



The Mind Force Method

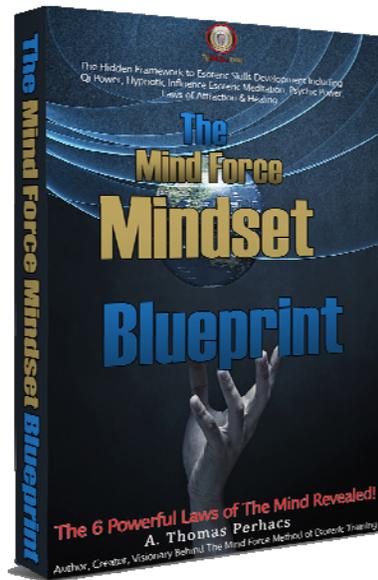
The Hidden Framework to Esoteric Skills Development Including  
Qi Power, Hypnotic Influence Esoteric Meditation, Psychic Power,  
Laws of Attraction & Healing

# The Mind Force Mindset Blueprint

**The 6 Powerful Laws of The Mind Revealed!**

**A. Thomas Perhacs**

Author, Creator, Visionary Behind The Mind Force Method of Esoteric Training



# The Mind Force Mindset Blueprint

The Six Laws of the Mind Explained

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# About the Author



**A. Thomas Perhacs** is the author, creator, and visionary behind the Mind Force Method and new UP-LEVEL CONTROL SYSTEM of Breakthrough Transformation.

He is also the President of Velocity Group Publishing and Director of The International Mind Force Syndicate and International Society of Mind Force Specialists.

He has written several books, courses, and systems pertaining to many different types of esoteric studies such as but not limited to: Hypnosis, Self Hypnosis, Psychic Development, Qigong, The Law of Attraction, Meditation and other interesting topics.

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# Introduction

This powerful manuscript could change your life! The information contained here is so potent, that if used properly, can cause you to use your mind in ways you could never imagine.

Embrace these concepts, as they absolutely work...

Once you truly understand the power that your mind has, you will be able to achieve everything that you could ever imagine.

As you read each word of this thought provoking manuscript, you'll find yourself becoming excited about taking action to change your life with the concepts contained in these pages...

This realization of how these concepts will benefit your life will become more and more important to you by the second....

As you read and understand the simply yet amazing concepts discussed here, *you'll find yourself getting more and more compelled to take action* with the items in this manuscript that I am going to suggest you take.

The concepts contained in this manuscript are condensed down so that you can assimilate the information much faster and when you do that you will be able to use the concepts that much faster.

What may seem like a simple concept to you can be the most powerful concept of all, so make sure that you read and re-read this manuscript until you have the concepts integrated into your mind fully and completely.

By all means integrate this manuscript with any of the other products that you have from us as you will find that all of our products carry a very special meaning to them and often times you will find them to be very profound.

It is my intention to give to you the knowledge to take your skills to an even higher level than you ever thought possible.

After reading this manuscript you may naturally feel as if a door has opened up in your mind, an understanding if you will that can allow you to grasp the simplicity of these ideas and cause you to use them to your advantage.

As you read through this you will come to the conclusion that creating and building your Mind Force is a worthwhile process...

Which brings the question: **What is MIND FORCE?**

**MIND FORCE** is the integration of physical energy and mental power that creates a synergistic affect to allow you to expand and use your minds capacity exponentially.

## The Mind Force Method Framework for Esoteric Transformation



As with any method or system, The Mind Force Method contains a framework that allows you to maximize your ability to develop a very unique skill set which includes many aspects of esoteric training.

No esoteric training can be complete if it doesn't contain most of these elements...

### The Mind Force Method

The Mind Force Method was created over a 20 year period of trial and error with many different systems in order to come up with a system that will work for anyone who applies the principles.

A key to learning how to do an esoteric skill comes down to learning the base skill and then practicing that skill over and over until you have mastered it...

Before we go into the 6 Laws of Mind Force, let's discuss the framework and how it will assist you.

Understanding even the basic components of THE MIND FORCE METHOD FRAMEWORK will enable you to see the value of learning each piece of the method for total mastery.

## **The Three (3) Components of the MIND FORCE METHOD FRAMEWORK**

These three (3) components have been discussed in detail in our online workshop.

**Physical:** Creating a physical aspect to your energy is paramount with any kind of energetic training. Our Quantum Qigong System contain exercises, techniques and meditations not found elsewhere that are extremely powerful.

**Mental (Mind Force):** The physical aspect is the engine and the Mind Force is the Operator of the engine. The most powerful engine can be of no use without an intelligent operator. Mind Force becomes what we refer to as "[Becoming a Controller](#)" and is cornerstone of the system.

**Spiritual:** Once you truly understand the spiritual component, you will realize there is more to life than what is physically or even mentally seen. In some ways, this might even be considered an even higher level than both the physical and mental as it transcends time and space.

Many esoteric practice focus on one or maybe even two of the above, but most don't contain all three.

Once I discovered that it took a combination of all three (3) of these, I set out to find the teachers to help me with each.

I met some teachers that were awesome with physical Qi energy, but didn't even want to know about the spiritual side...

I had others who were so mentally strong, yet lacked in the physical aspects of the externalization of the energy.

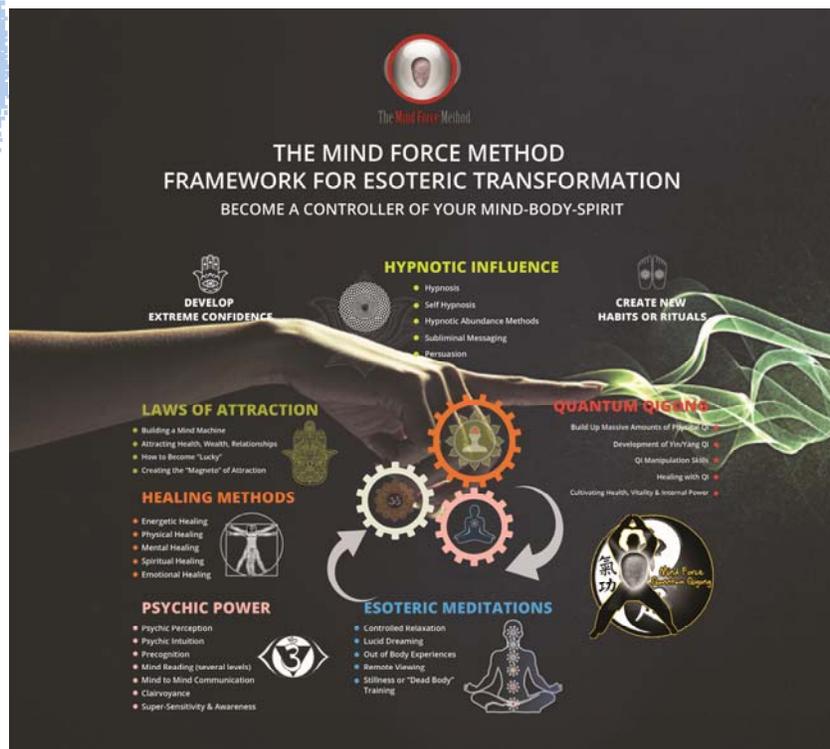
And yet others were so spiritually minded, they were totally ungrounded and couldn't care about physical or even the mental (Mind Force) aspects of training.

I sought out the best in each aspect and learned how to formulate a plan for my own development that I could teach to others.

