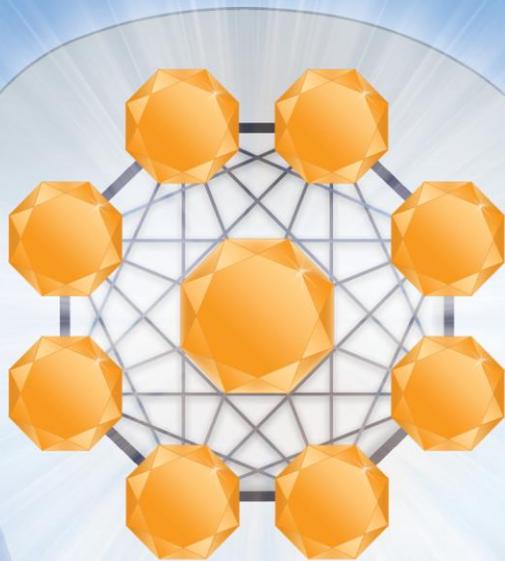


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PART
2

USING A BUG FREE MIND

MANIFESTATION UNLEASHED



Revolutionises all the studies around manifestation and turns what was once mystic wisdom into a **13-STEP SCIENTIFIC PROCESS** for manifestating what you want.

ANDY SHAW

“Using” A Bug Free Mind By Andy Shaw

*****READ ME*****

This is a VERY IMPORTANT QUICK note!

Thank you and congratulations on actually buying this book. However, right now you are in **REAL DANGER** of making the biggest single error made by most people who buy self-help / personal development books!!!

Right now you are in **REAL DANGER** of turning this from a self-help book into a *shelf-help* book.

So without delay... as you will shortly find out there is nothing you can do right now that is as important as learning this system... (but I don't expect you to 'believe' that right now, that will come later!)

Right now I've got to help you to not self-sabotage yourself, so without putting this book down, spend just two minutes and go to the introduction and just read the first few pages called '**Chaotic Thought - The Human Problem**'.

If you do that then this will be a 'self-help' book not a '*shelf-help*' book!

Just take a few minutes NOW to change your life...

Some reader feedback

*I have been listening to your books and they are excellent, very absorbing and very interesting. I have learnt a great deal and I can feel myself changing for the better as I start to put the information into practice. Even in these early days I am finding my life starting to improve, things are getting better through your books. I cannot put them down. Regards Brian - **Brian Plaice***

*You know in the book where you can look forward to moment when you can say "bleep"....me this stuff works....well it F.....g well does!!! I have managed to do the following in one week... manifest someone that I wanted to talk to....solve a problem with a client totally....manifest £716 & also (almost) get an Audi Q5 (well they sent me a brochure which they have NEVER DONE) on the same day I spoke about it with my wife - also I manifested 2 fresh leads for my business which could well bring in a lot more money each week...oh and I manifested almost enough for a new bike....£108 instead of £189 - Cool & effortless! Ash B - **Ashley Burt***

*Hi Andy, I am so glad that I purchased your books, as you said, I asked a question and I am being given the answer in your books. I can only say I was gob smacked with the speed I received the email about your books, from the moment I uttered the question. I am on my 2nd read and I am already feeling confident that this is what is missing for me. I have been at this a long time, but only getting small manifestations now and then. I am so much clearer why this is the case since reading your books. This is surely a good investment in myself. I KNOW that I will be writing to you shortly about a big manifestation. Clearing my head is certainly what is needed to get me going. Using my Bug Free Mind is giving me the tools and guidance on where to go next. I am finally clear about Goal Setting, I am now Designing my Life Thank you Andy, I am looking forward to meeting you. Best Wishes Rosemary - **Rosemary A***

*These books are brilliant, I KNOW they will make a difference to my life and I want others to experience the power of it too. I am a chocoholic who runs to eat the occasional bit of choc - on a more serious note I am a marketer both on and offline and help companies and individuals with marketing. I am just about to launch my own product about video marketing so my list will be growing, and I feel responsible now that I have this info to share it. The first book to change me and help me achieve awesome success was Awaken the Giant within by A Robbins, which I read about 25 years ago, now I know that A Bug Free mind is going to take me to the next level, it is so exciting. That's it for now! - **Becky Jenkins - www.becky-jenkins.com***

I bought your books. Now reading "Creating a Bug Free Mind", awesome stuff - gave colour to my day, and the more I absorb the clearer my mind is. Thank you for sharing this with us. Though sometimes it "seemed" it was obvious for my mind to go in My direction, the thoughts were Cool, but after flying through the pages, I realized there was so much dust to clean, my mind was clouded, and there that little saboteur playing the piano of my ways. The info is simple, but I had to read again and again some of the chapters, to install the right piece of the

thought and to get rid of the dust in some corners of my mind. I thought I mastered the "15second of the powerful thought" the first time, reading the "5 free chapters" you provided, but after I started to change my thought patterns from the book, I realized that it was just a trick of the yada-yada-nutter. So I made some steps back and played with that exercise for a while; then I get back with more power on My road. Really enjoying the books, and to be truthful, I thought the books will just be another shelf-development-stuff, and to my surprise, I got a lot for so little investment. It's like investing 40 pounds knowing I'll get 40.000 return; and I'm just at the beginning of your "first book". It will surely rise till the end and multiply when I'll get to the second one - "Using a Bug Free Mind". All Success. - **Iulian Gudumac - Italy**

Hi Andy, I downloaded the 5 chapters and started reading last Friday. I managed the 15 seconds thought of a great moment sometime over the weekend and found I could extend it last night, as well as some other different thoughts. I will be making a list of the many magic moments to continue the work. IT IS ALREADY WORKING ! My business has been going through tough times. On a recent trip to China, I was disappointed not to get an order (£65k) from my top customer. He was going to place it with his alternative supplier, even after I tried very hard to get it, I left the meeting empty handed. Anyway, I sent him a FU email (5 July) just reinforcing our offer and left him to think. After some focused time with your chapters last night, I received an email early this morning from him - "I am ready to buy at least 500kg". I replied offering him the same terms as last time for 500kg but a slightly better deal for 750kg. Within 1 hour, I got his confirmation and now have an order for £100k. It really must be the law of attraction - thanks, I will be continuing my reading!!!My next task (apart from sorting myself out!) is to try and convince my son (27) that he can achieve anything with self belief, although so far this has been a tough job. He tends to be a pessimist - any ideas how I can get him to believe in himself. I'm sure you know that the generation gap makes these tasks pretty hard! Thanks again. John – **John Lindsey**

Hi Andy what an amazing insight to the power of the mind listen to it every day and inspires and angers me as I watch my little monster (ego) do its best to savage my endeavours, each and every day I'm getting better at designing and creating my life all thanks to your amazing work. loving your work, would and have recommended a bug free mind to all that wish to enjoy the journey of life to you Andy for all that you have become and sharing your insights with all thank you :) – **Patrick Willmott**

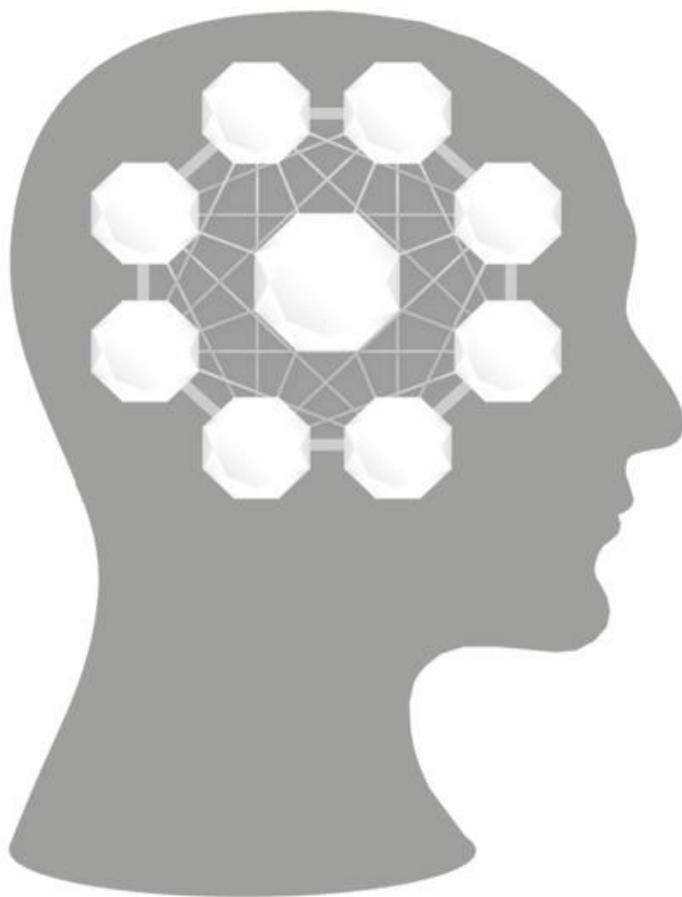
OKAY, so I'm not sure if this is the right place to do this, but its time to say something about all of this because it is becoming RIDICULOUS...!!!I have read all of these books and bought copies for all my loved ones and friends and the results we are beginning to get have been BREATHTAKING..! For example, a really good friend and business partner of mine who I work with wanted to create a fairly large monthly income consistently every month. So after 5 months of religiously following this book (I think he has read it 5 times AND listens to it for an hour every morning) has managed to do this now - He also managed to sell his

property in Chelsea for £80k more than what it was on the market for, in a fricken depressed property market!!!!. He attributes a large part of this to following principles outlined in this book. I on the other hand have been aware of many of these principles before I read the book, but nothing I have ever come across or experienced brings it all together in a way that is so easy to use and understand. Having jumped into a recommendation that Andy gave a few months back, I went on to create a 110% return on my capital from an investment that took me less than 15 minutes to execute. The funniest part about it is that I totally screwed up the investment, as it was my first time, but still managed to make that staggering return. I have used many of the other principles that are in the book throughout my professional sporting career, but only wish I had a blueprint like this earlier on. And I have honestly only just scratched the surface with regards to the results that have shown up in every important area of my life and of my friends and family. I KNOW now that whatever I choose to create in my life going forward will be easy and straightforward when I follow and implement the principles and ideas in this book. Cheers Andy -Will buy you a beer or 3 when I see you... P.S. If you are a friend and expecting a present off me for Xmas, SORRY to spoil the surprise, but you know now what you are getting now..." - **Haldane Luscombe**

