



# DISCOVERING THE HIDDEN WELLS OF WEALTH IN YOUR LIFE



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You've probably read other books, listened to cassettes or CDs, taken courses, and learned about other get-rich schemes in real estate, stocks, or business. But what actually happened? Not much for most individuals! They receive a brief burst of energy before returning to normalcy. Finally, there is a solution. It's straightforward, it's the law, and you're not going to get around it. It all boils down to this: if your subconscious "money blueprint" is not "configured" for success, nothing you study, know, or do will make a difference.

In the pages of this book, it shall be explained why some individuals are meant to be wealthy while others are doomed to struggle. You will grasp the underlying causes of financial success, mediocrity, or failure and will be able to start altering your financial destiny for the better. You will grasp how our financial blueprint is shaped by our formative influences and how these effects can lead to self-defeating ideas and practices. You will encounter strong assertions that will assist you in replacing your non-supportive methods of thinking with mental "wealth files," allowing you to think—and succeed—like wealthy individuals.

But have one thing at the back of your mind. That you can have the greatest "tools" in the world, but if you've got a tiny leak in your "toolbox" (I'm referring to your head right now), you've got a problem. Also, have it in mind that when you combine the inner game (the toolbox) with the outer game (the tools), virtually everybody's results will go through the roof! So that's what you're going to learn in this book: how to master the inner game of money to win the game of money—how to think rich to get rich!

Each of us already has a distinct money and success blueprint in our subconscious mind. It is this blueprint, more than anything else, that will define your financial situation. What exactly is a money blueprint? Consider a blueprint for a house, which is a predetermined layout or design for that specific home. Similarly, your money blueprint is essentially your pre-programmed program or way of being in connection to money.

Your financial blueprint is a compilation of your financial ideas, attitudes, and behaviors. So, how did your financial blueprint come to be? The solution is straightforward. Your financial blueprint is mostly made up of information or "programming" you got in the past, particularly as a child. Who were the key sources of this conditioning or programming? For most individuals, the list includes, to mention a few, parents, relatives, friends, authority figures, educators, religious leaders, media, and your culture.

Let's take culture. Isn't it true that certain cultures have one way of thinking about and dealing with money while others have another? Do you believe a child's views regarding money emerge from the womb, or do you feel the youngster is taught how to cope with money? That's correct. Every child is taught how to think about money and how to act in regard to it. The same is true for you, me, and everyone else. You were taught how to think and act about money.

These teachings form your conditioning, which develops into automatic reactions that you will use for the rest of your life. Unless, of course, you intervene and update your mind's financial data. This is exactly what we will accomplish in this book. The update will show you the untapped opportunities and wells of wealth that are in your life. With this, you'll be able to find, discover and claim money that's rightfully yours. This could be inheritances that you've

been destined for, unclaimed checks in your name, or even profitable abundance opportunities that were out of 'sight' for you.

### THE FILTER THAT CAN HARM OR HURT YOU.

Based on our degree of awareness, Sigmund Freud recognized three main portions of the mind: the "conscious" mind, the "preconscious" mind, and the "subconscious" mind. Freud proposed that the "subconscious" mind has its own will and purpose that cannot be known by the conscious mind. It also serves as a storage site for socially unacceptable ideas, traumatic memories, desires, and painful emotions suppressed by the conscious mind through the psychological repression mechanism.

We already said that ideas lead to feelings, feelings lead to actions, and actions lead to outcomes. So, here's an intriguing query: Where do your ideas originate from? Why do you think differently than everyone else? Your ideas come from the "information files" you save in your mind's storage sites. So, where does this data originate from? It stems from your previous programming. That's exactly; your prior learning influences every notion that enters your head. That is why it is also known as the conditioned mind.

