

The Power of Self  
Manifestation and  
using your Mind to  
create a Perfect You.

Supreme Grand Sheik  
Lord Abba El



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**CAVEAT EMPTOR!**

## **INTRODUCTION**

In this booklet, you will start the beginning phases of changing your thoughts so that you may manifest the life that you truly want. While reading and digesting this information, you will realize that it is only your mind that causes the misfortune in your life. Many good people have watched some of the most grimy, sneaky, conniving people who always seem to make it in whatever they do. And have asked themselves “why?” It is because there dominant thoughts, no matter how underhanded they are, are focused on being successful in whatever it is that they undertake. In this small booklet, you will learn that the Allah is impartial and gives to man exactly what he desires. It has nothing to do with you being a good or an evil person; it is about having faith in the creator of the universe no matter what name you choose to call him or it. This booklet will start an instant transformation in your mind and will be the beginning of the path of the Gospel of Truth as taught in the Moorish Science Temple of America, that avenue that leads man to perfectness. In order to do this, man must first change his dominant negative thoughts and not so much as focus on positive thoughts, as opposed to letting the positive thoughts flow through to cut out any negative thoughts. This book is the first in a long series of re-transformation books that will be released by the New Moors of the Moorish Science Temple of America for the uplifting of fallen humanity.

**Love-Truth-Peace-Freedom-Justice**

Supreme Grand Sheik

Nyhiem Ben Allah aka Lord Abba El

## **CAUSALITY: THE LAW OF CAUSE AND EFFECT.**

The Law of Causality is impersonal. This is why we can see so many people who are basically good people, and live their lives with a good heart, have so many problems and disasters in their lives. Somewhere in their life that person has misused or misunderstood the law. This is mainly a product of social engineering. It doesn't mean the he or she is a bad person, it doesn't mean that he or she isn't a loving person. It means that through ignorance or misunderstanding, that person has misused the law and the main legal Maxim of law is “ignorance of the law is no excuse” which is applicable in every case where law governs and thus, can be applied to any of the natural laws. For instance, law of gravity will not kill you, but a misunderstanding of its purpose will, even if you are a kind, loving, positive person.

The universe is like a river. The river keeps on flowing. It doesn't care whether you are happy or sad, good or bad; it just keeps flowing. Some people go down to the river and they cry. Some

people go down to the river and they are happy, a couple may go to share a kiss, but the river doesn't care; it just keeps flowing. We can use it and enjoy it, or we can jump in and drown. The river just keeps flowing because it is impersonal. And so it is with the universe. The universe that we live in can support us or destroy us. It's our interpretation and use of the laws that determine our effects or results.

We can only receive what our minds are capable of constructing. We can go to the river of life with a teaspoon, and someone else may go with a cup. Someone else may go with a bucket, and yet another person may go with a barrel. But the abundance of the river is always there and waiting. Our consciousness, our ideas, our frame of reference and our belief system determine whether we go to the river of life with a teaspoon, a cup, a bucket or a barrel.

If we are underprivileged in our thinking and have gone to the river of life with only a teaspoon, we may curse the little we have

in our teaspoon. We may curse others who have filled up their big buckets and barrels. But remember, whatever we curse will curse us. Every time we blame the boogey man, aka the “white man” for our short comings, every time we curse them, the universal consciousness, Allah, responds with the dominant thought in your minds, and thus, the people never rise past their own mental fire walls, respectively cursing their own selves. The river is there, and it's overflowing with abundance. We can come to the river of life with a teaspoon, a bucket or a barrel anytime we want to. What we take from the river of life is up to us. The only limitation is in our mind. The truth is we can have anything we want if we'll give up the belief that we can't have it. It's as simple as that.

All our experiences have led us to believe certain things about ourselves. Whether these beliefs are true or not really doesn't matter because if we accept them as true, then they are true for us and Moorish Science teaches that man is truth and falsehood strangely mixed. And so if we accept the falsehood aspect of ourselves as truth, then that is all that we will ever vibrate. If we

Speak our words long enough, it becomes law in the universe.

Utter your limitations vigorously enough and they're yours.

Whether your beliefs are true or totally insane, if you accept them, then that's what your life will be about.

Once we have accepted an idea, it's an idea whose time has come and there is nothing that can stop it. If we have accepted an idea of lack and limitation, it is an idea whose time has come for us.

