life so that every day becomes a continuous miracle.

When I look back, it's like I've had 10 years of magic and miracles every day. Whatever awesome experiences somebody wants to have, they're actually already having them. They're already having them, but they're missing them because they wanted something else. That's the big insight.

When you get in to the "thank you" mentality and a spirit of gratefulness for what you do have, then you will see the awesome experiences already there – and then you'll attract even more.

My life is one of moment-by-moment awe and wonder. I'm constantly amazed and surprised at the wonderful things that take place without me trying to make them happen, and at the core of it is this mental perspective shift where I look around with a state of gratitude.

Right now I'm in my office and the air conditioning has been out for three days. That's a big deal in Texas. I'm sweating in my office, but what am I grateful for? Well, I've got windows and they're open. I'm actually hearing deer walk around outside and birds chirping.

I'm so grateful that I have my office, I have windows, I

have air. I'm also grateful it's not August in Texas because I would be sweltering. I'm grateful that the AC people were here today and know what the issue is. They're going to come back tomorrow and repair it. I'll have AC tomorrow. I'm grateful that I can tell this story with no sense of complaint. None.

Yes, I would prefer to have air conditioning, of course. I would prefer it, but my reality right now is, "You know what, Joe? It's time for you to get some fresh air. We're going to make you open all the windows. So breathe deep, here it is."

It's a spirit of, "Okay, what's good at this moment? Windows, air, life."

### **Gregory:**

Before we shift gears, I want to ask you one more question.

I'm sure everybody on the call is probably wondering, "So what's going on in Joe's life this year that he's grateful for?"

### **Joe:**

I could go on forever.

I'm grateful for the Miracles Coaching® program. It's helping people all over the world. More and more people are coming in to it, which means I get to inspire more people through my Miracles Coaches. I am profoundly grateful for that.

I am profoundly grateful for my health. I'm 60 years old

and going strong. I'm profoundly grateful for new books coming out, and the new audio program with Nightingale-Conant called *The Zero Point*, which is being released this week.

It's a program that was created from Divinity, a truly inspired program. I'm so grateful that I was guided in the production of it, and that Nightingale-Conant so loves the material that they're fast-tracking it to get it out so we can help more people as fast as possible. I'm grateful to have all these wonderful people who support me, encourage me, back my work up, and get it out there into the world.

Last on the list (but actually, it should be first), I'm profoundly grateful for my wife, Nerissa. I got her to stand up at the event because I pointed out that she makes it possible for me to do a whole lot of what I do. For example, she's there to cook something for me. I don't think about cooking food. She'll think about it and say, "It's about time to eat. I cooked some chicken and broccoli for you."

I'll think, "That's amazing. I wasn't even thinking about it and here it's delivered." She's takes care of me in such a profound way that I'm beyond grateful.

I can list so many things, but I'm grateful for all of my life.

### Gregory:

You mentioned your relationship with Bill Phillips, and I want to plug something here.

For those who don't know, Bill created a company called

Experimental and Applied Sciences, a supplement company better known as EAS. He was also the creator of the *Body-for-Life Challenge* and the *Eating for Life* cookbook.

Along his journey, he started to figure out from people winning fitness competitions that it was mindset that made the difference. Yes, it mattered that you ate right and you went to the gym, but the people who seemed to be winning the competition had a certain mindset. They used tools like visualization and Nevillization.

What most people don't realize, Joe, is that you're developing quite a set of guns on you. There are some pictures floating around on the Internet that showed you flexing.

**Joe:**

I didn't see that coming at all, so I'm slightly embarrassed but also very grateful. I am proud of this. I get up every morning and do the Bill Phillips workout. I know him and trained with him.

Yes, my biceps are pretty big. Big enough that, when I was introducing Bill, I took off my top shirt and flexed my muscles so they could see my biceps from the back of the room. I'm grateful for that.

