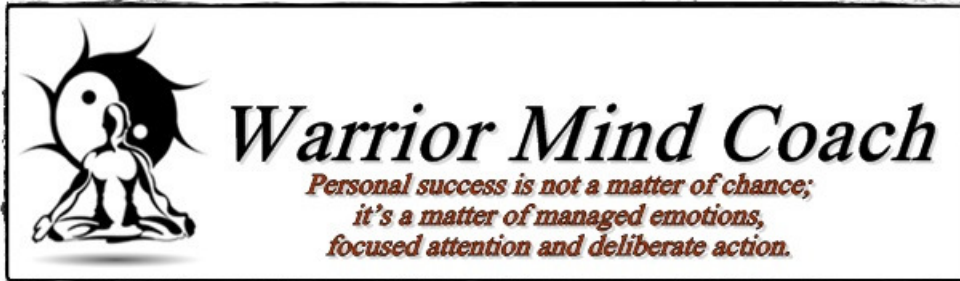


## Secrets For Creating Mental Strength Mini e-Course

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## Secrets For Creating Mental Strength: Part I

### Change Your Thoughts...Change Your Life!

Congratulations, in taking this first step in creating powerful thoughts that then become your powerful life!

Before we get going a few pointers that will assist you in your transition to become the powerful person you truly are.

1. Print this out
2. Put all the pages in a binder for future reference
3. Chunk down the information in workable segments then read the information often – suggested once a month
4. Do the assignments
5. Journal your experiences and results

### About Warrior Mind Power System™

*Developing an understanding*

The Warrior Mind Power System is based on the TFAR model below:

Before moving on though, it is important to establish a definition of a “warrior”, so in this system and other tools we will have a common reference point.

### **Warrior: One Who Conquers Oneself**

Notice that a warrior is not about conquering others or engaging in battle, it’s all about the individual. Once an individual can conquer, control and command their own thoughts, then they are a warrior.

*Einstein once said: "We can't solve problems by using the same kind of thinking we used when we created them."*

The main premise of the Warrior Mind Power System is that a person's beliefs create their reality. These beliefs create thoughts, which in turn, evoke emotions. It is the emotions that create the need for action or the opposite...the fear in not taking action. The action (or lack of) produces the results...your reality. Reality is the result (the effect) of a set of beliefs (the cause) which started their manifestation as thoughts. The TFAR model suggests that Thoughts leads to Feelings, which in turn, leads to Action that creates Results. In basic terms, this is the Law of Cause and Effect.

**T: Thoughts** – You have thousands of them in a day. In our sojourn together it will be more productive to understand that there are no “good” or “bad” thoughts, only thoughts that are empowering or disempowering. Depending on your goals and desired outcomes, your thoughts will either be supportive or non-supportive. The investigation of these thoughts is at the heart of Warrior Mind Power System.

**F: Feelings** – Once you are conscious of your thoughts and their qualities you'll then be able to access the unique feelings and sensations associated with them. These “gut feelings” are many times mislabeled, misidentified or simply dismissed. Once awareness is developed about your feelings, the connection with Action is easily related.

**A: Action** – A persons actions (or lack of) are fueled by their Feelings. You can be inspired to take action, afraid to take action or indifferent in taking action. But notice how there is a specific Feelings associated with each action. It is the Action that will create your results.

**R: Results** – This is where it all comes together...this is the reality YOU created. Funny thing about reality...to untrained observer it appears that reality creates the feelings and then the thoughts follow. Warrior Mind Power System will assist you in taking control of your thoughts...then your desired results will automatically follow.

Thoughts and feelings are invisible, part of your “inner-world.” Your results are visible, part of your “outer-world.” Your action is the bridge between the two worlds.

$$(T+F)+\underline{A}=R$$

It can often be tricky getting to a belief directly. But through **curious and direct questioning** about your results, you can start investigating the thoughts around those results. This investigation of the thoughts will gently unfold the beliefs that support them, thus allowing you to determine if this belief is supportive or not.

In some situations we may also reverse the formula. If you know what results you want, we can then determine the actions to get you there. After identifying the actions, you'll investigate the feelings behind the actions and uncover the thoughts around those feelings. Then, once the thoughts are exposed and examined the core belief will be revealed. You'll then be able to if this belief is supportive or non-supportive in achieving your desired outcome.

If you decide to take your training deeper I would recommend taking a look at the Warrior Mind Power Self Study course or the Warrior Mind Power Teleclass. If you're really, really, really ready to completely change your life I would strongly encourage you to investigate the Warrior Mind Power Intensive.

I'd like to thank John Kehoe, Jon Benson and [T. Harv Eker](#) with their assistance in the development of the Warrior Mind Power System. I've personally used this system for years and have achieved astonishing results. The Warrior Mind Power System is a practical course which will help you to achieve ANY goal you choose. In reading this information you may end up asking yourself, "Where else can I use this information?" I'll tell you...everywhere!

**WARNING:** *If you approach this system and process with the same mindset and motivation that you used with other programs you will get the exact same results. If however, you're open to a new way of thinking and take action on this information, everything in your life will improve and improve dramatically!*

### **So...You're Looking to Change Your Life, Right?**

If you want to make changes in your life, you must look to the cause, and the cause is the way you are using the conscious mind - the way you are thinking. You cannot think both negative and positive thoughts at the same time. One or the other must dominate. The mind is a creature of habit, so it becomes your responsibility to make sure that positive emotions and thoughts constitute the dominating influence in your mind.

In order to change external conditions, you must first change the internal. Most people try to change external conditions by working directly on those conditions. This always proves futile, or at best temporary, unless it is accompanied by a change of thoughts and beliefs.

Awakening to this truth, the way to a better, more successful life becomes crystal clear. Train your conscious mind to think thoughts of success, happiness, health, prosperity, and to weed out fear and worry. Keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based upon what you want to see happen in your life.

Water takes the shape of whatever container holds it, whether it is in a glass, a vase or a river bank. Likewise, your subconscious will create and manifest according to the images you habitually project upon it through your daily thinking. This is how your destiny is created. Your life is in your hands, to make of it what you choose from.

## Your Core Authentic Self

Any child recognizes their power to create. Most even realize the power to mold their own destinies. Children know when they've done something "wrong", even when they're doing it in most cases. They also know the "destiny" that awaits them in the form of dad coming home from work! Perhaps they do not know the particulars, but they get the basic idea.

Somewhere along the way, someone or something talked most of us out of the idea that we have anything to do with our destiny, let alone that we can manifest our moments, literally creating our destiny by existing fully within the moments we are given and making the most out of them.

To some, this sounds as if one is trying to "play God"...but this is not true. Instead, I believe that we are called by existence itself to manage our lives and our destiny through the application of powerful, truthful thinking that inspires consistent, Core-motivated action.

That was a long sentence, but an important one. Let's break it down.

Warrior Mind Power is founded on several principles including a person's core ethics. This applies to your body, mind, relationships...you name it.

Core ethics is a combination of **three crucial and universal truths**:

1. Truth
2. Responsibility
3. Abundance

More specifically, truthful thinking, ruthless responsibility, and flowing abundance. These are the key distinctions within my key distinctions!

All three of these distinctions are covered heavily in the Warrior Mind Power Self study course, but for today I'd like to give you some broad-stroke truths to apply in the art of manifesting your moments.

First, by thinking truthfully (as opposed to "positively" or "irrationally"), one can see that words become our world. James Allen took a passage from the Bible to clarify this in his book, "As A Man Thinketh." What we think produces a conversation with our self -- the most important of all conversations, as it's by far the longest. This produces the words we say to ourselves and to others. These words are either based in truth or based in fiction.

Saying, "I'm going to die if I don't get some ice cream" is, of course, utter fiction. Yet most people use this type of language all the time. The opposite is the "positive thinking" camp -- the ones who look in the mirror and say, "I'm fit, and I'm beautiful!" when they're not...and they're not!

