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 (ONLY LIMITED SEATING AVAILABLE)

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9:00am — 4:00pm

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“Flip Your Switch4Success”

THE AUTOMATIC SUCCESS ATTRACTOR E-BOOK

*Unleash the Power of Your Subconscious
Through Self-Hypnosis and Automatically Attract
Success into Every Aspect of Your Life!*

Sonrisa, Inc. / Doug Ottersberg
2442 Cerrillos Road #318
Santa Fe, NM 87505

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An Invitation!

I'd like to invite you to join me on a journey, a journey that will take you to success in all aspects of your life!

The trip takes the form of my Automatic Success Attractor Implementation training at:

<http://www.automaticsuccessattractor.com/implement.htm>

The subject of the implementation training is your sub-conscious mind and how self-hypnosis can help you unleash its power so you can attain absolutely anything you want in life.

And yet I don't expect you to take my word for the effectiveness of the implementation training. I want you to "test drive" it first. That's why I wrote this ebook.

It's a short, basic and practical guide to how the subconscious mind works and how you can "program" it for success through self-hypnosis. It also provides real-world examples of how hypnosis has changed lives. As a bonus, I describe self-hypnosis techniques you can use in your life **right now** so you can change behaviors you don't want and learn new ones you do want.

So, go ahead. Read the book and “road test” the techniques. I’m sure you’ll find them so powerful and effective that you’ll be eager to join me in exploring the in-depth information and techniques explored in the Automatic Success Attractor implementation training at:

<http://www.automaticsuccessattractor.com/implement.htm>

Enjoy life fully!



Doug Ottersberg

Master Hypnotist

Santa Fe, New Mexico

P.S. In case you’re skeptical, I’ve provided plenty of testimonials from men and women who’ve enjoyed fantastic results from taking part in the Automatic Success Attractor system. Read them closely so you can see how your life can be successful and enjoyable beyond your wildest dreams.

Doug,

I want to say thanks, and I couldn't help but want to share my amazing results with others who have already bought or are considering buying Doug Ottersberg's products, information or services right now.

In just 74 days of listening to the audio you provided me, I:

1. Almost *tripled* my income potential.
2. Heard "I love you" from the woman I've wanted for over 6 years.
3. Quit smoking cigarettes.
4. Get better sleep and wake easier.
5. Network like a maniac and collect the cell phone numbers of 100+ successful entrepreneurs and millionaires, and...
6. Develop a deeper and more powerful relationship with my Maker...
7. Want to tell people that Doug Ottersberg
ROCKS!!!!!!!!!!!!!!

These phenomenal tools can MAKE you a high-achiever if you're not already.

The first step? Listen to Doug...literally. LISTEN TO HIM!

Danny Welsh

Chapter 1: Introduction

Welcome to the Automatic Success Attractor ebook! This book has one purpose: To introduce you to the most potent weapon you have for making changes in your life. And you already have that weapon – your subconscious mind! Let me explain...

The subconscious is the deepest essence of your being. ***It holds the key to everything you are and ever will be.*** It's your innermost self. Every experience you've ever had...every thought you've ever thought...and every emotion you've ever experienced are held in your subconscious and have helped to form it.

So, in basic terms, why is the subconscious mind so important? Because...

It's the reason people succeed or fail in life!

Ever notice that some people succeed and others fail when it would appear that they're equally matched in every other way? It's the subconscious mind that makes the difference.

It's the force that causes a hero to rush into a burning building to save a child while another person stands by crying with their head buried in their hands.

Now both of these individuals are likely very nice people. The only difference between them is their subconscious "programming." If you've ever heard interviews with "heroes," you've probably noticed they typically all say the same thing. The interviewers ask them what they were thinking when they decided to rush into that burning building or dive into the icy water to save someone, and the heroes almost always say, "I wasn't thinking at all. I simply reacted." The force that caused them to act was the subconscious mind.

On a level we're all more familiar with, it's the same with the dieter who tears into a bag of cookies. They usually aren't thinking they'd like to sabotage their diet; they just open the bag of cookies and start eating.

As you can see from the above examples...

The Subconscious Mind Is a Powerful Force!

It causes people to take action, good or bad. Now, let me be clear: Our conscious mind *does* have power over the subconscious mind. However, many people are unaware of the subtle connection between these two parts of our being. This means that individuals who don't know how to communicate with the subconscious mind will never gain control over it. As a result, they'll find themselves doomed to the consequences of what has been programmed into their minds by chance or accident.

Success in your financial, emotional and spiritual life depends on the internal "programs" that exist deep within your subconscious mind. These programs tell you what your deepest held beliefs are about who and what you are (and aren't), and what you are capable of accomplishing (or aren't).

Here's a basic example of a positive program: From an early age, parents encourage their child to learn and grow and tell that child, "You're smart and creative. You'll do great things in your life!" The child incorporates this program into the subconscious and follows it to create a successful life.

Now, take the same child and give him or her different parents with a negative program, and the results are completely different. Assume the different parents have had a rough time in life and believe they'll never really achieve the level of success they've always wanted.

