



Forgotten Ancient Knowledge

The 5 Step
Powerful Outcomes Technique



Civilisation has unconsciously adjusted to very high levels of fear and stress and unhappiness and you being are affected

Our modern society have come along way in may ways when we look at technology, laws, medicine and sciences.

We have also lost many of our natural human freedoms and our connections to nature and our less technological approaches to our life.

We have lost important knowledge

It is not news that we have become more connected but less present. We have become more stressed, more sick and more depressed, unhappy and anxious than ever before.

We are going backwards in some ways at the same rate that we are progressing in other ways.

How many of these pains are you suffering from?

Fear of loss

Job, Assets, Lifestyle, Relationship, Youth, Health, Freedom, Fun, Direction, Purpose or Hope

Anxiety about

Time restraints, Fitting all of your responsibilities in, Your Children, Money, Business, The Economy, Your safety, Your Health

We have become blinded by our busy-ness and forgotten our knowledge

What have we forgotten and how can we tap back in

"What the mind can conceive and believe, the mind can achieve."

Napoleon Hill

There are traditions going back to the beginning of recorded human history which speak of the power of Manifestation and The Law of Attraction. Kybalion, is an ancient Egyptian text, one of the original accounts of how to use our human capacity, mind and energy to tap into universal forces.

*Modern quantum physics teaches us that matter is energy,
and energy is matter!*

The fact that energy and matter are interchangeable means that your dominant and underlying thoughts and emotions attract to you its physical equivalent.

An example of this is how your mood can be affected by the mood of other people and how your mood can affect other people. We have all heard the phrase, 'the air is thick', meaning there is tension in the room between people.

The mind has the power to attract towards you the things about which you consistently think, as long as you take inspired action.

If you worry about money, or complain that you don't have enough, your thoughts are likely to support your experience with lack. That's what your dominant focus and energy are being directed to attract.

If you consistently attract negative career experiences to you, is it because you are consistently having negative thoughts about yourself and others and the workplace?

This is so for every aspect of your life!

The 5 Step Powerful Outcome Technique

RE ACTION exercise – visualisation, imagineering

We are either in Pre action, Action or Post action

Each stage can be empowering or disempowering

- Pre action = what we do prior to an event
- Action = What we do during an event
- Post Action = What we do after an event

Tapping into your inner guidance system consciously

PRE ACTION instructions

The process is visualising what you wish to bring into your experience. Small things and huge things, your goals, allow yourself to indulge in the visual of having achieved what you are desiring and fully experience the feelings of that visual and that desire.

1. **Fantasise in your mind about your dreams & goals and your greatest desires.** A big speech, a pitch, a performance, a conversation, a marriage, a move etc.
2. **See your desires playing out** as a movie in your imagination.
3. **Capture the feelings associated** with achieving your ideal outcomes and drink up the feelings, as it is the feelings that affect your vibration. The vibration is the magnet that draws your goal to you. (you may find it helpful to do this process with some meditational music playing).
4. **Write the goal out** as though it has come to be already. Create a visual of your goals as well. Download images or cut them from magazines so you can see the images of what it is you desire to draw into your life. It helps evoke the emotions.

Example: I am so happy and grateful that I...

5. **Take actions** that help these things to begin to grow into reality. Every little action makes a difference.

Your life will change to become more successful & contented...

- Do this exercise for every aspect or goal or desire in your life.
- Combine creative visualisation with the emotions and taking **action**.
- Pre Action every goal you have and reflect on these goals every morning fresh when you wake up and every night before you fall asleep.

You can get so practised at this that you will be able to do it whilst you're pushing a shopping trolley around or on the bus or in the garden etc...

IMPORTANTLY it pays not to continually focus on what you don't want because you will keep holding that reality close to you instead of the, 'what you do want' reality. When you re-train your mind to operate with this technique on a daily basis you will completely change how you experience life.

Change your belief system, to expect success, and success will be a continuous process.

To improve your own relationship, career or life, it is necessary to accept that you CAN AND DO affect, right here, right now, the things that happen to you.

People have completely turned their life around once they rediscovered their forgotten knowledge and tapped back into their ability to affect what you draw into their life.

"The possession of knowledge, unless accompanied by manifestation and **expression in action**, is like the hoarding of precious metals: a vain and foolish thing. Knowledge, like wealth, is intended for use." **The Kybalion**