The alternative, and the way to begin manifesting your destiny in the moment, rather than in some far away, mystical "someday", is to say this:

"I am in the process of learning what I need to know in order to become more fit, healthy and attractive every day of my life."

This is not a false statement if you are so much as reading this!

Remember this scientific fact: any form of energy that is non-truth creates dissonance, and dissonance remodels cellular structure. That sounds kinda complex, but all I'm saying is this:

You lie, you die....Really.

Photographs of water prove this point. Saying things that are not true to the speaker changes the structure of water molecules. Speaking words of hate do the same. You are programmed to live in harmony with yourself, and the language we use on a daily basis is often the opposite of harmony. It is the creation of dissonance. And we wonder why we have all this mental and physical disease in our world!

Your very cells scream out, "Take responsibility!" Speak in truth, both out loud and to yourself, and watch what happens.

This level of accountability to yourself will produce flowing abundance, or wealth in every area of your life that flows outward rather than remains bottled up inside of you. "Canning abundance" as I call it is a sure-fire way to total overwhelm in life. You must share it -- and by doing so, you reap more.

Become a manifestor of moments; moments that add up to the time of your life.

You can start today by joining up with an entire team dedicated to three things in your life: your health, your wealth, and your total abundance.

Make the moments, and make them count!

To Your Inner Strength!

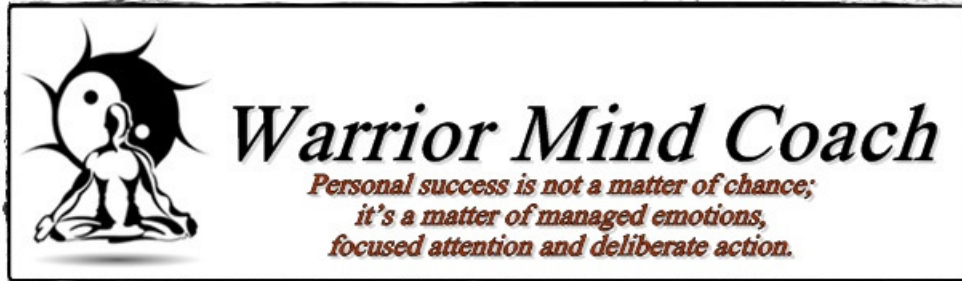


Gregg Swanson; CPT, CMSC, CLSC, CLFC  
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## Secrets For Creating Mental Strength - Part II

### What Is It That Makes a Person a Winner?

"It's all in the mind," says Arnold Schwarzenegger, Ex-Governor of California and multimillionaire, successful real estate tycoon, movie star, body-builder and five-time winner of the Mr. Universe title, Arnold has it made. But it wasn't always so. Arnold can remember when he had nothing except a belief that his mind was the key to where he wanted to go.

OK...for the sake of this e-course let's not dwell on Arnold's indiscretions, but instead look at what it took to get the success he has experienced.

"When I was very young, I visualized myself being and having what it was I wanted. Mentally I never had any doubts about it. The mind is really so incredible. Before I won my first Mr. Universe, I walked around the tournament like I owned it. The title was already mine. I had won it so many times in my mind that there was no doubt I would win it. Then, when I moved on to the movies, the same thing. I visualized myself being a successful actor and earning big money. I could feel and taste success. I just knew it would all happen."

The technique Arnold is talking about, the technique that brought him so much success is called visualization. **Visualization is using your imagination to see yourself in a situation that hasn't yet happened, picturing yourself having or doing the thing you want, or successfully achieving the results you desire.**

Let's say you want to be more confident. Using visualization you picture yourself working, talking to people, all with great confidence. You imagine yourself in situations that normally give you difficulty and you see yourself in these situations as confident, at ease, and performing well. You might picture your friends and associates complimenting you on your newfound confidence. You feel the pride and satisfaction of being a confident person and in your mind you enjoy the things that happen to you as a result of your confidence. You visualize everything that would or could happen to you and live as if it really is happening to you.

**Any thought put into your mind and nourished regularly will produce results in your life.**

What is it that you want in your life? Better health? Then get health consciousness. Greater prosperity? Get prosperity consciousness. More spirituality? Get spirituality consciousness. Everything exists as a possibility. All that's required is for you to feed in the necessary energy until your objective becomes your own.

How reassuring it is to think that no matter what a person's past or present situation, no matter how many times he or she has previously failed, if that person would but regularly feed his or her consciousness, his or her situation would change! This remarkable ability has been given to each and every one of us to use or to ignore. It costs no money. It takes no special talent. It takes only the decision on your part to take the time and put forth the necessary effort to develop the appropriate consciousness. That's all! Everything else will automatically fall into place.

### **The Subconscious**

In order to understand how the conscious and subconscious minds work together as a team to create your reality, let me again use an analogy. Your subconscious mind is like fertile soil that accepts any seed you plant within it. **Your habitual thoughts and beliefs are the seeds which are being constantly sown within, and they produce in your life** what is planted just as surely as corn kernels produce corn. You will reap what you sow. **This is Law.**

The conscious mind is the gardener. It is our responsibility to be aware of and choose wisely what reaches the inner garden. But unfortunately for most of us our role as gardener has never been explained to us. And in misunderstanding our role, we have allowed seeds of all types, both good and bad, to enter our inner garden.

The subconscious will not discriminate. It will manifest failure, ill health and misfortune just as easily as success and abundance. It works to reproduce in our life according to the seeds we have nurtured within. Your subconscious accepts what is impressed upon it with feeling and emotion whether these thoughts are positive or negative. It does not evaluate things like your conscious mind does, and it does not argue with you.

### **Synchronicity**

Once you grasp the fact that your subconscious will bring to you whatever you need, and you begin working, daily projecting the thoughts and images of what you want, seemingly chance and fortuitous events will begin to happen to you. **Your powerful inner collaborator, working with your instructions, will bring to you the people and circumstances you require to meet your goals.** "A thousand unseen hands," as Joseph Campbell describes them, will come to your aid. Synchronicity appears to the uninitiated to be coincidence or luck, but it is neither. It is simply the operation of natural laws which you have set in motion with your thoughts.

Let me explain how it works. Modern physics now sees the universe as a vast, inseparable web of dynamic activity. Not only is the universe alive and constantly changing, but everything in the universe affects everything else. At its most primary level, the universe seems to be whole and undifferentiated, a fathomless sea of energy that permeates every object and every act. It is all one. In short, scientists are now confirming what mystics, seers and occultists have been telling us for thousands of years - we are not separate but part of one giant whole.

We also now know that everything in the universe is made up of energy. The chair that you're sitting on is comprised of energy. The walls of the room that you are now in, your computer, the events that happen to you are all made up of vibrations of energy. And our thoughts, too, are vibrations of energy. Our thoughts are of the same substance as the building blocks of the universe. Once we become aware of this remarkable fact, we can use it to our great advantage.

When, for example, you begin imprinting success upon your subconscious mind, it sets up a continuous vibration of energy that resonates upon the whole. The subconscious works day and night with this success vibration, attracting to you the people and circumstances necessary for your success. And remember that the subconscious will work equally hard to attract to you the circumstances necessary for your failure if that is [how you habitually think](#).

We are fortunate that the laws of physical reality and the laws of the mind are now beginning to be understood. In years past, it might have seemed incredible that we could create our reality through this process, yet now, with these new insights, we understand how it works. Our thoughts being energy, it only makes sense that our repeated images, affirmations, visualizations, deeply held beliefs, fears and desires, vibrating within the larger web of reality, would have an affect upon that reality. In fact, when you stop and really think about it, since we are all connected, how could it be otherwise?

To Your Inner Strength!