There is nothing that we can do about it except to change our mind. If you plant a seed, it is going to grow. If you plant grapes, you will have grapes. The grapes won't change its mind and become a watermelon because it thinks a watermelon is better for you. The soil will give you grapes as long as you keep planting them.

As long as you call yourself black and your people black, you will perpetually stay in a state of mental death based not on the meaning in English, but even the ancient Egyptians and the ancient Buddhist considered black to be death and being that no

man has black skin, it is foolish of us to ignore this point to uphold a product of European psychology all because we identify with the struggle which is equally baffling. When you identify with your potential, your mind will start to change for the better.

Examine the beliefs that form the groundwork of your life. We are full of beliefs that we have collected over the years - attitudes, ideas, opinions and conditioning. And we are so full of what we know that when challenged, we dig in our heels and often think, "You can't tell me anything new. I am grounded in my beliefs and you could never change them! This is what I've based my whole life on. Now you are telling me I could be wrong. I don't want to hear that." So we live with a set of beliefs called ideology, a set of beliefs called politics, a set of beliefs about ourselves, a set of beliefs about the kind of people that we like or don't like and a set of beliefs about everything else. Belief is what man thinks, perhaps is truth. (See Chap. VII v. 28)



Many of the things that we believe that have been garnered from past experience, groups of people and individuals - are not true, but they are the things that we have imagined to be true out of our need to survive. Because the will to survive and the desire for certainty are strong, we create rules about the nature of life and how it unfolds, and these rules become beliefs. Unfortunately those beliefs can also become limitations and for the most part, and for most people, they are limitations.

The fact of the matter is we can only be successful to the degree that we are willing to shed our mistaken beliefs. When we experience sickness, failure, or lack, it is often because of the limitations in our own mind.

The sad thing is that, even though we know our lives aren't working in certain areas, we are still afraid to change. We are locked into our comfort zone, no matter how self-destructive it may be. Yet, the only way to get out of our comfort zone and to be free of our problems and limitations is to get uncomfortable. We

can only experience freedom in direct proportion to the amount of truth that we are willing to accept without running away. One brother personally told me that he would rather die than come into the Moorish Science although, his group had done nothing to change the mindset of our people, but enforced the destructive belief system of hate and blaming others for their shortcomings.

We must stop kidding ourselves, stop blaming others, and stop avoiding unpleasant decisions and start facing the truth that we may have accepted unworkable beliefs that are the direct cause of the events in our lives. It is not a question of going from negative thinking to positive thinking. It is a matter of moving toward “right thinking”, which means moving toward knowing the absolute truth about who we are and our relationship to life and this is why as soon as you open the Moorish Koran it says “Know thy self, and thy Father God Allah” meaning know your abilities to create and the source of that energy that you draw from on a constant basis.

Right thinking, which is based in Truth and not illusion, is the foundation that determines the solidity of all other thinking.

Positive thinking and negative thinking are both filtered through our belief system. Right thinking comes from being aware of the truth or the reality of any situation.

Truth Sets You Free Always so you should seek to know the truth about any situation in which you are involved. Look behind your present belief system and ask your Higher Self "What is the truth about this?" Your Higher Self will always reveal the truth to you if you are ready to hear it. When you act upon that truth, you are using right thinking. I can tell you this from experience. It's not a matter of being positive or negative, but of simply being yourself. And when you are yourself, which means you are allowing your Higher Self to reveal the truth, every situation you are involved in will resolve itself perfectly. This might sound magical, but it is only the Law of Causality in action.

## **THE STARTING POINT OF SUCCESS**

The aim of all great teachers since the beginning of time was to awaken us to the fact that we create our own reality. More importantly, that we are responsible for everything that happens in our lives. This includes the good, the bad and the ugly. We prove this in this day and time when our Prophet Noble Drew Ali held up the Moorish Koran and other Moorish documents and said “I gave you everything it takes to save a nation, now take it and save yourself”

If we believe that someone or something outside of ourselves is the cause of our problem we will always look outside of ourselves for the solution. In order to find the true answers to our problems, we must begin by looking at ourselves in a new way, which will cause us to see people and events in a new way. The outer world is in many ways a reproduction of our inner world. You must realize this. How many troubled people do you know who have not given the slightest attention to this fact? No amount of determination, no amount of willpower, inspiration or motivation will solve our problems if we look outside of ourselves for the answer.