Through words and actions, they tell the child, “We’ve never had any luck”...”No matter how hard you work, you can’t get ahead in life.” The child absorbs this program and grows up to be an underachiever. He or she’s fulfilled the expectations of the subconscious program.

Let me be clear once again: I’m not blaming parents for the “failure” of their children. As parents, we all do the best we can. Plus, blame is a losing game. It’s a simple fact that no one can change the past, so why waste energy on it?

Here’s the point I want to stress: once you understand the power of your subconscious mind, you can learn how to “flip the switch for success” and activate and program it **on purpose!** That’s right, you can take control of your life and shape it into any positive direction you desire.

Here’s another important point: Much of the programming of the subconscious mind happened as a result of chance. And, yet, once you understand how, you can deliberately flip your switch to program or reprogram it to help you accomplish absolutely anything you want to achieve in life.

Through self-hypnosis, you can learn how to cleanse these negative programs from your subconscious mind and replace them with positive thoughts. Want to stop smoking? You can do it! Want to lose weight? You can do it! Want to make more money? You can do it!

“Flipping the switch for success” will lead to you automatically behave more confidently and accept challenges you would have otherwise avoided in the past. Taking these actions will no longer feel uncomfortable. In fact, you won’t even have to think about it at all! Like the hero who runs into the burning building; you’ll just react in a more confident ways. “Flipping the switch for success” allows you to:

- Earn more money.
- Enjoy better health.
- Have more success.
- Attract happier, fulfilling relationships into your life.
- Live in your dream house
- Drive any car you can imagine....the possibilities are endless!

This is not just hype; it's the absolute truth! As true as the laws of gravity or thermodynamics, these truths of the subconscious *have always existed* and have always worked exactly the same way whether anybody believed in them or not.

The laws of the subconscious mind are no different from the laws of physics. Just as gravity never stops working on our bodies, the subconscious laws are always working and creating something in your life, whether or not you do anything about it.

Now you can't change the laws of gravity. However, you *can* change the "laws" about the way you believe certain things to be that are held in your subconscious!

So, you have a choice: You can leave the programming of your subconscious mind to chance and accept whatever that programming creates. **Or** you can take action and learn to flip the switch for success and change that programming to create the life you want instead.

It's ***your*** choice. It's up to ***you!***

And once you've made that choice, I have the tool to attract success into your life: self-hypnosis.

With this powerful tool and the investment of fewer than 30 minutes a day, you can use it to “flip the switch for success” and have any life you choose to have!

Now, there a lot of myths and misconceptions out there about self-hypnosis, so I’d like to confront them beginning on the next page before explaining further about the process of hypnosis.

Read on.....!



“I arrived in America in 2000 with \$50 in my pocket. I tried real estate investing but did not have much success.”

*“This technology **changed my life and unlocked my true power.**”*

*“We now have **\$15,000,000** in equity and **\$70,000** net passive income”*

“This Technology with real estate is the most powerful tool if you want to be wealthy! Doug is the man to help you take it to the next level”

**Luis Miguel & Jessica Duque
Austin, TX**

Chapter 2: Common Myths about Hypnosis

Before I debunk the myths about hypnosis, let me give you two simple facts on the subject:

Fact 1: Hypnosis is one of the oldest methods of healing known to humankind. It's been used for thousands of years.

Fact 2: Hypnosis was approved by the American Medical Association in 1958. It has the blessing of medical practitioners everywhere because they know it's an effective method for transforming lives.

Now for the myths....to be blunt about it, there's a lot of nonsense about hypnosis out there, much of it perpetuated by the media and stage hypnosis acts. Why just the other day I watched one of the crime scene investigation television shows in which a stage hypnotist programmed a woman to leap to her death! The real crime committed on the show was the assertion that anyone could be programmed to commit suicide! What nonsense!

Okay, let me take apart the common myths below:

- *Myth #1: When you're in a hypnotic state, someone else can control your mind.* The Truth: No one can control your mind without your permission. While in a hypnotic state, you're **always** in complete control.
- *Myth #2: Under hypnosis, you will do anything.* The Truth: No one can make you do anything while under hypnosis. There is no "under." Hypnosis is simply you deciding to do what you want to do.
- *Myth #3: You'll surrender your will and lose control.* The Truth: See Myth 1.
- *Myth #4: You'll lose consciousness.* **The Truth:** No one loses consciousness under hypnosis. In fact, your consciousness is heightened; it's the exact opposite of unconsciousness!
- *Myth #5: You'll reveal secrets you don't want revealed.* **The Truth:** Since hypnosis depends upon your willingness to be effective, you'll never reveal any personal secrets.