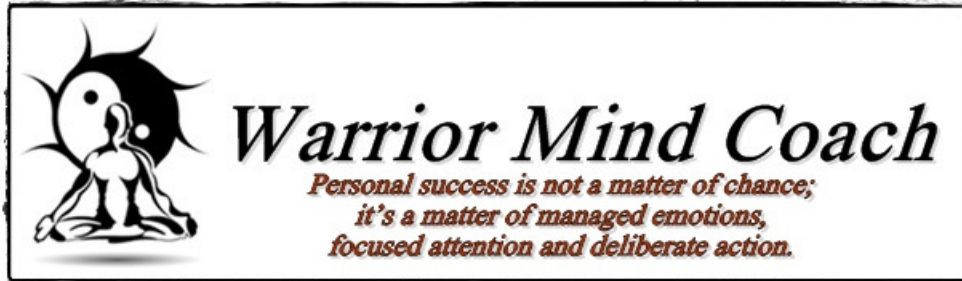


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## Secrets For Creating Mental Strength - Part III

### What You See is What You Get - Part I

How do you perceive the world around you? Is it friendly? Hostile? Filled with adventure and pleasant experiences, or is it restrictive and riddled with disappointments. Is it easy to get in shape, or does it take tons of effort? Are there lots of opportunities to get ahead financially and make a lot of money, or have most of the good ideas come and gone? Is life enjoyable, pleasant, boring, exciting, hard?

In attempting to answer the above questions, you might ask yourself the following: What does my experience tell me? Each of us will answer this question in a slightly different way, and sometimes we will contradict each other with our answers. Yet, amazingly enough, each of us will be right. Whatever you answer is right and true... for you.

Life does not consist of any absolute truths as we understand them. Life is much more fluid and dynamic than that. It is as diverse and varied as the people who experience it, and what you experience without has its root cause within. **You are a law unto yourself, and what you believe within will be both the lens through which you view the world, and the attracting force by which countless experiences will be drawn to you.**

You have more power to create and influence your life than you ever suspected. In fact, you are creating your life this very moment by your inner beliefs and the thoughts you are choosing to entertain. **Your thoughts and beliefs are not merely inner perceptions and attitudes, but are actual physical vibrations of energy as real as the floor below you and the clothes you wear.**

They are the main creative forces in formulating the life you now are experiencing, and in determining what will happen in your future. Simply stated, **your thoughts and beliefs are the single most important factor in your life**, and one over which you have total control. Yet most of us pay them minimal if any attention.

### How We See the World

Each of us naturally assumes that we see the events and circumstances of our life as they actually are, that we are objective. But this is not the case. We see the world and

ourselves in it, not as it is, but as we are, as we are conditioned to see it. We see it through the lens of whom and what we are. To know this is to know something great, for no one gets to view the world without a lens (a perspective colored by beliefs, expectations and past experiences). Our mind processes all experience through this filter, and often that experience gets misinterpreted in the process.

Discovering and seeing what is really going on in our life is actually far trickier than you might suppose. In fact it is almost impossible with the aid of a coach, for one never gets to view the world without a lens (perspective). The best we can do is exchange different lenses (viewpoints, beliefs), and decide which is more accurate, or at least which one feels right, much the same way as going for an eye exam to discover the right lens to counteract an eye deficiency.

In fact this analogy is quite apt in helping us to understand our present situation. If you find you're seeing is hampered, with objects and people seemingly out of focus and fuzzy - you don't say life is out of focus - you don't blame out there. You see what you can do to correct your vision. You try a number of different lenses - some make your vision seem better, some make it seem worse, and eventually you settle on one that feels right.

It's exactly the same with our life. **The problems and obstacles we encounter in life are caused by what is within. Your lens is both distorting and creating your reality. When you change your lens, your reality will change.**

### Here's What Happens

The events of our life, whatever they are, are always being interpreted by our mind's lens. All available data coming to us is sifted, weighed and brought to our attention or dismissed. Information or events running counter to our concepts will be ignored to a large degree, or distorted in such a fashion to fit in with what our mind sees as reality. Now let us take this even a step further and you will begin to see how powerful your beliefs are.

All physical reality is made up of vibrations of energy. The chair you sit on, the walls that surround you, your physical body, everything is made up of vibrations of energy. This is not a theory or concept; this is a fact known and understood by physicists. **Our thoughts and beliefs are also vibrations of energy consisting of the exact same substance.**

Thoughts that are repeated again and again, especially if done with feeling and emotion, will gradually take an imprint on the subconscious. Once this happens a remarkable transformation takes place. These imprinting's vibrating within us attract from the outer web of reality the people, circumstances and events that co-relate with what is within. **These crystallized beliefs channel your energy and act as a magnet.**

You must understand again that your ideas, thoughts, beliefs do not exist as phantoms or shadow images without substance. They are electromagnetic realities operating within your nervous system attracting and creating the experiences of your life.

The more we become aware of this and realize how our experiences are influenced by our inner programs, the more we can be creative with our beliefs and consciously change and experiment with the lens we wear.

Beliefs are as necessary to us as physical organs. We cannot exist without them. We need parameters to interpret what is happening in our life. One will never be without beliefs, nor should one want to be. What you do want, however, is to decide whether the beliefs you now have are serving you well.

We need to see and understand the lens through which we are viewing the world. We need to view it without criticism or judgment, and thus to know ourselves at a deep level. We need to know ourselves as our subconscious knows us. This means being courageous, but if we can do this we might discover within ourselves limiting and self-defeating beliefs that are holding us back from achieving what it is we want.

To illustrate this let's examine what happens to two individuals who have completely opposite beliefs, each living their lives with a different lens. One person sees the world filled with opportunities waiting to be discovered and acted upon. He imagines himself being successful. He believes his actions, creativity and ingenuity will reward him abundantly. He believes that he has what it takes to be tremendously successful.

These beliefs become internalized and the lens through which he sees the world. They also become his inner vibration which, acting upon the outer web of reality, is forever attracting or repelling people, circumstances and events. His lens affects his emotions, feelings, daily way of thinking, and influences his actions and decisions.

Another person believes that the odds are stacked against him. He believes that all the good opportunities to make money have been taken, and that those that haven't are too difficult to find. He believes that life is hard and filled with disappointment, and no matter what he does he is probably doomed to failure. Like with the first person, these beliefs also become internalized and the lens through which he sees the world.

They also become his inner vibration which, acting upon the outer web of reality, is forever attracting or repelling people, circumstances, and events. They affect his emotions, feelings, daily way of thinking, and influence his actions and decisions. It is not hard to imagine what possibilities exist for each individual, and what probable futures await them.

You form the fabric of your experience through your own beliefs and expectations. You take your beliefs about reality as truth, and often do not question them. They seem self-explanatory. They appear in your mind as statements of fact, far too obvious for examination. Therefore they are accepted without question. They are not recognized as

beliefs about reality, but are instead considered characteristics of reality itself. Frequently such ideas appear indisputable, so it does not occur to you to speculate about their validity. They become invisible assumptions that form and create your personal experiences.

As I mentioned earlier, and paradoxically, in the preceding example, both individuals are correct. You might expect that I would say that the more positive one was closer to reality.

Not at all!

Both realities are valid and real. Each will attract to them according to what they vibrate within. They will reap what they sow, neither is more correct than the other. There are countless realities awaiting each individual, according to his or her beliefs. **[It is simply a matter of determining the beliefs we will hold.](#)**

To Your Inner Strength!