## **THE LAW OF ATTRACTION**

Everything comes to us by the most elemental law of physics – **LIKE ATTRACTS LIKE!** This is called the Law of Attraction. The Law of Attraction, like all natural laws, operates with mathematical exactness. It is impartial and impersonal, which means it works when you want it to and when you don't want it to. It has nothing to do with your personality, your religious beliefs, being a “good” or a “bad” person or anything else. No one lives beyond this Law. It is an irrefutable law and as real as the Law of Gravity.

Before the Law of Gravity was identified nobody knew it existed, and yet everyone was still affected by it. Such is the case with the Law of Attraction. Most people are unaware of the mechanics of how it works and yet everyone is still affected by it.

You don't need to know the mechanics of how the Law of Gravity works to keep yourself from floating off into space. You also do not need to know the mechanics of how the Law of Attraction

works for it to function in your life. You may not have realized it until now, but everything you experience in your life is invited, attracted and created by you. There are no exceptions. That may not be good news if your life is not going the way you want it to. And since most of us are not too happy with what we have created in our lives, we have become highly skillful masters at attracting an overabundance of circumstances that we would rather not have.

The mind attracts whatever is familiar to itself. The frightened mind attracts frightening experiences. A confused mind attracts more confusion. The abundant mind attracts more abundance. Since we attract what we think about, it makes good sense to become aware of the subconscious thought patterns that control our lives.

**You Are Always “Right”** The primary function of the subconscious mind is to follow the instructions of the conscious mind. It does this by “proving” that whatever the conscious mind believes is

true. In other words, the job of the subconscious mind is to prove the conscious mind is always “right.”

So, if you consciously believe that you can't be, do, or have something, the subconscious will create the circumstances and find the people to prove that you are “right.” This is succinctly expressed in the Moorish Holy Koran:

## CHAPTER XXVI

### HOLY INSTRUCTIONS OF UNITY

“6. the fool peeps inside the shadow stream of his own mind, and is pleased with the pebbles which he sees at the bottom; he brings them up and shows them off as pearls and with the applause of his brothers, he delights himself.”

The subconscious functions like the automatic pilot of an airplane. Once it is set, no matter which direction you need to be going in to

get to your destination, it goes simply what has been programmed into it by the ego self, the carnal part of man.

Your subconscious does not change the reality of the world around you. It just filters the information that you present to it in order to support your beliefs or the picture that you hold in your mind. For example; if you believe that business is bad, or that there are no new opportunities for your business, your subconscious will ignore new opportunities to improve your business. Instead, it will only point out problems that support your belief that things are bad, or that there are no new opportunities.

Your subconscious cannot think for itself. It will draw to you only those things that are consistent with your deepest inner beliefs, nothing more, and nothing less. If you do not know this as a truth, and do not realize that you create your reality out of your ideas, you will feel powerless to change your life for the better. Instead you will feel that you are the victim of people, circumstances and



conditions and play the blame game until one day you realize, that life has passed you by.

If you accept yourself as powerless you will look to something or someone outside of yourself to fulfill your desires. When you come to the understanding that everything that you want can be created through your mind, through the use of right thinking, which is simply clear thinking, you come to the realization that only you can give yourself what you want.

Think of the person who is just learning to play basketball. As he plays, there is no harmony with his right hand and left, no balance and no real skill because he keeps missing all of his shots. The player eventually gets fed up with the lack of skill, the lack of pleasure and lack of enjoyment in his play and so he decides to go to a coach. The coach says, "You have the ability to play, but you need to understand the fundamentals of the game." Each one of us has the ability to play the game of life with balance,

synchronization and enjoyment, but we must first understand and know the rules and the principles.

The law of the universe is not only reliable, but also unchangeable. In Moorish Science this is called “aught.” You can depend on it, and it will work every single time. In essence, the universal mind, also known as source energy, and who Moors choose to sometimes call Allah, will never let you down. It doesn't care how old you are, how young you are, how short, how fat, how skinny, your religion, your nationality or whether you are a male or a female. The Power, the Force, or the Energy that we Moors call the “Holy Breath” is neutral, and we direct it through our own ideas and beliefs. (See chapter VII v. 14-18 of the Moorish Koran)

If you are reading this, you have taken the first step on a journey that is going to show you how to create all the wealth and happiness you ever wished for -- RIGHT NOW! That is why the Prophet Noble Drew Ali said “children, you are plain rich.” In addition to learning how to create riches, you will also learn about

whom it is you really are, what you are doing here, and what this game of life is all about. The good news is after studying this Moorish Science while studying yourself, riches, and abundance will automatically come to you in ways and amounts you never before imagined possible.