- *Myth #6: You'll get stuck in the hypnotic state and won't be able to get out of it. **The Truth:*** No one has ever gotten “stuck” in a hypnotic state. It's like sleep; nobody gets “stuck” in sleep. The natural rhythm of your body will wake you up. The same is true of hypnosis.
- *Myth #7: Hypnosis is brainwashing. **The Truth:*** Brainwashing is defined as “intensive, *forcible* indoctrination, usually political or religious, aimed at destroying a person's basic convictions and attitudes.” In other words, brainwashing is a destructive process forced on you by others. Hypnosis is the polar opposite; it's a positive process carried out by you of your own free will.
- *Myth #8: Hypnosis will reveal that you're weak-minded. **The Truth:*** Hypnosis is a *heightened* state of concentration and focused attention. When you're in that state of relaxed, focused concentration known as hypnosis, you're actually exercising personal strength. It's the very opposite of “weak-mindedness.” It's “strong-mindedness.”

If you'd like an authoritative source on these myths, check out the Mayo Clinic site at <http://www.mayoclinic.com/health/hypnosis/SA00084>.

In this chapter, I've exploded some of the myths about hypnosis. In the next, I'd like to define exactly what hypnosis is and how you can use it to "flip the switch for success."



My friends were skeptical about Hypnosis, and after seeing the change in me, now they say SIGN ME UP!!!!

I'm a wife and mother of with four young children at home, and my life was at a point where I was completely **overwhelmed and physically exhausted** before my day even began.

I asked Doug to help me with this and while we were at it, to see if he could resolve a very personal issue I've had for over 10 years having to do with intimacy.

Doug is amazing! He helped me to deal with a lot of negative programming I had and to reprogram my mind and body.

After our session I found myself **jumping up and down for joy** I was **so excited!** I felt **so good**, I had so much energy **my whole body was tingling all over**. I felt better than I ever have in my entire life.

I didn't know it was possible to feel that good!

My husband is thrilled, and my skeptical friends now want what I have!
I am changed woman and I owe it all to Doug.

Thanks Doug!

**Jennifer Kelly
Cleveland, OH**

PS: And after this transformation I'm much a MUCH different woman in the bedroom too!!!!
Yea!!!!

Chapter 3: The Definition of Hypnosis

Hypnosis is defined as *a natural, yet altered state of mind* in which you can communicate directly to your subconscious mind. The subconscious mind is also known as your creative inner intelligence. It's the part of you that manifests your thoughts into physical reality.

Now, at this point, you may be nervous about the concept of “an altered state of mind.” Let me assure you that there's nothing to fear. Here's a fundamental truth you should remember:

We enjoy altered states of mind all the time!

Let me give you a couple of concrete examples from sports to prove my point. You've probably noticed that when a professional basketball player “gets in the zone,” he or she often says, “The basket looked as wide as the Grand Canyon, and all I had to do was drop the ball in.” Or a baseball player who's on a hot hitting streak says, “The baseball looked the size of a melon, and all I had to do was swing the bat into the middle of it.”

In both cases, the players were enjoying an altered state of consciousness – a very positive one. They'd integrated their minds and bodies into one seamless unit that allowed them to achieve great athletic feats.

So, hypnosis and self-hypnosis is the process of achieving a *positive* altered state of mind.

Now let me take a slight detour and return to the subject of the subconscious mind. You need to fully understand how the subconscious works in order to harness its power with self-hypnosis.

First, I'd like to contrast the conscious mind with the subconscious mind so you have idea of how each operates.

Your Conscious Mind

Your conscious mind is your *present awareness* of what you're seeing, touching, tasting, smelling and hearing. It's also the voice in your head that interprets these sensations in your internal dialogue. The data that your conscious mind receives from your senses – combined with the interpretation of your inner dialog and mixed with the emotions that these elements evoke – are all translated and stored in your subconscious mind.

Your Subconscious Mind

Your subconscious mind *consists of memories and beliefs*, the memories and beliefs that form the very core of who you are. Your subconscious may also be thought of as the link between your physical self and your inner spirit. It's the means by which you can communicate with the infinite intelligence of the universe. Faith is at the core of a healthy subconscious and will allow it to translate any desire you have into reality.

Once you understand the inner workings of your subconscious mind, all you have to do is think about anything you wish to have or achieve and believe that it's true, and the subconscious will handle the rest. The subconscious is the place where "hunches" and "feelings" (as in, "I just had a feeling that was the right thing to do") come from.

You may have heard the expression, "Let your conscience be your guide." Yet, it's really your subconscious that does most of the guiding in your life. It's has been taking in information and forming beliefs since before you were born. Even in your mother's womb, your subconscious was at work interpreting the data that was available.

Although the subconscious is capable of interpreting the words you hear and your internal dialog, the information it stores is not all stored in the form of language or words. In fact, the most powerful influences of the subconscious are due to the emotions that are stored there and the way that similar external events (senses and words) can evoke emotions from past events. This is often referred to as “involuntary programming.”

Again, let me give you a couple of concrete examples to make my point about involuntary programming:

- **Example 1:** Smelling the cologne of a former lover instantly evokes feelings of love or remorse, depending on the emotional cues stored from that relationship.
- **Example 2:** The smell of chocolate chip cookies baking stimulates not only your saliva glands, but it also stirs up childhood emotions and memories as well.

In the two examples above, you probably noticed that the senses had the power to evoke memories. That’s because the subconscious mind is programmed by a combination of the five senses of sight, touch, sound, smell and taste with your internal dialogue and the emotions that are created during your experience.

