

**Thank you for requesting this information about
"The Experiment." Here is the report. - Joe**

THE "IM" FORMULA

HOW TO CONSCIOUSLY CREATE CIRCUMSTANCES

by Dr. Joe Vitale
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When I told a close friend that I planned to run a 30-day experiment to see if meditation could bring in new business, she asked me something interesting.

"Do you care that you are running this experiment during a war, when people are worried about their jobs, their next payday, and maybe even their lives?"

"Actually, that's why I'm running this experiment," I replied.

This brief conversation intrigued me because her question assumed that outward events have the control.

On the contrary, your income doesn't have to be affected by war, recession, pay cuts or layoffs.

You don't have to be a victim of circumstances.

In my mind, outward events are simply the result of what we already did inside ourselves.

I'll repeat that:

Outward events are simply the result of what we already did inside ourselves.

Maybe we created our current economic situation unconsciously, but we certainly created it.

There is no right or wrong in that perspective. It simply is.

Now the really wonderful thing is that once you realize you are the creator, you can create the kind of life you prefer.

And that leads me to the subject of this Special Report.

I'm asking for people to help me in what I am calling The Experiment. This 30-day event is designed to bring you more money, almost by magic, but only if you do three things:

1. Record where you are now in your finances, and then, when The Experiment is over, record the changes.
2. Meditate every day for 20 minutes using the technique I'm about to teach you.
3. Act on the insights that you receive and/or the opportunities that come your way afterwards.

That's it.

Before I tell you the "IM" technique, let's cover a few basics to set the stage for what is about to happen.

1. You are the creator.

Just as I pointed out to my friend, you are the predominant creative force in your life. What is happening to you is being created by you. This is good news. It means you can change those appearances to match what you consciously prefer. It also means you can be, do, or have anything you can imagine, because the person responsible for any of it is you.

2. Your belief creates your reality.

If you do this IM technique every day but still believe it won't work for you, then it won't work for you. You have to believe that change is possible. Belief rules. We are belief-beings and the results are belief-creations. Change your beliefs and you change your life.

3. Your feelings are the fuel.

Your feelings are what fuel your beliefs, desires, hope and dreams. When you worry, you are fueling a belief in a negative outcome. When you have faith, you are fueling your belief in a positive outcome. Your feelings are the motivators that make things happen. A belief without feeling is a thought. With feeling, it's an intention.

4. Whatever you say after "I Am" defines you.

You create yourself by how you define yourself. Ask yourself "Who am I?" and pay attention to your answers. That is what you are creating. Change your answers and you change your results.

Now let's look at the IM process itself.

"IM" stands for Intentional Meditation. Most meditation is not request-oriented. That is, the meditation is simply a quieting of the mind. In and of itself, that is wonderful.

I once had a T-shirt that read "Meditation is not what you think."

Exactly! If you're thinking, you're not meditating. Traditional meditation is beyond thinking, or behind it.

But Intentional Meditation is a departure from traditional meditation. In the IM method, you are focused on a specific outcome. You ARE thinking, and you are thinking with feeling. An IM is a request to the universe, through your conscious intent, to achieve a particular result.

In other words, a traditional meditator would sit and simply watch their thoughts. That is the meditation of my T-shirt: "Meditation is not what you think." It is a wonderful method. I encourage you to do it.

The Beatles made a form of meditation popular in the sixties called "TM," or Transcendental Meditation. In TM you are given a mantra, or special phrase, to repeat over and over again as you sit. This mantra keeps your mind busy so your being can settle down and relax. TM is powerful. When people used meditation to lower crime rates, as reported in 19 separate studies, they were doing TM.

IM is different.

IM is focused on achieving a result. You go into the meditation with a mental request and a feeling, which you amplify in your meditation. In other words, an IM meditation might be something like this---

"I see myself at the end of our 30-day experiment with my business goals for the month achieved, I'm feeling great, smiling, maybe singing or whistling, as I feel the exhilaration of having magically achieved more money easily and effortlessly."

