

# Manifestations Weekend Audio 2 – May 2006

By Joe Vitale

Joe: ...saying is that I am not THE God. I am saying I am A God. There is a movie. What's the name of the movie Bill Murray was in? Was it *Ground Hogs Day*? Where he says... "At some point, after going through things, cycling and cycling and cycling," (he's trying to explain that), he says, "I'm God." He's saying, "I'm not THE God. I'm not the one who created the DNA and the trees and all that. I am A God." That's the message of that book. That's the message of what I think that we are saying here is that WE ARE in OUR OWN WORLD.

Remember at the very BEGINNING of all of this, when I asked you, "Are you 100% responsible for everything in your life?" Every single one of you said, "Yes!" You are God over you self!

Yeah. Yes? I've got "Joe" being yelled out here. One second. You're closer.

Male: Joe, I just wanted to know, "What is the conclusion for that question?"

Joe: [Laughter]

All: [Laughter]

Joe: He wants to know what the CONCLUSION to the question, “How do you know what is ego or Divine?” Did we come to a conclusion?

Female: Yes.

Joe: Okay. SHE’S going to answer! [Laughter]

All: [Laughter]

Female: Well, but I’m listening to you, because I don’t know what the Divine IS either.

Joe: Great! Well, I don’t know what the Divine is either. I...as soon as we describe what the Divine is, as soon as we put a name on it – even putting a name on the Divine is trying to describe it, we are then removing ourselves from the Divine.

I am saying it is that BACKGROUND to EVERYTHING that you are experiencing. It’s the background to your thoughts. It’s the background to your feelings. It’s the background to your emotions. It’s the background to

your physical sensations. It's the background to you WITNESSING ALL of that!

The average person, in my opinion, walking down the street doesn't KNOW that they can WITNESS their thoughts. They have thoughts and they respond to the thoughts. They DON'T KNOW that they can WITNESS THE THOUGHTS.

We'll, I'm saying, even going past the WITNESS to the white board to the Source. I'm calling that the Divine. Beyond that, I don't know what that is. We can all be Martians or be an Alien. I don't know!

Yes?

Female: I hate microphones. But I just wanted to add to anybody that may be listening, I don't know if this applies to anybody in the room, but there are MANY people in this world who believe in a God that exists, way outside of themselves. THEY believe that THAT God has every control over their life. So they totally GIVE UP control of their life and they pray to this God to help them. I don't think that that's where this ideology is coming from.

This ideology is, "There is a God that we can't understand and that we are part of in all aspects: our physicality, our mentalness, our vibration,

everything is part of God. So we are trying to get in touch with THAT part of God. We are not LOOKING outside...GIVING UP CONTROL of our life to an external supposed person that walks on streets of Gold.”

Joe: Yeah. Well put. Yes...Nancy?

Nancy: One of the things that I've done in my mediation teachings and some of my studies is a lot of vibrational work -- in that, our bodies, our egos, our human state that we are in is like “THIS big” compared to how big WE are. Our whatever you want to call it, your LIFE BODY, your structure, whoever you are, goes out and expands and expands and expands.

From MY belief system, we ARE all ONE. We ARE all God. We are THE God. We are all PART of the same thing and we are little pieces of that going out and EXPERIENCING things and it's all feeding back to the same thing. So, our bodies, our consciousness right here is like our toe, compared to how big we really ARE.

What you said earlier was something about, “You don't see the bigger picture?” I had a friend tell me YEARS ago, “Pretend you are driving a car. God or however you want to say it, is sitting next to you with a map. You just have to go where you are told to go. You can't see the map. You don't know the BIG picture. You don't know what's BEST and where to

go. So, if you just TUNE IN and you LISTEN, you're going to get there the best, easiest, most beneficial way. If you start saying, "Well, I don't think I'm supposed to turn here," and all that, then you are second guessing SOMETHING that's there for your BENEFIT to GUIDE you that DOES see that bigger picture.

Joe: Wow! Great! Okay. [Pause] I think this will be the last question before lunch, because we are right up to when we have to go.

Female: Well on your point of the LIFE WARMING, Deepak Chopra talks about, "No-thing-ness...nothingness." That whole...there was a big bang theory. Well, what was BEFORE the big bang theory?

Joe: Right [Chuckling]

Female: In the field of all possibilities, WE are in the FIELD and we are PART of that and we are a PIECE of that holographic piece of that nothingness, that "No-thing-ness." When we ALIGN WITH that, as you are TALKING about, ADHERE to that. THEN we can get to it.

One thing that comes to MY mind in hearing this discussion people are bringing up. I mean, I worked very HARD on CLEARING this, but when I would hear, "This or something better," or "Trust and Let God," I would

always think, “Well, yeah, but God’s always going to be left to somebody else, but not ME.” So, how could I get to THAT point? I think *that* may be where your Divine and ego is coming in and saying, “Well, that’s great. God is the Universe and spectacular, but that’s not for me,” because of whatever you are coming to.

So, if you can get to that clearing. That’s why I think that it’s simple, the concept that you are bringing to us is SIMPLE of CLEARING and Divine. For me, I see it’s EASIER than having the conversations with other people, because I can cut through all those circuits. I can DO the hard... I am WILLING to DO the work and I can do it in a CLEAR channel.

That may be just a piece that some people listening to us, and here too, may be struggling with of that Divine and is it...It IS for your better good. Your better good is NOT some kind of SHAME kind of good.

Joe: Right.

Female: It’s GOOD! It’s ALL GOOD!! [Chuckling]

Joe: [Chuckling] Its ALL GOOD! Yes. Thank you. Okay, let me wrap up here, because the lunch is at noon and we want to stay with that schedule.

Lunch is going to be at a different building, not where we were this morning. I think that we go right out here and it's on the right...right where the wedding was last night. Do you know, Suzanne, by any chance? Right...on the right up here. That's where we are going to go in just a couple of minutes.

Well, I'm very excited and I'm very THRILLED with the way that this is going. I have a lot of SURPRISES in store for you. Some of you know about the movie, *The Secret*. How many of you have seen it? But not everybody has seen it. Okay, I'm going to arrange for ALL of you to see it! Not HERE, but I have a copy of the DVD for everybody!! You ALL get a copy of the DVD and we'll arrange for that after lunch.

There are some stories that are pretty breathtaking, including how I got INTO it. So if you haven't seen it, I AM IN IT as well as Jack Canfield, Bob Proctor, John Assaraf and a bunch of other people that you probably know the names of. So, we want to talk about *The Secret*. We want to talk about the POWER and techniques IN IT.

Then I have a MAJOR gift for you that will help make all of your dreams come true! [Pause] I've got chills racing up and down my spine!!

Huh?

Female: What a teaser!

Joe: What a teaser!

All: [LOUD laughter & clapping]

Female: Do you think we'll LIKE it?

Joe: [Laughter] Yes! Yes!

She says, "There's the teaser. Now, go eat chicken!"

All: [Laughter]

Joe: You know what? ... I AM a martyr. .He JUST SAID IT!

I want you to come back!! This IS the MARKETING guy in me using the hypnotic power of curiosity. None of you know what the big gift is. You can see those boxes over there. They are filled with SOMETHING!! All you know so far is that you've got coconut. Aimee, the coconut is to help us reconnect to the Divine. It's also good for you. It's organic. Suzanne picked it up, so in case you weren't here to hear what that story was.