Let's continue exploring Example 2 to see how the senses can influence your present behavior.

Imagine you're a child, and you're standing on a chair in the kitchen helping mom or grandma bake some chocolate chip cookies. You probably felt proud of being able to help her in the kitchen when you measured and poured the ingredients in and turned on the mixer. You may have felt excited when you smelled the cookies baking.

When it was finally time to eat the cookies, you had the incredible sensation of the warm melting chocolate contrasting with the simpler taste of the cookie dough. Along with that sensation, you had a warm, happy feeling of spending quality time with someone you care about.

Now travel to the present, and you're an adult. When you're having a bad day, you're suddenly overcome with the urge to bake (and eat!) a couple dozen chocolate chip cookies. In this case, it's not just a "sugar buzz" you're seeking. Your past pleasant experience has programmed your subconscious mind to feel good when making and eating chocolate chip cookies.

Words can also cause involuntary programming.

We all know that words are very powerful and can evoke intense emotions both very negative and very positive. For example, maybe someone influential in your early childhood teased you about something; perhaps they said you were stupid or ugly. These words and the painful feelings they produced formed a part of your subconscious that lowered your self-esteem in that area.

For instance, let's say you did poorly on a test or answered a question incorrectly in class, and your classmates called you stupid. Even though it was totally natural to make a mistake and most everybody does, part of you accepted the criticism that you were stupid.

Warning: The effect one seemingly insignificant negative comment you heard as a child can have on your future is incredible if it is accepted as truth by your subconscious!

Now let's assume that this comment takes root in your subconscious, and, throughout your life, you always experience a tinge of insecurity about your intelligence.

The result might be that you shy away from books that might be too difficult (for a stupid person) to read, or maybe you avoid taking the SAT's because you don't want to see how stupid you really are.

That one incorrect belief could completely change the course of your life and in some ways becomes a self-fulfilling prophesy.

Because you believed you were stupid, you didn't stretch your mind and you avoided going to college, etc.

Okay, now that we've discussed involuntary programming, let me tell you a wonderful truth about the subconscious:

It's Fully Programmable!

And it's fully programmable by you through self-hypnosis!

You have the power to control a great deal of what goes into your subconscious mind, *and* you can change that negative programming from the past. It's as easy as "flipping a switch!" The result is you can:

- Generate more success.
- Enjoy greater health.
- Create happier relationships than you've ever imagined.

Okay, enough theory! In the next two chapters, I want to introduce you to two practical self-hypnosis techniques so you can get a taste of what you can achieve in your life by enrolling in my Automatic Success Attractor Implementation Training at:

<http://www.automaticsuccessattractor.com/implement.htm>

One of the techniques is for relaxing and letting go in order to get a great night's sleep.

The other is for controlling the stress in your life.

Read on!....



I am a real estate investor and run several busy websites too! Whatever Doug is offering, **you absolutely need to get it!** He has worked with me personally to help me **get more done with less time and effort!**

Congratulations on taking action today!

Tim Mai
Houston, TX

Chapter 4: Relaxing and Letting Go

For many people, finding out that the simplest thing they can do for themselves is to just let go and learn to relax is so far from their everyday experience that it seems like it's just too simple.

Yet time and time again, from the moment I teach people to relax, they find their life changing in truly miraculous ways!

Take my client, "Jane" (not her real name). She'd suffered from insomnia for years and as a result, every other area of her life was giving her problems.

Jane also suffered from a chemical dependency. But, through participating in various programs, she was able to get a handle on that.

And yet no matter what she did, she dreaded night time because of the long hours of tossing and turning, laying there and just thinking.

After working with me and learning how to "flip her switch for success," and by using one of my powerful audio hypnosis CDs, everything in her life changed!

Jane started sleeping like a baby again, and she even started getting up early, feeling wonderful and alive. She started going to events and meetings in the morning she'd never been to because she now was able to get herself going before 11 a.m.

Do you or anyone you know ever have a challenge getting to sleep at night? Here's how you can retrain your mind to sleep quickly in 30 days or less.

Relaxation Exercise for Great Night Time Sleep

1. Complete your before-bed routine (shower, brush teeth, put cat out, whatever.)
2. For the next month, get in bed with the intention of going to sleep. No reading, no television, nothing but sleep. If you're feeling amorous, move it to the floor, couch, kitchen counter, top of the washing machine, or wherever. For the time being, just don't make love in your bed. While you retrain your mind, it's for sleeping only!
3. When you get into bed, take in a deep breath and close your eyes. As you exhale say or think, "Today is done, and I let it go. I've done the best I can do, and tomorrow is another day. Sleep now."

