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INTRODUCTION TO YOUR SUCCESS



Welcome and congratulations on making a great choice! This e-book can be the key to your success and an amazing journey to prosperity and abundance awaits you. In this short guide, we're going to talk about how you can go about *unlocking more of the power of your mind* and manifesting the things you want in your life.

The guide we've put together is best used by intermediate and advanced manifesters because we go deep into how thoughts and the mind works. If you're a complete beginner to manifestation, there's a small chance that what you've got here might in fact be too advanced for you, but you can still learn a lot from it and you'll still get a head start anyway.

What we're going to talk about is *6 secrets of thought power and the mind*, and how these can help you in the bigger manifestation puzzle.

A bit more about us: Mind One Digital is a UK based company with over 260,000 manifestation and self-help fans on our newsletter from all over the world. We make manifestation courses, subconscious activation tools (like hypnosis and subliminals) and give lots of free advice and secrets on how to take your life to the next level.

This short guide is one of our gifts to you.

Let's begin!

THOUGHT POWER - WHAT IT IS AND WHAT IT CAN DO: THE BASICS



If you've read other self-help books, you'll hear a common theme over and over, and that theme is that the power of your thoughts is massive! In this first part we're going to talk a bit more about your thoughts and some basics about them first of all.

Lesson 1: Your thoughts are a creative energy that can create PHYSICAL outcomes. Your thoughts can also affect other people on a subconscious level

In very simple terms, whatever you keep thinking about, you are starting to bring about into your life. This is such an amazing concept when you really get your head around it. It means that the thoughts you think every day are a creative force that you can use to achieve all the amazing things you want in your life!

So when we say "thoughts are a creative energy", what we really mean is that you can affect the things around you so that you can get *more of what you want*. That means being able to affect other people, the types of situations that happen to you, and how the world and

everything around it relates you. It's amazing to think that just thinking certain thoughts can affect the things around us but it's true. And another thing is that this is happening in such a subtle way all around us that we don't even realise its there!

Lesson 2: Your thoughts can get stronger, and the stronger they are, the bigger the effect

If you've studied the law of attraction, you might have heard of the concept of "like attracts like". So for example if you keep thinking about joyful and happy thoughts, you'll end up attracting it's like which is getting more joyful and happy thoughts! On the other hand, if you think about depressing things and how things are messing up all the time (which are examples of negative thoughts), you'll get more of that instead.

In really simple terms, whatever you think about is what you're getting more of in your mind and in the physical world around you.

What's not so well known though is that *thoughts can become focused or unfocused* and that can actually affect your manifesting quite a lot.

Unfocused thoughts have a smaller physical influence than focused thoughts. So the lesson here is that if you want to manifest more, you need to be having *focused thoughts*, instead of unfocused thoughts. Focused thoughts are strong, and unfocused is weak.

The way to make your thoughts stronger is to build something called intent - which is something we'll come on to a bit later on.

SECRET 1: INTENT IS A GLUE THAT ALLOWS THE POWERS OF YOUR THOUGHT TO BLOSSOM



Okay, so you know that thoughts are incredibly powerful and you might even believe it because you've read books about it, heard people talk about it and so on. But how do you actually access that power for real?

Well, the way to access your thought power is to build something mystical called your "intent".

What is Intent?

Intent is a bit of a geeky word but all it really means is: *the power of your concentration and your ability to have thoughts flowing freely in one direction*. And to explain this a bit better, it's probably best explained with an example.

Imagine you were back at school and it was time to do your homework. You started doing your homework and it was going fine. But then half way through you started to get a bit bored or distracted at what you were doing and you ended up doing something else - like watching the TV, or going out with friends or playing on the computer or calling someone.

What happened was that your intent was weaker so the homework didn't get done. You weren't able to fully commit on doing the homework and you had other ideas lurking in your mind that made it more interesting to want to get out the house or watch the TV.

A stronger intent on the other hand would be the opposite of this, which would mean sitting down to do your homework, concentrating the whole time and not getting distracted at all.

So, if you want to manifest and access more of your thought power, it's important to realise that building the power of your intent allows you to get more done. *The secret though is that a strong intent activates more manifesting power and creates physical outcomes from your thoughts. The more you strengthen your intent, the greater the manifestation power you achieve.*

Examples Of Things Which Build The Power Of Intent

Have you ever met someone who seemed to get everything they wanted, but they didn't seem to do very much to get it? In other words, it just seemed to fall onto their lap?

Maybe it's someone you know at work, or one of your friends or family who just seem to have everything going their way. One of the real underlying reasons this can happen is because of the person's intent. When a person's intent is stronger, they actually don't have to do very much to get results. The stronger the intent, the less you need to do to get what you want.

Some people *have a higher natural level of intent than others*. This means its naturally easier for some people to manifest than others, but with a bit of guidance, you can do the same!