Hi Andy just to say that buying your two books 'Creating & Using a Bug Free Mind' earlier this year helped me to cope with extraordinary pressure in my life and gave me the courage to take very difficult decisions necessary to re-build and start again in total acceptance and having regained control over mind...I have read the first book six times so far and the second one tree times. My designs are in place and I am confident of my ability to create my future. I cannot thank you enough, you are an inspiration...Best wishes Tony & Carole -
Tony Balfe

Hey Andy! Since my 'enlightenment' journey began over 30 years ago, and more strenuously in the last three years, I have done all the right things, read all the right books, been to all the forward thinking seminars, and have had some successes. However, there was always that one little piece missing that I couldn't put my finger on that meant 'massive' change/success/money. I have been putting your techniques for controlling my own mind into practice for a grand total of 5 days. In that five days, 3 lucrative opportunities showed up literally on my doorstep, I made two sales that netted me £1000, have had four new students, and a business deal I have been faithfully working on for the last 7 or 8 months came good yesterday. Now THAT'S PROGRESS! The techniques in your two books are THE KEY that I've been looking for for more than 20 years. Aldus Camus said.. 'an intelligent mind is one that watches itself' - I always knew that, being an intellectual sort, but I didn't understand HOW to watch it effectively and make it work FOR me. Now I do! I'm so so impressed (and grateful) with the results, I have begun to incorporate my learning into my coaching practice and with my GCSE and A level Biology, Chemistry and Physics students. In fact, I'm recommending your books to everyone. And of course I tell anyone who'll listen that 'Andy Shaw is a genius!' Thank you Andy, you've given me back the power of my own mind. Kat x - **Kath Conabree**

*~ This book is dedicated to my children who will always
teach me more than I can ever teach them ~
David & Sarah*



SAL (永) **TORI**

“Using”

A Bug Free Mind

The World’s 1st Success Guidance System For The Human Mind

Powered by Saltori Thinking

Manifesting Unleashed, How The 1% Think

A Revolutionary New Approach To Achieving All You Want From Life

By Andy Shaw

Special Note: -

“Using A Bug Free Mind” is book two of a two-book experience. I strongly advise you to read “Creating A Bug Free Mind” first as this book will continuously refer to lessons and processes from the first book. However, that would just be the easier way to do it, but it is of course your choice. “Creating A Bug Free Mind” is all about clearing your mind of all the junk that is in there so that you have clarity of thought and can control all of the ailments of the mind. Originally I intended for both books to be one, however, it became clear that the first part should be learnt before moving on to “Using A Bug Free Mind”. In this book it explains the simple process I created for myself so that you can now use your mind to create on demand.

Also By Andy Shaw

Creating A Bug Free Mind

Money For Nothing And Your Property For Free

www.ABugFreeMind.com

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First Edition

With Special Thanks

I would like to thank the many authors who have gone before me here. Their work has given me great guidance, filled in many missing pieces and put into words what I've been trying to explain. At times they have been completely wrong which has led me the right way (that is meant purely as I am grateful and not in any way meant detrimentally). Their works enabled me to look at my own natural creativeness and see clearly how I had created every goal I had ever achieved and every failure I had ever had.

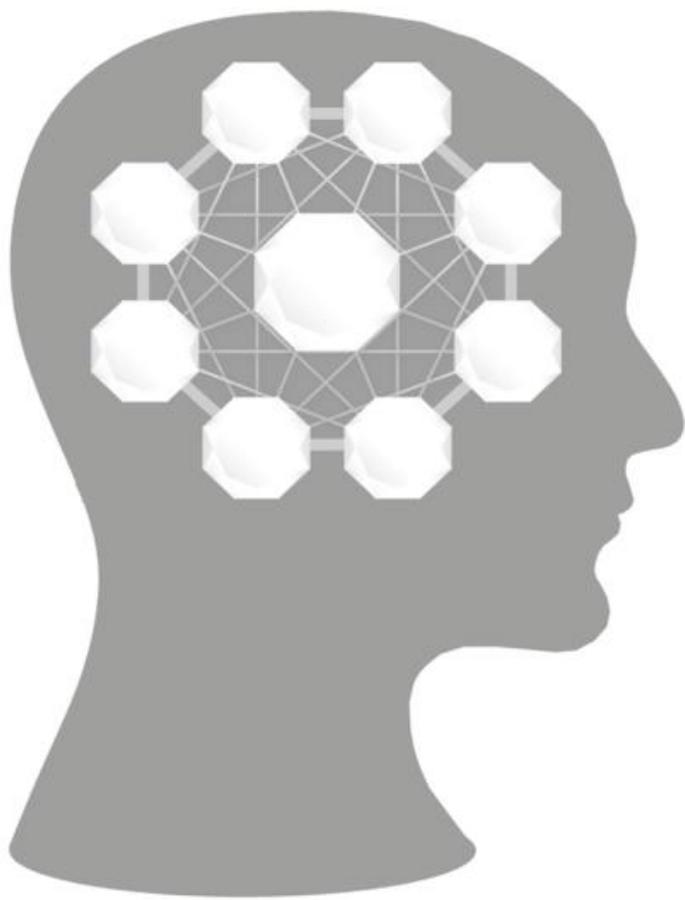
I have read literally hundreds of books on the subject of personal development, controlling my mind, and in particular goal setting. I always learn something from each and every book, and learn more and more when I re-read the really good ones from the guys who are very connected and have the ability to explain what they mean so well. When I 'wanted' to regain control of my mind quickly I turned to the very best works I had on the subject and spent my time there reading, listening, re-reading and of course thinking.

So I highly recommend you add these books to your library. Once you have finished reading and fully absorbing all of this info contained here then these books will compliment what I have said. Though do ignore the use of the words 'believe, try, luck and want.' Also more appropriately avoid those states as well, I am sure my fellow authors won't mind me saying that once they've had a chance to look into the damage those words cause.

- Dr Robert Anthony – The Power of Deliberate Creation (Audio Course)
- Dr Robert Anthony – Beyond Positive Thinking (Book)
- Eckhart Tolle – The Power of Now (Book)
- Wallace D Wattles – The Science of Getting Rich (Book)
- Phil Gosling – Success Engineering (ebook)
- Napoleon Hill – Think and Grow Rich (Book)
- Bob Proctor – The Science of Getting Rich (Home study course)
- Ron G Holland – The Eureka! Enigma (Book)

This does not mean there are not others out there, it is just these were the books and courses I was sent when I used my manifestation techniques to decide on how to generate fast and permanent results.

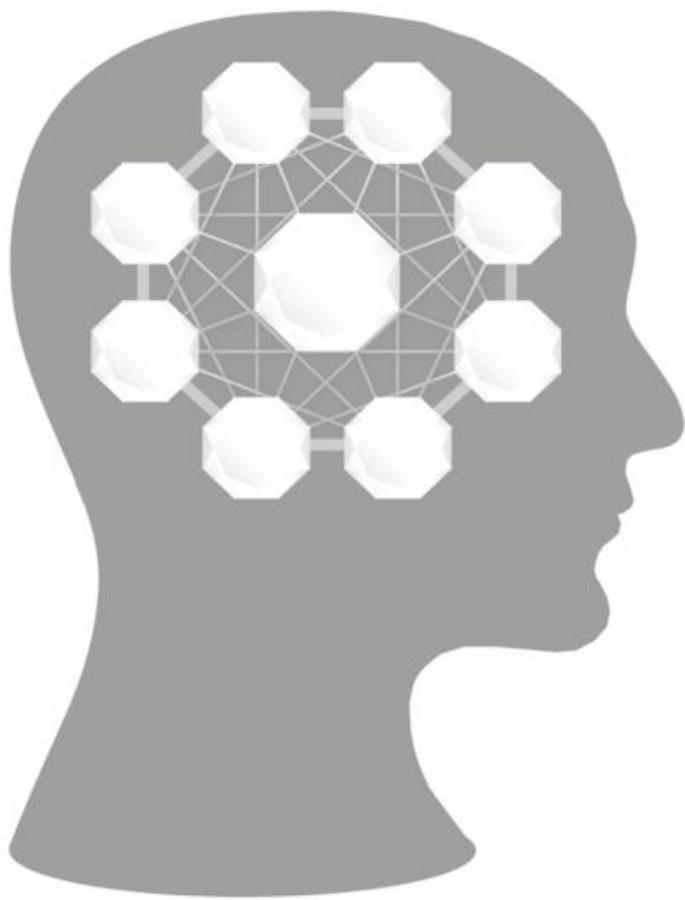
Thank you guys, you really helped me!



SAL (永) **TORI**

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SAL (永) **TORI**

How This Book Was Written & Why

Over a period of about three weeks I experienced the most amazing transformation of my mind. I went from being totally out of control to in absolute control. At the time my financial world was very publicly crashing down around my ears and yet I was in total serenity at peace with it all. I found peace in a way that I used to have as a child. I was not shut off to what was going on, instead I experienced every single graphic detail of it and actually enjoyed the intimacy and involvement of it all. No fears, no worries, no anxiety, no stress, just involvement and observation.

The inevitable happened and I was made bankrupt on December 21st 2009. During the period of about two months whilst this was all happening I received hundreds of emails from people saying they were amazed at how I could handle this all so well, and how calm I was. I had all this going on, but I was also crystal clear on my thinking, that this was a temporary situation and the only way it would be permanent was if I allowed it to be. Which obviously wasn't going to happen.