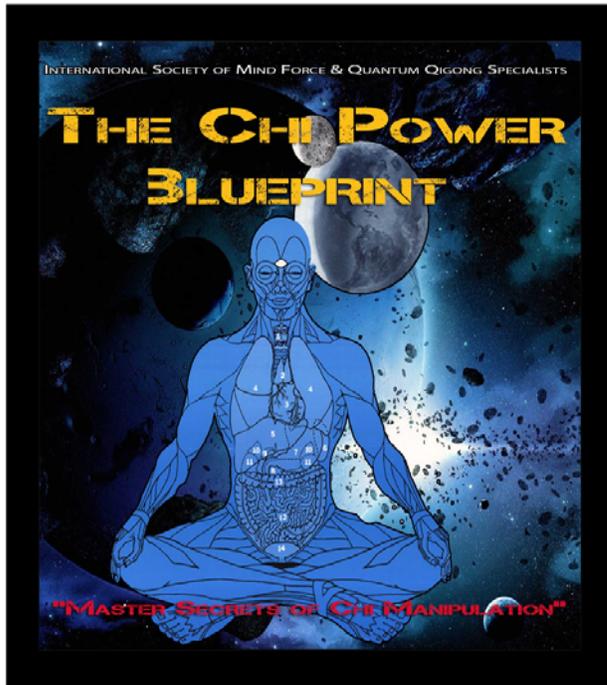
Keep in mind that my entire journey into some of the aspects in this manuscript was entirely for my benefit and years before I ever even thought of teaching it to others.

I used my own trial and error and found out what worked for me first, before I ever revealed these methods to others...

So let's briefly discuss the different pieces of the **MIND FORCE METHOD FRAMEWORK**.



## QUANTUM QIGONG



Over the years, I've written many articles, books, manuscripts and entire courses on Quantum Qigong, so to think I can do justice to explaining everything here would be futile (maybe in the future),

Quantum Qigong is learning how to develop the body's Internal Energy Systems with specific physical exercises and meditations designed to accomplish the following:

- Build up massive amounts of physical Qi Energy
- Development of Yin/Yang Qi
- Qi Manipulation Skills
- Healing with Qi Energy
- Cultivating Health, Vitality & Internal Power



## ESOTERIC MEDITATIONS



Quantum Qigong is considered the Yang side of energy development and will allow you to build up incredible amounts of Qi Energy. However, in order to refine your Qi Energy, you need successful Yin practices to get you to deeper levels of

concentration, relaxation and enhance energetic capabilities...

Esoteric Meditation practice is another of the key components in the frame work and consists of but is not limited to:

- Controlled Relaxation
- Lucid Dreaming
- Out of Body Experiences
- Remote Viewing
- Stillness or “Dead Body” Training
- The art and science of Quiescence

### **Psychic Abilities**

The Mind Force Method is one of the few practices that recognizes and harness our innate ability to become psychic. The fact is we are all psychic to one extent or another...

Psychic is simply being able to tap into energy, mind forces or spiritual connections that are outside of the normal 5 senses...



Some refer to this as the 6<sup>th</sup> sense, but in reality it is an integration of all of the senses to create a more powerful receptiveness, including but not limited to:

- Psychic Perception
- Psychic Intuition
- Precognition
- Mind Reading (several levels)
- Mind to Mind Communication
- Clairvoyance
- Super-Sensitivity & Awareness

## Laws of Attraction Methods

There are definite “Laws” of Attraction. There are laws like the 6 laws you will learn in this manuscript that are part of those laws...

True laws of attraction include the energetic, mental and spiritual forces combining to attract what you desire...

This is much more than wishing or hoping for something, but a strategic plan of action to “tune” your body, mind and spirit for the things you desire in your life, not those things you don’t. This



includes, but is not limited to:

- Building a Mind Machine
- Attracting Health, Wealth, Relationships
- How to Become “Lucky”
- Creating the “Magneto” of Attraction

## Healing Methods

Just like we are all psychic to some extent, we all have the capability to heal...



This gift can allow you help people in ways you never could imagine.

Many times we want to be healed, not realizing we have the potential to “Self Heal” at any time...

Once you understand what it takes to heal yourself, you can then assist with others.

There are many forms of healing and some of those are:

- Energetic Healing
- Physical Healing
- Mental Healing
- Spiritual Healing
- Emotional Healing

## Hypnotic Influence & Covert Persuasion

The mind reacts to a certain cadence of commands when said with the right tonality, structure of words and power of energy and mental pictures...



This is what we know as Hypnotic Influence...

This is mind control at its finest and it's more than likely something you do every single day, but were unaware of how you were doing it.

Some people are naturally hypnotic, while others can learn how to use these simple and reliable skills to influence on very deep levels.

- Hypnosis
- Self Hypnosis
- Hypnotic Abundance Methods
- Subliminal Messaging
- Persuasion

## The Promise

I promise that if you use the Six Laws contained here, you will not only begin the process but can learn how to master these powerful concepts in your own life...

Any mastery of concepts of the mind begins with the understanding of the 6 laws and then moves their training to enhance and allow the 6 laws to work powerfully in their lives...

Success in any endeavor is not a one-time thing, but a continual education process to get better and to develop our skills to the next level...

This is why “[The Mind Force Method](#)” has a continual education system that allows you to hone down the skills you desire to a razors edge...

In order to keep your sword of knowledge sharp, you must take the time to sharpen it with the right amount training that will eventually lead to wisdom...

# Chapter 1: You Can Master The Six Laws

Welcome to **MIND FORCE MINDSET BLUEPRINT**. What I'm going to do in this special manuscript is share some very profound information on how you can get control of your MIND FORCE.

If you've been to my website, you've seen the products, and you've probably got a bit of understanding of what there is.

What you will find is I have amassed a very unique line of products and concepts that can assist you in many areas of your life...

The concepts and methods taught are not things I put together randomly to sell some products. They are techniques, concepts and methods I and my top students utilize every single day...

What I am doing is taking information that is not readily known and packaging it in a way that you will understand. Case in point is this manuscript you are reading right now...

It is put together specifically to give you the six laws of the mind so you can decipher and understand how you can get your mind to work better for you or any area of your life.

## ***Get Yourself Ready To Find Some Answers***

As you read this, I want you to relax...

I want you to just sit down and get comfortable...

Pretend that you are someplace really special where you can just totally get relaxed...

I want you to open up your mind to the possibilities of what is discussed in this manuscript...

I also want you to realize that as you read this information, you are going to need to re-read it because it is very profound information, but you have to take the information and boil it down.

You have to read it and break down the concept so you understand how it will work in your life...

It took me several years to understand the power of these six laws.

I've only seen these laws written a couple of times and most people do not understand them.

When you get done here today, you will have a complete understanding on how these laws can help you.

I love to move things ahead to make people more aware of the true power of not only their mind, but their body and spirit.

Getting them to realize that the real power of the individual is really an understanding of how the mind, body and spirit connection work together.

And that is the power of **[THE MIND FORCE METHOD!](#)**

In this manuscript I will be talking primarily about the mind, and you will be learning how to use your mind in a most powerful way to get the results you desire...

As you start to realize the potentially huge benefits of this information, you will potentially want to buy my systems because you will come to the conclusion that these products are exactly what YOU NEED and have been looking for.

The bottom line is these laws work when you apply them, and it doesn't matter what you apply them to, whether it be for health, wealth, relationships, etc. They flat out work!

This is the power of the 6 laws...

They work wherever you apply them...

And they work every time you apply them...

## ***The Divided Mind***

The first thing I want to talk about is the divided mind.

Before we get into any discussion about the power of the mind, we have to understand a little bit on how the mind works.

I do not want to get into all these scientific terms and different things.

I just want to give you a basic understanding on how your mind is divided and how you can utilize it better.

Does that make sense? I think you will find that it does...



You have the conscious and the subconscious portions of the mind.

The conscious part of the mind is the part that you have a knowing effect on.

You have to actually think in order to utilize the conscious mind...

Very simply, The Conscious mind is where you have an intent that is at the level of your thinking and understanding...

The Subconscious is the level of mind below that. It's an automatic system that has been build from years of using your subconscious mind to do things first...

I always use the example if you are driving down the road, you don't have to use your conscious mind to drive.

You are in somewhat of a hypnotic trance when you're driving down the street.

Someone puts their break light on in front of you, you automatically apply your foot to the break...

That's the subconscious mind kicking in; it does not take conscious effort.