So, we've got *The Secret*. Do I have that book that she has over there that I'll be handing out? I'll do ALL of that AFTER lunch. Yes, that IS my hypnotic command to be sure that you come back at 1:30!

You have time to eat, go for a little walk, stretch a little bit, share, drink a lot of water and then come back for an EXILARATING afternoon. This is just a WARM-UP! See you SOON!

Audience: [Clapping]

[Break]

Joe: How was LUNCH everybody?

All: Excellent...fabulous...awesome...great...fantastic. Very inspiring!

Joe: Yeah? Good food, good conversation? Stimulating?

Audience: [Inaudible]

Joe: It's a VERY stimulating group, isn't it? The ENERGY level is VERY HIGH!! I am amazed!! Non-stop high, too! The BUZZ is just contagious.

Did you all like the hundred dollar bills that were sitting on your chairs when you came in?

All: [Laughter]

Joe: Oh! Who was the FIRST person in?

All: [Laughter]

Joe: Do you like the books and the t-shirts that are left?

All: Yeah. Thank you!

Joe: Good, good. Than of course, there's a mustard seed that I've given everybody...which is like MY little reminder. It's one of my TOOLS that I use to be in the moment and to also TRUST.

I remember giving a talk one time about the mustard seed. I think it was spontaneous in the moment, when I realized that the mustard seed has no DOUBT about what it's going to become. So, if all of us had that same kind of TRUST in whatever it is that we are wishing for, intending, manifesting, wanting to be in alignment for, WE would grow into

whatever that Divine wanted us to be. In this case, the mustard seed has already, from the Divine, written its script. So, it's a nice little reminder. Then I like the little phrase, which I can't read without my glasses on, on the back is basically if we all know about going for the impossible, that we can move mountains, too!

So, I LOVE that and I LOVE dreaming big! That's one of the messages that is in *The Secret*. Some of you HAVE seen *The Secret*, correct?

Audience: Yes.

Joe: But, not ALL of you have. Does anybody want to give kind of like a synopsis, a short version of what *The Secret* is all about? Somebody want to jump in and do that?

Female: [Inaudible]

Audience: [Laughter]

Female: [Inaudible]

Joe: Have you really seen it five times? Do you want to give like a two liner or a one minute or two? [Pause] Just TRUST that you'll say the right thing.

Female: I AM! I am! The reason I liked it as much as I did and the reason that I have seen it FIVE times is that it is the consolidation of thinking! It is exemplified by all of these various speakers in a different form and a fashion. It is said in such a way that the lay person, the person who's not necessarily the *Law of Attraction* scholar, can get it. I feel very comfortable... In fact, I bought the DVD AFTER the first time seeing it, so that my mother could see it WITH me. She saw it with me at 89 and LIKED IT.

It's something I want to GIVE. It's something that I want to make sure that the people that are in MY life.... I have, I can't tell you the COUNTLESS people I've driven to the website. I even, for my nephew PAID for him to go to MY website, gave him my password to download, so that he could see it himself. I just think it's THAT GOOD!

Joe: You didn't even say what *The Secret* is!

Female: NO! I would not.

All: [Laughter]

Joe: [Laughing] Does anybody WANT to say what the secret is?

Speaker: It's a secret!

Joe: It's a secret, yes. You can go to [www.WhatIsTheSecret.tv](http://www.WhatIsTheSecret.tv) to go check it out. So, does anybody want to say what the secret is?

Female: Law of Attraction.

Joe: She says "Law of Attraction," but does anybody want to expand on it, that's seen the movie?

Speaker: [Inaudible]

Joe: [Chuckling]

Female: [Inaudible]...say something and it wasn't true.

Joe: A lot of different ways too.

Male: [Inaudible] ...a mega missile! I didn't come away with just ONE secret. I came away with a LOT of them! So, that's...ALL built around the Law of Attraction. All built around the fact that we attract into our lives the things

that we declare with intention is ENERGY. But, I came away with a lot MORE than that.

Joe: Like what?

Male: Like, "You're a bull dog!"

Joe: Like, "I'm a bull dog!!" [Laughter]

All: [Laughter]

Joe: I don't remember that being in the movie.

Male: No.

Joe: Am I a bull dog in the movie?

Male: No, no. He was totally charismatic, I guess.

Speaker: [Inaudible]

Male: Yeah. BIG energy!

Speaker: [Inaudible]

Joe: “A shame on” or a “shaman”?

Male: Shaman. Yeah...the energy.

Joe: Shaming a Shaman would be bad! [Laughter]

All: [Laughter]

Joe: I know what you meant though. [Laughter]

2<sup>nd</sup> Male: [Inaudible]

Joe: Yes.

2<sup>nd</sup> Male: Sure.

Female: I just wanted to say that in my little town, we’ve been sharing it with...like viewing parties. People come over to my house. I’ve done that before with really good movies, like *What the Bleep* and so on. Yet, this time, everyone left going to BUY the movie themselves. We’d all just seen it,

but they all wanted to HAVE it and share it. It's been shared with some of the local private schools in our area.

Joe: Wow!

Female: I know those teachers after leaving MY house, went to purchase a copy and I just LOVE THAT! It IS! It's the SIMPLEST description of the Law of Attraction and I think from what I'm getting or hearing from other people is that they are GETTING IT! They just are ACCEPTING it after hearing it for a long time!

Joe: Are others having that notice, too?

Unknown: Yeah.

Joe: You're seeing that people are watching it and awakening or changing?

Unknown: Yeah.

Speaker: Again, I think that the PRODUCTION of it, aside from the MESSAGE, but for people who are NEW to the idea of the Law of Attraction, the WAY that it was produced, the way that it had EACH one of the people speaking and having interaction, had a different energy about them. Of

course, their credentials underneath let peoples' brains come into them with a different point and I think THAT was a very powerful part of ALL WALKS of life, male and female, different things that they were doing. They had different energy about them. Their LANGUAGE was slightly different, but they were all talking about the same thing. I think that it let people.... my experience talking to other people about it who weren't really, you know, "I think this is too OUT THERE."

Joe: Yeah.

Speaker: It could SIT with them better, because they could ENTER at different points and find ONE of those people to connect with, which let them LISTEN and HEAR MORE to one of the other people that were there. So I think the production of it was very helpful.

Joe: Yeah! Outstanding! Pass it his way if you would.

Female: Do you all know about Eve Gregory and the thirty day experiment that's going on right now, based upon *The Secret*?

Joe: No, I don't.

Female: There's a woman, Eve Gregory.

Joe: EVA Gregory.

Female: Eva. Yeah, excuse me. Eva.

Joe: Oh, I know Eva! Okay, yeah.

Female: Okay. She started on May 16<sup>th</sup>, *The Thirty Day Experiment* that's based on *The Secret*. We're all to focus on ONE thing in our lives that we are looking to manifest. If I remember correctly, there are almost 2000 people that are part of this world-wide. I'll get the right website that you can download the May 16<sup>th</sup> audio that got everything started and then there's a *Yahoo! group*. Anyway, she's trying to collectively put together this world wide organization of like-minded people to manifest areas.

Joe: I LOVE IT. I LOVE IT.

Female: It's EXCELLENT!

Joe: Yeah, I didn't know who you were referring to. Eva does great stuff. She and her friend have a radio show, Jeanna, I think is her name.

Speaker: [Inaudible]

Joe: Okay. Well, thank you. That's great to know!