I considered, disappearing off into the business world and making another fortune, to re-emerge in three to five years time as another success. However, something had changed in me. I had found the secret to controlling my mind. I now knew what I could do, how easy it was for me to create by design, and how easy it was to go from being on top of the world to nearly buried by it as I actually saw how I had un-created by design as well.

I was at a time of great thought and I decided to share a few of my insights on controlling our minds, acceptance, surrender with a few of the members from a site I used to have. This was just to see what they thought really. They loved it and so I added some more and within a couple of weeks I understood what I had discovered - that everybody needed this knowledge, not just those who were on the verge of bankruptcy. Every living person needed a way to reset their mind and get control over it. I didn't realise right then, but what I had found was the missing piece, the piece of knowledge which we all instinctively know is right there. You know the bit that makes it all come together. We can sense it's there, we just can't seem to find it. Well I found it - I found it by accident like some hidden treasure in the Jungle. Well I just re-traced my steps and figured out the map of how to get there and that's what these two books are about.

Once I knew I was writing a book I looked at how quickly I could write it. A few years ago I wrote my first 450 page book in under 20 hours, so I knew I could write it quickly. However, I also knew that I was still in the

transition phase myself, whereby I had removed the bugs, but there would still be a tendency to reform old patterns. So I thought, if I wrote this book over the next few months, then I would get to spend a few hours a day cementing in the correct mindset in place. I was also sure I would discover new things along the way as well. So I set out in January 2010 to write this book. Around June time I realised that I wasn't writing one book, I was actually writing two. Looking back now it is obvious, but when I started out my intention was to create one system for the removal of bugs and one base system for structured thinking to run all software on. These evolved into what I call Saltori, which I explain in more detail shortly.

I finished the first draft of the books nine months later and have loved the entire journey. These two books are the culmination of my mind's work on the attainment of a successful life through an all encompassing structured thinking system. The first book 'Creating A Bug Free Mind' is the one that clears your mind of the junk, the hidden bugs and all the mental viruses which cause you to fail to succeed. It frees you of all of your dead mental baggage. The second book provides you with a base operating system for your life, so that you can now create your life by design. This works in a similar way to Apple, Linux or Microsoft's operating system, as in it is the foundation program for all you intend to do in your life.

Once you have installed this new structured way of thinking into your mind then you will stop living by accident and start living your life on purpose. On your true purpose and creating all details of your life to the design you 'want' it to be.

Andy Shaw

Introduction

Chaotic Thought - The Human Problem

People who are aware and decide they want more from life than they have. Or they are aware that life hasn't worked out for them as much as they would like, recognise somewhere along the way that they need to change. So they reach out to the Self-Help / Personal Development industry to be taught all manner of self-improvement, from Success in Life to Success at Tennis, from Achieving Enlightenment to Building a successful Business... You name it, you can learn how to do it from people who have done it...

What they are looking for is to be good at something they currently are not good at... or as Abraham Maslow put it... *'the desire to become more and more what one is, to become everything that one is capable of becoming.'*

The problem is that personal development books on some of the very tricky subjects like success in life, relationship success, business success, stock trading success and a whole array of those sort of subjects... Don't actually work for 99.999% of people... Though they appear to, *but then the Sun appears to go around the Earth.*

The reason why they don't work is the training is like a software program and a person reads it and loads it onto their computer (their mind). But what they don't realise is their mind has two problems...

- 1) It has a virus which means that the software won't work as the person is loading software onto a computer with a virus - first the virus must be removed before you can load any software onto it.
- 2) There is no structured thinking system to apply the system in a way which **would make it work...** This is like an operating system for a computer, without it the computer would be useless. **Though with humans we think we have an operating system, which means we simply create 'chaotic thought.'**

Success Books are taught by people who are in control of their thinking around a particular subject. So logic says we should learn from an expert. But if your mind is not in the *same state as theirs* then your mind will run their training differently to how they run it... and you will get a different result.

To be able to learn from a book on success in any subject you first need to have a mind capable of working in the same way as the success teachers. As the teacher's mind is not chaotic *around the subject they are teaching success on - it may be and is likely to be chaotic around other subjects in*

their life. But around that subject they have orderly, controlled, 'harmonious' thinking. Their mind around that subject is like a perfectly balanced ECO-system of thought. If something happens to shake that ECO-system, then their mind is able to adjust it in a very orderly and calm way.

Whereas when someone who does not have orderly calm thoughts about that subject learns an expert's system and then something comes in to 'un-balance' it... then they have **chaotic thoughts** drag them off which lead to failure. They conclude that either they can't do it, or that the expert's system doesn't work. Whereas in truth the experts system works fine for the experts mind, which is very calm and harmonised around there expert subject.

So you have two unhappy people, the person who didn't get it to work and the expert who knows his or her system works if they would just apply it. The problem is the expert hasn't fully considered the place or rather position which the student is in. So they are giving good software out and the person looking to learn is loading this into their mind which has a virus and has no structured thinking system... So they are adding a little order into a world of chaos.

Is it now easy to understand why acquiring a structured way to think is more important than what to think? As with that then you can master anything. Without it then you may struggle to master anything.. You do not load software onto a computer without first installing the operating system. People fail and will ALWAYS continue to fail doing it that way because they are attempting to put petrol (gas) in a car that has no engine... Of course it won't EVER work.

The Loss Of Our Natural System For Harmonious Thought

People cannot succeed at all they 'want' to succeed at in life because there is no order, and no harmony in their thinking - Chaos, and at times anarchy, reigns. The reason there is no order or harmony is that as we age our natural thinking system is taught to be ignored. But it is not replaced with anything. We are not trained how to think, just what to think.

Instead of harmony, there is at best, moments of harmony which occasionally replace what's normally inside a persons mind. Chaos at best and anarchy at worst.

People find it harder and harder to succeed in life as they age despite all the knowledge and wisdom they acquire from their extended time here. This is because as we age, the removal of our natural system of thinking progresses and suppresses our ability more and more... In the same way as a car that is not maintained runs worse and worse until one day it no longer runs. But we are

resilient, our bodies and minds are nothing short of amazing... So our natural system for harmonious thought is never ever fully eradicated. The level of its removal is different for different people and different for different subjects... There is no one size fits all situation here... Except that there is ***NO SYSTEM FOR STRUCTURED THINKING...*** (Until Now!) Some people just get it right in some areas and at different levels to others.... And some get it wrong in some areas and at different levels to others. Your natural harmonious success system has been replaced with '*chaotic thought.*' But this doesn't happen to everybody about everything, it is just what mostly happens.

Indeed a very minor number of people live very successful lives for the majority of it. Most people however, live very dissatisfied lives for the majority of it... However, everyone is successful at some elements of their life. And it is in those areas where they still possess their natural orderly thinking system, and it is this system which they must regain use of in order to have whatever it is they want to.

The problem we as a species have, comes from one of our greatest gifts, which is free choice. Without the opportunity of order we can unconsciously choose chaos. The problem with the world is, until I created the Saltori system for structured thinking, there was no other choice. Chaos was as good as it got, unless you accidentally stumbled across success with your natural success mindset.

Now Chaos of the mind is '*uncontrollable thinking.*' A person is mostly 'not in charge' of 'what thoughts' are in their mind. If they cannot silence their mind, then they are not in control. Depending on the level of pressure a person is under, the control is usually regained first thing in the morning for just a few brief moments... But then the thoughts begin, and to describe this best a friend of mine described it as, "*You wake up in the morning and everything is cool for a few moments... Then all of a sudden the thoughts start and it feels like a 'wave of sb*t' just sweeps through your mind!*" This is chaotic thought and it controls people's lives with a Tsunami of thoughts in which people's ability to succeed on purpose actually drowns.

Your Mind's 'ECO-System'

Thoughts are like water, they sit there dormant in your mind and then all of a sudden the water somehow turns into a Tsunami and washes you away... So you think I'm not going to let that happen again... I'm going to fix it, so you turn to studying, learning more, more knowledge is the answer... If that were true then the world's professors would be the most successful... Knowledge isn't the answer... First we have to have a system to handle that knowledge inside our minds...

There's two reasons why personal development books don't work for 99.999%+ of people: -

- 1) The person learning it has no system for handling the new knowledge
- 2) The material they are teaching is only solving ***part of the problem***

The faulty system has to be repaired in its entirety otherwise you have a 'balancing the minds eco-system' problem happen... Where you fix one bit and another bit breaks, so you fix that and another breaks. And then that looks like it's **X** problem but then the minds virus convinces you that it isn't **X** problem as you've fixed that.... People 'believe' this is orderly thought, it isn't. At best it's organised chaos.

So personal development books are only teaching an element. They teach say self confidence, but self-confidence is no good if a person can't handle stress... So they learn to manage stress, but stress is no good if they worry. So they learn to manage their worries but then fear is the problem and their fears bring about anxiety. Then because they are anxious they cannot think clearly and so try to learn to control their thinking, but they can't as it's chaos up there! And so this inevitable failure dents or destroys their confidence, which by now is already in tatters, as you read the book on confidence four books ago and you've slipped properly back into low self confidence and are definitely depressed...

You however, have read a book on confidence so you 'know' that, and that isn't the problem... "So maybe... *it's a self-esteem issue!*" But while all of this is going on, your life's not been static too, your mess in the head has screwed up your relationship. Your mess in your head hasn't delivered any of the results you promised yourself and your partner that it would... Basically you've read a load and the net result has been... You know a load of stuff you can't implement... And your mind is now in more of a mess now than it was when you first began to read... You can kid yourself that I'm wrong if you like, or you can go and consider these few paragraphs for a while and realise that in general I'm probably right.

Calm Simple Systematic Structured Thinking

Let me give you a metaphor to explain why personal development doesn't work unless you fix your thinking system first. Effectively personal development books all work, they all contain some excellent material which teaches you a lot of things. But without a structured thinking system in place then they won't work for all people. In the vast majority of people's cases they will just create a mind mess and someone who can talk for hours on personal development but have their life in a right mess... We've all met those experts

who are not living it, just think they are living it... Maybe you are one of them... THAT'S OK if you are... But it's time for you to get real and learn a system of structured thinking which will mean you not only know this stuff intellectually but you can actually apply it to your life and become the person you want to be.



