



# The Energy of Success!

**Intention**

**Awareness**

**Attitude**

**Action**

by  
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&  
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**Popular Inspirations, Ltd provides products and services to help busy people develop a positive mindset and tap into their fullest potential.**

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# **WHAT'S WITH THIS ENERGY STUFF ANYWAY?**

According to the Law of Vibration, everything around us is made of vibrating energy. Quantum physicists have discovered that when matter is viewed at the subatomic level it is mostly empty space and very tiny particles or waves of energy bouncing around. Not only is all matter made of this energy, but all thoughts and feelings are energy as well.

## **OK... SO WHAT DOES ENERGY HAVE TO DO WITH ME?**

There is a Law of Attraction that states that "like attracts like." This means that positive mental energy attracts positive energy. On the flip side, negative mental energy attracts negative energy. Therefore, it is vital to monitor your thoughts and focus on the things that you want. In order to create success in our lives, we must first think and feel successful. When we align our thoughts and feelings with success we are tapping into the energy of success and thus drawing it to us.

# **SOUNDS GOOD TO ME... SO HOW DO I TAP INTO THE ENERGY OF SUCCESS?**

**Anyone can tap into the energy of success. This booklet will teach you the basic tools necessary for success. Once you learn the main concepts and integrate them into your daily life, you will easily tap into the energy of success. Sounds pretty simple so far, doesn't it?**

**This process is simple, yet it is not always easy to maintain. However, when you fully integrate these basic concepts into the foundation of your life, you will be able to align consistently with the energy of success. You will be able to maintain your focus on success and, thus, through the law of attraction, draw success to you.**

**This process of tapping into the energy of success can be used to enhance your life both personally and professionally. So let's begin this journey toward greater success by learning about the Energy of Success!**

# INTENTION

**Intention is very powerful. Without intention we would drift aimlessly through life rather than moving purposely toward our intended goals. When you intend to achieve something, you then begin to direct your energy toward actions that will bring you closer to your goal. It is very important for you to set your intent wisely. (Remember the old adage: Be careful what you ask for, because you just might get it!)**

**One important way to use your intention to tap into the energy of success is to decide on your MAJOR PURPOSE or mission in life. It is important to clearly define this purpose so that you can then set your intent upon achieving it. Your major purpose ought to be written in one or two short, concise, and clearly written sentences. Think about what is your driving force. What are you passionate about? Your major purpose needs to be broad enough to encompass all of your major goals.**

# AWARENESS

**You are what you think! Due to the Laws of Concentration and Attraction, whatever our mind dwells upon will expand and will attract more of the same. For example, if we continue to dwell on debt and lack of financial resources, we will only increase our debt and lack of money. As you see, it is very important to be sure that our thoughts and mental images are positive and success-oriented.**

**Once we have set our intent for success and then focused our awareness upon achieving our goals, a special part of our brain (the reticular activating system or RAS) kicks in to give us a heightened sense of awareness. This heightened awareness acts as our personal radar system and will seek out examples and sources of success. We will then find that we are more aware of success and opportunities for success.**

**A common example of the way the RAS works is when a new parent suddenly awakens when their infant stirs in bed. The parent has set his or her intent to care for all the baby's needs. Even while the parent is sleeping the RAS searches the environment for clues that might indicate trouble for the baby. When potential trouble is identified, the parent will immediately wake up, as if by an alarm.**

# MINDFULNESS

**Mindfulness means focusing your awareness in the present moment. When we are being mindful we stay in the here-and-now rather than mulling over the past or worrying about the future. Success requires an ability to be mindful. People often get caught up in their worries and fears about what might happen in the future. As you now know, this might actually create what we fear the most. The same applies to times when we focus on regrets from the past. We waste valuable energy and we draw more negative energy to us.**

**It is necessary to become more aware of your inner thoughts and mental images. Take some time to simply tune in and pay attention to your inner thoughts, dialogue, and images. You will likely notice that many of your thoughts are negative or not focused in the present. When you find your thoughts are stuck in the future or the past, gently bring your awareness back into the present moment. It is only in this present moment that you can take actions to move toward your goals.**

# PRACTICING MINDFULNESS

Because mindfulness might be a new concept for you, it is important to practice being mindful. Try walking mindfully. As you walk, focus your awareness on the way your body feels as you walk. Pay attention to the muscles in your legs and feet. When your mind drifts to something else (and it will) gently bring your awareness back to walking.

You can also try mindful eating. Next time you eat something, pay careful attention to what it is like to chew the food. Even before taking a bite, focus your attention on the color and texture of the food. Smell the fragrance of the food. Then when you put the bite into your mouth, feel the texture of the food and notice the burst of flavors as you chew.

While these exercises in mindfulness may seem silly or trivial, they are an excellent way to retrain yourself to stay focused on the present moment. It is important to practice being mindful each day.

# ATTITUDE

**We can choose our attitude. Yes, you read that right! Despite what many people believe, we really can choose our attitude. When you wake up in the morning set your intent to have a good day and choose a happy attitude. Decide to have a positive attitude no matter what happens during the day. Do an attitude check several times a day to gauge your attitude. If you notice that your attitude is negative, simply shift back to a positive attitude. Maintaining this positive attitude will help you attract more positive energy into your life.**

**A positive attitude is contagious. Try going in to work one morning with a very bright and cheery attitude. Go out of your way to be positive and pleasant toward others. Watch what happens to their moods.**

**Many people believe that this can be done when things are going well, but feel that they can't choose a positive attitude when there is a crisis or tragedy. However, it is possible to choose a positive attitude even during difficult times. Your attitude is directly related to your perception and interpretation of events.**

# APPLIED FAITH

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# **ACTION**

Now that you've set your intent for success, developed mindful awareness, and chosen a positive attitude, it's time for some action. First, it's important to learn how to relax your body and focus your mind. Achieving this centered state is required for the rest of the activities that follow.