You will ALL get to see *The Secret* because I have copies of it for everybody! So, you'll be able to watch it at your leisure. Let me tell you how I ended up IN this, because this all ties into manifestation.

I would say a year or so ago, I was writing out in my magic journal, which is just a simple journal that I declared was magical. I wrote out what I wanted to have achieved within the next six months. The secret to writing in the magic journal is to write it as if you've ALREADY attained it. This is something that I talk about in Step Four of *The Attractor Factor*, where you write something out as if it's already manifested and how would it FEEL right now if you already had the house or the car or the spouse or whatever it happens to be. Fill in the blank.

I wrote down that I wanted to be in a movie. I remember writing down at the time, "I've now been in a movie. It's been this big success. I had a great part in it. It was easy enough." I wrote all that fun stuff down. I remember my mind telling me, "That is NUTS!"

Audience: [Laughter]

Joe: “That is not obtainable. That is not within reach. You don’t know movie stars.” I’ve met a few celebrities from reading my blogs and stuff, but I’m certainly not IN THAT world. So, how am I going to end up in a movie?

Well, what I have learned is that BEING focused on HOW will trip you up! It will PREVENT you from going for the BIG DREAM! Even when inspiration comes through and it’s like the Divine telling you to DO something, you can talk yourself OUT of it by saying, “I don’t know how to do that.”

When the inspiration comes and says, “Do a manifestation weekend.” I could have said, “Oh, I don’t have any idea how to do that,” and the whole thing would have DIED! Inspiration or Divine would have to go to somebody else and say, “Well, YOU do it, because Joe Vitale won’t do it!”

So, for whatever reason, inspiration came and told me to PRETEND you’re in a movie. So, I wrote down that I would be in a movie. I did not know HOW I would be in a movie...no CLUE whatsoever. I just thought, “This is for the FUN of it.” This is another CLUE. It was for the FUN of it. I had no ATTACHMENT. I had no ADDICTION. I had no NEED. My life did not depend on my being in a movie.

This is a KEY to going BEYOND MANIFESTATION. NO part of me had ANY desire for APPROVAL by being IN a movie. I just thought it would be FUN! It would be fun. It would be PLAYFUL. It was a playful possibility. I wrote it down as if it had already happened. I forgot about it.

It seems like it was only weeks later, it MIGHT have been a month later, but I got a phone call from a woman in Australia who said that she worked in the movie and film business for thirty-some years, for decades. She had read *The Attractor Factor* because a friend of hers in Maui had told her about it. She read *The Attractor Factor* and she wanted to make a movie based on *The Attractor Factor*.

Well, I didn't know this woman at all. She's a call, "out of the blue." "Out of the blue" is kind of CODE WORD here, you know, for things coming out of the inspiration.

All: [Laughter] Yeah! [Laughter]

Joe: So, it came out of the blue. But a part of me was thinking, this woman could be a flake. I don't who she is at all, so I was professional. I was polite. I was nice. I listened to her. She wanted to know if she got it all together, would I appear in the movie.

“Well, CERTAINLY, if you get it all together, give me a call.” I hung up. I never thought I’d hear from her again.

So, probably two months later or six weeks, something like that, I got a phone call from somebody saying it was Rhonda’s assistant. Rhonda, being the woman who’d called me from Australia. They were now filming people for the movie, which was being called *The Secret*.

I was still a little skeptical. Apparently they’ve run into this before, because they had a film teaser already made. That’s the one that you ended up seeing online. But I got to see it a HALF A YEAR early!! They sent it to us all, the people who wanted to be in the movie, including ME!

So, I went over, took a look at it and my JAW DROPPED! Do you remember the first time that you saw the teaser for *The Secret*? You knew this was spine tingling, this was off-the-charts! This was wonderful! This was riveting! This was hypnotic! It was a mesmerizing....one of the BEST TV or movie theaters that I had seen in my LIFE! So, I EASILY said, “YES! I WANT TO BE IN THIS! I want to be involved in any way, shape or form! Put me in it! Let me market it! Tell me whatever! Just let me be part of this whole philosophy!” Shortly after that, they found a time frame for me. They flew me to Chicago...First Class. They picked me up in a limo...nice!

All: [Laughing]

Joe: Took me out to a five star hotel in Chicago, where they wine and dined me. I met the most WONDERFUL people. I have RARELY been in a situation where EVERYBODY involved in a project was in ALIGNMENT with the project TOTALLY.

You know, you've usually been in situations where there is a group involved and somebody doesn't want to be there. Or, they are doing it at minimum wage and it's like the McDonald's mentality. They just are not in alignment with the FLOW of the project ITSELF. EVERYBODY was in ALIGNMENT in *The Secret*!! Right down to the.... I remember being in this studio that they had made out of a hotel suite. There's the make-up person. There's the camera person. Somebody's operating lights. Somebody's looking at a script. Somebody's setting up some high technology that they needed to have. Somebody's watching a computer. I mean, there's a BUNCH of people in the ROOM!

They had asked me to tell a particular story. I told them, now this is going to be a tear-jerker when I tell it and I will probably be crying at the end of it, so this will have to be the last thing that we DO today. They agreed to

that. That was all fine. I told the story, which did not end up in the movie, but it's relevant for another reason.

I told the story and I had tears in my eyes, like I told them that I would. I looked up and the interviewer had tears in her eyes. The make-up person had tears in HER eyes. The camera person had tears in HIS eyes. The guy running the script and looking at the computer had tears in HIS eyes.

EVERYBODY was IN THE MOMENT! Everybody was in ALIGNMENT with this!! I KNEW that however this was given birth...and I can't help but feel that this came from INSPIRATION... that everybody involved was attracted on some INSPIRED level -- gave BIRTH to a TRUE MASTERPIECE. I told them from Day One, I said that I will do WHATEVER it takes to tell the world ABOUT this, because I believe THIS can AWAKEN HUMANITY!

Now, from the Ho'oponopono standpoint, the ONLY person it has to awaken is ME! It's not a matter of me getting it out there to the world. It's a matter of me FULLY LIVING IT and CLEANING MYSELF of anything that's in the way of this being broadcast or attracted.

So, of course, the MARKETING behind it had been a LEGENDARY case study in itself. Craig and I have talked about it MANY times how they teased all of us, for MONTHS! It was almost like they had no mercy! They

kept saying, “The movie’s coming,” but we never knew WHEN. Of course, when they finally DID release it, the people in Australia and the people in New Zealand could not SEE or BUY the movie because of some kind of LEGAL RIGHTS that was going on. You could watch it online, if you WEREN’T in those countries, by paying five dollars to watch it at your computer and by paying \$20, I think it’s gone up to \$30 by now, but \$20 to buy the DVD and have it shipped to you.

So, it has been an AMAZING SUCCESS. IT IS STILL in BIDDING WARS where National Television Stations or Network TV’s are trying to be the FIRST to air it LIVE on television. But, these people did again, by breaking all of the rules by being the FIRST to AIR IT on the INTERNET and creating an INTERNET MOVEMENT around it! So, it’s been a FASCINATING process!

A couple of MY favorite stories in here are the one by Jack Canfield, who we now know and count as a friend is a remarkable guy. Well, he talked about first learning about the Power of Intention and the Power of Attraction and the Power of Directing Your Mind and he was making....I forget the sum but it was a little amount, like \$20,000 a year. It could have been less.