He's a wonderful person. I had lunch with him and his wife and said, "I know you don't speak very much but I'm putting on an event and would be really honored if you would be a speaker at it."

He checked with his wife about the date and said,



“Okay, I’ll do it.”

When I asked what he wanted, he said he didn’t want anything – no money. He didn’t even want to sell anything. He flew down with his wife to speak for 90 minutes, stood in line for another hour to meet everybody who wanted to meet him, and then caught a plane back.

I am so moved, so grateful that he gave without hesitation or reservation, and that he’s totally in my corner. When he saw me, he complimented me on how I looked trimmer, fitter, stronger, all of that.

I am profoundly grateful for Bill, for what he’s given, and, of course, for myself. I’m the one who goes to the gym. I’m the one doing it. If I could pay somebody to do it I probably would, but I have to go in the gym and I do.

### Gregory:

I have an interesting story, too, about Bill.

In 2002, I competed in his *Body-for-Life Challenge* when I was in college. A friend of mine said that he was going to compete and needed a workout partner. I said yes and set a goal that I was going to win in my age division.

We had similar goals, but what’s interesting is that my workout partner cut out a picture of the physique he wanted to have, and then cut out his face and pasted it onto the picture. Other than that, we ate nearly the same and worked out the same.

He won the \$25,000 and I didn’t. And the only difference was he did visualization.

**Joe:**

Wow! Thank you for sharing that story.

I know this to be true. I also have a photo of the ideal physique for myself. It's a private thing that I look at and think, "That's the guiding principal. That's what I want."

When I look at the picture, I don't look at it as a separation from me. I step in to it and do the best I can to pretend that's how I look and feel right now. That's Nevillizing it.

It's not just the visualization of an end result – it's the Nevillization of an end result *that's already occurred*. This helps me speed up the muscle building.

**Gregory:**

I can appreciate that, especially with Thanksgiving dinner coming up.

I'm going to shift directions now. I have a few questions from students.

The first one is, "Why is it that Ho'oponopono doesn't work for me anymore? It worked in the beginning but it doesn't work for me anymore. What's going on?"

**Joe:**

Yes, I answered that in the new book, *At Zero*, and the short answer is, "It's still working."

I once asked Dr. Hew Len, my co-author of *Zero Limits*, a similar question and he said, "It's always working. If you knew how much of your beliefs and programming, the data,

that was being deleted as you were doing Ho'oponopono and your 'I love you, I'm sorry, please forgive me and thank you' phrases, you would never, ever stop."

You have to remember that there's something like 11 billion bits of data floating around in every moment, in every second, and our brain only picks out about 40 things. Our unconscious mind is storing and filtering and "file-cabineting" all these different experiences coming in.

When we're doing something as simple as Ho'oponopono, we're deleting a whole lot of garbage that we're not even consciously aware of. This is why it's important to have faith, be persistent, and keep marching forward. The underlying principal is that it's cleaning even when you're not aware of it.

I'm cleaning all the time. Even right now on this call, the background chatter in my head is "I love you, I'm sorry, please forgive me, thank you." I'm doing my best to delete anything that's in the way of being inspiring and informative because I want to be of the highest use to everybody. I don't know what's being deleted, but I trust that whatever is not useful is being deleted.

It's like the street sweepers who come out from midnight to three in the morning. They clean all the streets, but when you go driving the next day, you don't know that they came. You don't know that it was actually cleaned up. You don't think anything of it, but they came and cleaned so your path can be a little smoother.

This is how I look at Ho'oponopono. I continue to do

it. It's the street sweeper going ahead of my life to make my passage smoother.

**Gregory:**

I once heard Dr. Hew Len explain it.

He said, "When you're cleaning and clearing, it's like peeling back layers. Some of the things that you're clearing will affect your visual experience, things that are immediately around you that you can see. Some of the things you're clearing affect things that you can't see. So it's not that it's not working, it's just that some of things that it's repairing or cleaning are not immediately related to your visual experience."