4. Next, take in another deep breath and slowly exhale. As you slowly exhale, say or think, “In a moment, I’m going to count backwards from three down to one, and as I do, I relax even more with each number I say. When I reach the count of one, I’ll be complexly relaxed, and I’ll be deeply asleep within the next 5 minutes. Sleep now.”
5. Then, take in a third deep breath and slowly exhale. As you do, say or think, “After a refreshing rest, I’ll wake up at (fill in the time you want to wake up) refreshed, energized and eager to start the day. The moment I awake, my eyes will open. I’ll get out of bed, smile, stretch my arms and say,” What a glorious day filled with love, opportunity and potential! Sleep now.”
6. Then, do it. Say or think, “Number 3, I’m relaxing now even more with each number I say. When I reach the count of one, I’ll be complexly relaxed and I will be deeply asleep within the next five minutes. Sleep now.”
7. Say or think, “Number 2, After a refreshing rest, I’ll wake up at (fill in the time you want to wake up) refreshed, energized and eager to start the day.

8. The moment I awake, my eyes will open, I'll get out of bed, smile, stretch my arms and say" What a glorious day filled with love, opportunity and potential! Sleep now."

9. Finally, say or think, "Number 1, I'm completely relaxed and will be deeply asleep within the next five minutes. Sleep now."

That's all there is to it! Give it whirl for 21 – 30 days! Most people begin to see results right away. You'll be simply amazed how much more energy you'll have, how much more you'll get done and how much happier you'll be when you simply learn how to relax.

Let me give you another practical method of getting rid of something we all have in our lives today – stress.

	<p><i>Doug worked with me and I can conclusively state that by changing my programming, my <u>focus and self esteem</u> <u>have risen dramatically catapulting me to my sales goals</u> in a <u>much shorter time.</u></i></p>
	<p>Vivian Gaspar Morris County, NJ</p>



Doug Rocks!!!

*I'm a busy investor and I can tell you, **this** is **SO QUICK & EASY TO USE!** I'm creating amazing changes in my life and I can already visualize and feel many great things to come.*

David Reyes
San Francisco, CA

Awesome Doug!

**Thanks to you, we don't have any
ALTs!!!!!!!!!!!!**

**We can do anything, anytime,
anywhere!!!!**

KAWABANGA DUDE!

Debbie and Alyce

Santa Fe, NM

Chapter 5: Controlling Stress in Your Life!

Resistance in the mind is manifested as tension in the body and is known collectively as “stress,” and that’s why it’s so important to learn to relax. Even more important, you want to stop stress *before* it starts.

The first trick is to start noticing or “catching” yourself when you’re resisting “what is.”

When you do, try this simple breathing technique I learned from one of my teachers, Dick Sutphen.

1. Take a deep breath and hold it as long as you comfortably can. Then let it out slowly through slightly parted teeth. This allows you to retain the moisture in your mouth.
2. As you slowly exhale, think to yourself, “This clerk is rude and condescending AND a jackass. Okay, it is what it is.” (*I added this last part for myself, try it, you’ll like it.*)
3. When the breath is all the way out, contract your stomach muscles and push it further out and further out. Then, repeat the process.

A few minutes of this breathing technique is extremely relaxing and will defuse your automatic reflexive response because changing your breathing changes your thinking.

Now here's a bonus technique for achieving relaxation: My good friend and personal trainer Harold Maloy asked if he could contribute to this book. Naturally, I said yes. Here's why: Harold's knowledge is invaluable, not only because it's life-changing but because he wants to share it with everyone. He loves life, and he loves humanity. So, listen to what he has to say and change your life!

Hi,

Doug has asked me to talk about relaxation. More specifically, he wants me to talk about relaxation as it relates to your body and how the body works together with the mind. The body is either in a state of flow/ relaxation or some variance of stress or "dis-ease."

Now, if the body-mind is in a state of stress and you don't know how to stop that tension, then conditioned responses or "triggers" take over and react to the stress as a life or death situation. It's the "fight or flight" response. If this cycle of fear/ stress continues, the body burns out and "dis-ease" turns into DISEASE!!!!

The only way for healing to happen is relaxation of the mind and the body.

Now, healing isn't as miraculous as most people think. It's simply getting the mind and body to function together to move toward health.

Health is the ability to allow energy to flow through the tissues of the body while keeping the mindset on the process of healing (end goal).

The opposite of health happens if the mind perceives a sensation in the body as bad or as sickness. If that's the case, then fear is present, and the flow of energy begins to cease. Without the ability to calm yourself down and relax, you become a victim to your conditioned responses or triggers.

So, here's my first recommendation: Take a deep breath in and remember why you're here, then let go all of the stress and replace the negative ideas that come with that stress with the positive idea that you're here to have fun, love and play!

My second recommendation is:

STOP RESISTING WHAT IS!

What do I mean by that statement? Well, the famed doctor and philosopher, Deepak Chopra, explains it best: "Our body is manifestation of how we view our past. How you are thinking about your life now is how your body will be in the future."

In other words, our body is an accumulation of all the resistance we've put up during our lives – resistance to change and resistance to changing our way of thinking even if that way is hurting us in the long run. We fight tooth and nail to resist the chaos we perceive in the world.