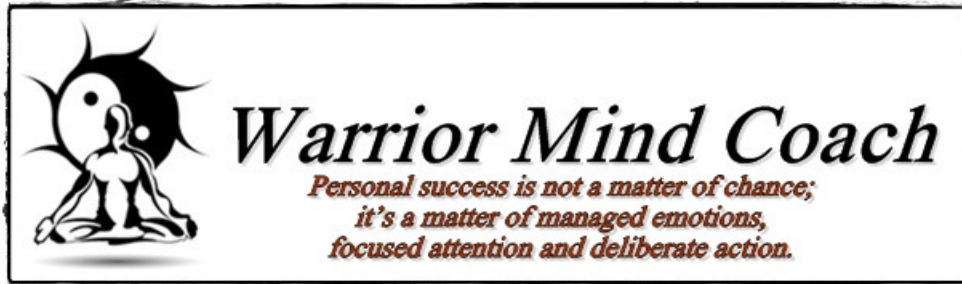


Gregg Swanson; CPT, CMSC, CLSC, CLFC  
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## Secrets For Creating Mental Strength - Part IV

### What You See is What You Get - Part II

Once we become aware of how much our daily experiences are influenced by our inner programs, the more imperative it becomes to examine our beliefs and be prepared to change those beliefs that are limiting us. To do this we need to see and understand the "lens" through which we are viewing the world.

**We need to view it without criticism or judgment**, and to know ourselves at a deep level. We need to know ourselves as our subconscious knows us. This means being courageous, but if we can do so we may discover within ourselves limiting and self-defeating beliefs that are holding us back from achieving what it is we want.

We must deal with our beliefs directly. There is no other way to lasting change. Each belief must be examined carefully. Not as to whether it's true or not, for "our" truth will always match the lens we wear and thus be validated (**what the thinker thinks, the prover proves**), but as to what effect it may be having upon our life. Many limiting beliefs have unfortunately been accepted by us, have taken root within the subconscious, and are now reflecting back to us as experience.

Remember all beliefs will seem real in terms of physical data, since your experience in the outside world is the manifestation of these beliefs. **So your approach in changing beliefs is not to ask whether they are real or not, but rather to ask if these beliefs serve you well.** Do these beliefs assist or hinder me in my goals? As an example, I would like you now to **list below ten beliefs about money and success.**

**Do not concern yourself with whether these beliefs are positive or negative,** or whether other people believe as you do. We are looking for your beliefs. Nobody else need see this list or even know about it. But to be effective it must be done with complete honesty, and from your inner truth and experience. You might want to close your eyes for a minute to prepare. When you're ready, list your beliefs before you continue reading.

Now read over the list. Imagine, one by one, these beliefs resonating within you, attracting or repelling circumstances according to their vibration. As you do this, it will be clear to you that some beliefs are working for you and some against you. Now beside those that are working against you, hindering you, place an X.

Now examine each belief with an X independently. Realize that because you believe it and experience it does not mean this belief is real in any absolute sense. It may be real for you in your life and experience, but what does that prove? Only that you are experiencing that reality and are living the truth of that belief. But is this belief and truth real for everyone? Here we can test this belief. Ask yourself these questions:

- Does every single person have this belief?
- Does it conform to every lens?
- Are there people who do not have this belief, and if so what are their experiences?

By doing this what you will find is that no belief or truth is absolute in any real sense. This being so, you can choose to free yourself of any undesirable belief and take on whatever new one you want. You literally get to choose your beliefs.

Changing beliefs can be accomplished if you're willing to keep an open mind. It will take courage and discipline, and initially what you will be doing will defy your logic and senses, but this is a small price to pay for harnessing the powers of your mind and taking charge of your destiny.

Before I go any further let me state clearly that no one can change your beliefs for you, nor can they be forced upon you from without. **You and only you can decide what it is you will choose to believe.**

The system I'm proposing to you will, however, take a certain leap of faith. It cannot be explored half-heartedly, but will demand a genuine commitment. I am not offering a philosophy but a practice, and this practice will take a daily commitment. **Are you up for the challenge?**

I hope so, because the astounding fact is that you can create whatever reality you choose by working with your thoughts and beliefs. Once you begin applying these methods this fact will become self-evident, and will be validated by the new realities you will be manifesting. A glorious life of power, abundance, health and prosperity awaits you. It all lies within.

To Your Inner Strength!

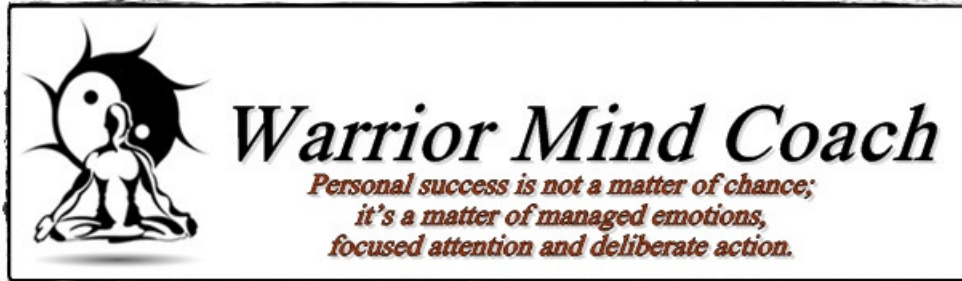


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## Secrets For Creating Mental Strength - Part V

### Importance of Eliminating Negative Thinking

Eliminating negative thinking is not simply about having a good attitude or feeling good or being positive just for the sake of being positive, although all these things have their benefits. It goes much deeper than that. The apprentice of the Warrior Mind Power System recognizes that thoughts are real forces and that how we think directly affects the things that happen to us.

Our mind is like a garden, and we are the master gardeners. Through care and diligence we can create a botanical masterpiece, or through neglect our garden can be a mass of weeds--negatives, insecurities and failures. Understanding this, it becomes our duty and responsibility to eliminate negative thinking.

### Five Techniques for Eliminating Negatives from Your Mind!

Each technique is separate and independent from the other. In fact some of these techniques will seem contradictory, but each will be highly effective in dealing with negative thinking.

- ***The First Technique: "Hack it off".***

With this technique, the instant you recognize that you are thinking a negative thought, you end it. You don't argue with it, you don't analyze it; you don't defend yourself against it. You hack it off. The moment you recognize that you're thinking a negative thought, simply cut it off and insert a totally different thought into your mind. And the key here is the instant you recognize you're thinking a negative thought. So whenever you become aware of negative thinking, act immediately, hack it off and set a totally different thought into your mind.

- ***The Second Technique: “Identify it”.***

As soon as you recognize that you are thinking a negative thought, instead of cutting it off as you did with the first technique, identify it. You say to yourself, "What is happening inside me now is that I am experiencing 'a negative thought.' "That's all it is, and you keep reminding yourself of that. You keep reminding yourself that "It's only a negative thought. It's only a negative thought."

I'm going to share an astounding truth with you that will help you immensely in ridding yourself of negatives. I'm going to write it in bold red underlined letters and I would like you to read it over at least three times before you continue on, so that it becomes imprinted into your mind. Here it is:

***Negatives Only Have Power Over You **IF** You React to Them!***

Go back and read it again. Continue to read this statement until you fully realize that it's you reacting to negatives that gives them power. The minute you start worrying in this way, the minute you start reacting to the negative, the minute you start working yourself up about it, it's got you. But when you recognize that negatives only have power over you when you react to them, then you simply choose not to react. Label it. Remind yourself that it is only a negative thought. And then move on to something else. Don't get trapped into thinking about it. Dismiss it. Once again...

***Negatives Only Have Power Over You **IF** You React to Them!***

- ***The Third Technique: “Exaggeration”***

The exaggeration technique is a great technique, but you must exaggerate it into ridiculousness. And the key word here is ridiculousness. Let's say that you're a salesperson and you're out making your sales calls and suddenly the thought comes to you, "Ah, what's the use, I'm not going to make another sale today." And then you catch yourself and you say, "Wait a second that's a negative thought." With the exaggeration technique, what you might then say is, "That's right, I'm not going to make another sale today.

In fact, I wouldn't be surprised if, when I visit this next company, as soon as I open the door people are going to be throwing pails of water on me, and then they're going to release pit bull terriers and German shepherds and I'm going to be bitten and I'm going to be wet, and then this great big mechanical boxing glove will come out and it's going to smash me in the face.

