

The Secret to Achieving Your Dreams Is Within Us, and Always Has Been

*Why are some people successful, powerful, wealthy, and others not?
Are these successful people smarter, better or just luckier?*

*The truth is, those people are no smarter, better or luckier than you or I, in fact,
we are all the same. We all start out as bundles of living potential.
We all have the same chance at the ultimate life.*

The difference is successful people are better connected – to the power of the universe. When we talk about “successful” people, we are talking about more than people who have a lot of money or material things. Truly successful people have an abundance of everything they want from life – money, love, health, fitness, good relationships, meaningful friendships, happiness, joy, security, etc.

Finding our own connection to the power of the universe is easy. We have the tools inside us to get connected right now. Think of your mind as a lamp. Unplugged, it is still a lamp. But plug that lamp in and it can illuminate an entire room. Imagine what you can do.

Many of us are like unplugged lamps. We exist, we *are*, but we could be so much more, we could be illuminating! We could be achieving all of our life dreams and helping others to achieve theirs...all we have to do is plug in to our power source – the universe.

Ask and Ye Shall Receive

Yes, just ask, and it will be yours. Why don't we just come out and ask for what we want? Most of us feel that we can't allow ourselves to want anything beyond what we think is logical for us – *based on our lives at this moment*. Why? Because we can't understand how the things we want can ever be achieved. We'll never make enough money, we'll never know the right people, we'll never this, we'll never that...

But we can, and if we ask, we will, have all of these things and more. First, we have to let go of our own limitations. We have to stop trying to understand *how*, and start believing and trusting the higher power that surrounds us and is within us.

The first step is: ASK.

What You Want is Already Yours

Do you want to be a champion? Do you want to live in a mansion by the sea? Do you want to be surrounded by people who love and care about you? Whatever you want in this life *is already yours!*

Believe it. Close your eyes and see it. Do it everyday, twice a day, until you open your eyes and you find that you have achieved it. As athletes, we already know that this is called “visualization”, and it is nothing more than our minds manifesting the life we desire.

The secret to visualization is that what our mind sees, our mind will achieve. If we show ourselves the life we want on a continual basis, if our thoughts are focused on the things we want to achieve, our mind will plug into the power of the universe and give us the life of our dreams.

Your Thoughts Create Your Reality

Think about winning, and you will win. Think about losing and you will probably lose. Too simple? Life is simplicity is its most pure form - *if* we let go of trying to control every detail and just believe. See yourself winning every match, defeating every opponent. Believe that you are powerful, because you are.

Our minds manifest what we think about. Our thoughts control the game. Tune your thoughts. Take your attention away from what you *don't* want, and concentrate on what you *do* want.

Try this exercise. Close your eyes and –

- Dwell only upon the end result, your ultimate goal
- Feel the joy of having what you want, and of being who you want to be
- Forget about the how, that is for the universe to figure out

Attitude of Gratitude

Take time to visualize what you want every day, and take time to be thankful for what you already have. In Niseido, we live on our honor. Gratitude is the easiest way to show the universe that our intentions for our life are honorable.

Receive, with Joy, the Abundance of the Universe

When you start receiving all that you've dreamed of, take it, with joy. Feel good about getting what you want. You are entitled to be happy, to be wealthy, to be the best at what you do! Allow yourself to revel in your success because you've earned it, and you deserve it.

There is a great lie circulating out there, that there is not enough of the good things in life to go around. Only a few can have and enjoy these good things. **DO NOT BELIEVE THIS LIE.**

The truth is there is MORE THAN ENOUGH FOR EVERYONE. We don't have to feel that we've missed the boat or feel guilty about what we've achieved. There is always more time, more riches, more creativity, more love and more happiness. *The universe creates more of everything, every day.*

At this very moment, the universe is creating more of what you want, just for you. Ask for it, believe you have it, and take it, with joy. Be open to this abundance – it is unlimited.

The Law of Attraction

What we believe in our mind, is what we attract into our life. Henry Ford once said: *“If you believe that you can, or that you can't...you're right.”*

It may take a while to train your mind to think only of what you want and discard notions of what you don't want. As practitioners of Niseido, we've already learned how to train our mind and body to a certain extent. Now is the time to take the ultimate step.

Start now.

Ask. Believe. Receive.