You don't have to think about it and say, "ok I am going to lift my foot and place it onto the brake pad and I'm going to press down with 50% of my power"...

This is an automatic response, that's what the subconscious it.

## ***The Subconscious Mind***

The subconscious is just under the layer of your conscious thought...

And this is the part we are going to be looking to influence is the subconscious part of the mind...

The subconscious part of the mind is like a repository of everything you have ever done throughout your entire life, whether good or bad.

It records all the information that you've ever had to go through.

So if you've gone through traumatic experiences it is stored in your subconscious mind.

If you've gone through enjoyable and happy experiences they are all stored in your subconscious mind.

*They key is to be able to access the subconscious mind to work for you and not against you.*

Unfortunately what happens a lot of the time because of the world we live in, we hear more negative than we do positive...

The truth is negative is more powerful then the positive.

So your subconscious mind, because it is repository is like you are putting books in there so to speak, so the subconscious mind is not



determining if it is a good or bad book, it is just determining that it is “a book” you are putting in the repository...

Does this make sense?

You can use that as an analogy on how the subconscious mind works.

What we are going to be talking about is how to get the subconscious mind to work the way you want it to work so that you can squelch the negative away and get your mind to work better.

## ***Affirmations & Autosuggestions***

How do you really enable yourself to supercharge and change the programming of your own mind?

We are going to talk about how to get the conscious mind to influence the subconscious mind.

You may have heard of affirmations or auto suggestions.

Primarily what affirmations or autosuggestions are is where you deliberately and by specific intent speak or think of something consciously in a way that will become implanted in the Subconscious Mind...

The biggest thing people say to me is hey, I have used affirmations and they don't work.

I always ask them how long did you do them for?

... Because affirmations like anything you are going to do needs to be repetitive in nature....



Everything that you do, you need to create a habit,  
You must create a habit of discipline in order to do it.  
Auto suggestion is the same thing.

The same thing is true when I talk about this in one of my many hypnotic influence systems such as **Manipulation, Ultimate Hypnotic Influence**.

In my systems, courses and manuals, I teach you how to use autosuggestion, how use subliminal suggestion on people so that you can actually influence them to have them come to your way of thinking...

Autosuggestion is really the ability to do that with ourselves, like quit smoking lose weight, getting into shape, make more money, have a better self image...

### ***Self Image Is a Generator of Power***

It is statistically proven that the biggest problem with most people is not their physical ability or how they look, the college degree they have or lack of one; it's really the concept of self image.

Many people have a low self-image and the reasons why they have that low self image is because they've been bombarded with negative their entire life.

I'm going to make some references to some books that you can read so you can better understand this better...

In fact, you should become an avid reader...

The most successful people read books all the time...

If you can't read, buy the audio versions and listen to them..

During most years, I spend literally thousands of dollars on training, seminars, books, coaching and other tools to help me get better...

## **Remember this: All High Performers Hone Their Craft and Are Students of That Craft**

There is a very profound book that was written a few years ago called **psycho-cybernetics**, the author is Maxwell Maltz.

Max Maltz was a plastic surgeon and as a plastic surgeon he noticed some things throughout the time of his practice.

What he discovered is that someone would come to him with a disfigurement or some way they didn't like the way they looked, and he would change their problem and appearance through plastic surgery.

They would come back to him later and say... I am still ugly, I still feel inadequate...

He changed their face around (let's say) where they had a beautiful perfect face or adjusted them to make them look more appealing...

After many patients he came to the conclusion that it was not the physical appearance that needed to be changed, it was the interior that needed to be changed.

Because those people had that limiting belief their entire life, thinking I'm ugly because of this or I am inadequate because of that.

It really wasn't a physical thing, it was really internal, it was the self image that needed to be worked on.

So he wrote this book based on the fact that you not only need to create an outward impression but it's really the inward impression that's far more impressive when you look at that.

It is a fantastic book that gives you some understanding on how the mind works.

I highly recommend it.

So you need to work on yourself image...

There is nothing more important than you building up a powerful self image of yourself, one that creates a power inside of you...

Everyone needs to work on their self imagine because it is the part of the mind that needs reinforcing...

And that is precisely what we're going to be talking about in terms of influencing the subconscious mind with affirmations and autosuggestions...

The main reason why people don't get these concepts to work is because they don't do them enough...

You need multiple repetitions of ideas for them to work effectively...

You can't expect to get great results by doing something one time...

You can't go to the gym one time and expect to be in excellent shape.

It takes a constant habit, focus and discipline...

But the rewards are so well worth it...

You can't become successful at anything if you quit.

Affirmations and autosuggestions are the same thing.

As we get through the concepts you will get a better understanding why these autosuggestions work because of some of the concepts we will do following this.

We are going to influence the subconscious part of the mind by influencing it but will use our conscious mind to tie it all together.

I want to now talk about the 6 powerful laws of the mind.

## Chapter 2: Law #1- Every Mental Image That You Allow to Take Complete Control of Your Mind Tends to be Realized

You see, your intent and focus must be like a laser, you need to hone in on whatever it is you are looking to accomplish.

**Any mental image that you have, and that you allow to take complete control of your mind tends to be realized.**

If it's a thought of becoming successful, you will ultimately become successful.

If it's a thought of driving you into a certain direction in school and getting a degree...

It could be in any area....

This, my friend is real power and the type that is not taught in any school or college. This is specialized "**Success Knowledge**".

That dominating thought eventually becomes realized but you have to implant that dominating thought deeply into your mind in order to insure it takes hold in your mind...

Also making sure that the content that you are putting into your mind is the content you want....

It is like programming a computer, you are putting the information in good or bad, the computer does not discriminate...

It could be a bad software program the computer doesn't really know that.

Your mind is the same way and you must safeguard what you are placing into your most powerful mind...

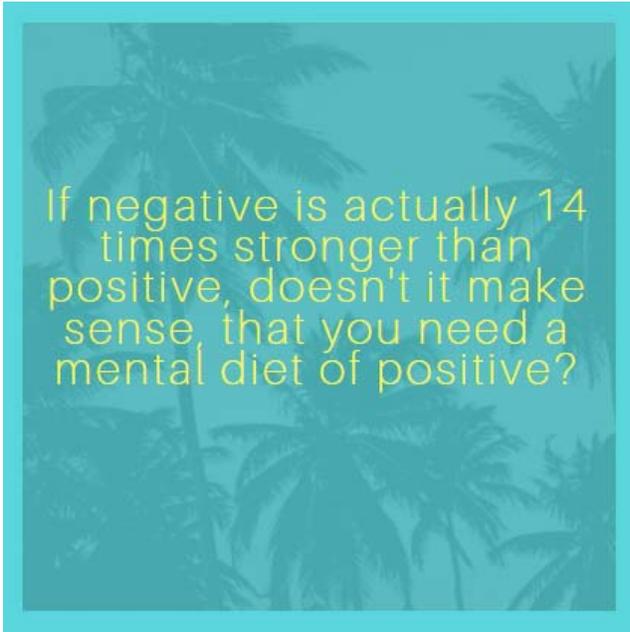
## ***The Positive vs Negative Dilemma***

I've heard it said that negative is 14 times stronger than positive...

I don't know if that number is true or not, but the key is that negative is certainly stronger than positive.

This is why you must shield yourself from the negative as much as possible....

So when you are putting images in your mind you need to make sure they are positive not negative...



If negative is actually 14 times stronger than positive, doesn't it make sense that you need a mental diet of positive?

You have to have a focus of thought; you need to know where your mind is going at all times.

Take each one of these concepts and dissect it and really understand what I am talking about.

Although this is a condensed manuscript, it will probably take you a while to get these concepts to work for you.

When you first hear them, you just read them but like I said you have to understand them in order to get them to work.

And of course put in the flight time...

You have to have a focus of thought.

What does it mean knowing where your mind is going at all times?