Here's some practical guidelines that you can put into your life to help you:

1. Start to rise earlier in the day

The most successful people in society are always early risers and it's no accident. If you rise early, you actually help to build the power of your intent and make your thought power stronger. It's no accident that *"early to bed and early to rise, makes a man, healthy, wealthy and wise"*.

2. Be timely and punctual.

Punctuality and timeliness are excellent tools for laser targeting your intent and making it stronger. Always be punctual and arrive in good time for everything as it will really help reap the manifesting benefits.

3. Get around winners and positive people

Winners and positive people have an awesome vibe that will rub off on you. It will make you feel brilliant, help you relax more and boost your happiness higher. All of these things help your mind become more productive.

4. Set daily written plans

Having a plan for your day and following through with that plan is an amazing tool to organise your day and get your thoughts moving freely in one direction. It can seriously help your level of intent.

5. Learn to concentrate and focus on every task

Concentration and focus are the two qualities that make up your intent. If you learn to fully focus on every single thing you do, your mind will become sharper, clearer and have a higher intent than ever.

6. Know who you are and live by it

Don't do things just because other people are doing it. Walk your own path and do things your way. Every person is unique and has a different perspective on things, and that diversity is what makes life so beautiful and full of rich experiences. If you do things your way and walk your road, you'll become more genuine and authentic as a person. You'll like being yourself even more and you'll naturally find it easier to be intentful and manifest.

ADVANCED

For Advanced People Only: The Most Important Variables To Build Intent And Access The Immense Power Of Your Thoughts For Manifesting Is Early Rising

This section is for advanced people only who have a good understanding of manifestation

and want to understand more of the technicalities in building the power of intent. If there was only 1 thing that you could use to help to build your intent more starting from today, it would be early rising and starting the day with a clear plan - which means rising early in the morning and having goals for the day which you get up and do from the morning onwards.

This process is exactly how people end up becoming self-made multi-millionaires or even billionaires.

Early rising itself has an enormous impact on your intent and thought power because when you sleep, your powerful subconscious mind - which is the superconscious powerful part of your mind - takes over. When you wake up, you go from the superconscious mind back into a conscious state and your thought power potential passes over into that.

The more efficient you are at that process of sleeping and rising from sleep, the more superconscious thought power energy is being released with every early rise. In other words, you get a stronger intent, more thought power and more manifestation results all around. This is one of the great keys to manifesting and only those who are ready for it and have discovered the knowledge of manifesting before will understand it.

You'll find that all highly successful people and manifesters from any walk of life, are all able to rise early and have made a solid habit of it. This is certainly no accident because the benefits are immense.

SECRET 2: INTENT MAKES ALL OTHER MANIFESTATION LAWS WORK IN YOUR FAVOR



So we know that intent allows you to access more of your thought power, and when that happens, you get massive manifestation results. In other words, things like more money, better relationships, attracting opportunities, career promotions, finding a job, more luck and so on.

But the other reason why intent is so immense is because it helps you to activate all the other manifestation laws out there (such as the law of attraction, or law of detachment).

To go more deeply, let's take the "law of attraction" for instance. *There is nothing actually you need to do to activate the benefits of the law of attraction in your life if your intent is strong and getting stronger. When your intent is building, you'll automatically do the things that compliment the law of attraction by itself.*

This is such a crucial point that it's very easy to underestimate, and if you're a beginner to manifestation the significance of this point probably won't be understood at all.

If you build the power of your intent, it means you'll compliment every aspect of the law of attraction without having to do anything else. It means more positive thoughts, more right thoughts, more right feelings and so on. So, if you want to apply the law of attraction fully, the important thing you need to concentrate on is building your intent, and everything else will fall into place automatically for you.

Put another way, you don't have to do 100 different things and juggle them all at the same time to manifest. All you need to do is work on building your intent and everything else will fall into place for you. It's amazing and truly works!

This is the nature of the beast so to speak and you can seriously reap the rewards!

SECRET 3: THOUGHT POWER CAN BE FELT IN YOUR BODY. THIS FEELING CAN BE USED TO MEASURE YOUR PROGRESS



So, you wanna know if you're manifesting the right way - so how do you do that?

When you're using the powers of your thought the right way, you'll get an immense feeling of joy, satisfaction and fulfilment. People who are manifesting like crazy will talk about the joy and how they're in "the zone" all the time. This is nothing more than them being in a spirit of full manifestation, where the flow of thought power energy through their system is in full swing.

You can even feel the flow of energy around the mid section of your upper chest. You'll also feel tighter and more robust here, as the flow of energy moves more freely.

One way to check this right away is to do a special form of concentration exercise. As your concentration begins to improve, your intent will get much stronger automatically.

Exercise

Here's the exercise. Take a pen and look at its tip. Now concentrate your full attention on it. If you find your mind wandering slightly, bring your attention back to the tip and keep it there. You'll find that your attention and concentration will wander very slightly around the tip of the pen, so being vigilant here and noticing it moving will help you do the exercise correctly.