Understanding the Holy Breath (Quantum Physics): The first key to Knowing How to Be Rich. One of the benefits of understanding the basics of quantum physics is that you can finally see clearly how your thoughts, ideas and beliefs control the outcome of your life. Once you fully understand the science of the Holy Breath, you will see that it is not just a mere religious concept, you will be amazed at how much power you have, and how easy it is to create any outcome you choose.

Okay, so let me briefly get right into it. Quantum physics is the study of the building blocks of every single thing in the universe. Let's use your physical body as an example. Your body is made up of cells. These cells are made up of molecules, which are made up

of atoms, which are in turn made up of sub-atomic particles such as electrons.

The scientific study of quantum physics has proven that everything is made up of 'large groups' of sub-atomic particles. Your body, your car, the plants, trees, your thoughts, light, everything else, including the entire universe are 'concentrations or large groups' of energy or sub-atomic particles. The only difference is in the way these particles are grouped together into building blocks. That specific grouping of energy which is meant to become a tree will never become a man or anything else. (See Chapter XI v. 11-14 of the Moorish Holy Koran)

Knowing how this energy “holy breath” works, is the key to knowing how to better perfect yourself, and bring riches into your life. These sub-atomic particles are called *quanta* by mundane scientist, but in Moorish Science, these collective particles are called the *Holy Breath* and they are not a particle in the same way that a grain of sand is a particle. They are actually 'probabilities of

existence' and at the same time 'multiple existences'. Everything in this universe is made up of energy, and these energy packets behave in the most amazing way!

The reason they appear as certain things and arrange themselves into a planet, people are plants for instance, is because the energy we call Allah directs the force for those manifests to be. The reason these particles arrange themselves into cars and living room furniture for example, is due to our individual and collective thoughts. Since we can reduce everything in existence down to sub-atomic particles we need to know what they are made of since they are the building blocks of everything that has been created and everything that will ever be created. Spirit of Man and Mind shapes this energy into physical form.

This energy exists as contiguous waves spread out over space and time. However, - and please internalize this because this is important - only when you exercise the power of observation do these waves become localized particles at a particular 'time' and

'place'. Every single physicist knows that sub-atomic particles, those energy 'packets' or quanta, are not particles in a particular point in space and time, like any solid object is, but they are a "probability" that can exist at various points in space and time. The act of us observing them converts them into a 'physical' particle at a particular point in space and time, but once we withdraw our attention, they become a probability again.

This is truly Source Energy (and that is why we Moorish Moslems say, that, "*Allah is the source of all things*"), is proportionately made up your own 'individual' mind and also the 'individual minds' of the rest of the universe and could be called "The Collective Consciousness". (See Chapter III v. 3 of the Moorish Holy Koran) If you feel you cannot create what you want in life, consider this: science of Quantum Physics has also proven that the mind has no boundaries.

What this means is that you have more power than you can imagine, so it is time to stop worrying about your ability to

achieve riches and a better life. When you think about it, our lives are about focusing our thoughts to experience phases of ourselves that we always had, in a universe that has everything we can possibly wish to have, even that which we imagine does not exist. Your own mind is the key and the powers that keeps the world plunged and mired in false ideas of what are called major religion knows this full well.

All you need to do is desire, intend, and know that whatever you want already exists, and the universe will arrange for it to come to you. That is how, scientifically, the law of cause and effect works. This is what is meant in the Moorish Holy Koran when Jesus said when speaking of the working tools “*We use the compass to draw circles around our passions and desires to keep them in the bounds of righteousness.*”

In upcoming books for purchase, we will discuss the Law of Attraction. You may not have realized until now that this Law applies to your life and every other person's life on the planet.

The Law of Attraction, like all laws, is impartial and impersonal, which means it is working when you want it to and when you don't want it to. Everything you experience in your life is summoned, attracted and created by your own mind set. If your life is not going the way you want it to, that may not be good news. Most people do not like to hear this, but in studying self-help gurus, you will see that they will give testimony that most people don't like to hear that everything experienced in life is invited, attracted and created by yourself, and the gurus explain how they are often met with resistance because of this revelation. People simply cannot fathom that they are the cause of their own bad situations.