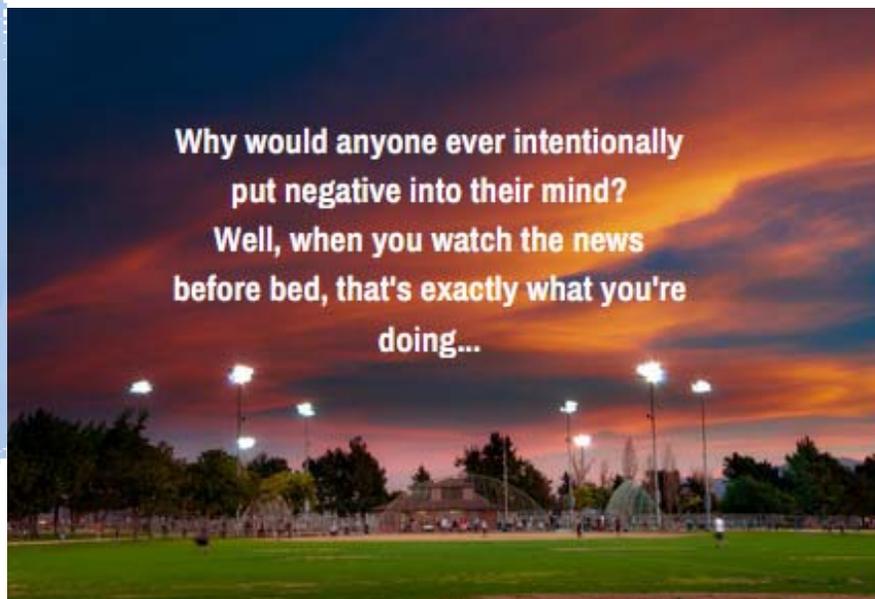
It is the ability to “course correct” your mind just like a plane does when it is on a flight plan...

It will take practice, but you can get control over your mind by making sure you are the one who decides what goes into your mind as much as you possibly can...

## ***Focus of Thought***

What you need to do is learn how to steer your mind kind of like a car. I tell people I coach that either you are going to drive your car or someone or something else is going to drive your car.

We are influenced by everything that we come in contact with.



Every time you listen to a song on the radio, every time you watch a program or movie on the TV, every time you listen to somebody you are being influenced.

In other words, you are allowing “others” to control what you think by just being there...

If you work in an office and associate with people you are getting feedback from them, you are getting influenced to some extent by those individuals.

So what you have to learn to do is you need to learn to focus on what you want in your mind at all times.

So even though you are in a situation where you are hearing negative, you have to rebuke that from your mind.

For instance I don't ever watch the news before going to bed because the last thing you put in your brain before you go to bed influences you...

Why would you willingly put negative in your mind?

Would you eat out of a garbage can?

Same thing...

I consider most news negative because they are talking about all the negative drama, the murders and all the crazy things going on in the world.

Think about this...

Why would you want to take that type of information and implant it in your brain right before you go to sleep?

Think about it...

This is one of the most dangerous things you could ever do to your mental state.

I know some people that can't go to sleep until they've watched the news. I could never go to sleep if I watched the news because I want to be programming my mind right before I go to sleep...

Does this mean I shut myself off from the world, absolutely not! I take my news from other sources and I take a bit at a time but I do not bombard my mind with that garbage late at night.

Also understand that your mind grasps the last things before you fall asleep and can set up a negative pattern in your mind if you allow it.

And some people wonder why they have bad dreams or don't have quality sleep.

## ***The "Block" Technique***

So you need to have a focus of thought, you have to learn how to burn out the negative thought.

I use this technique and maybe this will be helpful for you, I call it a block technique.

Whenever I feel a negative thought coming in, or I am being influenced by some type of negativity I picture in my mind a wall going up, like a big steel trap wall and I picture that negative thing bouncing right off of it.



Like bullets bouncing off of superman's chest. I call it my block technique and if someone says something negative to me I put up that shield and I say block.

Or if I am listening to something or if I get a weird thought, a lot of times it is curtailing the thoughts that we already have.

We have a lot of bizarre and strange thoughts in our head...

They wonder in and sometimes they can almost scare us with the intensity of the nature of the thought.

And sometimes we get a thought in our head and say “where did that thought come from?”

What you have to learn to do is take those negative thoughts and repel them away.

The more you can do that, the more you can get control of your mind. As we go further you are going to realize that your mind is really the only thing in your life that you have control over.

And once you fully realize this, you will get excited about the possibilities of what you can do with that knowledge combined with putting in the “Flight Time” to make it happen...

## Chapter 3: Law #2- Nothing in Your Mind Should be in Opposition to the Mental Image You Wish to Bring About at that Moment:

What this comes down to is pure thought vs. double thoughts.

One of the best ways to learn how to do this is to learn a meditative practice. If you look into our **Mind Portal System** you'll learn how to get the calm and relaxed mind set brought on by these amazing meditation instructions...

Meditation allows you to get and stay focused. To remove the negative or extra thoughts that are un-needed. It is a great way to recharge mentally...



When we talk about meditating it is a focus of thought.

It's really getting that laser beam conditioning so that you can keep your mind bridled into certain areas.

This is why meditation is such a powerful concept...

A lot of people misinterpret what meditation is.

They interpret it as somebody sitting down, and having some kind of mantra and it seems "weird or strange" when in reality meditation is really the focus or the intent of a purpose.

Now that intent or purpose could be a mantra, or focusing on an object, sound, color, landscape or even a guided meditation...

My Mind Portal System helps people to focus on what they are looking to accomplish by doing a meditative practice.

I would recommend that you do some kind of meditation practice, whether you get my systems or something else, you need to do something that allows you to have pure thought vs. double thoughts.

### ***The Danger of Double Thoughts***

The problem with a double thought is that you cannot focus on 2 things at the same time, not very well anyway.

It's very similar to the fallacy of multi-tasking...

Multi-tasking really never allows you to get more done, it just has you doing more things at once, many times taking longer to all of the tasks done...

By the same measure you can't have two different thoughts in your mind at the same time...

If you have one thought and then immediately think of another, one of those thoughts is going to win out...

You really have to be careful with this.

We all have double thoughts. We have a positive thought and then a negative thought comes in...

Oh I can do it... No you can't.

That's how quickly a negative thought can come in and that's why you have to block it.

That's why you have to sometimes slow down when you do your thought process...

Meditation allows you to train yourself to remove thoughts effectively.

Using a block technique you can stop the negative thought from coming in or you can expel the negative thought out of your mind...

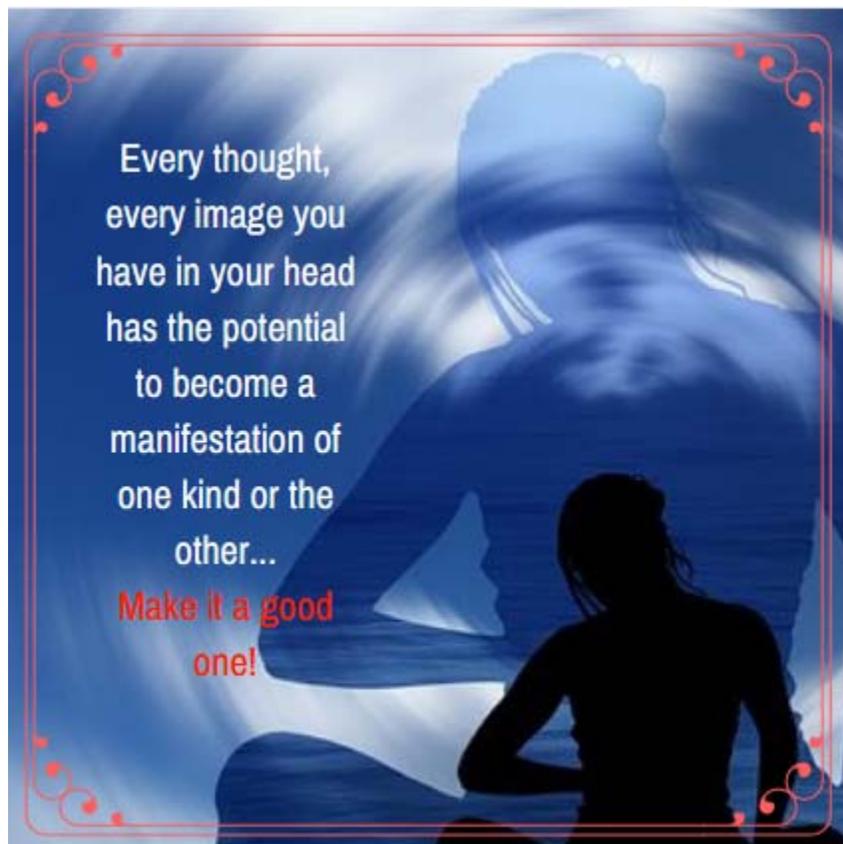
You have to keep very, very focused on the thought that you want...