If you're doing it right, you should feel your midsection in your upper chest or the area around your eyes getting tighter. This is thought energy that creates manifestation moving through your system and binding together.

SECRET 4: BUILDING YOUR INTENT CHANGES YOUR BELIEFS AND DISSOLVES LIMITING BELIEFS VERY EASILY



One of the reasons that people don't manifest their goals as much as they'd like is because of certain beliefs that they might hold. These beliefs can come from many different sources, like your childhood, the people around you, newspapers, movies, the internet and so on.

There's many tools out there to change limiting beliefs though and here's some of the most popular ones:

1. hypnosis
2. subliminals
3. affirmations
4. emotional freedom technique
5. release techniques
6. cognitive behavior therapy

7. self image exercises
8. re-writing your story
9. changing your social circle
10. getting a mentor
11. moving to a new city or country
12. travelling and experiencing different cultures

All of these work to some extent to change your beliefs, and if you're a beginner to manifesting and want to know how to change them, then the things above are a great place to start.

The secret though is if you've used all these tools and still feel you have limiting beliefs or things aren't going as planned, the reason is because of your thought power and intent.

Remember how we said that intent is a glue that keeps everything together? If you've got weaker intent, it's because you're not getting deep into the subconscious mind to make long term and permanent changes. Intent acts like a knife which cuts deep into your subconscious and helps to change it more permanently.

To restate again - *without this strong intent, any other tool you use isn't as effective.*

So, the important thing here is that you need to be taking the steps to build your intent and concentration at the same time as using any tool like above, *so you can get long term and more permanent changes.* In other words, you need to be building your thought power at the same time or what you'll find is that you can go around in circles - like always getting close to getting what you want, but then finding some other issue to work on over and over.

SECRET 5: YOUR THOUGHTS ON THEIR OWN CAN CHANGE YOUR BELIEFS. YOU DONT NEED TO USE ANY FANCY "TOOLS"



As we just mentioned in the previous point, there are so many amazing ways to change your thinking about and all of these can play an awesomely powerful role in your manifesting arsenal.

But on a deeper level though, you also already "have" all the tools you need inside you to achieve the life you want. You actually DON'T need to use all these fancy tools like hypnosis, subliminals, EFT or anything else to change your beliefs and your life.

Though yes, these tools are definitely useful and they can be used with massive effect to give you real benefits, they aren't the be-all and end-all to changing your subconscious mind for manifestation.

Your thoughts are the power and building blocks to the life you want. So that is the basis and first thing you need to work on to manifest more.

The fact is, you are a spiritual being that can achieve amazing things with your life. You have a mind and as long as you have that, you have the power to create the life you want - you just need to access and figure out how to do it (which this material will help you do).

Knowledge and understanding what it takes is the key. If something in your life isn't going as planned, *its only due to a lack of knowledge and nothing else.*

SECRET 6: YOU CAN MAKE INSTANT MANIFESTATIONS WHEN YOUR INTENT AND THOUGHT POWER IS STRONG



Imagine you could think a thought and have it come true right in front of your eyes! Woah! Wouldn't that be awesome?!

The strange but fascinating truth though is that thousands of super successful people from all over the world are able to make INSTANT manifestations all the time, and they don't even realise it or have to do anything fancy to get it. The reason that happens is because it's so normal and natural for them that they're *totally unaware of the amazing reality that's being created around them.* (in fancy talk, it's called *unconscious competence*)

Just think of a high flying corporate executive or a powerful business leader for a moment. These types of people ooze magnetism and charisma and can make things happen in an instant. So, instant manifestation isn't a fantasy - it's a reality that many people are enjoying on a daily basis, and you too can achieve it with a bit of work.

To state the most important point in this whole guide again (in case you missed it) is that if you want to manifest the things you want regularly and strongly, all you need to do is work your intent and everything else - meaning all the other manifestation laws and principles - will fall into place for you. It's as simple and as magical as that.

Here's a few points to really home in on this:

1. Intent helps you harness the subconscious mind and bring more of its creative power out. There is no limit to what you can achieve, and the only limits are those that you've set in your own mind, through your own thinking and beliefs
2. When intent is strong, you'll enjoy the process of manifesting, and good things will start happening all the time, which makes you enjoy the process even more. Essentially, you're creating a never ending cycle of positivity that propels you upwards. It's a self-reinforcing pattern.
3. Intent is built through changes in your lifestyle, and it can improve every single day. The more you do that, the more results you get.

CONCLUSION

We hope you've learned more about the power of your thoughts and how it can seriously help you manifest more of the things you want.

The next step is to get the [Laws Of Mind® system](#), which is a comprehensive manifestation system which explains how to access all the power of your mind for manifesting. This information is much deeper and powerful than simple manifesting laws like the law of attraction. It will teach you all the secrets, exercises and tools to finally rid yourself of limiting beliefs and genuinely propel yourself to a much better life, permanently.

[See more information here](#)

To Your Success!

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