This is because most people have situations in their life, now or in the past, that they claim that they do not, or did not want. And so when I say, everything you experience in your life is invited, attracted and created by you, please take a moment to reflect and do not put up resistance by saying, "I disagree, I would never have invited this situation into my life".



I want to make things clear; I do not believe that you attract negative situations into your life on purpose. But that does not change the fact that you are the "attractor", the "inviter", and the "creator" of them, because at some point you have given thought and emotion to it whether good or bad, and for the hordes of Asiatics, it is usually bad. It is important to understand that you are a creator. This is expressed in the Moorish Holy Koran when Jesus says *“Allah never made a heaven for man; He never made a hell; we are creators and we make our own.”* (Chap. XII v. 9)

In fact, you have no choice about whether or not you are creating because you are ALWAYS creating whether you realize it or not. However, you do have a choice about WHAT you create.

Unfortunately, most creations in people's lives are by default and not by design which will yield heaven for the creator because all he/she knows is hell.

This is why most people feel their lives are out of control. As we have learned, whatever we focus on or give our attention to is

created out of the universal quantum field. Vibratory patterns tend to resonate with similar vibrations and this resonance is the beginning of the creative process. Mundane scientists have shown, by studying the field of quantum physics, that matter is simply a certain vibratory rate of energy. All beliefs and thoughts, especially when attached to or accompanied by a strong emotional current, vibrate at a certain frequency or energy.

The same thing happens when you reach into your past and conjure up those experiences and project the negativity of your past into your present or future situation. As was mentioned earlier, all people are creating all of the time. So the question is not whether they are creating, but whether they are creating consciously (that is intentionally by choosing what they desire) or unconsciously (by noticing what they have attracted into their own life and then wondering how it got there) This is creating by default based on programs written for you since birth that you were unaware of and accepted as normal as you grew to adulthood.

Whatever you fear or worry about will become your experience in life, and out of this fear, whatever you prepare against will become your situation. As you prepare and guard yourself, and are frightened and worried about anything you don't want, by focusing your attention on it and adding emotion to your thought, you are attracting the very thing you are trying to guard against. This is why Prophet Noble Drew Ali instructed us “*don't worry about how your salvation will come, just follow me*” meaning his instructions and his laws as the Moorish Science is the highest degree of knowledge in the world that was imparted to many ancient civilizations for their own improvements, now it is has come back full circle, and is being implemented for your own improvement...

Rather than worrying and struggling against sickness, begin to allow wellness to come into your heart and mind. Rather than fighting against poverty or not having enough money, just begin to allow more richness to come into your life and your very own mind will cause these thoughts to be just so long as you keep your

thoughts within the realm of righteousness and virtue, Allah will bless you with all that you need. Allah is impartial, if you ask for bad conditions, he will give them to you, and if you ask for good conditions He will give them to you. You must know how to do your part and this book is the starting guide of the realization of that power of you.

As you now begin to look into your own life situation and see the lack of anything; for example the lack of money, understand that lack exists for only one reason and that is, you are focusing so hard on what you don't want instead of what you do want. The emotions of hate, jealousy, anger, resentment, fear and worry are the frequencies that most of humanity is vibrating to right now. The truth is that since we cannot manifest anything higher than our own level of understanding, we cannot change the collective consciousness of society as a whole.

Noble Drew Ali declared to the Moors:

***“I gave you everything it takes to save a nation, now take it and save yourself”***

This coincides with our Moorish Holy Koran when Elihu, the teacher of Mary and Elizabeth said

*“<sup>16</sup> We call these sons Revelers of the Light, but they must have the light before they can reveal the light.”*

## Chapter II

If you continue to focus on what is happening to the rest of the world, its vibration will tear you down to where you will never be able to create the life you desire, or help anyone else because you never conquered your own situations.

On the surface this may seem selfish, but it is not. Because you cannot give what you don't already have. If you are vibrating negatively, how can you help the rest of the world when they are vibrating the same?

The only way we can truly help the rest of the world is to teach them how to create positively and purposefully. With this information, coupled with the lessons of their Moorish Holy Korans, they can change their own circumstances without any outside interference. Anytime you get into outside drama, or, anytime you watch the news or read a newspaper or look at what is happening to other people like in the Libya and middle east, inclusive of personal and mass catastrophes, and find yourself saying, "That's terrible." you simply contribute to the problem for those people and yourself.