Female: [Inaudible]

Joe: It was \$8000 a year! Okay, yeah. You've seen it five times! She would know! [Laughing]

All: [Laughing]

Joe: Yeah, at \$8000 a year, he played with the possibility of making a HUNDRED thousand dollars. He did NOT make a hundred thousand dollars. He made ninety-six or ninety-seven.

Female: [Inaudible]

Joe: Ninety-two!!

All: [Laughing]

Joe: Nothing like being corrected. [Laughing] I'm the EXPERT alright!

Female: [Inaudible]

Joe: What's that? Ninety-two plus eight! Yeah. So, he was making \$8000, he asked for \$100,000. He made \$92,000. I still remember the line where he said, "That we considered this to be a failure." He didn't make the

\$100,000. He didn't make it! He didn't reach it! I imagine a very, very skeptical person might say, "See? It didn't work!"

All: [Laughing]

Joe: Ah.

Speaker: [Inaudible]

Joe: Yes. I love you. Yes, I love you. Thank you. Please forgive me.

All: [Laughing]

Joe: I LOVE what he did next. His wife encourages him to go for one MILLION and of course, making it! So, there are REAL dreams and possibilities.

Bob Proctor is WONDERFUL in this. He's in this A LOT, as he's very ARTICULATE in explaining things. In one of the special features -- I don't know if everybody has seen that, that's seen the DVD -- there's a special feature of Bob Proctor talking to YOU about *The Secret* and the Law of Attraction, sort of like five to ten minutes! It's a very articulate, concise presentation.

The other story that I really liked in here is about the guy who had been in a plane crash and was disabled. It was basically, as I remember, like Christopher Reeves had been, in that he was basically dead from the neck down. I still remember him saying that the ONLY thing that he had to work with was his MIND. Oh, my God!! That's ALL he HAD to work with. He is now WALKING!!! That is AMAZING!! I still get chills when I THINK about that!

I don't know who this guy is. I haven't ever met him. I've never heard him speak. Supposedly he's on the speaking circuit. Supposedly he's writing a book about his journey, but he's IN the MOVIE! He's talking to you and he's moving around and all of those things that he was told that he would NEVER be able to do!

So, *this is why* I believe in magic and miracles. I believe in going for what a lot of other people might think is IMPOSSIBLE.

On my business card, it has three words. It's an ancient fifteenth century Latin phrase that means, "Dare something worthy." Dare something worthy.

So, sometimes when inspiration is coming through and it's nudging you to do something that seems like, "Wow! This is really BIG or something that I've never DONE before" and it's really pushing the brain chemistry to give you the signal that this is out of your comfort zone, well it MAY just be asking you to DARE SOMETHING WORTHY and to DO something BIGGER THAN EVER BEFORE!

To back up, how I got into this? I wrote down in a magic book what I wanted to achieve, as IF it had already been achieved.

So I have a couple of MAJOR gifts for you. One of course, IS your own copy of *The Secret*, which we'll pass out, secondly or in a moment here. The other, and I'm REALLY tickled with this...I have a magic journal.

Audience: OH!! [Clapping]

Joe: These things...how much do you think you should pay for one of these?

All: [Laughing]

Joe: I'm not doing a very good lead up. [Chuckling] I've already told you it's free!

All: It's \$100,000.

Joe: Yes. I like what she said right over there! A hundred thousand dollars each! It's certainly worth that!! Each one of these is hand made in India. Each one of these is hand painted in India. So, each one of these is UNIQUE.

It's on recycled cotton paper, so it is very eco-friendly. None of these have been opened. They were packaged in India and then sent over here. So, what I'm going to be doing is passing these out and let this be your Manifestation Journal.

The SECRET to making this WORK is that when you write in this, you have to write about what it is that you want to do, be, or have as IF it had already passed! It's like a future diary.

You're pretending that today is done, or that tomorrow is done and you are writing at the end of the day about what you received or what you EXPERIENCED -- writing down the way that you would like it TO BE. THIS is YOUR WAY of PETITIONING the Divine. THIS is your way of requesting from the Universe the THINGS that you would like to have. There HAS to be balance. We talked earlier about Step Five in *The Attractor Factor*, you have to LET GO!

You have to let go of knowing HOW. You may write down that, “I was just in a Blockbuster movie and did better than Joe Vitale’s movie.” You know?

Audience: [Laughter]

Joe: [Laughter] You know whatever is going to come to YOU. You have to be sure that you write down TRUTHFULLY what is correct for you, what FEELS right for you.

You can’t be caught up in the HOW. You are NOT going to write down HOW that is going to happen. You may write down about the MOVIE EXPERIENCE, but you’re not going to write down that you got the phone call from somebody or because Joe met James Caan, maybe he’ll introduce me to James Caan and then he’ll introduce me too.... no! That’s too convoluted! That’s not how the Universe works!

The Divine can open up doors that WE can’t even imagine in the most SURPRISING way and absolutely DAZZLE you with what takes place. You don’t need to know how and that is a BIG stumbling block for most of us and myself INCLUDED. So, we start thinking about what we want.

Then we start thinking about all the different ways that we can achieve it!

We don't HAVE to do that! You'll be INSPIRED to do that!

You'll be put in situations where people will be attracted to you and it'll be up to you to be ALERT! That is a KEY. You have to be ALERT to those OPPORTUNITIES. Then, what do you have to do? TAKE ACTION. Take action...that's YOUR part of the deal! That's the arrangement.

Do YOU have any CLUE as to how POWERFUL this is?

Female: [Inaudible]

All: [Laughing]

Joe: [Laughing] She has a CLUE! [Pause]

So, what I'd like to do is...can somebody help pass these out? I've got *The Secret* here and then I've got these books here. They need to be cut open so that you can get two. None of these have ever been opened. Thank you.

Take another one! Yes! You are very welcome!

Speaker: [Inaudible]

Joe: Yes! You can either pass out the movie one right there or these boxes need to be opened and passed out.

Female: [Inaudible]

Joe: I liked what Amy did by the way. I don't know if anybody else noticed or DID this, but she wrote, "I love you" and what else did you write on your card?

Amy: Thank you.

Joe: She wrote, "I love you and thank you" on her name tag!

Speaker: While she's waiting...

Joe: [Chuckling] While she's waiting for the "I LOVE YOU" T-shirts to come in. I thought that was BRILLIANT, because I looked over and I was getting the message. I was saying exactly what we want with the t-shirts. You might consider doing that...just write "I love you" underneath your name on your name tag.

Audience: [Laughing and happy talking among themselves].

Joe: Yeah. Make sure Pat gets whatever we are passing out, too.

So, what kind of questions do you have about, either *The Secret* or about using the journal? Because what I am going to do is give you some TIME to write down in your magic journal. Yes, Amy?

Amy: Can you... [Inaudible]

Joe: Yes. Yes. Okay. She's asking for an example, which I'll give in a minute. I saw you had your hand up.

Female: Yeah. [Inaudible]

Joe: Yeah. So, that's a great question. I no longer put dates. I did put dates for awhile, but that's also controlling. I'm finding that if I'm REALLY TRUSTING, if I'm really turning this over to the Divine or to the Universe and allowing it to play out in its own Divine TIME....you know, I DON'T KNOW the timing that it should be. I don't know if it should be tomorrow or next week or next year or EVER!

Female: [Inaudible]

Joe: Yes. Right! Yeah. So I have found that NOT putting a time on it is better for me. ALL of this is subject to experimentation. Did somebody else have a question?