Did you ever hear utterances like *money is the root of all evil, focus on saving your funds for a rainy day, rich people are selfish, rich people are bad people, filthy rich, you have to work hard to make money, money doesn't grow on trees, you can't be rich and spiritual, money doesn't buy happiness, money talks, the rich get richer, and the poor get poorer, that's not for people like us, not everyone can be rich, there's never enough, and the popular one, we can't afford that?*

Here's the catch. All of the money statements you heard as a child remains in your subconscious mind as part of the blueprint that governs your financial life. Again, your thinking is determined by your subconscious training. Your decisions are determined by your thinking, and your actions are determined by your decisions, which ultimately influence your results. This kind of filter will harm you and drag you down until you change it.

There was James, who was doing well with his company after a sluggish start but never appeared to earn money with stocks. When he became conscious of his money blueprint, he remembered how, when he was young, his father would sit down at the breakfast table with the newspaper, check the stock pages, bang his fist on the table, and yell, "Those freakin' stocks!" He then spent the next half hour raving about how dumb the entire system is and how you have a greater chance of making money in Las Vegas playing casino games.

Can you see how it's no surprise that he couldn't earn money in the stock market? He was literally engineered to fail, to choose the wrong stock at the wrong price and at the wrong moment. Why? To prove his money blueprint that said, "Stocks suck!" The stocks he picked began to grow almost immediately after he reconditioned himself, and he has had incredible success in the stock market ever since. It appears unusual at first, but if you grasp how the money pattern works, it makes perfect sense.

There are four fundamental parts of transformation, each of which is critical in reprogramming your financial blueprint. They are simple yet immensely effective. The first component of transformation is **awareness**. You can't alter something before you know it exists. **Understanding** is the second component of transformation. Understanding where your "style of thinking"

comes from allows you to see that it must be external to you. **Disassociation** is the third factor of transformation. Once you recognize this isn't your way of thinking, you can detach yourself from it and decide whether to keep it or let it go in the present based on who you are at present and where you want to be tomorrow.

You may notice this method of thinking and recognize it for what it is: a "file" of information that was saved in your memory a long time ago and may no longer be true or valuable to you. **Reconditioning** is the fourth component of change. Section Two of this book will begin this process by introducing you to the mental files that build wealth.

### TRAINING THE MENTAL FILTER.

With mental filtering, you selectively allow information that supports your existing beliefs about yourself, others, or the world. So, if you feel you are a failure, you only process information that points to your failure; if you believe your boss is a jerk, you only perceive evidence to support that perspective; and if you believe the world is hazardous, you only notice alarming and dangerous news about the world. This filtering process might lead to an extremely skewed and unfavorable perception of yourself and your surroundings.

Mental filtering is quite similar to rejecting the positive. Assume you feel you are unlikable and undesirable in social situations. Your mental filter only allows you to notice information that reinforces your poor self-image. If any good information does pass past your filter, you swiftly dismiss or invalidate it and discard it.

An effective way to train your mental filter is by using CBT (cognitive behavioral therapy). For example, take the case of a

scientist. When presented with a world hypothesis, a scientist will question, "What evidence supports that view?" When confronted with experimental data, a scientist wonders, "Is that a legitimate conclusion from the facts?" and "Could these results be explained in any other manner by another theory?" A scientist would want to know how to find out more; how to acquire additional data to discover which hypothesis matches the facts best, which would lead to another experiment to better grasp the validity of rival ideas.

Using CBT is similar to being your own personal scientist, attempting to determine if your conclusions (your theories) about yourself, the world, or other people based on your own experiences (your facts) are legitimate or correct or whether an alternate conclusion would be more accurate. And, like a scientist, you may need to run more tests to evaluate two or more ideas and determine which one best matches the data.

Experimentation may help you test a wide range of concepts, from an instinctive notion that 'pops into your brain' to a fundamental conviction that you have held for a long time. Some hypotheses are difficult to abandon, and you may need to repeat tests to obtain enough evidence to lower your belief in an old hypothesis and increase your conviction in a new one.