I'll give you an example to illustrate my point: I know a woman we'll call "Anne." Anne wants everything in her life to be orderly, and I do mean everything! Silverware must be placed on the table in exactly the same spot every time. Her daily schedule is planned to within an inch of its life and must never be disrupted. Her husband learned a long time ago that she hates surprises of any kind, even lovely, romantic gestures. Well, I'm sure you know what happens. In Anne's view, the world just won't cooperate with her. Chaos keeps intruding in the form of silverware that gets out of place...a schedule that's always being interrupted...a husband who forgets and makes reservations at a fancy restaurant in order to surprise her....and so forth. The more Anne seeks control, the less control she has and so she tries to control the world even more. She keeps resisting and resisting and resisting and ends up mentally and physically exhausted. She's created a game she can never win because she keeps resisting what is.

Individuals with a healthy mental outlook know that what's going to happen will happen. They accept that and move forward in their lives doing what they know to be right and just. They have faith that the chaos/natural order of life will provide. They learn to "flip the switch for success."

They live in the here and now and tap into the energy and flow of life in order to always move forward.

Such individuals know they're safe and love and what happens next will most likely happen anyway. So they....

Concentrate on what's happening now!

They also take another important step: They forget the past!

More accurately, they stop living in the past. They realize that it's not the definition of who they are or aren't. People who forget this fact often spend countless hours and dollars searching their life's history for what's wrong with them or when it all went wrong. They use their past as an excuse for not growing; i.e., "My mother didn't give me all the love I needed, and that's why I can't love"... "My father was distant, and that's why I can't make friends," etc. They forget a fundamental truth about human life: You can't change the past! It's impossible. And, if you can't change the past, there's only one rational route to take:

Live in the present and enjoy your life!

Now, I'm not saying that the past can't influence your present behavior. It definitely can. That's because the good and bad experiences from your life's history are often interwoven and can be difficult for a person to separate. If that's the case, then you may need the services of a trainer to mentor you and help you untie those mental knots so you can get where you want to be in life. A trainer will not only train you and show you step by step what to do, he or she will also educate you to understand the WHY of your behavior.

Now here's my final recommendation: Study the proven principles in this eBook and Doug's Implementation Training carefully and apply them to your life. Once you do that, you'll "flip the switch for success" and enjoy every minute of every day of a wonderful future.

Harold

I trust you enjoyed what Harold had to say. His perspective has truly made a remarkable difference in my life, and perhaps once day soon you'll get to attend one of our seminars and experience the "Doug and Harold Show" in person. We guarantee it's worth experiencing!

I also trust by now you are starting to get a sense of how your own thoughts have been responsible for your entire experience of life and what you need to do next.

So, let's move on to the concept of a "mental garden"...

Doug's Program was INCREDIBLE!

Please send Doug back to Toronto again so my friends that I am going to refer to this program have the same experience we had. Doug is an incredible man, caring, compassionate, sensitive and honest. His belief in God and guiding people to make sure that they find their belief in a higher power was wonderfully accepted by all!

Thank you!

Pat Jones

Toronto, CANADA

Chapter 4: Cultivating Your Mental Garden Through Self-Hypnosis

As I made clear earlier in this book, self-hypnosis is an extremely effective tool for reprogramming the subconscious mind for success.

To briefly review: During hypnosis, communication is made directly to the subconscious mind by achieving an altered state of consciousness and inserting positive suggestions directly into the subconscious.

There are several ways to induce a state of hypnosis, usually involving creating a comfortable state for the body and then allowing the mind to travel to a deeper level.

Here's an important point to remember: In order for anything to be effective, it's important that ***you believe in the process*** and that the right programming messages are used. So, it's critical for you to understand how the self-hypnosis process works and how to effectively create the programs for maximum effectiveness.

It's also vital that once you start the process, you continue to reinforce the programming with ***actions*** so that they become deeply rooted in your subconscious.

It's just like planting seeds in a garden. If those seeds are only tossed on the surface and not watered, they won't grow. It's the same for positive thoughts. They won't grow in your subconscious without proper planting, either.

I've developed a comprehensive and powerful implementation training system designed specifically to give you all the what's, how's and why's in order for you to learn how to "flip your switch for success" and take charge of your life in a way you never have before.

The implementation training system also comes with specially created self-hypnosis CD's that will program you at a subconscious level for maximum effectiveness.

You can learn more about it when you visit

<http://www.automaticsuccessattractor.com/implement.htm>



Dear Doug,

Thank you so much for the seminar, it was great and I had an amazing weekend! I love it!

I must tell you, the money I put in your hand came back already (on the second day of the seminar!)

I am expecting more to come my way. It's coming!

To wrap up, I would like to say sincere
THANK YOU!

Jana
Toronto, CANADA

Chapter 5: Unleash Success in Your Life!

Once you've learned how to "flip your switch" through self-hypnosis, you're ready to unleash success in **all** areas of your life!

That success is literally out there right now begging you to come and get it! Better yet, why not let it come to you through the power of your subconscious mind?

You can use this power to acquire great wealth and material riches such as houses, boats, cars, airplanes and properties...

Or, you can use it to attract and create the relationship of your dreams or improve the quality of your existing relationships...