You should stop focusing on anything that creates negative emotional energy until things are straight in your own realm. If you want or need to send some sort of feeling or emotion to those in trouble send this message "It will be okay" and then let Allah take care of the details. Send them this booklet and a copy of a Moorish Koran. When you can, you will go and show the way as it is your job, particularly as Moorish Americans, to go out and uplift fallen humanity.

And as you send this thought, send it with love, not with sorrow or fear, so you don't add to the total or collective negative vibration.

It is not always easy to keep a more desirable feeling going especially if you are attached to the person and/or the event.

However, the fact is that having negative thoughts, feelings and emotions, is nothing more than a habit pattern that we have learned from childhood and this is the very mindset that we must change.

Humans are generators of waves of energy that carry with them a particular vibratory beacon based on what emotions we are feeling at the time we send the wave out. Unfortunately, we have been emitting waves of low frequency negative vibrations for most of our lives. It is an actual fact that we are addicted to negativity (see Chap. II v. 15). So more than ever, we have to pay attention to what we are allowing to flow through our minds.

Let me stress to you again, that, what we think matches what we feel, and what we feel matches how we vibrate, and how we

vibrate matches what we attract. We should generate as much high frequency vibrations as we can. On the other hand, anything that even remotely causes you to feel just a little bit better than what you felt a moment ago, will cancel out the negative frequency and bring much better circumstances into your life.

One of the best methods that I know how to do this consistently is to briefly "quick flip" rather than trying to achieve some impossible goal of trying to stay happy and positive all the time in an unhappy and negative world. We are talking about normal negativity that runs our lives most of the time. Quick flipping is simply looking for ways to feel better in any one moment, no matter what is going on around you. The point is to find ways every day, no matter how you feel in that moment, to let some positive or "feel better" vibrations flow out.

With this, you will begin to see that every time you can find a way to flood anything with appreciation or good feeling you are



canceling out the negative feelings in that moment. This is why Prophet Noble Drew Ali suggested to Moors

“You should learn to love instead of hate”

Do this for 16 seconds when you feel lousy, fearful, worried, mad, sad, or angry. If you can build up a flow of this positive energy for a total of ten minutes a day, you will start to see so many wonderful things happening in your life that it will resonate with your soul on the soul plane.

In order for this to work, your life can no longer be an automated routine run by bad habits and your insatiable addiction to negativity. Another thing you can do is stop cursing and never call your brother or sister a nigger on any occasion.

Trust this, this may seem too simple, but it is very profound and methodical. Please do not sleep on the "quick flip" methods because it is one of the most important things you will ever learn.

**LEARN TO LIVE IN IN THE MOMENT**

The Moorish Koran informs us

## CHAPTER XL

### HOLY INSTRUCTIONS FROM THE PROPHET

#### THE INSTABILITY OF MAN

4. *“The man who neglects his present concerns, to revolve how he will behave when greater, feeds himself with wind, while his bread is eaten by another.”*

## CHAPTER XXXIX

### HOLY INSTRUCTIONS FROM THE PROPHET

#### PINNACLE OF WISDOM

26. *“He who neglects the present moment, throws away all that he has. As the arrow passes through the heart while the warrior did not know that it was*

*coming; so shall his life be taken away, before he even knew that he had it.”*

If you want to know why we fail on a daily basis, it is because we live in our minds, outside of the present moment and no one ever told us exactly how to live in the moment. Those that sought to help us said that we should “stay positive” all day long. The truth of the matter is, there is no way we can be positive all the time until negativity in the world is done away with, but we can “quick flip” IN THE MOMENT when we are aware of our negative thoughts and emotions in the now.

More importantly, if we don't change our vibration in the moment right when we are creating the negative emotion, those moments accumulate and then we wonder why our life is so difficult and why we don't have riches and live out fruitful desires. If you will monitor your thoughts, feelings and emotions and constantly quick flip when necessary, you will see a dramatic change in your

life because you will be changing your vibration and attracting more of the good things in life instead of the things you don't want.

So from this point on, create the quick flip switch for your mind and you will be successful. This is deeper than just positive thinking, this is about working with quantum physics (directing the Holy Breath) to attract the riches you truly desire and deserve. You may have read a lot of self-improvement books and think you know all this stuff. You may even be saying, "This isn't anything new" But I will tell you this - your life will not change because you know what to do, it will change when you do what you know.