The goal of training your mental filter is to help you improve your ability to choose what you focus on rather than allowing your attention to wander. Everyone can focus their attention and concentrate on a task while filtering out distracting influences. Some people adapt to this more than others, maybe due to practice. Consider a bustling, open-plan workplace with many workers doing various jobs and chatting on the phone. Despite the fact that there is a lot of background noise and bustle, the personnel learns to focus on their work and filter out distractions.

Consider yourself in a difficult driving situation; you are likely to focus on the work at hand and fail to hear songs on the radio as much. You, too, may improve your ability to focus more on work and the surroundings and less on yourself, your thoughts, and your feelings. If you have an emotional problem, you are probably spending more time than you realize dwelling on negative thoughts and sensations.

Training your mental filter may follow this process:

1. For a few minutes, concentrate on your internal sensations and thoughts (you may time yourself if you wish). Take note of any unpleasant bodily feelings, bad thoughts, or pictures.
2. Now, disrupt those thoughts by focusing on your surroundings and other people. Keep your eyes on the outside world for a few minutes (time yourself if you like) and make mental notes on what you observe.
3. Now shift your focus back and forth between your internal and exterior worlds.
4. Try focusing your attention on the exterior environment for extended periods of time, drawing it away from your interior thoughts and sensations if it wanders.
5. Once you've become used to focusing your attention on what you want to focus on, do it in situations that you normally find dangerous.
6. Work your way through your dangerous circumstances, beginning with the easiest and progressing to the most difficult.

If you find this exercise tough to master at first, don't give up or grow discouraged. It requires time and effort. Also, know that this

filter controls the bulk of your actions and that you have full control over it.

## ACTIVATING THE FILTER.

We could live from who we are today rather than who we were yesterday because we have achieved consciousness and awareness. In this way, we may respond to situations effectively, accessing the full range and potential of our abilities and talents rather than wrongly reacting to events motivated by our fears and insecurities from the past.

While you become cognizant, you may recognize your programming for what it is: a recording of information you received and believed when you were too young to know any difference. You may understand that this conditioning is who you are trained to be rather than who you are. You can see that you are the "recorder" rather than the "recording." You are not the "content" of the glass but rather the vessel itself.

Yes, genetics and spiritual components may have a part, but most of what forms who you are, comes from other people's views and information. As I previously stated, beliefs are not always true or incorrect, right or wrong, but regardless of their truth, beliefs are views that are passed down from generation to generation to you. Knowing this, you can deliberately choose to change any belief or way of being that is not supportive of your wealth with one that is.

Using the cognitive behavioral therapy principle to reframe your thought, unlearn what you've learned, and differentiate between the beliefs imposed on you and the belief you truly believe is right would go a long way toward helping you activate your mental filters.

In a nutshell, the cognitive behavioral therapy principle model asserts that all psychological problems share flawed thinking (which affects a person's mood and behavior). When people learn to examine their thoughts in a more realistic and adaptable manner, their emotional state and behavior improve.

For example, if you were feeling down and had some checks bounce, you could have had instinctive thinking, a notion that just appeared to spring into your head: "I can't do anything correctly." This notion may subsequently result in a specific reaction: you may feel sad (emotion) and withdraw to bed (behavior). If you then analyzed the validity of this basic principle, you may find that you had overgeneralized and that you, indeed, do a lot of things well.

Analyzing your experience through this new lens (CBT) is likely to make you feel better and lead to more functional conduct. On a professional level, Cognitive therapists operate at a deeper level of cognition: patients' underlying ideas about themselves, their surroundings, and other people to achieve long-term improvements in their mood and behavior. Modifying their underlying dysfunctional beliefs results in greater long-lasting transformation. For example, if you consistently undervalue your talents, you may have an underlying belief in your inadequacy.

Modifying this basic idea (i.e., viewing oneself realistically as having both strengths and shortcomings) might change your impression of specific events you face on a regular basis. You will experience fewer thoughts with the subject, "I can't do anything well." Instead, when you make mistakes, you may believe to yourself, "I'm not excellent at this (particular activity)."