Or, you can use the power to overcome addictions of all kinds including: drug addiction, alcohol addiction, even addiction to pornography...

Or, you can use the power of the subconscious mind to relax and feel better by reducing stress, use it to control your weight, and even overcome anorexia or bulimia once and for all...

Or, you can use your new found power to overcome sickness and diseases including various cancers.

*(And while the above is a true statement, this **not** intended as medical advice, please do not stop taking medications or stop treatments without your doctor's approval).*

Finally, you can even use the power to make a difference in the world around you by working to end hunger in a small impoverished village or bringing health supplies and medical professionals to a third world country.

The fact is that there's ***absolutely nothing that you can't do once you flip your switch for success*** and unleash your powerful subconscious mind to start working *for* you instead of *against* you.

I invite you to join me on the next step of your journey to your success at

<http://www.automaticsuccessattractor.com/implement.htm>

Sincerely,

Doug

Bonus Chapter: Alternative Methods for Achieving Success in Your Life

By now, you know I'm a firm believer in the power of self-hypnosis to change the lives of people. After all, it's my practice, my profession, and my firm belief! But, I also recognize that "one size doesn't fit all." Each of us is different in needs, wants and desires. While "Sam" may find self-hypnosis a perfect match to his personality, "Jane" might not and will prefer, say, yoga, or meditation (or both). My philosophy is this:

Do whatever works for you!

In other words, keep an open mind toward the various philosophies, methods, and practices available in today's world. To help you decide what ones might best fit your life, I've listed various disciplines below in alphabetical order with a brief explanation of each. (I don't have room to list them all!) This will help you sort out the approaches as to how they might apply to your individual situation. For example, I have a friend who reviewed all the disciplines I suggested. After that review, he felt that astrology was a "crook" and had nothing to offer him.

And yet yoga appealed strongly to him with its combination of physical and mental activity. So, he dug deeper and chose the form of yoga (there are many schools) that matched his age and ability. The result? Today, he's dropped from a size 44 waist to a 38 waist due to the *asanas* (sets of exercises) and is much calmer due to the meditation. My point is that he committed to a discipline wholeheartedly and today is reaping the benefits of that commitment. For another person, astrology or other practice could produce the same results. So, once again, when you choose an approach to wholeness...

Make sure your commitment is wholehearted!

Astrology

"Astrology" is a Greek word. Its translation defines this ancient practice: "star logic." In basic terms, astrology deems that the relative position of "celestial bodies" (stars, constellations, etc.) can be studied in order to understand and interpret human behavior and other earthly matters. Practitioners of this art are called "astrologers."

According to Wikipedia, “modern astrologers <http://en.wikipedia.org/wiki/Astrologer> define astrology as a symbolic language, an art form, and a form of divination.” It’s used to explain explain past and present events and to predict the future. Many people consult an astrologer for advice on how to conduct and/or change their lives.

Bodywork

The term “bodywork” refers to the hands-on manipulation of the body. It’s based on the theory that movement and touch are essential for physical and emotional well-being. There are many variations of bodywork; e.g. massage therapy, deep tissue manipulation, Rolfing (explained later), Structural Reintegration Therapy, etc. Sufferers of chronic pain often find bodywork beneficial since it promotes reduced muscular tension and anxiety, relaxation, increased blood circulation, and higher endorphin levels.

Energy Work

The energy forming the “energy body” is in and around our physical bodies. In the Eastern tradition, this energy is called *chi* or *prana*. This tradition recognizes that our body, emotions, mind and spirit are all part and parcel of the energy body. This means they can be affected positively by energy

work. The result can be relief of physical problems and life stress as well as a greater sense of clarity and connectedness.

There are various forms of energy work including massage, Reiki, acupuncture, craniosacral therapy, and so forth.

Hand Analysis

According to Richard Unger, author of [LifePrints: Deciphering Your Life Purpose from Your Fingerprints](#) and founder of the International Institute of Hand Analysis, hand analysis is the modern form of the ancient art of palmistry. The object of palmistry was to foretell the future from the lines of your palm. Unger says that Hand Analysis has nothing to do with telling a person's future. Instead, hand analysis "shows you who you are today and who you can be at your best." Here's his explanation of the hand analyst technique:

"The hand analyst examines the overall shape of palm and fingers to determine basic temperament, the thumb to see you how you 'get things under your thumb,' and the twelve zones of the fingers to see personality strengths and weaknesses. The lines in the palm are examined to determine basic wiring: the type of emotional system you have, the kind of computer you possess, which nervous system type you are, etc. Talents

and hidden motivations are revealed. Both hand shape and lines change over time, but fingerprints remain unaltered from five months prior to birth. By comparing the original imprint revealed in your fingerprints with the dynamic map of your personality and character shown in the lines and hand topography, a hand reading gives perspective to your current circumstances in relation to the big picture of your life story.”