I'd like you to imagine your mind is a pond, or if you prefer, another vessel which holds water. Your pond is calm and is located very near the sea on low lying land.

When your life begins this pond is full of crystal clear water. The pond is always full but can cope with any amount of water as it discards automatically any excess. Your thoughts are the water in the pond and are all connected as water is.

You are born with a natural fresh water filter for your pond. It filters things so that you are naturally successful, and you can achieve the hardest thing you ever did without conscious effort... Which is... Learning to walk. Back then you had a natural harmonious success system working hard so you didn't have to.

Now back to your pond... There's a stream of water flowing into your pond, this is the experiences that are coming to you. This is not necessarily fresh water, it is just water which at an early age you don't know whether it is polluted or fresh. There's also people who are in your life coming along and

putting water into your pond. Some of this water is good fresh water and some of it is dirty...

For the first few years of your life you don't know what the water is as you have no control over what water is added into your pond. Also as you grew up you could choose other water to be poured into your pond. You can imagine this as fresh water if you'd like to as you wouldn't be consciously putting bad water into your pond, however, you don't know it was fresh water...

But all of this water just comes into your pond and because you have no natural filtration system... No thinking system, it just mixes with the original fresh water that was in there...

Now imagine your pond has been there for as long as you have been alive. All of your experiences have flowed and been poured into your pond and mixed with all of the water that's already there.

How does this water look to you?

So is it easy for you to imagine that right now your pond is pretty full of some very dirty water?

Would you want to drink from that water?

Well your life has, is, and will be made up by you drinking your thoughts from that water.

Now as you've aged, the water has been getting more and more polluted... And in some parts of the pond, maybe round the edges, you can see the water is stagnant and truly undrinkable...

But even the water near the centre of your pond is now pretty dirty water. Not as bad as the nasty stagnant bits maybe, but all the water is now dirty as of course it is all connected... And remember you have to drink from it, it's your source of life, there's nowhere else to drink from after all... They are your thoughts, and your thoughts result in your life, so you are drinking from this dirty pond and your life is the result.

But what about if you cleaned some of that dirty water and made it fresh to drink, would that help? What about if you poured into your pond some of the cleanest, purest water you could ever find... would that make your water fresh again? Of course not, because it is all connected to the dirty water, so if you clean it, then as soon as you pour clean water in, it is quickly or instantly polluted again...

Well this explains exactly why people don't succeed, they are cleaning or adding in fresh water to a dirty pond of water... Then when they turn around it

is polluted again. Now to think you could clean dirty water by adding in fresh water is of course insanity... But then if the entire world was attempting to do it this way, then it would appear to be sane wouldn't it?

You cannot deal with dirty water in isolation, you have to deal with all the dirty water in an all encompassing way to clean it. Obvious really isn't it... Yet before the end of the day, no doubt the virus in your mind will have you convincing yourself to add in more fresh water... If you doubt this, or can hold it off for a few days then it will only be for a few days, as you will return to this pattern as the entire human race is doing it.

This is what personal development books do. In the main they are good clean fresh water, and you pour them into your dirty pond. And that is why personal development books don't work unless you still have your natural fresh water filter... As we all still have this filter, it is just more effective on some people, in some areas of their lives than it is on others... And this goes for every different area of life... So we all have this filter, for every area of life. All areas are connected as water and thoughts are all connected... But in some areas we seem to have some natural filtering for that area of the pond... Some of the natural filters work well, some work poorly, some don't work at all and some work well enough to not cause a big problem...

Someone who still has their natural filter working well in a particular area is considered to be a success in *that area of life*. The success is made up of three elements, water filtering ability, amount of water from that area of interest, and the amount of time spent nurturing that water. But if you don't have a water filter to bring structure to your water supply then the water is unpurified and when you drink from it... You fail.

You, and the 99.999% of the world, have chaos going on in your water supply... You are pouring clean fresh water into your dirty pond and wondering why you're not getting the results of clean fresh water to drink. But it's obvious when you look at it, that there is no clean water as it pours into the dirty water and gets instantly polluted... So let's say you learn some self confidence material for example, or a new business strategy... You study that, you get that part of your life or what you want working and you put the cleaned water straight back into your dirty water... Net result, you get nowhere....

Now, the reason why these books are so very different to any other system for thinking out there is that they deal with cleaning all of the water in one go, it is an all encompassing system... So now you have a fresh water supply to think with... And then I give you a way to continuously apply the techniques to maintain your water supply for the rest of your life.

Because think about it... what would happen to your water supply if you cleaned it all once and then you left it to fend for itself... How long would it be before it was filthy dirty again... Why do you think swimming pools have to be maintained regularly, because they get polluted... Your pond needs tending to ensure it remains full of fresh water... If you leave it and just let whatever water comes along in to contaminate all of your water, then what is the obvious result you will get? You will appear to be stuck in life and no matter what you do, nothing will be able to work... And all because you don't have a thinking system. You have been clever enough to discover the only thinking system there is and if you don't learn to apply it then what result will you get? Your Pond will always be full of dirty contaminated water...

Dealing With The Nothing Stands Still Problem

So let's say you think, well I'll learn this system for thinking, I'll clean my Pond, then I can maintain that supply now that all the water's clean. So I don't need to do some regular maintenance to the water... But now imagine a Tsunami comes along and washes over all of your pond and fills it up with some polluted water...

Where did the Tsunami come from? Your Pond's next to the sea remember, life has its way of serving up Tsunamis when you're least expecting them... E.g. Your Dad died, your sister died, your partner's walked out, you failed an exam, you didn't get the job, you got laid off... Any of those and a thousand more are Tsunami thoughts that mess up the balance and your water needs to be cleaned again. But with a thinking system, the Tsunami strikes, and as it rescinds, in just moments your structured thinking system is already cleaning the polluted water for you... What's more you can actually watch without pain and see this system at work cleaning your water – cleaning your thoughts.

This is why I say that personal development books don't work, they haven't fixed the problem before attempting to clean the water. Cleaning the water (your thoughts) only works if all of the water is cleaned at once in an all encompassing way and you have a structured system to 'keep the water clean.' What I'm about to give you here in this book is the structure that will allow you to clean the water and gradually clean all of the pond... With the water clean, I'm going to give you some good natural filtering herbs to help keep the water clean, and I'm going to give you some filters to prevent the new water from bringing any unseen pollution in with it...

When you have finished, your mind is going to be full of pure water, just the same as when you were a child and your head was full of pure water... That is what separates what you are about to learn from every other book or

course you have ever studied on self improvement. That is why you really can change and get the life you desire, because I'm about to give you a new structured way of thinking which will ensure you get what you want in the same way as you got what you wanted when you learnt to walk.

I've done a short video to explain 'The Pond' in a very easy to absorb way so that you can more easily recognise your 'muddy' thinking when it occurs and observe others 'muddy' thoughts when they attempt to mess up your thinking.

It is available here: **www.ABugFreeMind.com/the-pond**

SAL TORI

The Saltori System for Structured Thinking

The books *Creating and Using A Bug Free Mind* describe the step-by-step details for following the Saltori System for Structured Thinking. These books are powered by Saltori Thinking.

The Saltori System is a 'system of thought' which allows freedom from pain regarding the negative aspects of life. Then the attainment of dreams to those which change their thoughts by using this 'new way of thinking.' Saltori Thinking is structured thought applied without effort.

Why do we need a new way of thinking?

We actually need 'a way of thinking,' not a new one because we don't actually have one! We have no thinking system and so by default we have a *chaotic thinking system*. This is why we as humans are in so much trouble, there is no structure behind our thinking system. We are naturally benefits driven creatures and so we thought this was enough. It wasn't the next stage of evolution is simply a system for structured thinking and that is what Saltori is.

Thinking, or more importantly the way we think, is crucial to our success in life. Our thinking is what distinguishes us from the crowd. Thinking is what makes us unique as an individual and ultimately our thinking determines our desired and actual success in life. "Obviously" you might think, but that in itself is an accidental thought if it hasn't been evaluated consciously.

We think accidentally because we were not taught how to think. We are taught to walk, talk, read, write, cook, brush our teeth, clean up our mess, use a computer, drive a car and even fly a plane. We are taught to acquire such skills, as to make them automatic and almost sub/unconscious in their use. Yet the most powerful tool we possess, correct thinking, is left to occur 'by accident.'

Simply we were never taught how to think, just what to think. It is the lack of a thinking structure which causes all pain in life and in effect pain to oneself and then onto others too. When you install a structured thinking system and use and maintain it, it becomes impossible to consciously cause pain to yourself and to others. Unconsciousness can still occur as we are all human and we slip into unconscious action by default.

But by raising our level of thought to a higher level, then less and less pain is created.

So we are taught to do virtually everything in life that is considered important enough to be worthy of an adult's time to teach a child. But we are not taught how to think, which is the most powerful tool we have for getting what we want to happen. This understanding has been preached and taught by every great teacher throughout time and is already accepted as the way it should be done. But why haven't we got a thinking system to apply the wisdom of hundreds of thousands of years of experience into our lives? Quite simply it's been missed... Or maybe no one could simplify the wisdom of our ancestors so that everyone could easily apply it...

So without a structured thinking system, when you think about it then it isn't any wonder that 99.999% of people fail to get what they want from life... Simply because they don't have a simple easy structured way to think automatically the right way, instead of accidentally thinking the wrong way. Instead of structured thought we just think by accident and we achieve, or in the main do not achieve, because we are using '*accidental thinking*' and '*not noticing*' (not observing or studying) our poor (low quality) thinking as it occurs.