And then everybody is going to leap up on their desk and reveal this great big banner that says, 'You fool, why did you come here? You're never going to make another sale!' "And you just keep carrying on like this, exaggerating it until your mind goes, "Okay, enough, this is ridiculous." You then find yourself laughing at the thought, and once you're laughing at the thought you have robbed it of all its power.

Wouldn't it be great if when we had negative thoughts they came with warning signs reading, "It's only a negative thought, you don't have to believe it if you don't want to." But negatives don't come like that. They come disguised as apparently real problems, or quietly, slipping in when we're not paying attention. And if we're not aware of the fact that our mind is the great trickster, forever conjuring up negative thoughts, then we'll buy into every single destructive thought that occurs to us. But with these techniques we have ways of dealing with negatives. That's why they are so valuable.

- ***The Fourth Technique: Neutralize***

Whatever the negative is saying to you, you counteract it by thinking the exact opposite thought. When the negative thought comes to you, "I'm not going to make another sale today," you neutralize it with, "I'm going to make several more sales today." When the negative thought comes to you, "I'm never going to get ahead financially," you neutralize it with the exact opposite - "I'm going to be tremendously successful financially." When the thought comes to you, "I'm never going to have a meaningful relationship," you counteract it with the exact opposite - "I'm soon going to have a fabulous relationship."

You see, the mind can think only one thought at a time. It might seem to you that you're thinking many thoughts at a time, but what is actually happening is you're thinking one thought after another one thought after another one thought, and so on. At any given moment, you're only thinking one thought. So if you take out the negative and put in the exact opposite, you are taking the power away from that negative. Don't feed the beast.

This is often exactly opposite to what most people do. Most people, when they have something that they don't want to have happen to them, they think about it, they worry about it, they focus on it, eventually they manifest it.

- **The Fifth Technique: Affirmations.**

If you don't know what [affirmations](#) are, they are simply statements that you repeat to yourself, over and over and over again. In Mind Power into the 21st Century there is an entire chapter on affirmations. Affirmations are extremely effective, especially on those reoccurring negatives, the ones that have haunted you for years.

What you do is the next time that you find yourself thinking that negative, calmly inform it that, "From here on, every time that you come to me, you will be met with two minutes of affirmations stating the precise opposite of what you are saying." And keep to that promise.

So when your mind comes up with a negative such as, "I'm never going to get ahead in my life," as soon as that thought comes to you, counteract it with two minutes of affirmations stating the exact opposite: "I'm going to be tremendously successful in my life. I'm going to be tremendously successful in my life. I'm going to be tremendously successful in my life." And repeat this affirmation to yourself over and over again for the full two minutes.

And if the negative comes back, hit it again with another two minutes. If you respond with two minutes of [affirmations](#) every single time it comes to you, I will guarantee you that very quickly, often within days, that negative will cease haunting you.

These are five excellent ways of dealing with negative thinking. Use whichever ones you find beneficial, use them in combinations with one another, but most importantly, use them. Because you no longer need to be overpowered by negatives. No longer do you have to let these negatives bring you down. From this point on you possess the tools and techniques to eliminate negatives.

Congratulations! Now go out and use them.

To Your Inner Strength!



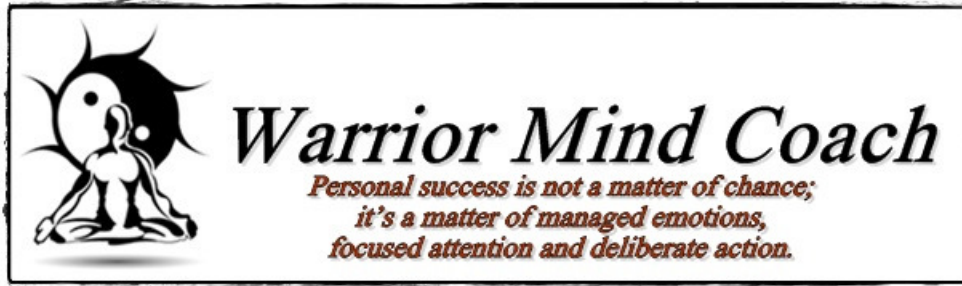
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## Secrets For Creating Mental Strength - Part VI

### Designing a Warrior Mind Power Program Part I

The first thing to be aware of before setting out to create goals using Warrior Mind Power is the importance of doing the exercises regularly, not just when the mood strikes us. As I always like to point, Warrior Mind Power is a practice not a philosophy. **To get the full benefit of this system you must take it into your life and practice it** the same way you do brushing your teeth, working out or any other daily practice. Warrior Mind Power must become a common everyday occurrence that both supports and directs you.

Most people miss this. Most people only scratch the surface of what they can truly achieve because they don't devote daily time to the practice. They do it when they feel like it.

The problem with this approach is that there are a hundred and fifty-seven excellent reasons why not to do the work:

- "I'm too tired today."
- "I'm too busy."
- "I'm not sure if I'm doing it right."
- "It won't matter if I miss a few days."
- "I'm just not into it today."

The list goes on and on, offering all the perfectly persuasive excuses we give ourselves for avoiding the task of doing the exercises.

Interesting enough, John Kehoe discovered this firsthand when he was living in the woods in British Columbia and putting together his first series of his lectures. To see the full effects, he wanted to do the exercises every day for ninety days. The key word was EVERY day. He was getting some sporadic results with the techniques, but he suspected that the really powerful results depended upon a regular practice.

But knowing something intellectually, and actually following through on it, are two totally different stages. However, after much procrastination, he set a goal to do the exercises every day for ninety days. He also decided to chart myself by putting a mark on the calendar when he did the exercises, so he could see exactly when he did or did not do them. The marks or lack of marks on the calendar would tell all.

During my first attempts with this process I also discovered the importance of consistent and persistent action. The first week filled with resolve and determination; I did the exercises every day and each day there was a mark on the calendar. The second week the same. The third week I missed one day. The fourth week a couple of days. Then a couple of months later I looked at the calendar and realized I hadn't done any exercises in over a month. How did that happen, I wondered?

So I started again on a daily program, charting myself each day. And again, after about a month, I slipped into not doing the exercises. This starting a program and not finishing it happened four or five times over close to a year period before it dawned on me, "*This is not as easy as it appears.*" Then a burning desire to actually finish one full ninety-day period of doing the Warrior Mind Power exercises every day welled up inside me. I also had new respect for the task!

I knew it would take diligence, commitment, and daily reflection, and that often I would have to do the exercises when I didn't feel like it. This was not a simple task. I had tried it many times before and wasn't able to complete it.

This time I didn't take the task lightly. It became my main focus and, charting myself, I finally finished the first ninety-day program for myself, and the results in my life were spectacular. Not only did I have the enjoyment of seeing my goals come to fruition, I learned a very valuable lesson about doing the exercises, namely it is not easy. This is a point I emphasize to my students again and again. "Don't underestimate the power of your own inertia and bad habits."

The two most common errors when using the Warrior Mind Power System are:

- 1) Coasting**
- 2) Not doing the work**

Coasting happens after you have done the exercises regularly and consistently and begun manifesting results in your life. The results are so astonishing; things are going so well, that you begin to forget to do the exercises. You begin to coast on your momentum. And coasting on your momentum works...for a while. But before long you notice that things aren't going so well, and you realize it has been weeks or even months since you've regularly done the exercises. Coasting while doing Warrior Mind Strengths is a common mistake.

The other common error is simply not doing the work. Simply reading this material every day is not doing the Warrior Mind Power System. Telling others about this system is not doing Warrior Mind Power System. Thinking about how great it would be to be proficient at doing Warrior Mind Power System is not doing Warrior Mind Power System. One thing and one thing only is doing Warrior Mind Strength, and that is actually doing the exercises every day, documenting yourself so you can put together ninety days in a row.