# **CENTERING**

Centering is the practice of quieting the mind and relaxing the body to create a sense of peace. It is a process of clearing away the mental clutter so that we can access our own inner resources and power. The important thing is to allow your body to relax and let your mind become quiet. As you are centering, you will likely find that your mind wanders occasionally. That is perfectly natural. Simply bring your awareness gently back to the quiet peaceful feeling. Being able to get centered even in the midst of chaos is a useful skill that will help you follow through with the process of tapping into the energy of success.

## **TRY THIS...**

**Place one hand on your chest and one on your abdomen and breathe naturally. Notice which hand moves more as you breathe. It is likely that the hand on your chest moves up and down more than the one on your abdomen, indicating shallow chest breathing. It is easy to retrain your body to breathe deeply. Imagine a balloon in your stomach. As you inhale, imagine filling this balloon up with air – your abdomen will rise. Then imagine letting the air out of this balloon as you exhale – your abdomen will fall. Try breathing in this deep way for several minutes at a time. Research has shown that breathing in this manner will produce the relaxation response and will also help to focus and quiet your mind.**

**Practice this deep breathing several times throughout the day. It is important to practice centering even when you feel calm, that way it will be easier for you to get centered during times of stress.**

# AFFIRMATIONS

Through mindfulness you have become more aware of your thoughts, now it is time to begin to replace any negative thoughts with positive statements, or affirmations. Affirmations not only help us to stay in the present, they also help us to focus on our intent, keep our thoughts positive, and tap into the power of our subconscious mind to help us reach our conscious desires. Affirmations should be simple, concise sentences stated in a positive way. When creating an affirmation, remember to state what it is that you want, not what you don't want. Another important guideline is to use the present tense when creating affirmations- in other words, state that you already have what it is that you want. Use the deep breathing to get centered and then repeat your affirmations several times. You might also write them down so you can read them frequently through the day.

Here are a few affirmations that you can use to focus on success.

- I am completely aligned with the energy of success.
- I now focus on what I love and thus draw it to me.
- I now take all necessary steps to achieve my goal of \_\_\_\_\_.

# **CREATIVE IMAGERY**

**Creative imagery can also help us attract success into our lives. When you imagine yourself achieving your goal, you are focusing your mind on your intent and engaging the law of attraction to assist you. Like affirmations, imagery is also a very powerful way to use the power of the subconscious mind to help achieve your conscious goals. Be sure to make your mental images as vivid as possible by using all of your senses. For example, imagine yourself making a big sale. Hear the sound of the buyer's voice, notice all the sights, sounds, etc. of the place in your imagery. Practice focusing on your image many times throughout the day. Combine your affirmations and imagery with the practice of centering to amplify the effects.**

**In addition to using creative imagery, it is important to make sure that you don't allow your mind to engage in negative imagery through the day. When you find yourself imagining negative things, shift immediately to your positive images.**

**Have fun! Let your imagination run wild. Be creative!**

# INTUITION

Another important part of the success equation is intuition. We all have intuitive potential. The most important way to develop your intuition is to acknowledge and honor the intuitive impulses you already have. Next time you have a hunch or gut feeling, honor it as an intuitive message by acting on it and see what happens.

When you are centered and have your attention focused in the present, you are more likely to notice your intuitive voice offering guidance. You are also better able to tap into the Infinite Intelligence of the Universe while in this centered state. It is through this Intelligence that we can discover creative solutions to problems and find our inspiration to achieve great success.

For example, when you are looking for an answer or solution to a problem, relax and center yourself and then allow an intuitive solution to flow into your mind. Don't try to search for the answer, just let it appear as you are quiet and centered.

# **LISTENING**

**No one walks along their path to success alone. We are always interacting with others and it is therefore important to know one of the most important keys to working in harmony with other people. That key is learning to be a skillful listener. Being fully present and listening to someone is one of the greatest gifts you can give them! Research shows that people tend to have positive feelings toward someone who has truly listened to them.**

**Mindfulness is an important aspect of good listening skills. Make sure that you are fully present in the moment and paying careful attention to what the other person is saying. Make sure you are listening carefully to their words and watching their body language. If you find your attention drifts, simply bring it back to the present moment. Listen with your ears, your eyes, and your intuition. You'll be pleasantly surprised at the impact that good listening skills have on your relationships with others!**

# **PLAYFULNESS**

**What does playfulness have to do with work? Plenty! Despite what many people think, cultivating a fun and playful atmosphere at the office can INCREASE productivity. Think of the times that you have been engaged in a task that you really enjoyed- the time seemed to fly by didn't it? When we enjoy what we are doing we tend to work more efficiently and effectively. Research shows that having fun at work can reduce the negative effects of stress and reduce burnout.**

**Be creative! There are many ways to incorporate play at work. You will likely have to think outside the box because many people have been conditioned to believe that play and work do not go together.**

**You don't even have to change much about WHAT you do at work, but it is important to change HOW you do it! Adopt a playful attitude and then let your creativity run wild as you dream up new ways to be playful while at work!**