**Joe:**

That's a wonderful explanation. I'm glad you brought that up.

I like the clarity that a lot of things are cleared, but they're not in your visual reality. In fact, they may have been cleared so they're out of your visual reality, so that you don't have to deal with them. They don't even show up because you cleared.

**Gregory:**

While we're talking about cleaning and clearing all this insurmountable amount of data, another student asked, "How do I get rid of programming that goes all the way back to my childhood?"

**Joe:**

It's the same principal and the same philosophy: The cleaning and clearing you're doing is taking care of everything in the way of you being in this moment and being here with gratitude, awe, wonder, and appreciation of the miracle that is life itself right now.

As we're cleaning, it's taking care of all that, whether it came from childhood or, as in Dr. Hew Len's view, it came from past lives potentially. He says that we inherit our DNA make-up, and that what our great-grandparents did is often in our DNA and unconscious mind. As we keep cleaning, it's going to remove that, as well.

I wouldn't worry about it or give it any energy. Just clean and trust that it's removing what's in the way.

**Gregory:**

Thank you for sharing that. It's such a powerful principle.

It's amazing that we have a tool where we can, for lack of a better term, essentially reverse time. It's like what you talked about – turning it in to something good.

**Joe:**

Absolutely, yes. You can rewrite your whole story doing this.

**Gregory:**

Before we finish up the call, can you give us a sneak peek in to what we might find in your new book, *At Zero*?

**Joe:**

*At Zero: The Quest for Miracles Through Ho'oponopono*, picks up where *Zero Limits* left off.

Since *Zero Limits* came out, I've had seven years' worth of experiences, research, stories, insights, and questions that I've heard from all kinds of people and share in the book. I did a lot of research to find out where Ho'oponopono actually came from and why it works.

I also talk about what's even better, because Ho'oponopono is actually a technique. Like everything that we come across in life, we put it down and pick something else up. It's true about any technique – eventually we put it down to experience the oneness of our connection to Divinity.

I have so much in the book – questions and answers from people, stories about people like Lou Ferrigno and Bill Phillips. I'm very proud and excited about it because it came from divine inspiration. I feel like I was led to write and create this, and the publisher is fast-tracking it so everyone can have it quickly.

**Gregory:**

So if people are looking for a wonderful holiday, birthday, or wedding gift, something to give that says, “Hey, I care about your life, I care about your experiences,” then *At Zero* would be an awesome book.

**Joe:**

Absolutely, and it's listed on Amazon so people can read about it right now.

**Gregory:**

Is it in paperback or is it coming out in Kindle? What formats are available?

**Joe:**

Hardcover and Kindle, and very soon there will be the audio version.

**Gregory:**

Did you read the entire audio version?

**Joe:**

I did. The publisher insisted that people want to hear the author's voice. I know that when I like an author's book, I want the author to read it to me.

**Gregory:**

When I listen to your audios, I get the feeling that you're right there.

For those of you who may not know, every Miracles module has an audio and Joe introduces each module. Every time I've gone through the modules and listened to the audios, it gives me a greater sense of connection.

It's an awesome touch. Having you reading the book is

just as good as having you sit right next to me.

**Joe:**

Well, thank you very much. I do my best to talk to one person when I'm recording. It's a bit like me telling a bedtime story.

**Gregory:**

Absolutely.

Joe, we sincerely appreciate you – all of your students and all of us here at Prosper. We admire you and are grateful for the relationship that we have.

**Joe:**

Thank you. I appreciate you and everyone on this call. I love you all. Remember, every day is Thanksgiving.

Godspeed to everyone.

Expect miracles.



## About the Author

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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*. Stay tuned for his soon to be released book, *The Secret Prayer*!

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 10 albums! Several of his songs were recognized and nominated for the

Posi Award, regarded as “The Grammys of Positive Music.” Dr. Vitale’s eleventh music album will be released in early 2015.

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](http://www.mrfire.com)

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