Speaker: [Inaudible]

Joe: These are beautiful hand bound, hand created books.

Female: [Inaudible]

Craig: One of the things I came across with journaling early on was I found myself writing down things that I thought that I SHOULD want, instead of things that I ACTUALLY wanted. I thought I'd get your comments on that.

Joe: Yeah.

Female: I feel [inaudible].

Craig: Mostly I found that out when I wrote it down like that. You're like, "Eh, whatever." [Laughing] It was like when you or I was 18 or so in high school, I thought I had to have a huge mansion with a swimming pool and all of that kind of stuff. That's a good example of something that I don't

really actually care about having -- a ten thousand square foot mansion with a Rolls Royce and all that. I mean, you think like, “Well, I should write down something BIG, right? Like something important?” But, I don’t actually CARE about that. But, sometimes it took writing it down to realize that it really didn’t have any energy behind it.

Joe: I think that one of the big KEYS here is that you want to HAVE FUN. What you are going to write down are all the things that would be an absolute DELIGHT to experience, to have, to do, to be, to feel.

Mandy Evans is a wonderful person that I talk about in my *Attractor Factor* book and probably a couple of other books. She does the “Option Process,” which is a way of CLEANING BELIEFS by questioning beliefs. She has pointed out that when she does her workshop, she invites people to take out a sheet of paper. Now, you have something much more NOBLE than that! Your own magic journal here...your future diary, your own magic book!

She says to have them WRITE down what they would welcome into their lives if it fell out of the clear blue sky! Now here’s that, “clear blue sky” again. You know, we could have called this the Clear Blue Sky Workshop!

All: [Laughter]

Joe: Maybe it would have made sense, too.

Speaker: [Inaudible]

Joe: The Clear Blue Sky. So, if it came from the clear blue sky you would welcome it into your life and it would be FUN for you to have. There's PLAYFULNESS to it. There's not a need! There's not a "should." There's not an ADDICTION. There's not any sort of ATTACHMENT to it. It's something that would be THRILLING, that would be FUN! Much like me now writing down that I've now been in this movie that's a big hit and it's popular. I don't remember the exact phrase. But it was a very simple statement that meant something to me. I did NOT NEED it to happen. It was not a SHOULD. Nobody was saying, "Oh, Joe, you'd be a better marketer or a better author or bestselling whatever if you were in a movie." None of that was there. So, there was no need, no attachment. It was all playful. I would certainly WELCOME it out of the clear blue sky. That's what I wrote down.

That's what I would encourage YOU to write down. So, I am going to be giving you some time to do this. So, ask your questions so that you are CLEAR about what's going to be happening here, because IT SHOULD be really FUN!

Mark Victor Hansen DOES sell a book called...I think his is called *Future Diary*. I've never seen it, but I think it IS like a diary where you go out into the future and you write down what you want to have or what you've already accomplished. It's a similar theory, but he writes down HUNDREDS AND HUNDREDS of things!! When somebody asked him goals he had going on at any one time, he said something like, "Six thousand."

Audience: [Laughter]

Joe: It's just OFF the CHARTS, because he writes them down ALL the time. There's a BEAUTY to doing that, because when he writes it down, he also FORGETS it. This is a CLUE!!!

When you write it down, it's like sending a message to the Universe. You can also say you are sending it into your unconscious mind. However, you want to look at this biochemistry. I'm looking at it from the Divine.

I'm saying you are sending it into the air unconscious, that connection to the Divine is going to pick up the signal. Whether you GET IT or not is up to the Divine! It's not up to YOU. It's Step Five. You choose, but you

don't decide. You have to let go. We are still working within those five steps of the process.

But what I have found and if you remember from *The Attractor Factor I* SAY this, somewhere in the early stages...it might have been in Step Two, I say, "Write out your goals." Brian Tracy had written down that if you write down the things that you want to EXPERIENCE and then check your list a year from now, 80% of them will have happened without you THINKING about them!

You have kind of put in an order to your mind, to the Universe, and it will start rearranging your life and putting you into situations where these things will come about, when you've already forgotten them! I find that it works better if you DO forget about them!

I DO KNOW that there are goal setting teachers out there that tell you to be pretty obsessed about your goals: to think about them night and day; to dream about them night and day. I would say that that probably works for them. The belief BEHIND it probably makes it work. I AM teaching people an EASIER WAY.

What I told Nerissa YEARS AGO when we first met and what I've said in my book, is that there is a rocky road up the mountain...a rock road to the

Divine if you will...but there's also an escalator. I FOUND the escalator. I'm telling people, "You can go up the rocky road if you *want*, some people LIKE mountain climbing. You might want to struggle and enjoy that process and feel very GREAT about yourself, because you did it. OR...go around to the other side and visit an escalator, push "up," and you just kind of GLIDE!!" [Chuckling] I LIKE THE ESCALATOR! Every now and then I get off and get all bruised and everything and think, "Oh yeah. I want to go back to the escalator again."

All: [Laughter]

Joe: I know what that's like! [Pause] So, what we are really talking about here is REALLY LETTING GO...having fun and letting go.

Did you have a question?

Male: [Inaudible]

One is...I was asked this the other day. I have what's called an abundance journal that I give to my...I teach a class called "Education and Destiny." They fill out an abundance journal, which is somewhat similar to this, except they are attaching whatever they are going to do in a day with a special core value, such as: Instead of, "meeting with Bob," it's "increase

prosperity / meeting with Bob,” or whatever they have as a core value. So they can eventually see that their diary or day planner looks something completely different at the end of the deal.

But one of them asked me, “Is there anything wrong with writing this out on a computer, because I don’t like to write by hand. I get cramps.” So, I was going to ask you that.

Joe: Oh!

Male: I was also going to ask you, as far as to saying things that are in the future, are you saying...as opposed to like standing in front of a mirror when you are fifty pounds overweight and saying, “I am sexy and thin,” and when you are not, your subconscious is going, “No you are not. No you are not. No you are not.” But you are saying you used to do it with a date.

Joe: Right.

Male: “It is spring or it is in the future and now I feel this because I am this.” Is that what you are telling us or asking us?

Joe: I am NOT dating it. It is PRESENT TIME when I write it. On one level, I am lying to myself if you want to look at it that way. On another level, I am programming myself with DEEP emotion.

There's TWO major ways to change. It's REPETITION and it's EMOTION. So, what I am doing is really fueling the emotion part. If you remember Step Four in *The Attractor Factor*, I call it "Nevillizing Your Goal," because it's named after Neville Goddard or Goddard Neville, I think was his actual name.

He talked about the way to create or manifest things in your life is that you had to visualize it WITH FEELING. I AM a hypnotherapist. I have worked in the mental imagery world. I know about psycho cybernetics and all the other ones that you can talk about, but talk about the power of visualization. There IS POWER in visualization, but you ACCELERATE the process *beyond* BELIEF, you turn on the afterburners when you put FEELING with it!

So, when I am writing down something that I WANT to have happen, it is as if it has ALREADY happened, but the GREATEST joy...the MOST feeling...writing it out the WAY that I WANT it to BE totally.

In that moment when I am writing it, it's REAL. If it's NOT real, then it means that I didn't write SOMETHING in there to make it real! There's some part of me that's hedging the bet a little bit.