We call this the ninety-day club. Do you want to join the ninety-day club and completely change your life? Few people do, probably only a small percentage of all my readers. Sure you can still get results doing less, and many do, but the lasting and powerful results I speak of in my books and tapes are reserved for those who have the diligence and persistence to do the exercises daily. So the first lesson in setting up a program is "Do it daily."

To Your Inner Strength!

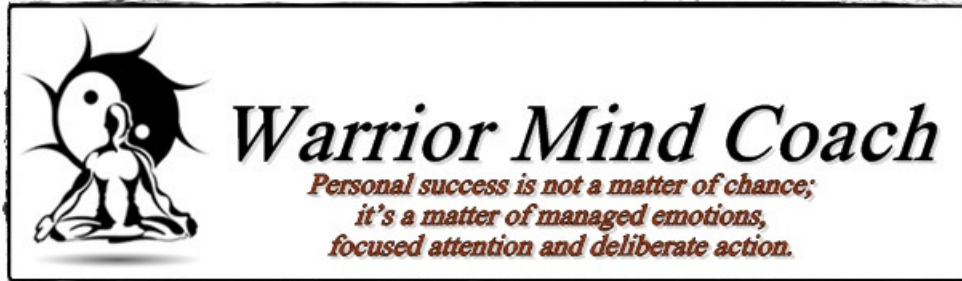


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## Secrets For Creating Mental Strength Part - VII

### Designing a Warrior Mind Power Program Part II (Choosing Appropriate Goals)

Is it appropriate to use Warrior Mind Power to make a lot of money? Absolutely! Is it appropriate to use Warrior Mind Power to heal ourselves of an illness? Definitely! Is it appropriate to use Warrior Mind Power to attract a meaningful relationship into our life? Of course! Is it appropriate to use Warrior Mind Power to enhance our personal status and well being? Yes and yes again.

Each of us has been given free will to choose our goals and create our life according to our own unique vision and desire. There are no restrictions placed on what we can do. There is a quote in the Bible, "*Whatsoever things ye pray for and ask for believing that ye have received it, ye will receive it.*"

I often quote this scripture to my Warrior Mind Power clients and to emphasize the interesting change of tense within the sentence namely, you must believe you **HAVE** received it before you **WILL** receive it. This is exactly what you do when you visualize. But another word in this sentence also bears reflection, "Whatsoever". "Whatsoever" gives us a lot of options. There seem to be very few restrictions put upon us. Yet there are times that using Warrior Mind Power is inappropriate.

It is inappropriate, for example, to harm another individual or to interfere in another's path. It is also inadvisable to choose goals that go contrary to our deepest instincts. The powers of the mind transcend our mortal understanding and there is very little we cannot manifest when we put our will and imagination to work, so choosing wisely as we create our life is a skill we need to develop.

Choosing appropriate goals means asking ourselves a few questions, '*Who am I?*', '*Where am I going?*', '*Why am I going there?*' Reflecting on these questions and answering them truthfully will reveal a lot to us. Very often in life we find ourselves charging off in different directions that on the surface we feel would benefit us but in reality only side track us from that which would truly satisfy and nourish us.

The thing about goals is that you have to have a burning desire for it. Otherwise when you hit “the dip” you’ll give up. Seth Godin explains this perfectly in his book “[The Dip](#)”

The choosing of “ineffective” goals happens more often than we realize and not just with other people. So while we may choose any goal our imagination can conceive, not all goals serve us equally. When you begin to understand the fundamentals; who you are, where are you going and why are you going there, you will find that some goals are more appropriate for you than others, according to where you find yourself on your life’s path.

So how do we know which goals to pursue? Here is where our subconscious mind comes to our assistance. We merely have to trust our instincts and follow our own call. Choose goals that excite you or and make your heart leap for joy. If the concept of "failure" did not exist, what might you want to do with your life? If money was not a factor, which paths would you travel?

Allow your imagination to run wild and break loose from the restrictions of "realistic expectations". Keeping a journal about our hopes and dreams can unlock possible paths we might have ignored. Don’t be too realistic with your life, be creative. After all, what can’t you do, if you truly desire it and align yourself with your inner power?

Choosing goals that embrace our life in a meaningful way is like swimming with the tide and current, it almost carries us with its power. Choosing goals that are inappropriate because we feel that we need to live up to someone else’s expectations only serve to side track us. Parents, peers, spouses, society’s expectations weigh us down if we let them influence our choices. Throw off the shackles.

When we choose goals that match others’ expectations, we fight the tide. We’re swimming against the current. Life fights us every step along the way. We feel exhausted in the process and are forever asking ourselves, ‘Why am I doing this?’ For example: a young woman goes to law school because her parents expect her to, rather than following her heart and taking Fine Arts. Using *Warrior Mind Strength*, she can become a successful lawyer but will she have a happy and fulfilling life?

Each human being carries within them the key to their own success and happiness. It may mirror society’s concepts or it may be radically different. No one knows you better than yourself. No one can choose your path. No one gets to walk and experience your life. You are a law and force unto yourself. Follow your instincts; they are within you for a reason. They are signposts to an exciting and fulfilling life.

Being a human being means exercising our free will according to our own vision. Give up this power to no one and choose boldly and courageously with vision and compassion and you will create a life unlike any other. A life tailor made for you.

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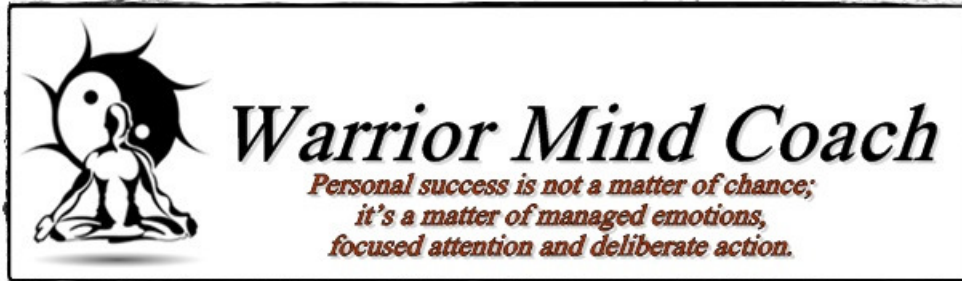
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## Secrets For Creating Mental Strength Part- VIII

### Designing a Warrior Mind Power Program Part III

In this section I will share how one chooses which techniques to use, and how I personally do my own Warrior Mind Power program. Yes, I do practice what I preach.

As I have mentioned many times with my students, consistency is the key in seeing results with Warrior Mind Strength. It is infinitely better to do twenty minutes EVERY day than an hour twice a week. Daily exercises build up tremendous energy.

Now if you were to do every Warrior Mind Power technique shared in this mini e-course and it took five minutes each you'd probably need an hour and a half a day, and that's far too much time. In our modern, busy, active lives time is precious and needs to be used wisely. That's why I suggest you limit yourself to twenty to thirty minutes a day. This is sufficient time to see dramatic results in a relatively short amount of time, and yet very doable even for the busiest person.

You have to work to see results with Warrior Mind Strength. This is not a magic wand. Warrior Mind Power is a practice not a philosophy and there are very few practices that will guarantee you results from just twenty to thirty minutes a day. So we're fortunate to have it.

I personally like to spend approximately five minutes on each exercise I give myself. So if I devote twenty minutes, that's four exercises daily; thirty minutes lets me do six exercises. I also like to assign myself a weekly program, whereby at the end of each week I review my exercises and change them as it feels appropriate.

Some exercises can be general and others specific. For example, you could have a general exercise on abundant health and a specific one to help with your sore back. Or a general one on an abundance of money and a specific one on closing an important deal with one of your customers.