These poor accidental thoughts lead us to our poor decisions, which in turn create outcomes which we didn't want, which in turn lead to a very messy life situation for the majority of people (at least 99.999% of people - so almost everyone, and at times everyone). Then the life situation causes worry, stress, anxiety, depression, fears, overwhelm, and serious self doubt (amongst a whole host of other 'mindset' ailments). And all because we are not taught to think correctly by thinking '*on purpose*.' Simply because we have no structured thinking system our thoughts are chaotic.

Saltori thinking is similar to say a language, English, French, German, Spanish... Each is simply a language which depending on where we were born we are trained to use. Saltori is just a thinking system to ensure that your thoughts make sense and create the outcome you desire, it just happens to be the first 'thinking language.'

To liken what is going on inside people's minds at the moment to Saltori... A person knows each of the words in the language but they have no structure to put them together. For example, a sentence may say, Peter walked down the hill to the shops. But if you only knew the words you may put them in the wrong order... hill Peter down the to walked shops the... Makes no sense and was accidentally thrown together. Saltori sorts out thoughts in the same way learning English sorts out our understanding.

It seemed obvious to me how to think, but then I was in the successful minority, one who failed society's hereditary programming. The challenge was there was no system to teach structured thinking to the majority who were/are not successful. Quite simply everyone had missed the fact that we needed one in the same way that Thomas Edison recognised that we all needed light bulbs.

So this is why I created the Saltori Structured Thinking System.

Saltori Thinking

Saltori to me means - "*Purposeful use of my mind's power to achieve health, wealth, wisdom and of course inevitable success.*" To others it may mean a serene harmonious life. It is structured thinking to achieve order in your mind as opposed to chaos and anarchy.

Saltori is:-

- Structured thought applied without effort
- Becoming predominantly awake (being present)
- Thinking on purpose, not by accident
- Thought consideration
- Thinking consciously, not acting unconsciously
- Intending without need, without want, without hope
- Relaxed, harmonious, serene and above all happy living

Saltori thinking is a system for thinking about everything you allow into your mind. It is automatic thought evaluation which you are aware of not unconscious to. It sounds like it's hard work, but hard work goes against the entire understanding of Saltori.

The Saltori System of thinking is a number of simple thinking techniques which allow you to be proactive in your thinking and not reactive. It allows you to take back control of your unconscious thoughts and behaviour by simply noticing that you are in fact not awake but sleeping through life. Saltori thinking is about thinking on purpose instead of allowing thinking to happen by accident.

Saltori thinking is a way of living which simply means that whatever you choose to do with your life, it is harmonious, serene and above all happy. Saltori removes pain and installs a system whereby you seek out and find pleasure in everything you do, and in every area of life.

Some of the uses of Saltori Structured Thinking are:

- Know your true life purpose

- Effortlessly create any desired outcome which aligns with your life purpose
- Eliminate doubt, worry, negativity, fear, stress, anxiety, depression, overwhelm, and loss
- Eliminate or use procrastination
- Find true love
- Discover yourself, know yourself and master yourself

So Who Taught Us To Think?

We are supposedly taught to think by our parents, but were they right? Who taught them how to think? No one. So the way we think *'happened by accident...'* We are not taught how to think, we are just shown *'what to think!'*

I struggled for years with... *'why do we think it's supposed to be that way?'*

I was always questioning why people thought the way they did... Why I was supposed to think that way too? I didn't understand why they all just seemed to 'fit in' with the way everyone thought. When I asked people why they thought that, they'd come out with something like, *'Well that's the way it is!'* Or, *'I don't know, that's what I was told!'* Or, *'Everyone thinks it's this!'*

I knew I thought differently, but I couldn't ever explain what I meant to people. When I attempted to explain something, I'd be getting somewhere and then their thoughts would close in on the subject. At that point it wouldn't have mattered if the most powerful thing in the Universe had appeared and said, *'Look he's right...'* They still would've *'known'*, not thought, I was wrong.

Now this fascinated me more, why did people know things that weren't true? Surely there was a fault in this *'knowing'* things system we had for thinking. So I became fascinated about why we *'knew'* things that just weren't true.

People said to me things like, *'All this thinking you're doing is dangerous.'* Where did that come from? Was what I'd think, and of course it came from their fear of the unknown. So what was this irrational fear of nothing, a fear of something that wasn't there? All of these irrational thoughts my parents, my peer group and my teachers all had, they all fascinated me...

But then one day a couple of years after I had made my first fortune and become very successful, I found something else to think about... . I became fascinated by *'how I was able to succeed where others continued to struggle for success.'* On the face of it these people were no different to me.. I had no special skills, gifts or advantage and definitely

not a privileged background... So why? Why could I easily succeed where others struggled? ... Up until that point I hadn't realised '*I was successful.*' And that my success had come about because '*I thought differently.*'

The Saltori System came about thanks to my interest in finding out why others couldn't succeed. Then when I discovered that I saw exactly how to take an unsuccessful person and show them how to turn themselves into a successful one... And how to take a successful person and how to turn them into an ultra-successful one.

The system involves an instant technique which is the tool to use to stop the build up of garbage/junk. Just mastering this tool can take moments to months depending on the individual and is a process to be enjoyed, but if applied relaxed can be mastered by most within a week.

This tool then provides a system for controlling your mind. Think about it as, ***there was at best semi-organised chaos, at worst anarchy and now there's order.*** Then the rubbish (garbage/junk) that's either been installed in there or created whilst in there must be removed in an orderly process. Once that is underway then removing the problem which caused the chaos and anarchy goes in next.

At this point you are in control of your thinking to a reasonable level and then it involves rooting out '*bugs*' in your system and continual repetition in the area or areas you need fixing... This is the same as with any tool, you pick it up and use it to complete the job. Learning it is useless, however, applying it until the problem is fixed results in the desired outcome (this is not rocket science but does involve common sense and when learnt it gives a person 'uncommon' sense).

Then you have to find out what you truly want, as without knowing that then you are '*living by accident*' not just '*thinking by accident.*' So you look at your past for clues, you experience your future and decide what it is you want to do with your life. Then you simply design a map of how to get there. Until this point of life you have been wandering aimlessly about, occasionally going after something you noticed. This creates the map for your life.

Lastly and most importantly your mind is part of your body and your body requires maintenance. Just like you feed your body with food you have to continue to feed your mind with the way to think (or another way to look at it, is you have to keep your thinking system clean). This is just like doing a crossword puzzle or word search, or anything you do to entertain

your mind. But you just feed it a little of what it needs to keep your structured thinking system in order.

The net result is the life you wanted. This is living on purpose and not living by accident... This is Saltori Thinking and these two A Bug Free Mind books lay down the process to attain this level of thinking which is very basically a structure for our natural uncorrupted thinking. Saltori through A Bug Free Mind gives adults the same natural success guidance system that we all had naturally when we learnt to walk.

For A More In-depth Description of Saltori just visit:-

www.Saltori.com

Please Share Your Feedback - Thanks To It This System Will Keep Getting Better

Your feedback is essential to the continuous improvement of this system, please can you let me know what you think and leave your thoughts on the webpage below. Please feel free to share any inspirational thoughts as well so that they may inspire others.

The Law of Reciprocation works exceptionally well with feed back; as you give it you will find that you always learn something else. So I look forward to hearing from you.

www.ABugFreeMind.com/Feedback

How To Get The Most Out Of This Book

You probably won't realise it now but you will one day soon. You were supposed to find this book. You asked for the solution and you found this and even though you may not know it yet, it really is the solution. And yes I am certain that all authors think the same thing about their books too. Well you are the judge of this statement.

There are two requirements for you to get the most out of this book

1. You have to know this is the missing piece (that will come naturally soon - do not force it, let it come)
2. You have to read and apply what you are told to (yes, that's the hard bit!)

Here are some techniques to make this as easy as possible. The first thing is to just go with it and don't look to rush or to force things. Just let things unfold and observe them as they do. Read through the chapters as fast or as slowly as you like, the magic solution is not waiting for you on the final page of the book, the magic is written on every single page.

The point of reading this book is not to get to the end and feel that it was good. The point of reading this is you clearing your mind of all hidden bugs so that you can then create by design. You will not be able to absorb everything on the first read through. Stop and re-read a chapter if you didn't get it. If you didn't remember a chapter then that's because your ego doesn't 'want' you even knowing it for an instant and may have even blocked it out. We've all read books a second time and found more value in them and thought I don't remember reading that the first time.

Well in this book I go through and remove all of the layers of 'crud' which have built up over the years. Just reading any section will mean a massive improvement in your mindset as you will soon find out. However, it is when you have removed all layers fully that you find you attain a clarity which you lost when you left childhood, you will get back your natural success mindset, and it is natural... Don't let ANYONE tell you otherwise. You were born with a *natural success mindset*. However, life's programming screwed it up and continues to screw it up more each and every day. These books get you back to where you were before it all got messed up and give you a structured thinking system to replace the chaotic way you and virtually every other human thinks currently. So it is well worth your while to spend time thinking and re-reading as the upside will last the rest of your life.

This is no sales-pitch now, this really does do what it promised to do. The only reason it wouldn't is if you haven't 'absorbed' this information.

There is no book around the corner, or a greener field which has the answer. You have it, you now just have to read and apply it. Remember you are not reading for entertainment, you are reading to learn how to change your life, so use this as a reference book.

If you are just skimming this now to see when you should add this into your reading list then... it is now... Well I would say that wouldn't I... But it happens to be true. As no other book in the world gives you a system for thinking... It's the first, a one of a kind and is why this is different... And before applying new information it is logical to put the system in to handle it first... So this really is the book for the top of your list as ALL other information follows on after this... I'm just being logical for you... Once you've read it then you'll agree with me... Right now you probably don't, hey, that's ok it is your choice... Just attempting to get past your gatekeeper!