Then, the first part of what you are talking about was the core value type thing. It sounds a little bit like we are still stuck with the HOW. In other words, we are saying that we want to go and do this meeting with such and such because it's going to help ME increase my bottom line. I think that we are still looking with the HOW there and what we want to do is to get AWAY from the how. It may SERVE your client. I'm not saying DISMISS it. But, I'm trying to take everybody BEYOND where they've been before, including myself. I'm in for the ride here, too.

We want to look at not EVER being caught up with HOW. We want to look at, "What do you WANT? What do you want to have, do, or be? What do you want to experience?" When you write it in your book, you want to write it as if it's ALREADY HAPPENED. This is your own personal journey. You should NOT be sharing it with anybody else. You should write your name in it and then keep it with you and sleep on it at night and all of that kind of stuff. I won't be asking you to read from it. You shouldn't be sharing it with anybody or letting other people read it. Eventhough this is a SUPPORTIVE group, if you feel INSPIRED to do that then DO it, but MY feeling is that you keep it to YOURSELF. You

LOCK that energy within you and it's an agreement between you and the Divine.

As for writing it out on the computer, which is part of what you were asking, there's nothing wrong with doing it that way. I have found, because of my age and how I grew up, that's its far more NATURAL for me to write in handwriting. I didn't have a computer when I was going to school. Some of you didn't, some of you did. Whatever is NATURAL for you! Handwriting to me is a DIRECT CONNECTION to my unconscious mind, which is connected more or better to the Divinity than my conscious mind is.

So, it's BETTER for ME to write it out in handwriting. That's how that works for me. So, I'm a gadget guy. I've got computers, Blackberries, and laptops. I would LIKE to do it that way. Yeah. Yes, sir.

Speaker: I'm up. I was thinking about categories of areas of life such as health issues versus business issues and relationship things. I can't help myself, I have that structural slant.

Joe: [Chuckling] Yes?

Speaker: There are a couple of ways to do it: the stream of consciousness, where you just start writing and they are all mish-mashed together; OR having, you know, making ten pages about health, the next ten pages in other things. Thoughts about that?

Joe: Yeah! Well, first of all, it can go any way you want it to go. I would follow the basic guidelines about making sure that it's stuff that you WOULD WELCOME if it came out of the CLEAR BLUE SKY and making sure that you write is down as if it's already happened! If that means writing ten pages that's a mish-mash or if it's writing ten pages on each particular subject, that's up to you.

I like the idea of something that I learned when I was in the Mental Toughness Institute Program, which some of you have been curious how I've lost a lot of weight and so forth, after struggling with it all of my life!

I had set an intention about waking up one day, being in this healthy fit body and being in some fitness contests and all of this stuff. I'd written it out and the first thing that happened was that I got severely depressed.

I thought, "How...HOW?!?" You know, looking for the, "How," especially if you've already STRUGGLED with it most of your life and you know that diets don't work and all of that kind of stuff. It was

probably the very next DAY after writing out my little journal about how I wanted it to BE, that I got an email OUT OF THE BLUE, once again, from somebody endorsing the Mental Toughness Institute for Weight Control. Never heard of them! I looked at it, because I thought, this is a little too uncanny. I'm not on the list to get this. I don't USUALLY get this. This is the DAY AFTER I have stated this intention, I've GOT to take a LOOK.

I was uncomfortable about it, because I thought, "This is strange. It's too weird. It's out of place." They didn't want ALL that much money. That wasn't a big deal. But, my other rule of thumb is that if I'm afraid to do something, I KNOW I must DO IT!

Speaker: [Inaudible]

Joe: [Chuckling] So with that agreement, I signed up for it. It turned out to be a process of AWAKENING. It turned out to be a process of realizing that diets DO work. You can go on all kinds of diets and you'll lose weight. It's more of a LIFESTYLE CHANGE though is what's needed. THEY WALKED ME through it.

Now, the really WONDERFUL thing with them...I went through their program THREE times. I even promoted it on the second or third time, because they had trouble getting people into it.

After I'd gone through it, I'd lost 80 lbs. I was on the other side of it and everything. They don't offer the program any more. They told me if you want to offer it, if you want to do segments of it, if you want to take our ideas and promote it, go right ahead. It was, like, "Did this SHOW UP just for ME?"

All: [Laughter]

Joe: I mean, did the Divine call them up in Florida and say, "Hey, you people with the Mental Toughness -- get one going for weight control, because some guy in Texas is going to NEED it and after he's all done, you can shut it down."

All: [Laughing]

Joe: That's the kind of BIZARRE thing that happens to me when I just cover the things that I want! I wasn't thinking anything in particular like, "Oh, I hadn't taken this care of health before." It wasn't the kind of category I was going after.

I was looking at the different areas that I felt like that I was lacking in. At that particular time I was saying, "Man, I'm successful in just about every

area that I can look at, but I haven't been successful here. I've got to do something about this." So that's where: I put the focus; I put intention; I had a lot of clearing work to do. A lot of that came from the Mental Toughness Institute for Weight Control.

They still have a Mental Toughness Institute, but it's not about Weight Control AT ALL! They focus on making sales and improving business and leadership skills and all of that good stuff.

So, again, it goes back to, "What FEELS RIGHT to YOU?" But, DON'T get caught up in the HOW. Don't go saying, "Okay, I'm going to go state my intention and tomorrow I'm going to get an email, because it may not come from email EVER!" It may come from a carrier pigeon that flies through the window!

All: [Laughter]

Joe: You don't have any idea! You don't have a clue!

Speaker: [Inaudible]

Joe: Isn't that what?

Speaker: [Inaudible]

Joe: Which part?

Speaker: [Inaudible]

Joe: Yeah. Okay. He's asking...because I have to repeat that because I didn't give him the mic..."wasn't that a NEED for somebody who's in poverty, wanting to be prosperous -- that they are being propelled by the NEED or me being overweight, wanting to be slender, being propelled by the NEED?"

If you look at *The Attractor Factor*, the First Step is to know what you DON'T WANT. The VERY first step is to know what you don't want. The person who's in poverty doesn't want to be in poverty. They want out of poverty. So, that leads them to Step Two, to intend what they do want, to choose what they do want, to write it out. At THAT point, they are NOT coming from NEED. They are coming from their DESIRES. They've shifted. The NEED is what spring boarded them into a new way of viewing things. The vast majority of people who are out there walking the streets right now, who are in NEED are STUCK IN NEED.

There's a WONDERFUL quote in *The Secret* by Bob Proctor. I laugh every time I see it, because I KNOW so many people that fall into it. Where he talks about...he says, "If you are in DEBT and you are trying to get out of debt, you will STAY in debt! You are stuck on that same level that created debt! You've got to take it to a different level."

So, that would be Step One in *The Attractor Factor*. In Step Two, it would be, "How would you LIKE it TO BE?" If it came out of a clear blue sky, what would you welcome into your world? So, it's taking it to a new level. On one level you are in need, on another level you've now UPPEd it to desire something even more NOBLE than that. That's the word that comes to mind at this point.

It's a GREAT observation. I LOVE these questions! Boy!

Female: If you know what you DON'T want, you don't want to FOCUS on what you don't want because you'll attract more of it.

Joe: Yes.

Female: So, you shift it to what you DO want and then you start creating, which is NOT a need. It's creating.

Joe: Yeah. There's a WHOLE different ENERGY that comes from that place of welcoming it out of the clear blue sky, as opposed to welcoming it if you are in poverty and you are just trying to struggle your way out of it.