Not the thought you don't want...

You have to be clear and concise on the image that you want...

When we are talking about images, you must understand that every thought is not just a thought it is the beginning of an actual manifestation.

This can be a positive manifestation or a negative one...



Everything that you are thinking about has a physical counterpart to it.

Depending upon how much you focus on that image, you can actually bring to pass the physical properties in that image, whatever you are looking to accomplish.

You see people that are deviant out there and the reason that they are is because they hold these deviant thoughts in their mind so long that they actually have to go out and act upon those thoughts.

That's the negative side of the mind, but it is how the mind works. If you take the positive side of things and believe upon that, then you will get it to work.

It is all about making a “Conscious” effort to plant the thoughts and affirmations you want to happen into your mind and avoiding the sources of negative...

### ***Belief is a Critical Factor***

One of the things I am really going to stress is that belief is a critical factor within your mind.

You have to have a belief factor set up. If you do not have a belief system that you can rely on, it's not going to work.

For instance, people can always believe negative quicker than they can believe positive.

For instance if you say, hey this tragedy just happened...

Or sometimes it's a belief that is conjured up by the media...

The media says—the economy is bad...

Well, the economy is made up of a lot of pieces, and for someone to make that statement and for you to believe it, takes a lot of belief...

Case in point, 2009 the economy was on the ropes according to a lot of factors due to the banking industry and real estate industry (which I was a part of ), and yet I had one of my best years financially ever...

People believe that right off the bat because that is what we are conditioned with going back to the news and TV, these are the type of things we hear.

We are so much more negative when we hear something positive. If you hear the news its more about negative, it's not about the uplifting things people are doing.

So if somebody is having trouble you believe it.

If somebody tells you hey, this guy was down and out and now is a millionaire and they did it in a unique way, it is harder to believe...

You don't want to believe it you don't want to believe you can do it because you've been conditioned.

Let's get away from that type of conditioning...

# Chapter 4: Law #3- If Will and Conviction are Opposed, Conviction Will Prevail.

**Will is the intent; conviction is your belief in what is already proven in your mind. Will is strong, but conviction is far stronger.**

Conviction is what you already believe to be true in your mind.

The reason I say believe to be true is because just because you believe it doesn't mean it is true.

A lot of people, their self image is rotten to the core not because of any physical reason, not because of any real reason but because of an imagined reason.

Most people have a low self image of themselves not based on reality, but on what they perceive to be true sometimes based on what they think others think about them.

In reality, there's nothing to that because you believe what someone else is thinking about you.



In fact it usually isn't even true...

Most people believe people are thinking certain things about them when they couldn't care less about your situation...

Unless you are a mind reader, you can't possibly know what they are thinking or feeling about you.

Will power is good to have, but oftentimes is not nearly enough...

You have to have will power but also the conviction in your belief that you can accomplish your desire...

The belief level is the key...

There are ways to create a belief level.

One of the things you have to realize is that before belief comes before faith...

These are concepts that are very rarely taught to people in simple enough terms for them to grasp and apply immediately...



These types of things should be taught to high school students so that when they get out of high school or college, they understand how their mind works.

Your mind is the most powerful tool that you have and most

people are never taught how to direct it properly.

## ***Belief & Faith-Powerful Success Tools***

Before belief comes faith...

Faith is the substance of things hoped for evidence not yet seen...

I took that right out of the bible.

It does not matter whether you are religious or spiritual at all, the fact of the matter is that these principles work.

Faith is the substance of things hoped for but evidence not yet seen.

That means is faith is sight unseen...

It's you believing in something before it actually comes to pass.

## ***He Had the Car In His Head***

I have an interesting story about a successful business person who was being interviewed, and the guy that was interviewing him asked him a question...

How did you become so successful and what did you do to make it happen?

He related a story that he really wanted a Mercedes Benz and when he first got started in his business he obviously did not have the money for a Mercedes Benz, he was driving a beat up car and lived in a dumpy old house, but he had a belief that he was going to have that Mercedes Benz even though all physical expectations at that point were not there...

The car was not seen...

What he used to tell people is that he had a silver Mercedes Benz in his garage.

He would actually say that, he would say that he had the Mercedes Benz, its silver and I love it.

The problem was he didn't really have it in his garage, it was in his mind.

People would drive by his small house and there certainly was no Mercedes Benz in his driveway or garage.

They thought there was something wrong with this guy, that he was mentally ill because he kept saying he had a Mercedes Benz, and that it was in his garage.

About 2 years later he bought that very same car.

Here is what I want you to reflect upon.

What caused that car to appear 2 years later?

It was his faith and then his belief in the fact that he was going to get that car.

Even though at the time when he was setting up those parameters it was not a physical possibility, it was not a financial possibility for him but his belief factor became strong because his faith factor became strong.

What he did through faith is the substance of things hoped for evidence not yet seen.

Now if you look at this guy today he is a successful multimillionaire and you would say, yeah that's easy for him...

One thing you have to realize is that there is always a time gap between your mental image and seeing it in its physical capacity.

It could be weeks, days, months or years.

The question is do you have the ability to focus and believe that something is going to happen before it actually does?

That is a powerful concept and if you can grasp upon that concept you will really begin to see the essence of the power of your own [Mind Force](#).

Can you really believe in something before you see the physical aspect of it?

That is something you have to ask yourself because there are times we may think about something but we may not really want it.

How bad do you want something?

That will be the determining factor on how far you go with this. It is very important that you understand that.

## Chapter 5: Law #4- Effort Alone Produces the Reverse of the Hoped for Effect

You've probably heard the phrase **"faith without works is dead"**.

Works without belief are futile".

So you just can't work and think you can achieve the results you want just from that work...

There must be a belief and faith in that work.

You can't think that that effort alone will get you to where you're going to go because it's not.

A lot of people think if I just throw enough mud on the wall, some of it will stick.

Why would you want to do that if you can learn how to focus like a laser beam to achieve your objective?

The reason why people would want to put an effort without the belief is because they have a lack of belief, a lack of faith and they don't really believe it's going to happen so they think they can maybe work their way out of the problem or work their way into a situation.

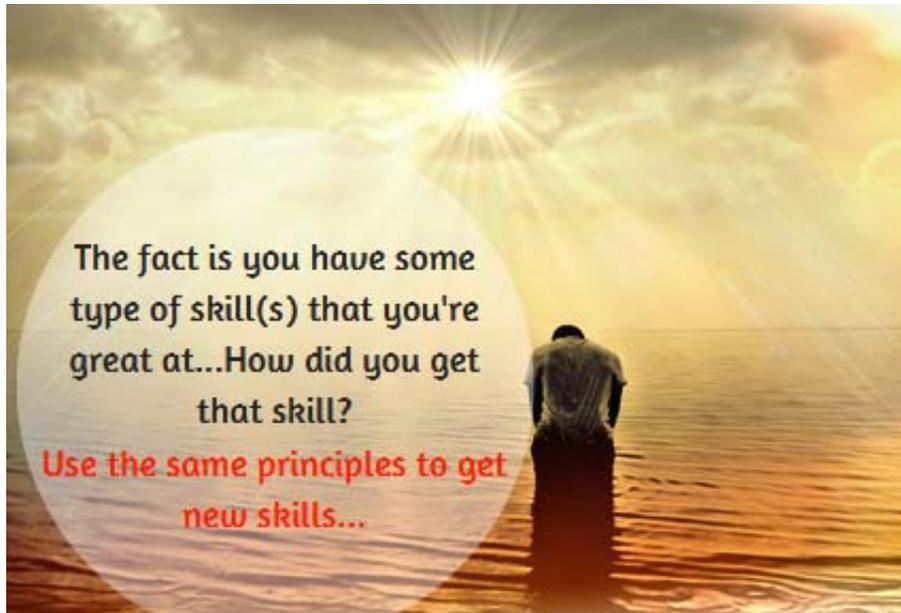
No, you must have the belief...