Now there is a shortcut to extracting the value out of this book! The shortcut is to read this book only once, and you will remove probably 70% of your bugs - which is fantastic. You will tell others what a revelation this book is and how wonderful you now feel. I will have great success from it as you will spread the word. However, your life will probably not be much more of a success. It might be, but it is not something which is 'certain' yet. To get to certain means you have to remove the vast majority of the bugs. So a second read, would probably get you to 85%, a third to 88%, a fourth to 90%, a fifth to 92%, a sixth to 93% and maybe by 50 reads you are in the 96 – 98% bracket. Basically the exact figures do not matter; you will never attain 100% unless you attain enlightenment. And if you do that, then you'll realise that nothing matters anyway and won't be bothered about achieving success. So unless that is your goal then I would suggest aiming for over 90 – 95%. As it leaves you in a wonderful position and you will be an expert!

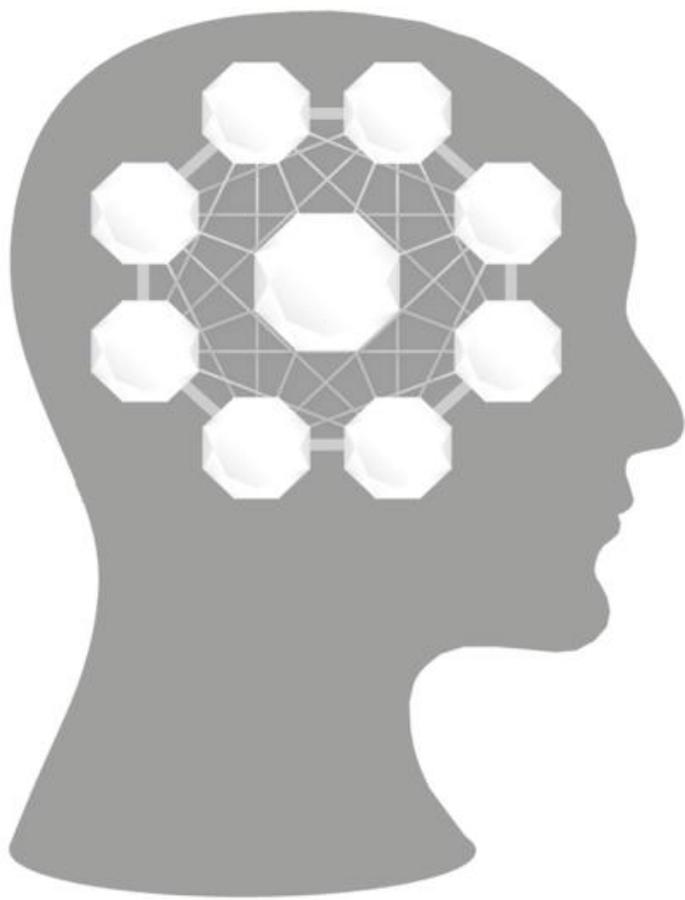
This is a process of life change - the vast majority is achieved in the first few weeks, however, the permanent change is cemented in over the following months and years. The point is, this is a real life changer, you will go through this process and discover the real you - what you really 'want' in life - and you will enjoy the process. Do you remember when you were learning something and it was so good that you wished it would never end? Well be careful to not rush through and think that you have learnt something when you haven't... ***this book is about you changing your life***, your life is not a race to get to the end as quickly as possible and neither is this book. Read and absorb. The shortcut is ***really the long route in disguise*** as unless you change, you will be forced to make the same mistakes all over again. Don't be one of the ones who leaves feeling wonderful at a 70%

removal only to look at your life in five years time and ask what happened! Fix it now so that it is fixed and stays fixed forever.

Stop in the book whenever you 'want' to think. Go inside your mind as often as you feel necessary, time spent there is well invested. If you are struggling to get through pages because your mind keeps going off, that's a good thing. I remember when that happened to me with Eckhart Tolle's *The Power of Now*. It did my head in as it was too intense. I was frustrated as I wanted to read more pages but often I was stunned by a single sentence and I pondered it for the entire time I had allotted to reading. I ended up putting the book down and returning to it again several years later when my mind was ready to accept it. Just keep going, you are changing and change happens as it wants to, so just go with it. Your speed reading skills may well hinder you badly here. So be sure to absorb carefully as your mind needs time to adjust.

Don't forget to use a highlighter, trust me you are going to need one! This will help you later when you are reviewing it again. You'll see what bits you absorbed and how you changed and now are.

Let's get started...



SAL (永) **TORI**

CHAPTER ONE



“A New Operating System”

~ You have all the reason in the world to achieve your grandest dreams. Imagination plus innovation equals realization. ~

Denis Waitley

My Operating System

~Genius is personal, decided by fate, but it expresses itself by means of system. There is no work of art without system. ~

Le Corbusier

When I started the journey of writing these two books I realised there were three layers to be sorted. Firstly the removal of bugs, which can at times happen fast but also it can take a lot of time to remove some ingrained self-limiting ‘beliefs’. Then came the transitioning section, where there is the learning to trust your mind again and the installing of some ‘different’ ways of thinking. Then lastly comes the new operating system, a new way of handling actually creating your life by design.

This book starts off continuing with some transitional layers and exposing some more hidden self-beliefs. Then it moves into demonstrating a potential new operating system, a new system of thinking.

An operating system is the most important program that runs on a computer; it controls and allows all other programs to run. To create by design you must have a system for doing so. If you have no system then you are creating by accident. You can check whether or not you have a good operating system by measuring just how much you have the life you desire.

A Brief History Of My System

~When you innovate, you've got to be prepared for everyone telling you you're nuts.~

Larry Ellison

When I started to write these books, it was a part scribbled process and a part mental thought process. All of which I had been working with, adding to and taking away from since about 1988 when I first consciously used it. At that time it was still 14 years before I first heard about the Law of Attraction.

I had used my process before 1988 but I had no idea of what I was doing. However, on a Sunday afternoon one day I decided that I 'wanted' to find the person who I would spend the rest of my life with.

I knew my life was going to be one of success and riches, although at the time I wasn't planning for some of life's hurdles like going bankrupt. But I knew that whatever happened I would make a great success of it and live the life of my dreams. I decided that I didn't 'want' to find someone after I had made a success of it, I 'wanted' to find someone beforehand, so they could share the experience; share the ride with me.

So on this Sunday afternoon as I was just 21 years old, I sat down and designed exactly what I 'wanted' in a life partner. I wrote out everything I was looking for which included her being beautiful, being a wonderful person, living locally, her thinking I was the perfect partner, having parents who weren't divorced, that she would be the sort of woman who wouldn't mind taking care of a slob like me, that she would love me more each day. There were stacks and stacks of details. I really gave it some thought.

After I had finished designing what I would 'want' from someone, I also then went through it and thought about what she would 'want' from life as well. She would 'want' someone tall, dark and handsome... (well... I'm still tall). She would 'want' someone to be the husband who went out to work so that she could enjoy life. That she was looking for someone to love forever. She was looking for the perfect person and I was it. The details went on and on.

I wrote out a complete design for who I 'wanted' in my life, and who they 'wanted' as well. I designed the person around my good points and my bad points. I designed it to make my life as perfect as I could, and as it was on paper there really wasn't any limit to how perfect I could make it.

Once I had done that, I then set about looking for ways which I could find this person who, by now, I knew must be looking for me as well. I don't know how I knew, it just seemed so obvious as she was my ideal person and therefore, I must be hers too. So I just needed to find her and I knew I would

recognise her when I saw her because my great-uncle Dave had told me that I would always recognise the people who were there to help me... and I always have.

And of course I found her and we have been together ever since. I tell more of the story later on. She had all of the attributes and more that I was looking for. The point I am making is, I designed this pure and simple; everything I was looking for I found in her. I didn't go and 'try' out fifty other people and then end up with her. I went straight to her. At the time I didn't really know this stuff to be true though, so even though she looked like the perfect one, I was still not convinced. So I did all I could to ensure that what I thought was right, was right and then when I was sure, I swept her off her feet.

I designed it pure and simple, and now 22 years on through some amazing highs and some pretty desperate lows, we are still together. We are more in love today than we have ever been and I clearly see us growing old together.

Now what I didn't realise then was that I could have used the same system for everything else I desired in life too. I just used it then and had previously used it for other small stuff I 'wanted' as a kid. However, I had just laid the groundwork to the system I am sharing with you here.

Many years later in 2002, finally after getting my head on, I used the same system to create millions. I also used the same system to get what I describe as a miracle cure. The cure, although excellent, wasn't a miracle cure, but the process with which it came to me sure felt like it. I used this system relentlessly for several years and then stopped using it. After I stopped using it, it took a little over two years for everything I had created financially to be wiped out!

So shortly before I reached the turning point whereby I regained control of my mind from the nutter who was running it, I decided to go back to basics. Back to what had previously worked and looking at what I was now doing differently, to what I had been doing when everything I touched turned to gold.

There were countless minute ways of thinking which I was doing differently. But the one thing which I had always used right up until everything was going so incredibly well, was that I remember thinking, I don't think I need to do this anymore as I don't have much time. Shortly after that it started to unravel for me.