The statement is your intention.

Your intention is what you use as a type of mantra in your meditation.

Are you with me?

I'll walk you through an IM method to help make this clearer for you:

1. Decide on what you want to achieve.

Make it believable to you. Remember, belief rules. If you don't believe you can do it, you probably won't. Let it be a stretch, but be honest with yourself, too. Again, what do you want to achieve at the end of the 30 days? How much more business or income?

2. Write it down in one clear statement.

For example, "At the end of the 30-day experiment I want an extra \$15,000 in the bank from unexpected sources." Or maybe, "At the end of the 30-day Experiment I want 20 new clients." Write it down now.

3. Feel what it will be like to have achieved your intention.

If you already had what you say you want, what would that feel like now? Get into those feelings. Relish them. Roll around in them. How would you look? How would you act? How would you smile? Feel the feelings now.

That's it.

In short, here it is again:

You simply take your intention (what you wrote down that you want) and you take the feelings of already having accomplished it (feel the success now) and spend 20 minutes a day soaking it up---pretending it's all happening now.

Again, that's it.

So, how does this simple method work?

How does it make your intentions come true?

In short, you are putting a request in with the universe. You are placing your order. Because you are clear about what you want, and you feel what you want, you have streamlined the process. The universe will hear you, and will begin to orchestrate events to help you achieve your intended desire. All you have to do is pay attention and act on your hunches. Trust the process.

As I mentioned earlier, 19 separate studies proved that meditation can lower crime rate. Those studies were all about a form of transcendental meditation. In short, the meditators created a peaceful field, which radiated out and calmed everyone---including many potentially violent people.

In the IM formula that I just described to you, you are quieting the mind as in meditation, but you are also placing a request with the universe. That request will radiate out and reach the people who can help you achieve it. From there, magic happens.

I know much of this may seem strange, but I'm calling it an Experiment so you can find out, with me, just how powerful this system can be.

Now, if you want a few more resources to help you understand this process, here are some great ones:

- 1.** Read "Spiritual Marketing," my # 1 bestseller at Amazon. You can get it in hardcover or paperback, at <http://www.amazon.com>.
- 2.** Sign-up for Mike Dooley's Notes from the Universe at <http://www.tut.com>. His messages will help you stay focused on your goals. They are free.
- 3.** If you have trouble staying positive, find ways to remove those blocks. A great e-book on the subject is by Stuart Lichtman. See <http://snurl.com/GetClear>.
- 4.** If you're interested in the research about the 19 studies where meditation lowered crime rates, see the book "Permanent Peace" by Robert Oates, available at http://mumpress.com/p_k03.html#.
- 5.** If you believe it's difficult to get money into your life, start the flow by giving money. That's right -- give some away. This is explained in my new book, "The Greatest Money-Making Secret in History!", available at <http://www.amazon.com>.

Remember what you have to do:

- 1.** Write down where you are in terms of current income and, after The Experiment, write down your results.
- 2.** Meditate using the IM method 20 minutes every day.
- 3.** Act on the impulses, ideas, and opportunities that come your way.

Is this easy or what?

When you're done, send your results to results@mrfire.com

You can create change in your life.

It all begins right now.

Go for it.



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Dr. Joe Vitale is the author of the international #1 bestseller, "Spiritual Marketing," the #1 best-selling e-book, "Hypnotic Writing", the #1 best-selling Nightingale-Conant audioprogram, "The Power of Outrageous Marketing," and numerous other works. His latest book is "The Greatest Money-Making Secret in History!"

Besides being one of the five top marketing specialists in the world today, and the world's first hypnotic writer, Joe is also an ordained minister, a certified metaphysical practitioner, a certified hypnotherapist, and a certified Chi Kung healer. He also holds a doctorate in Metaphysical Science.

For a catalog of his books and tapes, to read dozens of free articles by him, or to sign up for his popular free e-newsletter, see his main website at <http://www.mrfire.com>.