How do you build up the belief?

## ***You Have "Mad Skills" at Something***

It comes thorough the faith, but the faith comes through doing little things in order to increase the belief.

Everyone is successful at something.



This is a core component to my **Control Factor System**.

There is something in your life that you do better than most people...

What is the one thing you do better than others?

What you need to do is transfer the ability to be successful with that one thing and transfer it to every other area in your life.

It is your attitude of how you're successful....

What's your attitude when you are successful with something, or you know something that someone else doesn't know?

Or you know how to do something that no one else knows how to do...

When you do this you have confidence right?

And through that confidence becomes the belief but maybe you had to have the faith to get the confidence to get the belief.

You build belief by building positive habits.

When you build little tiny positive habits it's going to build your belief system...

The reason why people lose their self image or don't build a strong self image is because they quit.

They quit building their self-image and their self-concept.

In other words, they never complete the story in their own mind about themselves with a positive ending...

It's like building your body. If you're a weight lifter, or if you're getting in shape, you can't do it for 30 days and think I'm done.

I am a martial artist. I do martial arts, sparring and boxing.

In order for me to stay as good as I can stay and get better, I need to keep doing it.

If I don't, guess what?

I will lose it...

I may still be proficient in some level, but if I don't practice, I won't be as good as I could have been.

You've heard the phrase "if you don't use it, you lose it"...

Well, the same thing is true with your self-image. If you are not utilizing your self-image properly, you will start to lose it.

The negative will start to creep in like the weeds creep in on grass.

These are powerful concepts that you need to dig in and understand.

Sometimes the change must be forced, and things are not always easy.



Although we are giving you the power of your mind, there will be times that things will be so difficult in your mind...

You may think you can't do it, but you can...

Sometimes it needs to be forced into your mind

A lot of times before you get that complete control you may go through a process that is really strenuous on yourself and your self image and your mind, but sometimes you have to force it to break through to get the power that you want.

## Chapter 6: Law #5- Any Thought That is Motivated by a Feeling Tends to Become Reality

As soon as you add a feeling to something it adds emotional content to the thought.

Emotions are very powerful tools to increase the strength of the mind force image. So when you add that emotion to a thought it all of a sudden starts to fill out the thought.

A thought comes into your head and it really doesn't have substance to it. It's only when you add emotion to it that you start actually adding density to that thought...

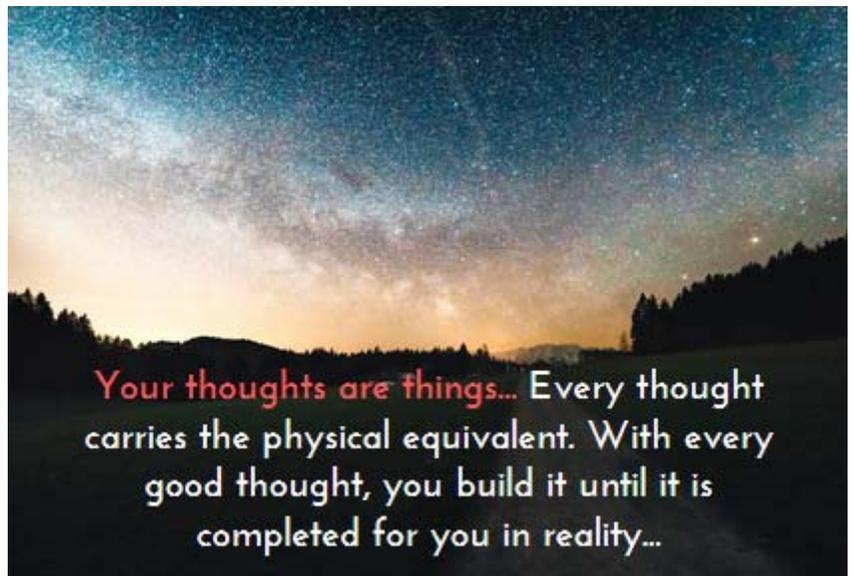
Adding density to thoughts is only helpful if they are positive emotions...

When we talk about Qi energy, that energy is neither good nor bad, and is only what you condense and form that energy into.

Emotions are strong “energy accelerators”...

What you are doing is called putting meat on the bones of your images, you are filling it out.

That image was originally a stick figure image and now it's becoming like a clay model, 3 dimensional in nature.



In fact, not only 3D, but a moving 3D that has literally come to life right in front of your eyes.

This is so powerful and can be manipulated for good results or disastrous negative results so please keep this in mind...

Be so clear in your mind as to what that image is that you can almost reach out and grab it. That's what you need to do.

You need to take the thought and make it a positive one.

Let's face it, you can take a thought image of negativity and people add meat on the bones to the thought of the image.

That maybe they have an illness, that maybe they are ill or that their marriage will not work out. As the thought goes out, it's going to bring to pass whatever you are thinking with that energy, emotion and intent...

## **Energy—Emotion—Intent**

Understand how you can use these three with your mind force pictures and there is nothing in the world you can't achieve.

It is what all great achievers have done to create spectacular results in their lives...

And the flipside of that coin is why people lose their abundance and create havoc in their lives by using negative energy, emotion and intent...

## ***Keep Your Mind Bridled***

So you need to keep your thoughts positive, you really have to bridle your mind.

The focus is everything you are talking about is going to be beneficial for what you are looking to do.

What would your emotions be like if you had the thing you desired, whether it be a car, a partner, a soul mate, a house or earning a huge income?

What would be the emotions involved with those particular situations?

Put in some of your own, what are the emotions that run through your body?

This is also where meditative process comes in and using a Subliminal track or meditational music track...

These teach people how to take those thought images and start to put the meat on the bones so that you are actually filling in the gaps of what you are looking to do.

One thing you have to keep in mind is that as you are starting to fill up these thoughts and emotions, you want to document it inside your head. You are feeding this information inside your subconscious mind.

### ***Placing Thoughts into Your Subconscious***

Your subconscious mind does not know the difference between a positive or a negative thought, a real or abstract thought.

So, as you are putting these thoughts into your subconscious mind, your subconscious mind has a tendency to act upon it not based on if it's real or not but based on the fact that you start putting it in.

Going back to affirmations, people say hey, they didn't work for me. It's usually because you didn't pack the subconscious mind with enough of that positive, emotional energy with focused intent...

Go back and read that over again so you understand why this works or doesn't work—**THIS IS EXTREMELY IMPORTANT.**

You didn't pack it with enough good energy with emotional intent so of course the subconscious minds not going to act on it, why would it?

You haven't filled the mind with an instruction it can use because it doesn't have the emotional content needed for it to stick.

I have affirmations I say,

**I expect success every day**

**I am bold and confident**

**Everyone I talk to wants to get involved in business with me**

**Every resource I need (tangible & intangible) is possessed by someone, somewhere at this very moment. I will find these individuals and persuade them to provide me with these resources.**

**I am a highly successful and prosperous person.**

That's the type of thought you want to put into your mind on a daily basis, 2 or 3 times a day. Even when things are going bad for you (if they ever do), you have to put that potent mental thought in.

That's the time when you have to put it in even more but that's when people quit, they run against the wall.