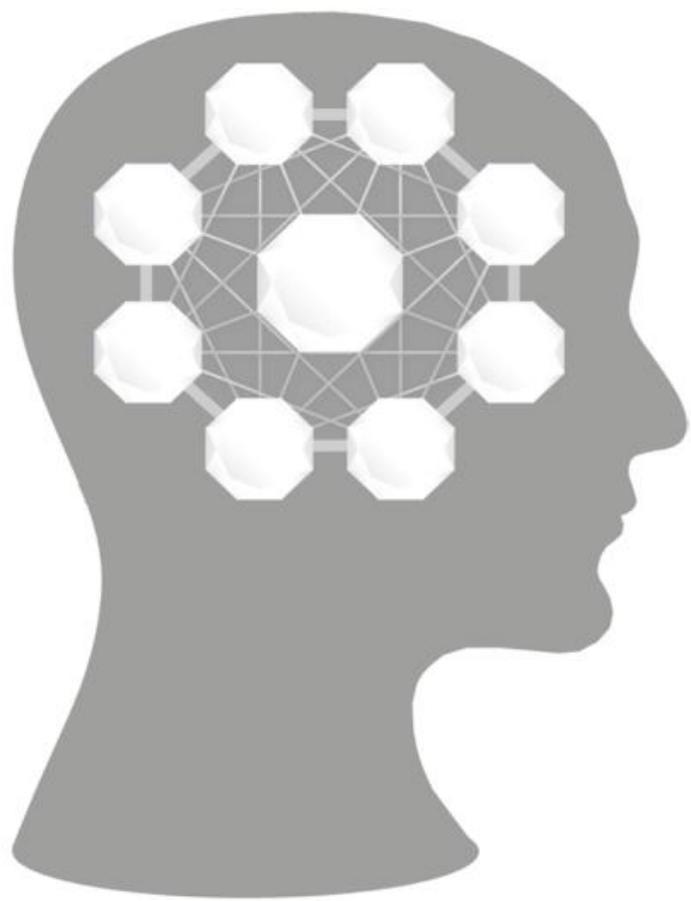
So I had traced one of the potential key turning points back to this thought process and system and the fact that I was no longer applying it. So I decided to dust it off and have another look at it. I quickly remembered the

power of it and it became obvious to me that this was one of the, if not *the* largest mistake I had made.

So after hitting the reset button I resolved to make this process of thought and system part of my life again. So I quickly put it back together and started to use it, except this time I was going to use it for everything. Now, I was giving everything much more thought and I finally woke up to the fact that this wonderful system I had created, I could use everywhere to create every element of my life.

So I know that this system will work for you. In the form I had it before, it produced incredible results for me and the way it is written in this book is much easier than I ever had it. I am currently taking the system from this book and transferring it into software as well. I even used that system to help me create making it even easier too and it will be coming out sometime soon on A Bug Free World community site. But everything you need to know to apply this system for yourself is contained within this book and in the book *Creating A Bug Free Mind*. You do not need the site software unless you intend to only read these books once... If you intend that then you will need it as your mind is not static, your mind continuously needs to be re-tuned in to your path to success... For that reason the community site and the software, when it's ready, makes this both easier and certain.

So if you're ready to remove your final self-limiting 'beliefs' and discover my 'operating system' then let's get started...



SAL (永) **TORI**

CHAPTER TWO



Seeing Is ‘Believing’ Right? ...Wrong!

~ Vision is the art of seeing things invisible to others. ~

Jonathan Swift

Built On Sand

~It is a terrible thing to see and have no vision. ~

Helen Keller

You are now beginning to move on to creating the life you desire, and to start with I’m going to remind you again about the dangerous word ‘belief.’ As I have covered before, when you say, “I believe it”, you are really saying, “I think I ‘believe’ it... well sort of... at the moment I do... That’s until something else comes along to make me ‘believe’ that of course!”

Or in other words that you do not ‘believe’ it.

If you ‘want’ to create the life you desire then further use of the word ‘belief’ has no real purpose in your life as either you know it to be true, or you know it not to be true. You think it is, or you are unsure. ‘Belief’ is pure unnatural weakness ‘beefed up’ to sound powerful, and popularised by all sorts of personal development lifestyle experts and religions all around the world. ‘Believing’ is weak, knowing is strong. The word ‘know’ or the state of ‘knowing’ does not need any ‘beefing up’ as it is all powerful.

I’ll cover just how weak ‘belief’ is again shortly. But first, watch as you use the word ‘belief’ in your everyday language and be grateful as they are ‘waypoints’. As you use it, observe why you used it and you will have identified

another false-‘belief’ or truth, if it is a truth then there is no need to ‘believe’ it, as you know it. And if it not true then you now need to look at it and it will dissolve.

Be grateful that this easy to find ‘waypoint’ is already being used by you thanks to crooked teaching. You can now use it to help you get better faster by your use of the word to identify your crooked thinking. Without it you may have continued your journey with a false reality in that area for the rest of your life!

Here comes the powerful bit now! Let’s say you’ve identified an area where you use the word ‘belief’ or ‘believe’. Simply change that word to ‘know’ and see how it feels. You have to notice your use of the word to take advantage of the power observation will give you.

Be VERY careful now as this is change starting to happen. As you observe your thoughts and feelings, be sure they are your own and not just what someone has told you that you should think. You must be present when you stop using the word ‘believe’ and start using the word ‘know’. Otherwise you may start to lie to yourself and create more entrenched false ‘beliefs.’

So how did it feel when you used ‘know’ instead? Did it feel right to say I know it? If it didn’t then there is a reason why it didn’t and you need to discover that for yourself using one or many more of the techniques I share in these books. If it didn’t and doesn’t feel right then you have a few options.

Option one, sweep it under the carpet and carry on using the word know or ‘believe’ as it involves far too much thought to figure out why it didn’t feel right. So you’ll just go on with it and ignore this section as it does not suit you to think about it, and this section is not going to get you the life you desire!

However, there is a deep problem with this. If you are saying to yourself I know, when you know you don’t know, you are lying to yourself for the benefit or perceived benefit of what others think.... This will probably ensure a total failure to create the life you desire.

Option two, continue to use the word ‘believe’ instead, as you now know you do not know! This can be good as it is transitioning. Using the word ‘believe’ lets you fit in with the crowd and not be a weirdo like me.

You can say I ‘believe’ and each time you do look at your need to say I ‘believe,’ you’ll find a slow process of either knowing it is right or knowing it is wrong. Then your ‘beliefs’ will become what they really are along the way, which is irrelevant (more shortly, but remember how that feels).

You don't have to change your thinking in an instant. You just have to be truthful with yourself about what you discover when you say I know it. You cannot lie to yourself and still create the life you desire.

The Stuff That's Right, Really Right! But You've Not Noticed It

~ Doubt is not a pleasant condition, but certainty is. ~

Voltaire

The other wonderful 'waypoint' you have automatically already hardwired into you, is your own use of the word know. From now on watch out for when you use it and it will give you the feeling you are looking to create, the feeling is certainty.

When you know something, you know it, there is certainty built in. It has happened and therefore, of course it will continue to happen... That is the very essence of creating the life you desire, you have to know it. But as I covered in *Creating A Bug Free Mind*, the word know has a dark side as well, because your ego allows you to use the word when you don't know it and thereby, fools you into thinking you do.

To give you an idea of the difference in strength 'know' is to 'believe', I'll use a strength scale. We will say, let's use a scale from 0 to infinite as to how powerful the words 'believe' and know are in the attainment of the life you desire.

The word 'believe' - is there any good in it? Well it gives a false impression; it confuses us to our true knowing. It does make us fit in with herds, it makes other people feel like they fit in as well, but there is nothing really there so does it help get us there in any way at all?

No, other than getting us to fit in with the herd and not stand out, it gives us nothing. And in truth why do we desire that anyway? This is obviously another area which needs to be observed. So, on a scale of strength I'll be generous and say it rocks in at a 2!

The word know - is there any good in it? Well, when we know something, we know it. Achieving the life we desire is all about having it have already happened and therefore knowing it to be true. There is no weakness in the word, some may say well sometimes you know it and it turns out not to happen.

Which is true and this further defines where we need to work and where we need to look. So it helps us by showing us the wrong direction. There really is no boundary to the power of this word, so I'll score it at infinite.

So the difference in power between 'belief' and know is infinite!

Even the negative use of the word know is infinitely more positive than the use of I 'believe'. As when you say I don't know, it is certain... you know that you do not know!

Spend a little time thinking about what you know is true (and I mean know it), absorb the feeling of knowing it to be true. Now spend some time thinking about what you 'believe' is true. There is an un-mistakable difference. The two things are worlds apart and now you know it.

Finally option 3, you can either know it, or not know it... there is no 'believe'...'believe' is just an illusion we give ourselves to make ourselves feel better. And as usual with human medicine a paradox exists. 'Belief' is just another man made mind disease.

Don't 'believe' me eh? Then look at nature, what animals are there that need to 'believe' in something? They either are something or are not something, they either know it or do not know it, where is 'believe' in nature? Nature does not need to 'believe' anything, so why do you?

Knowing Before Seeing

~ The real voyage of discovery consists of not in seeking new landscapes but in having new eyes. ~

Marcel Proust

You know the line 'Oh I'll believe it when I see it.' The Muppets of the world use this sort of Muppet statement coming from their unconscious irrelevant Muppet thoughts to 'try' and keep a fellow Muppet from getting out of the bucket. This is a crab, pulling another crab back into the bucket.

Entrepreneurs and anyone who desires more, are the crabs trying to get out of the bucket. The fact that you are reading this means you are one of the ones trying to get out... Feel good about that as you deserve to! You are in the minority, you are therefore a weirdo... get over it as you're worth it! We change the world by changing the only thing we can ultimately control, our thoughts!

Now it's time to feel bad for a little while! Sorry I don't like making people feel bad but sometimes you need to look in a mirror and see the harm you unconsciously do to others.

To someone like me, others cannot harm me as I know the only way they can is for me to allow them to. So I simply do not allow them to. It wasn't

always like that though, I used to be ‘normal’, well ‘normal-ish’. And just so you know the next bit is not a holier than thou thing, I have to still apply conscious effort to avoid these actions, though as time passes the instances grow less and less.

So how many times in the last year, months, weeks, even days! Have you unconsciously tried to drag someone back into the bucket?

A quick ‘quip’ remark which puts someone down... like, oh that’ll never work. Or I don’t know why you’re ‘trying.’ Or I don’t know why they are even ‘trying’ (you don’t have to be with someone to put them down). Or have you simply gone out of your way not to help when you easily could if you applied just a few seconds thought or a little time?

Let’s see what benefits you got from your actions. You fitted in with the herd (‘unbelievably’ weak benefit at best which does not help you in any way to achieve the life you desire!). You didn’t feel good when you said it, or if you did it was a feeling of superiority. Both of which are negative feelings, there is nothing positive for you in anything negative as no thought stands still. It either takes you towards your desires or away from them, where would your feeling of superiority take you?