Source: <http://sonomavalleycalendar.wordpress.com/2007/10/23/interview-with-richard-unger-hand-analyst-author/>

Medical Intuitives

Medical intuitives are counselors who have the ability to perceive information concerning the human body. In other words, they can energetically see and diagnose the insides (organs, glands, blood, etc.) of our bodies. Their skill lies in helping individual to realize that emotional and physical symptoms are guides to personal intuition. By reading the symptoms, they help us understand what’s happening in our lives. Want to know more on the subject? I recommend the book, Awakening Intuition, by Dr. Mona Lisa Schulz.

Meditation

Meditation is sometimes described as an “emptying of the mind.” To me, that’s never been accurate. It’s more like a focusing or stilling of the mind.

Here's an analogy: As a kid, most likely you went down to a lake or a river at some point and saw a school of minnows.

When you tried to chase them, they scattered in every direction, and you couldn't catch a single one. For many of us, our thoughts are like that school of minnows; we try to chase every one and end up catching nothing. With practice, meditation allows you to focus on that single "minnow" (thought), catch it, and digest its full meaning. This leads to inner quiet, physical relaxation, and the full realization of your mental and spiritual powers.

As proof of its power, we know that meditation has been around as long as human beings have been around. It has universal roots in the great religions of the world, including Christianity, Buddhism, Hinduism, etc.

Meditation is more than just sitting and relaxing. It's a mental discipline that must be developed, but it's well worth it because it allows us to enjoy the here and now rather than fret about the past or the future (which we can't change, anyway). In our frenetic modern world, many people say, "I don't have time to spend 10 or 20 minutes meditating." To me, this is a short-sighted view, and my reply is, "You don't have time to enjoy a calmer,

healthier, more enjoyable life? If you don't have time to live *now*, when will you?"

If you're a person who requires scientific proof of the benefits of meditation, well, here it is: Through meditation, we relax both mentally and physically. When this relaxation occurs, the brain wave patterns change until they're mainly situated within the Alpha state. When the brain enters the Alpha state, it triggers chemicals known as endorphins. Endorphins give us the feeling of well-being, calmness, and peace, and, with practice, this feeling lingers long after meditation has ended. And there's an additional benefit. Endorphins boost the immune system, and this boost helps you fight off colds, viruses and infections. Here are other direct benefits of meditation:

- Lower heart rate and reduced work load of the heart.
- Decrease in high blood pressure.
- Lower cholesterol levels.
- Improved flow of air to the lungs resulting in easier breathing (helpful for asthma).
- Lower oxygen consumption.

- Decreased respiratory rate.
- A deeper level of relaxation.
- Reduced anxiety attacks (lower levels of blood lactate).
- Decreased muscle tension pain and headaches.
- Increased serotonin production (low levels are implicated in depression, obesity, insomnia and headaches).
- Reduced symptoms in chronic illnesses (allergies, arthritis etc.).
- Reduced symptoms of pre-menstrual syndrome.

The key to meditation is daily practice, at least once a day. Twice a day is optimal. Each practice doesn't have to be long. For example, you may start with five minutes and, as you get comfortable with meditation, you can increase it to ten minutes and then to 15 or 20 (the ideal). Find a comfortable time and space where you won't be interrupted.

At this point, you may be wondering how to meditate. Well, there are many, many different ways. In fact, there are too many to include in this book. So, I recommend that you search the web, go to your local bookstore, or

contact a local group (Yoga, etc.) to gather information on the subject.
Then, choose the form of meditation that works best for you.

Rolfing

The term “Rolfing” comes from the founder of this discipline, Dr. Ida P. Rolf. In essence, it’s a holistic system of soft tissue manipulation and work with the body’s posture and structure. Its aim is to ease pain, chronic stress, and improve performance. Generally speaking, Rolfing takes place over a series of ten sessions (1 to 1 1/2 hrs each), with each session having specific goals that build on previous sessions. The aim is to organize the separate parts of the body into an integrated whole, a whole that can function with maximum ease in gravity. As you might expect, touch is a large part of Rolfing, ranging from very light to very deep. The pace is adapted to the needs of the client so he or she can integrate changes easily and effectively.

Yoga

One of the most ancient practices on the planet, yoga is an integrated system of breathing, physical postures, and meditation. Quite often in the United States, it’s often thought of as simply a physical fitness discipline. But its original (and current) purpose was to integrate the body, mind and spirit with the divine (depending on the school of Yoga, of course).

As a practice or philosophy, it's unique in that it emphasizes bodily discipline and health as strongly as it does the spiritual life unlike many religions which tend to place a strong focus solely on the spiritual. Within Yoga, there are many different schools of thought and practice.

If you're interested in this area, I suggest you try out different styles to see which ones best fit your temperament. You can do this by visiting local Yoga schools, watching Yoga classes on television, searching the Web, or by purchasing DVDs at your local bookstore.

I hope you found the list above useful and will investigate the ones that interest you.

Better yet, I hope you select one (or two) and practice them with diligence and commitment so you reap the benefits of a full and happy life!

And again, I remind you that the fact is that there's ***absolutely nothing that you can't do once you flip your switch for success*** and unleash your powerful subconscious mind to start working *for* you instead of *against* you.

I invite you to join me on the next step of your journey to your success at

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