Designing your own personal Warrior Mind Power program is like painting a canvas. There are a few basic rules of composition and color, but each artist paints in his or her own particular way. The paintings of Picasso and Rembrandt are radically different from

one another yet both are recognized as masters of their craft. So too you can be a master of Warrior Mind Power in your own unique way if you have the desire and commitment.

Having personally taught over a hundred thousand individuals this system and reached another million or so with my books, tapes and videos, I have copious firsthand experience with the different ways people use Warrior Mind Strength. Each person is different, and this is one of the wonderful strengths of Warrior Mind Power - it will suit your particular style and character. Some people use a diversity of techniques while others use only one or two.

I know individuals who have achieved great success using only the affirmation technique and nothing else. While using just one technique would be too restrictive and limiting for me, it worked for them and that's all that counts. I am a big believer in RESULTS!

When you get right down to it, the essence of Warrior Mind Power is to get you vibrating with the energy of the goal you wish to manifest. That's the purpose of all the techniques because what you vibrate you attract. So while it's only natural that you will have your favorite techniques, the mind likes diversity and changing exercises week by week often spurs one on. This you will experience with practice.

Let's assume you've chosen an appropriate goal and you've committed yourself to doing thirty minutes a day for a ninety-day period. This is your contract with yourself. A possible Warrior Mind Power scenario might look something like this:

### **WEEK 1**

- 5 minutes visualizing goal
- 5 minutes seeding goal
- 5 minutes affirming goal
- 10 minutes on subconscious exercises for guidance
- 5 minutes acknowledging your strengths

After the first week you might decide to change the exercises:

### **WEEK 2**

- 5 minutes visualizing goal
- 5 minutes seeding goal
- 5 minutes affirming goal
- 5 minutes contemplating the importance of success
- 5 minute on self-image
- 5 minutes acknowledging your strengths

Then again at the end of the second week:

### WEEK 3

- 5 minutes visualizing goal
- 5 minutes imprinting new beliefs
- 5 minute contemplating your personal power to create
- 10 minutes on self-image
- 5 minutes of affirmations

So while the goal remains the same, the exercises can vary week by week. Each of us is a work in progress and our life is our canvas. Every weakness can be changed into a strength, and our strengths can be used to empower ourselves into whatever we choose to become. Warrior Mind Power allows us to do this according to our own unique vision and desire.

Another bit of advice: Don't be constantly looking over your shoulder asking yourself, "Is it happening yet?" It's only natural that we want to see results, but asking yourself this question daily or even weekly is self-defeating. Imagine digging up a seed you've recently planted every couple of days to see if it's growing. It would never grow.

Allow Warrior Mind Power to work in its own time, without interfering. Results WILL happen. The Russian mystic Gurdjieff said, "Don't think of results, just do!" Wise counsel. Limit yourself to asking "Is it working?" once a month and no more. In fact, at the end of each month ask yourself two questions. First, "Have I done my exercises every day?" Secondly, "Am I seeing progress towards my goal?"

If the answer to the first one is "yes" then there is an excellent chance the answer to the second will be yes too. If, however, the answer to the first question is "no", well, you get the idea.

To Your Inner Strength!

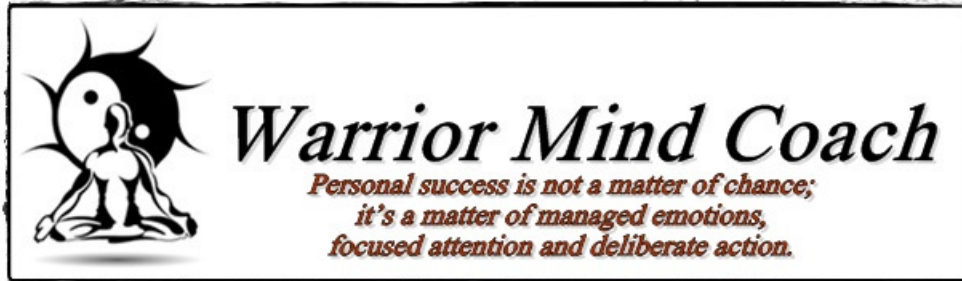


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## Secrets For Creating Mental Strength Part - IX

### Mastery of Warrior Mind Strength Part I

This seems an appropriate subject to begin a new year, a time when we are all filled with new resolve, making a batch of New Year's resolutions about what we are going to do differently, about what we intend to achieve this year.

A calendar year in many ways is illusionary and man made. Actually life just continues on without any noticeable difference. However, the fact that we mark the end of one year and begin a "new" one in our minds is a wonderful catalyst to make changes. It is a great opportunity to let go of what is unsatisfactory and not serving us, and to embrace new habits which will result in new realities for us.

Most of what happens to us depends upon a choice.

[Our choice of directions, thoughts and actions...](#)

If you choose well, and act upon those choices with will and determination, much will happen for you.

My suggestion to you this year is that you choose mastery of Warrior Mind Strength, that you elevate your understanding and practice to where a higher level of mastery is reached, and so the next few months will be dedicated to showing how every student of Warrior Mind Power can achieve this goal in the coming year.

First, let me share with you a story. It was 1972 in Munich. A relatively unknown swimmer was poised at the edge of the pool awaiting the firing of the starter gun. It was his first time in the Olympics and he had made it to the finals. The gun sounded and he dove into the pool and swam with all his strength.

Moments later he had won the gold medal and set a new world record at the same time. The next day he swam again, and again won another gold medal and, amazingly, he again won it in world record time. He swam seven races in Munich, won seven gold medals and, incredibly, established seven new world records. It was one of the greatest feats in Olympic history. The entire world suddenly knew the name of Mark Spitz.

Well, as we all know Mark Spitz record was broken by Michel Phelps, and not just broken, but shattered. The Summer Olympics 2008 probably had more Warrior Mind Power stories then ever before.

Michel Phelps winning was not luck or chance, but the end result of all the work he had put into his sport. He had the heart of a champion and the dedication of one who knows what he wants and what he has to do to achieve it. His words call for careful attention from all who wish to excel. “We all love to win,” he said, “but how many people love to train?”

This is an important question for those of you who will consider my suggestion that you develop mastery in Warrior Mind Power this year. If you do desire to develop this mastery, and to develop it this year, then you will need to train and exercise just like an athlete.

Fortunately you don’t need to put in anywhere near the time that an Olympic athlete must commit. All that is required is a 20- to 30-minute commitment daily. But I do mean daily. Mastery will never come from half-hearted attempts and fitful starts and stops. Are you still interested?

I have personally trained and coached many clients/students. Each of them has been different, with unique circumstances and goals. No two people are the same. Yet with each one of them, the method I taught and coached on was the same. What works for one, works for all. Every single one of my clients saw results.

It sounds incredible but it is true. For some the results were modest. For others the results were extraordinary. But none was unhappy with my teaching. Not everyone desired mastery of this inner science. Most were willing to settle for competency. And there is nothing wrong with competency.

To be competent at Warrior Mind Power is a wonderful achievement. Most are thrilled with what competency brings. However, there are always those dedicated few who wish to excel at this science and lift themselves from competency to mastery. What does it take? I will answer in one word, practice.

There is an old expression that states “practice makes perfect.” I’m not sure I would agree a hundred percent here. The concept of perfect is illusionary. Practice doesn’t make perfect. Practice develops mastery when combined with will and determination.

There are a number of secrets to developing mastery that cover all fields of endeavor, not just Warrior Mind Strength. It is these that I will explore here, rather than specific Warrior Mind Power techniques.

## Developing Mastery

“Don’t think of results, just do.” It was Gurdjieff, the Armenian mystic, who quoted this phrase, and a wise one it is. In Warrior Mind Strength, results always follow practice. It is the practicing of the techniques that causes the results to happen. A simple enough concept to understand, yet often forgotten. Warrior Mind Power clients often wonder, “When are my results coming?” after doing the exercises for just a week or two.