It looks like the thing they are looking to desire is not going to work out so they forget the affirmations.

That is not total faith; **total faith is when you go to the point where you know it's going to happen.** How true can you be to your faith, to your belief to your goals if you aren't willing to do it in good times and bad?

The mind will react to what you place in it...PERIOD!

**Thoughts->Words->Action-> Physical Reality**

Everything that you've ever done has started with a thought.

It was converted into a word, then an action and then a physical reality.

More powerful concepts for you; a thought, a word, an action and into the physical reality.

God created the world with words. He spoke the world into existence and so can you.

You will become in life based on what you say to yourself.

There is a book by Dr. Shad Helmstetter, I believe it's called "What Do You Say When You Talk to Yourself".

This guy has some great books on self talk. He also has a goal setting program I recommend as well...Good stuff.

Here is a great video by Shad that will explain it very simply.

<https://www.youtube.com/watch?v=rvzfnm9uk-0>

This goes into the whole self talk and how you are going to create powerful concepts in your mind by talking to yourself positively.

What do you say when you talk to yourself are you saying good things about yourself?

Are you using defeatist language? "oh I can't do that, I've never been able to do that, I'm not good looking, I'm too fat, I'm too skinny, I'm too short, I'm too tall"!

If you say things like that to yourself you are setting yourself up for failure in every area of your life.

Not only financially, not only in your relationships, not only looking to meet a mate, or your weight or self concept.

You must project a strong self image for everything.

One of my systems that has helped people with their overall Self Image is my **UP-LEVEL CONTROL SYSTEM**, which shows a simple yet profound process to entrain the mind to a successful outcome.

Very powerful concepts...

It's like Maxwell Maltz said- it's the internal not external...

There are many good looking people out there who have very low self images.

Believe it or not, there are a lot of beautiful women out there that maybe were not beautiful as they were growing up, maybe they were awkward and so people would make comments to them and these young ladies took that information processed it in their head, and when they hit the ages of 18, 19 they became beautiful women, but their self image was weak and so they had to overcompensate somehow to help bring that self image up, but in reality it was very low.

The same is true for men, but I have seen it a lot more in women because of what was told to them as they were growing up, so you need to rework it.

That's why you will see sometimes that women will be attached to somebody that can help their self image. That's a hint for you guys out there if you are looking for a nice young lady to date.

You can learn more about that in the aforementioned **UP-LEVEL CONTROL SYSTEM**, which will show you exactly what you need to do in order to have a sustained and long lasting transformation.

That is how you can build dynamic relationships and business relationships as well.

So you need to speak into existence what you want to come to pass.

You need to believe in the power of that word you are saying.

You need to believe so much in the power of that word that you have to be careful of what you say. You don't want to say the wrong words.

Every time you speak a negative, something that comes out of your mouth goes directly into your subconscious mind. If it's not positive, it's not worth it.

We all have these challenges and we all go through this all the time... Everyone goes through these situations, and we are not perfect human beings.

What you must realize is that you have the power to control your destiny based on the words that you are saying, backing it up with belief, having the faith that these will come to pass.

It will absolutely work if you believe.

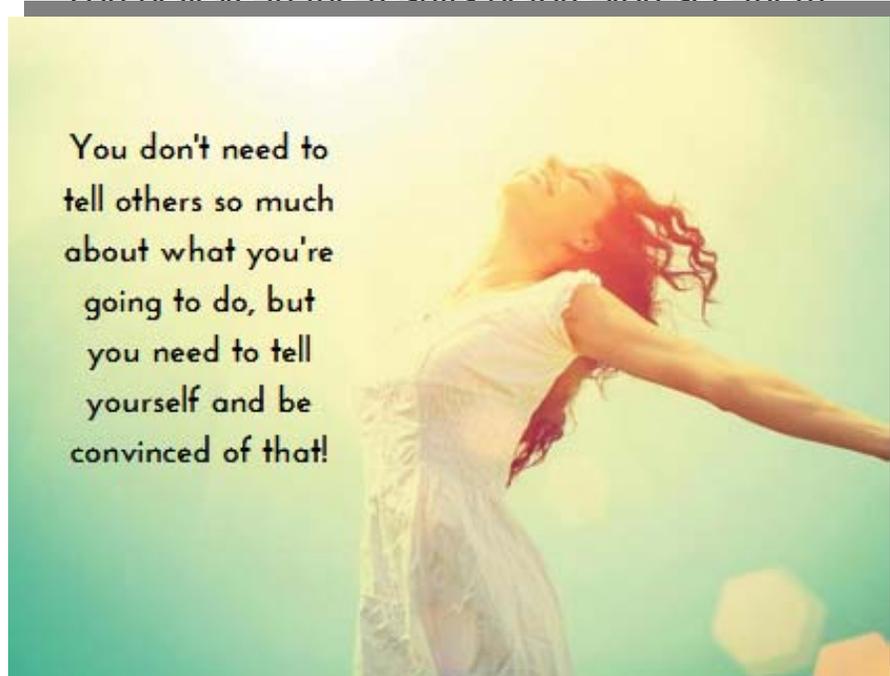
## Chapter 7: Law #6- You Must Be Convinced and Believe in the Results You Want

Your conviction must be so strong that you don't ever doubt the outcome of your thoughts.

This is almost like a wrap up because we've been talking about this the entire time but it's always good to have something that totally shrinks the entire process.

You must be convinced and believe in the results you want. That's that faith factor.

You believe in the results before you see them



You tell someone, "hey I'm going to do this" and you are going to do this but even more so you say I am already there. So you don't say "hey I want to be a millionaire", you say "I AM a millionaire".

By saying that enough, as long as you have your work ethic and have your belief factor and you're feeding your subconscious mind and have a game plan to get what you want.

Or maybe you weigh 250lbs and you want to weigh 200lbs, you don't tell people I'm going to weigh 200lbs you say I weigh 200lbs. You're not talking to other people; you don't need to tell other people that, you need to tell it to yourself.

I weigh a strong and healthy 200lbs. Maybe if you're a female maybe not 200, it may be 120-130 lbs, that's an entire different issue.

### ***Speak Into Existence What You Desire***

You have to speak in the existence.

You must be convinced and believe it. If you don't believe it, you're not going to be able to do it.

Conceive and believe you will achieve.

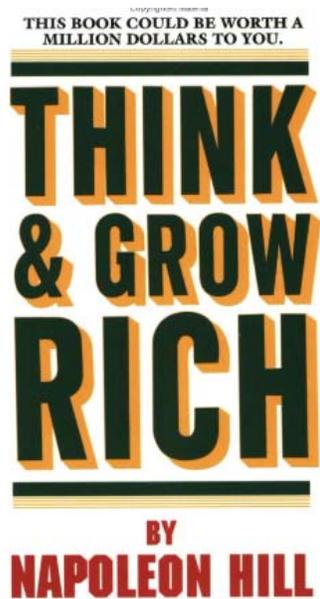
## Chapter 8: Bonus Material

These are the 6 powerful laws of the mind.

They absolutely work if you'll take them and utilize them.

You can find more information on these types of topics at my website [www.mindforcemethod.com](http://www.mindforcemethod.com), you can also find several articles I have written throughout my websites as well as on the Internet.

One of the things I wanted to do is to add a little bonus to this because I think it will add credibility to what I am talking about so you can see I am not just making this stuff up, that I am not just someone trying to sell you something.



I want to relate to you the power of the mind with **Napoleon Hills** principal. Napoleon Hill was an author who wrote a book called **Think & Grow Rich, Master Key to Riches** and several other books. Some of the things I am going to talk about is from his book **Master Key to Riches**.

### ***Master Key to Riches***

We've talked about the Maxwell Maltz book, Shad Helmstetter book and we are going to talk about Master key to Riches.

When we talk about riches, we are not necessarily talking about dollar amounts, so I don't want you to think "hey, this guy is just

talking from a monetary standpoint." **Riches is everything from your thoughts to everything else"**.

