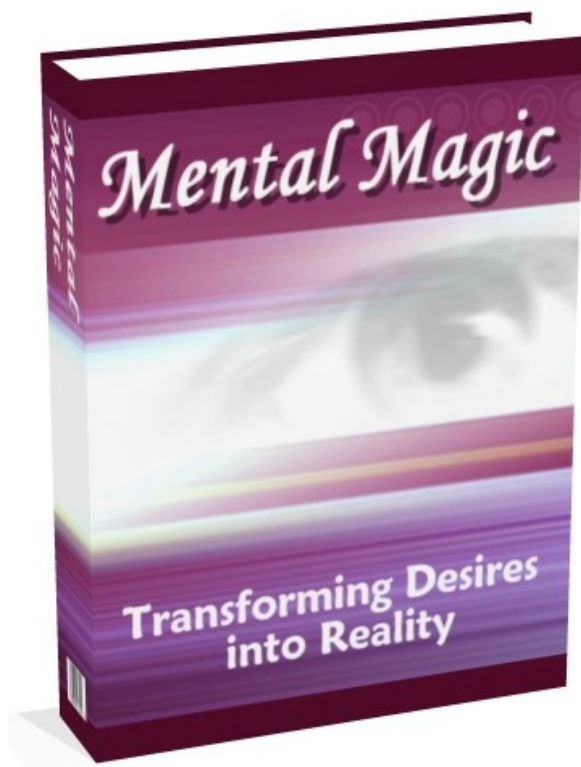


# *Mental Magic*

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**Transforming Desires into  
Reality**



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## INTRODUCTION

I have a message for you. You were born with an amazing and immeasurable power. This power has made you what - and how - you are now. You may be unconscious of it, but with this power you have created your present reality.

Yes, everything that you are, have experienced and are experiencing is a result of this power. But because many people are unaware of this power, sadly, they have unconsciously used it negatively. With this negative use, they have made less of a life than what they deserve, full of heartbreaks, failures and disappointments.

Thankfully, it is not too late. If you are one of these people, you can learn to use this power positively to re-create your reality.

This book will open you up to this power and help you use this power to be what you want, do what you want, and have what you want. It will help you create a life you may have once thought impossible.

## CHAPTER ONE - THE RELATIONSHIP BETWEEN THOUGHT AND REALITY

*"I think, therefore I am." - Rene Descartes*

This amazing and immeasurable power you were born with is your ability to turn your thoughts into reality, or mind power.

Everything started with a thought. In fact, everything made on earth was first a thought – the houses we live in, the airplane, the light bulb, and more. All actions are also preceded by thoughts. The action of applying for a job, for example, is preceded by the thought "I think I'll apply for this job."

This may already be common sense to you – each thought you have in your head usually materializes when you act. But here's the twist – even if you don't act, your thoughts can materialize.

For example, was there a time when a person suddenly popped into your mind, and soon after, you saw that person, received a call from that person, or heard other people start talking about that person?

Or, for the people who are constantly fearful and worried about negative things happening like getting robbed, are they not the ones who are unfortunate enough to experience such things?

Generally, doesn't the positive-thinking person also have positive people and circumstances in his/her life? On the other hand, the negative person finds himself/herself around negative people and negative circumstances.

And just as thought influences reality, reality can also influence your thought, which can in turn influence reality again (THOUGHT → REALITY → THOUGHT). For positive people, this cycle reinforces the good things in their lives. When the good they have thought about comes true, they feel

happy, validated and encouraged to keep thinking positively, and thus, manifesting more good things in their lives. And, for those with truly powerful minds, even when their thoughts do not materialize immediately, they do not allow themselves to get discouraged. They just press on until things turn out the way they want them to.

On the other hand, this cycle of thought-reality-thought can be vicious for people who think negatively. When their negative thoughts come true, they get discouraged and thus continue thinking negatively until negativity materializes again. The process repeats itself unless the person chooses to break the pattern.

If this sounds a bit too simplistic and dubious to you, try thinking back on your life. When you are in a good mood or are generally happy, how are things around you? How are the people around you and the events in your life? And, on the opposite side of the coin, when you are feeling low, what happens to the people around you and the circumstances you are in?

Think about the instances where you expected an outcome - or doubted a possible outcome. In either case, wasn't the end result just as you had expected it?

Your thoughts have power. This power is not very different from that of a sorcerer or a magician, whose magic spells first started out as thoughts.