Sometimes clients are looking for results after only a day or two, and slack off from their exercises when they don’t see immediate results. It is the nature of our “I want it now” culture that demands and expects immediate results.

We get it from the fast food we eat, to sitting in front of the TV flicking the channels till we find something we like. We feel uncomfortable and unnatural waiting for something to happen. That is why Gurdjieff’s saying is so powerful today, more than fifty years after his death.

“Don’t think of results, just do.” What? Don’t think of results? But results are what I want. Yes, but it is the thinking of results, the watching and waiting and anticipating them that distracts us from the practice. “Just do,” he says. Do what? Do the exercises.

Concern yourself only with the practice. Think only of doing the exercises daily. If you can focus on the practice and the daily doing of your exercises, results always follow.

In my Teleclasses I often express this truth in a slightly different way. Those who have been my clients know that I emphasize time and time again the importance of “not constantly looking over your shoulder.” What does that mean? It means that it is counterproductive to be asking yourself daily “Has it happened yet?” “Am I getting results?”

Now Warrior Mind Power is result oriented, and you must know whether what you are doing is producing results, but you don’t need to monitor it daily, or even weekly. Once a month is more than enough to examine your results.

So each day you don’t monitor results, you monitor only whether or not you’re doing your exercises. Your only concern is “Have I done my Warrior Mind Power exercises today?” If you have, fine. If not – do them immediately. No procrastination. Set up a Warrior Mind Power program and commit to it and do it daily.

This is the first lesson of Mastery, and a very appropriate one to begin with.

To Your Inner Strength!



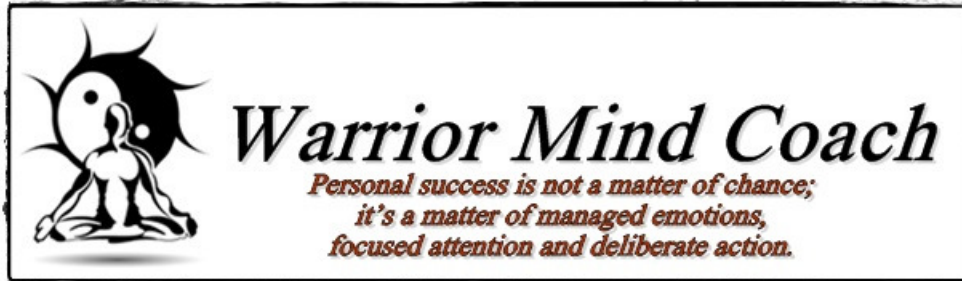
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## Secrets For Creating Mental Strength Part X

### Mastery of Warrior Mind Strength Part II

Can you see yourself as a master of Warrior Mind Strength? For some it will seem an exciting challenge. For others, an unattainable goal, far beyond their grasp. But mastery of Warrior Mind Power is more accessible than you might think. It is not reserved for those who are super talented or willing to put in long hours of practice every day. It is well within the realm of possibility for any person of average intelligence who is willing to practice twenty minutes a day. That's all. Twenty minutes.

Mastery involves getting on the path and staying on the path regardless of what is happening in one's outer life. It is a dedication to an ideal, a matter of creating within to reap the rewards without. It is learning to love the practice as much as you love the results.

Now we all love results and it is the desire to manifest results that prompts a person to first experiment with Warrior Mind Strength. But to those who embark upon the path of mastery, the practice becomes an end in itself. When one regularly practices, one feels alive with positivism and expectation. One's whole being seems magnified and charged in a way that would seem unfathomable to those who have never attained such a level.

Those who practice Warrior Mind Power for a week or two often get a taste of this feeling. But after the initial exhilaration and excitement, they often get sidetracked and let it slip. I know this because I've taught Warrior Mind Power for twenty-five years, and seen what some masters call "the quite common but inexcusable human inertia."

Mastery involves dedication to an ideal, and that ideal is not success but rather a love of the practice. You learn to love the practice through the daily repetition of exercises. The practice becomes satisfying and fulfilling in and of itself. And here I will share with you a secret that is known to all those who regularly practice any discipline.

There is something almost magical that happens within the psyche of anyone who regularly practices any discipline. The discipline itself doesn't matter; it is the regular routine and commitment to a practice, whether it be weights, running, Tai Chi, dancing or meditation that activates a source of power that uplifts and benefits the individual.

The daily routine, the commitment, the dedication, the persistence magnifies and enhances all aspects of your life. Your health, your awareness, your insights, your ideas, your ability to make decisions are all enhanced. Incredible but true, and these benefits are available to every individual.

Now let me tell you about the added benefits of regularly practicing Warrior Mind Strength. Firstly, of course, you get the benefits that I just spoke about from doing a regular practice. But with Warrior Mind Power you get the extra benefits of manifesting and creating your life in ways that you choose.

Warrior Mind Power is a practice that pays you double and triple dividends. If you were to choose only one practice in your life, let it be Warrior Mind Strength. Of course I'm prejudiced and love this practice, but I stand by what I say. This practice produces amazing results.

Do I have you convinced? Are you ready to become a Master of Warrior Mind Strength? Some might say, "I don't necessarily want to become a Master of Warrior Mind Strength; I just want to practice it regularly." Well, here's the second secret I'm going to share with you. Practice it regularly and you will become a Master. Proper instruction, coaching and regular practice is all that is required.

Watch your excuses for not practicing. I share with my students that there are 157 excellent good reasons why not to do the exercises. Too busy, too tired, not motivated, not sure if it works, not sure if I'm doing it correctly, not feeling well tonight, etc., etc., etc.

Mastery of Warrior Mind Power really means mastery of practice and mastery of practice means ignoring and moving past all the excuses and reasons we give ourselves for not doing something. That is why I challenge my students to join the ninety-day club. Ninety days of doing the exercises every day.

Ninety days of dedication to mastery. Ninety days of no excuses. I should rephrase that last sentence. There will always be excuses and reasons, and many of them quite logical, but you listen to them and then choose to ignore what they are telling you. Why? Because you're dedicated to mastery. You're dedicated to joining the ninety-day club and there is only one way you can join. By doing the exercises every day without missing a day for ninety days.

Now my third secret: The subconscious responds well to repetition, and it is the daily repetition that causes the imprint to take hold on a subconscious level. Sometimes this can happen in weeks (rarely does it happen in days, and that is why dabblers in the science rarely see results), sometimes in months, but almost always it will be imprinted in a three-month period.

The second reason I have picked the figure ninety days is that new habits need time to take hold, and old habits are resistant to change. However, ninety days is a long enough period to change a negative habit into a positive one.

Now some might ask, “Will ninety days make me a Master of Warrior Mind Strength?” The short and simple answer is no. But it will put you well on the path, and hopefully you will have begun to feel the benefits of the practice.

Mastery of Warrior Mind Power will take years, but benefits and success start happening immediately. Your first ninety days should reap many rewards for you. Then, after the first ninety days, challenge yourself to a second, and then a third. I think you get the message. As I quoted last month, “Don’t think of results, just do.” Love the practice and do it regularly; mastery will follow automatically.

### **I Want More!**

If you’d like to take your Warrior Mind Power deeper, check out the “[Develop the Mental Strength of a Warrior](#)” This e-book goes into more specifics and you can really take your training and practice to the next level.

Because of the nature of this information I only offer one-one coaching to begin with. After you have completed the one-on-one coaching you are welcome to join the Warrior Mind Coaching Group. And finally there is the Warrior Mystery School Intensive. Due to the nature and surprise of the experience I can’t go into specific details.

I hope you have found this information not only informational, but inspiring and encouraging. So much so that you will take this system and explore all the areas in your life that you want to change.

Please let me know your results, thoughts and feedback.

To Your Inner Strength!



Gregg Swanson; CPT, CMSC, CLSC, CLFC  
Warrior Mind Coach

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**PS: For addition mental strength resources please check out my recommendations on my blog under [Personal Success Tools](#)**