This book is fantastic and what I want to do is outline some of the principles that he placed in the book. I think you will get a great deal of interest in this, enough that you will go out and buy the book.

It's the kind of book that you don't read just once, you leave it on your bed stand and you pick it up and read tidbits at a time because it has so much information, so much power in it.

How he did this was he actually went up to the most successful people at that time and asked questions.

It took him a number of years to write this and he wasn't making any money while he was writing the book, but after he wrote the book, he became a multi-millionaire.

It is one of the most powerful self help books that's ever been out there and it's as true today as when he wrote it back in the 1930's.

I want to go over a few of the principles and what I want you to see is the commonality and what we were talking about the 6 laws and what Napoleon Hill was talking about.

Now remember these things that Hill is talking about come from the wealthiest men at the time. Most wealthy people today have read this book and adhere to these principles.

**The power of definite purpose.** The starting point of all individual achievement is the adoption of a definite purpose and a definite plan for its attainment.

You can't just be out there and fly by the seat of your pants, you have to actually go out there with focus and know exactly what you want. You have to have a purpose and have a defined plan for attainment.

**Any dominating idea, plan or purpose held in the mind through repetition, a thought, an emotionalized with a burning desire for its attainment is taken over by the subconscious section of the mind and is acted upon and it is thus carried through its logical climax by whatever natural means may be available.**

Sounds a little familiar doesn't it?

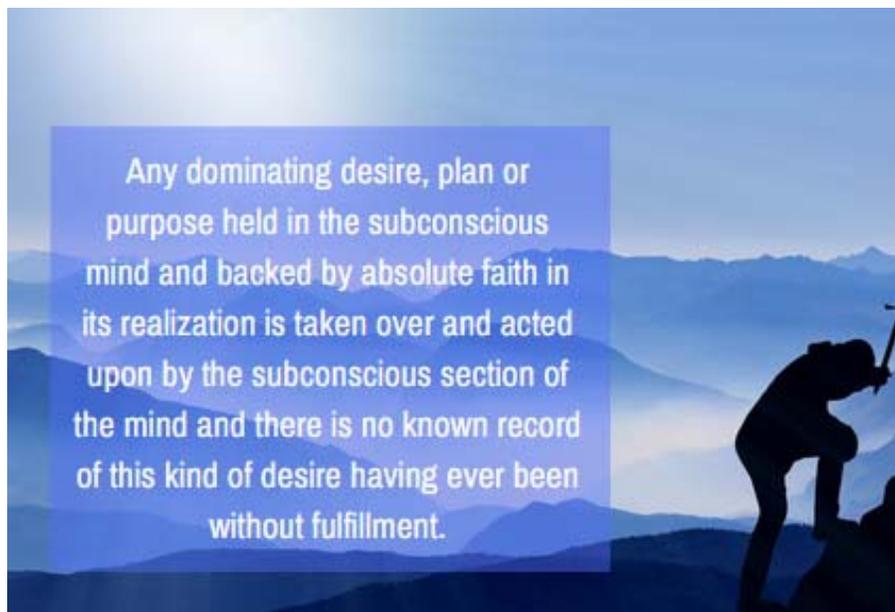
Dominating idea or thought, plan or purpose, held in the mind by repetition which means you're taking those auto suggestions and are putting them in your mind continuously.

You're emotionalizing it with what he calls a burning desire for the attainment of that idea or mind force thought.

it's taken over by the subconscious portion of the mind and is actually achieved and through the belief it comes to pass.

Powerful concepts indeed..

These are things you have to look at and reflect and really see if you're doing exactly that.



You are creating that idea or thought, you're backing it with faith and you're handing it over to the subconscious mind and you are saying here is what I want to accomplish, let's go get it...

Almost like having a genie in a bottle...

"Your wish is my command master".

Your subconscious mind is "The Genie".

Believe it...

Your subconscious mind is going to lead you in the direction. Here is where some people say it is a mystical area, but it is true that your mind will lead you in the right direction.

It will allow you to meet the right people; it will put you in the situations and circumstances that will be in your benefit to that desire that you have...

I believe there are no coincidences in life that you set everything up in your life based upon what you are thinking about and in effect directing your mind towards.

You are either directing your mind towards abundance or lack...

You are the controller... You control the programming.

Are you realizing the power this holds for you yet?

So if you are looking at the world and say "hey, everyone I am going to meet today is going to somehow affect me positively to help me get whatever I want out of life."

You go through life a lot more powerfully when you do it that way then if you look at life as just "oh, I am going to get up and go to work today".

If you have a higher purpose out there, you realize that everyone you come in contact with is a potential doorway to something that can lead you to the next level.

We hope that when you look at our website and courses and see the uniqueness of what we offer that you will look at that information and say "hey, this is the type or program that will lead me into the next level of understanding" in order to get whatever you want out of life. That is really our goal is to help you.

**The power of thought is the only thing over which any person has complete unquestionable control.**

A fact so outstanding that it has a close relationship between the mind of man and the mind of God and the connecting link between the two is faith.

**The only thing you really control is your thoughts, your mind. You don't control anyone else's.**

Someone has to give you control in order for you to utilize it.

So when you are looking to hypnotically influence somebody, it's not a factor that you will control them, they have to give you control in order for you to make an influence or suggestions to them.

### ***Tasking the Subconscious Mind***

The subconscious portion of the mind is the doorway to infinite intelligence and it responds to ones demands in exact proportion to the quality of one's faith.

The subconscious mind may be reached through faith and given instructions as though it was a person of a complete entity of itself.

So you need to look at the subconscious mind as a conduit to the things you want to attract and desire...

The divided mind, you have the conscious and subconscious portions of the mind and you are treating the subconscious mind as though it is a separate entity.

As if it's somebody that is actually going to go out and work for you to get the situation and solution that you have.

This, my friend is a super key to getting this to work. Believe it!

Again, it's backed by total faith and belief that it will be accomplished.

So when you give a task to the subconscious mind it's not a task that you're hoping for, it's a task that you absolutely believe that will happen.

It will happen, but will it happen in the time frame that you want it to happen?

Sometimes it will, sometimes it won't but that is the test of faith.

Are you faithful enough to realize that it will come to pass but maybe not in the timeframe that you want it to come to pass?

What is time, time is really an ambiguous type of concept, once you get through time, time doesn't matter.

As we look forward to the future, time is a big thing. When you look into the past, it seems like time flew by.

So what difference does it make if you set a goal today and it took you 2 years to accomplish?

The goal will still be accomplished and you will feel a lot more successful than you ever could. Because you finally attained it, you accomplished what you were looking to accomplish.

A definite purpose backed by absolute faith is a form of wisdom and wisdom in action produces positive results.

So take these concepts and run with them...

I know you will find them to be helpful.

I recommend you go back and read this over and over.

Go through this manuscript and apply each of the laws as well and truly understand how you can benefit from these laws.

One truth you will discover once you embrace the validity of these laws is that these very same laws have been working your entire life, you just didn't know the law...

They are like the laws of gravity. You don't have to know the law to experience it. You jump off of a building and you will fall proving the law of gravity whether you knew it or even understood it.

We would also recommend that you buy all of our products and you will find that it is exactly what you are looking for.

The techniques will work for you; a lot of our programs will keep you in shape and will absolutely work for you. I know this will be of benefit for you if you take these concepts and utilize them.

# Resources

For a limited time (if still available), you can set up a CONFIDENCE, CONTROL & CLARITY strategy call to help you understand how these concepts can work even more powerfully in your life.



**The Mind Force Method Works...**  
Who Else Wants to Uplevel their Life? Set Up Your Call Below



**Control, Confidence & Clarity Call**

**Gain Control, Get Confident & Find Your Clarity**

Set up your **FREE** Call with **AI Perhacs** (Author, Creator & Visionary of **The Mind Force Method**) to uncover your strengths and identify the areas where you can improve. You're probably closer to being a High Performance individual than you ever could imagine.

**RESERVE YOUR SPOT**

[Just click here to find out more.](#)