For sorcerers, the relationship between thought and reality is quite a simple, straightforward concept. The only distance between thought and reality for them is a spell. Once they have cast their thoughts into a spell, they already expect a particular outcome.

In the same vein, the distance between your thoughts and reality is the energy you put into your thoughts. Notice, for example, that whatever occupies your thoughts most becomes real. Or when you concentrate hard, what you think about materializes. Especially when you believe it will happen.

French philosopher Rene Descartes' immortal quote rings true even in today's context, "You thought, therefore you are what you are right now." When you are thinking, you are creating. You are like the sorcerer or magician who casts a spell – you are creating an outcome.

In the next chapter, you will learn how to use this power and learn why some thoughts materialize while others do not.

## CHAPTER TWO - HOW TO TURN YOUR THOUGHTS INTO REALITY

*“The power of Thought, the magic of the Mind!” - Lord Byron*

Think back to a sorcerer, witch or wizard you have watched in a fantasy movie or on television; maybe think of Gandalf in the Lord of the Ring movies. How do they look when doing magic? “Focused,” “determined,” “concentrated” are the words that may come to your mind. For witches and wizards with wands especially, do they not look like they are channeling and pouring their energy at the tip of their wands to cast a spell?

In addition to how focused they are, they also look free of distractions, doubts, fear or anything that can get in the way of their spell-casting. Should their will waver, their magic may weaken or may not work at all. Their power is diminished as their minds lose focus.

The same principle also holds true when you are thinking to create reality. The more focused you are and the more energy you give to your thoughts, the more likely it is that they will come true. And if you allow fear, doubts or any negative thought to rule your mind, then you will have a difficult time turning your thoughts into reality.

In the following pages you will learn how to give power or energy to your thoughts and clear your mind of the blocks that prevent you from manifesting your thoughts.

## MAGICAL TIP #1: BEGIN WITH DESIRE

*“Passion is energy. Feel the power that comes from focusing on what excites you.” - Oprah Winfrey*

Every sorcerer’s thought of a spell springs from a desired outcome, no matter how simple or complex the spell needed may be.

So determine first what you want and how much you want it. How important is it to you? How great is your need of it? How immediate? These are the questions you need to ask yourself in thinking creatively.

It could be a simple desire like a sudden craving for chocolate or a bigger desire like a higher-paying job or an ideal partner.

Desire adds energy to your thoughts. The more you desire to make something happen, the greater the chances of it happening. Of course, for an immediate desire, like the craving for chocolate, brief yet concentrated energy is needed. For desires which may not materialize immediately, like a higher-paying job or an ideal partner, more frequent and steady energy is needed.

Determining your level of desire for a particular outcome is crucial, particularly for thoughts that may take longer to manifest. If it is not something you truly want, making it happen will be difficult.

A good exercise in determining what you want and your level of desire is what I call the “magic wand exercise.” In this exercise, think of yourself as holding a magic wand through which you can be, do, or have anything you want. Your magic has unlimited potential to do anything.

Write down anything that comes to your mind. Cast away all doubts that may come to your mind while you are writing. Let your creativity, your

imagination guide you. Remember, you are holding a magic wand that can let you do anything.

Do this exercise all in one sitting to sustain momentum but take your time as needed.

After you have written down your wants, classify each desire according to how much you want it. Classify each item as “very essential,” “moderately important,” and “nice to have.” This will help you to put your wants in perspective and to focus and not be frustrated from trying to do too much. You may, for example, choose to focus on the “very essential” items in your list first.

Now that you have determined what you want and classified them according to how much you want them, you may put these further to the test to find out if you really want them.

Generally, a desire manifested should make you feel happy and in harmony with your surroundings. If it creates unease and discord in your mind, step back and examine what could be the cause.

In “testing” your wants, especially big, life-changing dreams, ask yourself the following questions:

1. **Do I really, really want this?** Even after classifying your wants by levels of importance, it will help to ask this question, particularly on the items you labeled as “very essential.”

Just how passionate are you about your dream? How much thought, action or any other kinds of energy are you willing to put in order to achieve it? Think hard about your answers. Though passion may not be everything there is in achieving your dream, it is arguably what gives it the most fuel. It may very well be the one thing that can keep you going should you experience hardships along the way.

If you get the impulse to have or do something big, give the urge some time before you decide whether to pursue it or not. After some