Because, a basic rule in psychology, this is something I learned from Win Wagoner, a great guy you need to be reading. He wrote a book called *Beyond Einstein*. Yeah. Do you know his work? He's a GENIUS! I've gotten to interview him for my Hypnotic Gold Series and I've known him for almost twenty years. I've never met him in person, but I've talked to him on the phone MANY times.

He says a fundamental rule in psychology is, "You GET more of WHATEVER you focus on." It's so incredibly SIMPLE. That if all you are complaining about is being in poverty or being in debt or being alone or being with a bad leg or just fill in the blank, you will see it everywhere and you will tend to attract more of it!

That's why we have to do things like, "I love you. Please forgive me," all of this to TRANSMUTE it, to get OUT of it, or to become AWARE that that's what you're doing and to take it to the next level, which in *The Attractor Factor*, is to begin to focus on how would you LIKE it to be?

What would you INTEND to have happen? If you are writing in your magic journal painting the pictures, that's the direction that you want to go.

Great, great, great questions!

Female: [Inaudible]

Joe: Yes. I THOUGHT you did. [Chuckling] I was just waiting for it to just bubble up.

Female: So, we were talking earlier about when you look at what you want, look at why do you want that or what's that going to give you...like what's the feeling behind that. So, do you incorporate the FEELING that you want ...into like... when you write it and all?

Joe: ABSOLUTELY! Yeah. I absolutely incorporate the FEELING but NOT the rationale...the "this is going to get me such and such" or any sort of intellectual gobble-goop, because I'm just digging a hole. I don't understand what it's going to get for me, really, intellectually. What I am looking for is the BODY SENSATION, the physical happiness, the joy, the delight.

The example I've given... I did a series called *How to Attract a New Car*. I think it's at [www.AttractANewCar.com](http://www.AttractANewCar.com). I've told people that if you could imagine that you want this particular car, you can name something, but if you want a particular car...if you could imagine that it's already in your driveway, you can open this door, walk out there, and SEE it. You can walk over there to TOUCH it. You have the keys in your hand. You can feel what it's like to have the keys. You can get in the car seat and you can turn it on. What do THOSE FEELINGS feel like? Those aren't feelings of, "How am I going to pay for it?" Those are feelings of, "Man, this is WONDERFUL!" It's a DELIGHT. I can FEEL it. I can SENSE it. I'm IN THE MOMENT. I'm living it and it FEELS GREAT! Those are...that's the place that you want to come from.

Most of us don't understand the rational why we do ANYTHING. As a hypnotherapist, I see that all of the time! There are numerous stories of people being put into a hypnotic trance and being told that, "At two-thirty you are going to walk over and open the window. You are going to FORGET that we gave you this command. But, at two-thirty, you'll walk over and open the window." Then we wake them up. We'll just kind of go about our business and at two-thirty they walked over and they opened the window. If you ask them, "Why did you do it?" They just say, "I just got real stuffy." There will be a rationale. They'll think of something to say,

but they won't know the REAL reason. That's true of all of our intentions...for the most part we don't KNOW what the REAL reason is.

This is why I think it's so important to go to the question, "How do you know if it's coming from ego or if it's coming from the Divine?" -- to kind of use some conscious discrimination to be aware if it IS coming from the Divine, FOLLOW THROUGH at FULL SPEED!

If it's coming through from ego, much like me saying, "I was thinking about getting a BMW or a Z4." Well, that's sounding more like ego. It doesn't feel like when the Manifestation Weekend was descending upon me, when I felt inspired to follow through on that. It's a COMPLETELY different feeling.

Male: [Inaudible]

Joe: I said something to raise questions. [Chuckling]

Female: Talking about frequency. So, we write things down, and then between the frequency, as well as, in visualization.

Joe: Yeah. That's a common question. I don't have any rule of thumb for that. It's more...if there's any rule of thumb... it's going by your intuition! If

you feel like you need to go re-write it, go re-write it! If you feel like you need to re-read it, go re-read it.

When I was in the Mental Toughness Institute program, they had us write a vision, a one year vision. In other words, its one year from today what all took place in your life on as many levels (which would address what YOU were talking about) as possible. Of course, you are doing it with FEELING. You are doing it as completely as possible, covering all of the bases. Then, you re-read it, almost daily. But, that was THEIR advice. I'm more INTUITIVE. I just say, "Hey, just go with what is being NUDGED within you." Yes?

Speaker: Just to speak a little to that, I wanted to get out of secured and unsecured debt completely. I had to work on getting out of not wanting to be in debt and being prosperous. I developed not only in writing this down, but also when I was doing something, whatever it was, and having that feeling, "I want to get out of debt," I would say, "If I was perfectly abundant right this moment, what would I be doing? What in THIS moment would change?"

Just asking myself that question would completely change my thing and then also, FORGETTING about THE SUNSET. Making peace with the fact that, "Yeah, I was in debt and didn't like it, but was going to move

forward and what would I be if I wasn't?" I have now moved to the place where I have completely gotten rid of \$70,000 worth of secured and unsecured debt!

Joe: Yeah. I think that's great! Somebody else had a question? No? Okay.

Female: When she said that, it reminded me of something that I do... is that I ask myself, "Who would I have to be? What kind of person is the person that is debt-free or that's whatever it is you want?"

Joe: That's good.

Male: I was thinking about the core values issue. That might be a partial litmus test for knowing or recognizing it of the Divine, if there is an alignment of core values...possibly, just a thought.

Joe: Yeah. Again, I'm trying to stay away from over-intellectualizing the whole process in mine. Now, that may FEEL perfectly right for you. It doesn't feel right for me ANYMORE!

I want to directly go to, "How would I like it to be if it fell out of the clear blue sky," and describe the feelings to the best of my ability and pretty much let it be at that! Then, be alert to where I'm being put, what

situations are showing up and knowing that I have to take action when they DO show up. Those are parts of my agreement.

[Laughing] You're getting it. You're getting it. Okay, any other questions? Questions? Questions? Questions?

Female: [Inaudible]

Joe: What was my last thing?

Female: [Inaudible]

Joe: Oh, okay. I'm not sure HOW to expand on that, what I am talking about.

Speaker: [Inaudible]

Joe: Okay.

Speaker: [Inaudible]

Joe: Okay.

Speaker: [Inaudible]

Joe: Okay. All of it's coming from TRUST. So, let's back up. I told you that I was at the Dr. Len weekend, that was what you had come to, the dinner, and so forth, February 25<sup>th</sup>. The next day we are having breakfast and the whole idea about doing a Manifestation Weekend comes to me and I DON'T WANT to do it. I am RESISTANT to the idea. I wait three days to actually see if the idea will pass. It doesn't pass, so it's now up to ME to IMPLEMENT it!

Now, actually in best of all possible worlds, I should have acted INSTANTLY! This is what I've told everybody else to do! Money likes speed. You've got the idea. Jump on it! Send that email out!

But, it was more like, "I'm overwhelmed here. I don't want anymore work." Here comes another idea. I wait to see if it'll go away. It doesn't. Alright, so I send out the email. It works, obviously, you all show up. On the way, I find out that Dr. Len is doing a weekend in San Jose...the weekend before THIS. Now, part of me says, "Don't go to that, Joe. You've got a book to do...you have a deadline to finish. You JUST finished the Canine Concert promotion. I had been sunburned I was still healing from that. I had lots of other stuff going on. I don't need to get on a plane, plus we'd just come from Ohio for a wedding and so forth. I don't need to get on a plane and go to another event."

