

From the Vaults of...

Dr. Robert Anthony

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The Secret for Overcoming Procrastination

By Dr. Robert Anthony

Why do you procrastinate?

Why do you not do the very things you want to do?

Why do you have great dreams, but don't take massive action to make them come true?

The answer lies in Newton's first law of physics: "For every action, there is an equal and opposite reaction"

Let me explain:

Let's say you want something, whatever that 'something' is. Let's call it 'success' to keep it simple.

The bottom line is this: if you want success, and you want it more than anything else in the world, you will get it.

However, if you want to run away from your fears to a safe place, a place you feel secure, then you want the security MORE than you want the success. This is why you don't achieve those great dreams.

The excuses or 'reasons' will ultimately sound like:

- "I'm not smart enough"
- "I don't have the money"
- "I don't deserve more than I already have."
- "I don't have enough education"
- "I don't have the qualifications to do this"

All of these excuses are what keep us from our dreams. The way to discover what we are hiding from ourselves is to learn to ask the right questions.

We KNOW all the **answers**. The problem is that we don't ask the right **questions**. Here are two questions you can use in almost any quandary:

(1) "What is the BENEFIT I gain by not realizing my dreams?" "What am I getting out of it?"

Trust me, you ARE getting a benefit or a PAYOFF for not realizing your dreams. You must discover what it is in order to eliminate it.

One of the hidden benefits or payoffs is not having to leave our comfort zone. Even if we are unhappy where we are, we have convinced ourselves that going after what we want is more difficult and more painful and staying where we are. We may be miserable, but at least we are comfortable.

(2) The second question is: "What am I afraid will happen if I (fill in the blank with the dream)

This encompasses the changes in lifestyle we will have to make in order to achieve our dreams. Also, what others will think.

In order to have the success you want and deserve, you must answer and resolve these two simple questions.

Okay, so what do you do?

First, turn off the phone, TV, stereo, and all other distractions. Then get a pen and paper and write at the top of the page:

"The benefits of NOT realizing my dream are:"

List a minimum of 20. If you can't 'think' of any, then just 'guess' and write them down. About the time you reach 10-15, your subconscious mind will take over. Write anything that comes to mind, no matter how trivial or insignificant.

Just allow your mind to wander and go where it takes you. Get as specific as possible.

Very few get past this point before they have some very interesting answers come up.

Now ask yourself how your fear or procrastination has served you thus far. Realize the fear is there for a specific purpose. Find the purpose and ask yourself if it still serves you to have this fear. Perhaps it is time to let go of your fear and stop procrastinating once and for all.

When you have lost the need for the fear, you will just naturally let it go (if you are ready to do so).

And when you let it go, you will be free to move toward the thing you say you want--and you'll do it with ease and joy.

Are you ready to stop procrastinating or are you going to put it off a little longer? The choice is yours.

In life you can only have two things - Reasons or Results – and Reasons don't count! You either have what you want, or you have 'reasons' why you don't have it.

Procrastination is a disease. The cure is convincing yourself that it no longer serves you.

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If you would like to realize your dreams and create the life you have always wanted, I invite you to take a look at my "Secret of Deliberate Creation" program. Nothing works faster or produces better results.

Get all the details at

<http://www.TheSecretofDeliberateCreation.com>

WHAT ARE YOU AFRAID OF?

By Dr. Robert Anthony

There's this common, well-known truth that "what you focus on expands." It's simple math. The more you focus on the things you want, the more of those things you manifest in your life.

The reverse is also true. The more you focus on the things you don't want, the more of those things you manifest in your life.

The problem is that 9 out of 10 people live within a "Matrix of Fear" where they're programmed to be afraid of everything, including success, failure, health problems, money problems, relationships -- and the list is endless.

In addition to what's going on in their personal lives, most people add to their personal fears by getting caught up in global dramas as well.

Unfortunately most people give up their power to create their lives the way they want. Instead, they are **unconsciously** creating their lives exactly opposite of the way they want them.

They manifest their fears through their intense feelings of worry and fear about things that **may** happen!

So of course, they live a self-fulfilling prophecy and they 'DO' happen!

Everything - everything - starts with a thought.

It works that way with any thoughts you have, because thoughts are creative - especially when you energize them through strong feelings and emotion.

That's how you 'get' what you focus on. This is important to understand because you can never be successful if you focus on what you don't want or fear will happen.

When people focus on what they fear, they unconsciously create what they don't want on an individual, local, national and global scale. This fuels more fear -- and the cycle of "Negative Manifestation" continues.

Please pause for a minute and think about this. It's critically important for you to understand that your THOUGHTS are the 'cause', and your LIFE is the 'effect'.

Yet almost everyone gets worried or fearful based on the 'effects', and that's how their fears become the 'cause' for more negative things to manifest.

The answer is to monitor your thoughts. Specifically, I suggest you do the following:

Keep a Positive Mental Focus – No matter what!

Want to know how you can eliminate an enormous amount of fear in your life? It's very simple. Stop watching TV and reading the newspaper.

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The media is a contrived industry that profits off making you worried, fearful, scared and anxious. The more THEY can get you into this state of mind - - the more YOU have to keep watching or reading to keep up with the latest events.

The more successful they are at keeping you coming back for more - - the more MONEY they get from advertisers who pander to the mindless audiences that are in this perpetual trance.

WAKE UP from the trance! Tune out. (Don't tune in.)

This one idea can eliminate an enormous amount of fear, stress and anxiety in your life. Stop watching TV and reading the newspapers. Instead, focus on the positive aspects of your life.

Let this be your motto – “No news is good news”. It works for me and has made a major change in my life and my ability to create what I desire.

Also, don't listen to others who are coming from fear and living in negativity. If you do, you are using YOUR creative powers to help THEM manifest what they fear.

Keep your focus at a pure level. The minute you allow a competing desire (such as a fear) to have power, at a ‘minimum’ that delays or throws your conscious desire or true intention off course. More than likely, it will cancel it out.

You can think of this like launching a rocket. Let's call it your “Rocket of Desire”. The launching power is feeling excited about having what you want.

However, if after you launch your Rocket of Desire you say, "But I am not sure I can do this" or "I am not sure will this will work out", you've taken your rocket that was moving with great speed toward your goal and you've cut back the power. The end result is your rocket went from soaring towards your goal to crashing into the ground.

That's how your worries and fears push away the things you want.

If you unconsciously send up other rockets based on your fears, you're cutting the power you sent to your Rocket of Desire.

You can launch your rocket so it flies faster and higher, and has more impact if you eliminate as much worry and fear as possible from your life. Instead of fear and worry, keep your focus only on experiencing your desires coming to you quickly and easily.

It is very simple – the more you focus on the things you want, the more of those things you manifest in your life.

If you want to create more of the things you desire, easily and effortlessly take a moment to review my “Secret of Deliberate Creation” training program. Nothing works faster and produces better results. That's a promise!

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