But, the part of me that's listening to the "Out of the Clear Blue Sky" comes this invitation to go see Dr. Len again. Just before I'm about to do THIS seminar, I can't dismiss that! It has a different feeling to it. If I trust myself...if I say something which I often say to some clients that, "If you had no fear, you knew that you would be safe, money was no object, and it was going to work out perfectly, would you go do it?"

"Well, yeah, I'd go do it, obviously I'd go do it." So, I say, "Yes," and I go to it. So, again, it's a matter of paying attention to the opportunity. An email comes in about a Mental Toughness Institute for Weight Control. I've never heard of it before...smells like an opportunity right after my intention. Next part of it, take action! The action I had to take was to say, "Okay, how much do you want and where do I pay?" and book it!

Those were also BIG things for me to do! There was a LOT of TRUST involved! I don't know who those people are. I don't know what I'm in for. There are weekly calls that are going to go on. There is DAILY homework that they want me to do. I have to report on everything that I am doing health-wise.

But, again, the feeling was within ME. My connection to the Divine, if I can say that, is saying THAT is what you do and YOU KNOW IT, JOE!

Doing OTHERWISE would have been escaping what I knew to be TRUE. So, I think there's a degree of being honest with your self. I've often used the phrase, be RUTHLESSLY HONEST with your self. Not just honest with yourself, but RUTHLESSLY HONEST, because MOST of us...I think Craig and I were talking earlier...most of us KNOW what to do. It's a matter of, "Okay you are aware of it, now you've got to go do it."

I've already admitted that if it's something that I'm afraid to do, it's telling me to go do it. It's telling me to go do a giant lotto hoax that's going to cost me money and be possibly dangerous to my reputation, not knowing how it's going to go, but it's bubbling up like it's... "This is what you are supposed to go do." I HAVE to go do it. If it's something that's making me nervous or if I'm afraid of it, I KNOW that I have to go do it.

Speaker: [Inaudible]

Joe: Oh! Interesting!! Wow!! What an interesting view! [Pause] A couple of things that are going on...first of all, I have learned the power of my WORD. So, if I say I am going to do something, I have to do it! I mean, there is no backing out of it. This is an agreement that I made with myself, because I know that the Universe is WATCHING!

If I say that I'm going to do something and then I don't DO it, the next time that I ask the Divine that I would like to experience something, they'll say, "Hey! You lied to us before! You know? You said you were going to do something and you didn't DO it! Now you are asking us to believe you THIS time around?"

So, I don't know if that makes SENSE, but there's a certain bit of credibility that I have with MYSELF that I BELIEVE is a connection to the Divine. So, I HAVE to go through with the things that I've said that I want to do. At the moment, I can't think of an incident. If one occurs to me later, I'll SHARE it with EVERYBODY. But, right now...can you think of something, Nerissa, that I'm missing?

Nerissa: [Inaudible]

Joe: Traveling. See? I don't remember.

Nerissa: The travel bureau people.

Joe: Oh! The travel bureau people! Yes, yes! That did go on for awhile and I did meet with them for awhile. I started to have a nagging feeling that this wasn't right or it wasn't going to work out or it wasn't right for me. I

found a PROFESSIONAL way to bow out by finding them a replacement for ME in that particular case.

I guess another example that comes up, I was asked to be on a teleseminar program. It was one of the ones that YOU were invited on and I don't even know if you ever ended up on it or not. You weren't on the first call. I was on it. It DID NOT FEEL RIGHT at all to me, but all that I had agreed was that I'd get on the first call and we'll see how it goes. It didn't feel right. It wasn't going anywhere. I was already busy. I didn't feel any "out of the clear blue sky" connection or reason to keep going, so I emailed everybody in the group and said, "I am just too busy for this. I WISH you all well." No negativity at all. There was no obligation. I wasn't committed to doing anything. It wasn't like I'd signed a contract that I would BE there and bowed out. They wrote me a nice letter back and just said, "Thanks."

Does that help on those?

Speaker: [Inaudible]

Joe: Yeah.

Speaker: [Inaudible]

Joe: It IS about BEING TRUE! I think....

Speaker: [Inaudible]

Joe: Yeah. I believe there is this inner compass in ALL of us and what we WANT to do is to follow that INNER COMPASS. Sometimes, if it turns you into a corner you don't like because you are with people that you are not in alignment with.... I read Richard Branson's book recently. It's the one called *Screw It, Let's Just Do It!* It's a brief little book that just came out. Well worth reading. I really love Richard Branson!

He says that if he's in these positions where it's not FUN for him to do something, he either has to FIND a way to make it fun or to get somebody else to do it or he has to dissolve it. I THINK there's some kind of truth in THAT. I've got to FIND a way to make it fun, because I already said that I was going to do it OR I've got to find out WHY it's not fun OR I've got to get somebody else to do it.

Yes?

Craig: I think for me, that the way that I would look at that is if there is something that I am getting involved with and then I am scared of what's in the next step...let's say it's uncomfortable or gets your adrenalin pumping. But I

think what you are talking about is if you actually feel like, “This is WRONG!” It’s different than FEAR. Like being...if someone DARES me to do something, that’s not the same thing as, “Hey, I’ve got to take this ropes course or something like that and jump out of a tree.” Well, I might be scared of it, but if I do actually feel like something is just BAD or taking the wrong direction then certainly, that’s a way out. It’s real clear and easy to take. The BEST WAY is to going to, “Trust your gut,” on that one.

Joe: I just thought of another example...Evil Knieval. Do you all know Evil Knieval...the great dare devil and so forth? He wrote a testimonial for my book on Barnum in here somewhere. He doesn’t write very much.  
[Chuckle] But, I DID get a testimonial out of him!

I talked to him...this was ten years ago, eleven years ago, or twelve years ago. It’s been a decade or MORE. I talked to him quite a bit on the phone. The first time I got him on the phone I was just like a little kid again just getting to talk to a Super Star, because most of us have grown up...we probably bruised our knees and everything trying to do some of the stunts that he did and wrecked some stuff. But he was a dare devil and he was a celebrity and we really admired him. He did some macho stuff and I finally got to talk to him on the phone!

I had sent an email to his website, telling him about my Barnum book, saying that I would like to actually meet or talk to Evil Knieval and see if he'd like to write the Introduction or Forward or a quote or something. The next DAY I got a PHONE CALL from EVIL KNIEVAL! He was in his convertible. He lives in Florida. He was driving to the Golf Course, music is playing and he's talking to me on his cell phone.

This was, "Wow...a big moment for me!" So, I was in the "Wow" moment. I was caught up in "I'm getting to talk to Evil Knieval!" Because I was caught up in that ego rush, I didn't realize that he didn't care about me at ALL. He never ONCE asked me about myself. He didn't ask me about my book. He didn't ask me about my work load. He didn't ask me anything about me. It was ALL about HIM. I STILL stayed on the phone with him.

I talked to him again for the next six months. We'd not talk very often, maybe once a week or once every couple of weeks. He, of course, wanted me to write his life story. He wanted me to be the author of the book. He DID read the Barnum book or enough of it to know that I could write. He figured I had connections to publishers, but every time I talked to him, I felt uncomfortable. It didn't DAWN on me right away. Part of it was that I was intimidated. I was talking to one of the first super stars that I got to hang out with a little bit.... [Audio ended]