You got out of helping them so that saved you time and further opportunities to help them! So you had the benefit of the time saving... But then because of what you already knew, or what I wrote in the previous book you know the Universe will always give more back when you give. So you really missed out on the return of more time or more rewards elsewhere...

Now I am not talking about helping out distressed children somewhere, as that is very noble but does not help your mindset in the attainment of the life you desire. I’m talking about the kind of help where someone is ‘trying’ to grow.

I am talking about when you see someone ‘trying’ to start a business or learn something or progress in some way, instead of scoffing you can say nothing. See them succeeding and be proud of their achievement, and yours for recognising their ability to succeed and not remain in the bucket!

You could drop them an email saying, ‘Auntie Joan said you were ‘trying’ to start this or do that. I’ve got a friend who did that and I asked him what book he felt would help you and he recommended you buy this and do that. Enjoy what you are doing, signed you’

Wow, do you think the world would be a better place if we all did that?

Back to the original point, 'Oh I'll 'believe' it when I see it.' Science has already proved that every possibility is a potential reality. Therefore it has already happened and therefore 99%+ of what we need to do is already done for us automatically. We just need to do that very last little bit to pull it into our reality.

Again, I'll cover more on quantum physics later, but this is the part in the film 'What The Bleep' with all the basketballs. It is also the part in the film The Matrix part 3 where we see hundreds of TV screens and Neo doing something different in each one.

Whatever you desire is actually out there already looking for you - that's the way it works. If you say I won't 'believe' it 'til I see it, then you are actually putting a barrier up to it coming into your or others' reality.

Whatever you desire needs to be seen first, and by that I mean you have to know it is real. 'Believing' has no place in our world after all, not just our personal development/self help world. I am talking about the entire world. 'Belief' unfortunately for all of us, is an unnatural absolute weakness of the mind which does not help you to get the life you desire.

People use the term 'seeing is believing' to try and teach people to be realistic about what they can achieve. Well at least that's what the Muppet who taught it to that Muppet 'believed' too. A false 'belief' passed from Muppet to Muppet does not make it any more true. It just is what it is - mind food for the weak-minded!

They are fed on a diet of this sort of cr*p, is it any wonder they cannot grow up and deliver on their potential? Remember what we 'believe' is a reality to us. It doesn't mean it is a reality, it just means it is a reality to us.

There is another group of people who 'must' see it to 'believe' it or must have concrete feedback to move forward... They really struggle to make it in life as their instincts are telling them to grow, learn and improve, but their faulty education of this point is holding them back. These types of people will spend their lives waiting for something to happen rather than making it happen. Yet they are so close to making it happen they just need to stop waiting to see... you know if you are in this group.

This false 'belief' of needing proof before they can accept something is there is a very faulty perception. Just because we can't see something does not mean it isn't there.

Just imagine it is a dark night, pitch black and you are near the sea and right next to the dock. All you see is blackness, but literally just 50ft in front of you is an aircraft carrier, which is enormous. You couldn't see it but it was still

there. The electricity which is present in the air cannot be seen but it doesn't mean it isn't there.

The reason we don't see opportunities is not because they are not there, it is because we haven't determined what we are looking for. They are real, but we have to change our reality to see them. I used to say I was plagued by opportunity, because to me it is everywhere.

I am very tuned in to see opportunity and I have learnt to control the flow of it. Now it is like a TV that's switched off in the corner of my mind. If I 'want' to watch something I simply turn the TV on and there is the opportunity channel.

I know there are an abundance of opportunities, I know there will be plenty for me to pick up at anytime I choose to, I do not need to see them to know they are there do I?

People used to say to me, "So you're going to run companies are you? You're going to build businesses and make lots of money? Well I'll 'believe' it when I see it!" Fortunately my great-uncle Dave had got in first and set my mindset to the correct frequency before other Muppet relatives tried to infect me with their limiting false 'beliefs.' I have no anger towards them in any way of course, they do not know they were unconsciously passing on a false 'belief,' but it also does not mean that they were not Muppets!

We experience in life what we're deeply convinced is so. Whatever we are conscious of we will experience. We will experience in life whatever we know is so and if you don't know it before you see it, then you will never see it!

What Group Of People Are You In?

I have to scare you a bit now as this is designed to make you think in a different way. As depending which group of people you are in means that there is a 99.999% chance you must begin to think differently.

Here is how success works, we are born successful and 99.999% screw it up and become unsuccessful. Until now there was no method of getting people who had joined the unsuccessful group back into the successful group. When I understood this I started to really see the size of the problem. People can be in the successful group and not be a success, but you cannot remain in the unsuccessful group and become a success without first removing the virus. And this is a tough one as most will never understand this simple point nor have the want of ability to go through the process of removing the virus. Sure they can read these books but that won't do it, as what elements of the virus they leave behind will multiply and once again consume them.

I make the next statement with all the sincerity and depth I can, but as I seem to be the only person who has studied success to this level then there doesn't seem to be anyone to back me up... Thus is the problem of a pioneer in a field... And as my business mentor always told me the definition of a pioneer is face in the dirt with an arrow in his back. So I accept what I'm about to explain will probably end up being the worst thing I should tell you as you won't like me for saying it.

I'm not kidding when I say if you don't get a bug free mind then you are 100% certain to fail.

Please don't just speed read over that last statement as I am attempting to make a point and get it in past your ego. Maybe one day someone else will write another antivirus and then they'll be two ways on Earth that you can rejoin the successful group. But right now there's only one, and you are holding it. So what does this really mean?

It means that if you don't carry on UNTIL you have A Bug Free Mind then you are destined to fail in life... Please don't let your ego browse past that statement either... As this isn't small insignificant lines on a page, this is your life. I am attempting to wake you from your sleep to show you the significance of the part of the journey of your life you are on right now.

Your ego will be telling you that you know this and don't worry you are on it... However, it is unlikely that you will REMAIN on it UNTIL you have succeeded. If you do then it would be easy for a critic to say 'Well Andy that person was already in the successful group then weren't they?' But you'll know and so will I if you were able to change groups and be the rarest of the rare creatures on Earth.

As in all my study of success I have never yet come across someone who was in the unsuccessful group who then became successful. Sure they looked to others like they were before they were a success, but that's because they are looking at them with uneducated eyes. You can choose now who you think is going to be right, or you can avoid the choice and have the opportunity to wait and see. I wrote these books with the purpose of making success certain for people, making success easier for people, and most importantly making success attainable for those who were in the unfortunate position of not knowing that success was actually unattainable for them.

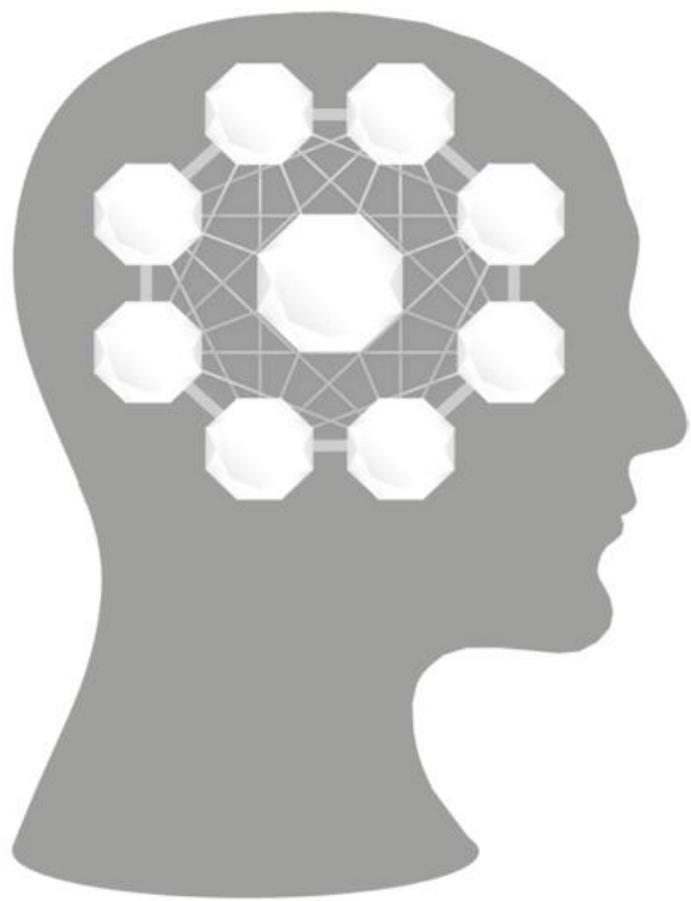
Summary of Techniques

- Consider, if you have not done so already, your use of the word 'believe' or 'belief'. When you hear yourself use it, consider the truth that you do not 'believe' it, or rather consider it as a possibility. When you catch

yourself using it, step inside your mind to find out what the truth really is

- Replace the word 'believe' with 'know' and see how it feels. Does it feel right? Are you lying to yourself? Time spent here is very precious as you are rooting out what is the truth to you and what you actually do not 'believe'
- Observe your use of the word know, remember you only know it if you are applying it... until then you are intending to get to know it
- Consider, do you have to see it to know it is real? Or if you are more comfortable with this... do you have to see it to know it is potentially real?
- Consider when was the last time you made a derogatory remark, or unhelpful comment about someone. You won't have to think very long as it will not have been long ago. Think about what benefits there were for you in this unconscious act and think about what you wish you had said or thought instead. Be ready for the next opportunity to think and act consciously, when before you would have acted very unconsciously

The purpose of this chapter was to introduce the concept of seeing it first. It was also to give any readers who are reading this book ahead of Creating A Bug Free Mind, a chance to catch up a little on the key weakness of 'belief' and the power of knowing.



SAL (永) **TORI**

CHAPTER THREE



Creating Your Design For Your Ideal Life

~ Real life is, to most men ... a perpetual compromise between the ideal and the possible. ~

Bertrand Russell

The Biggest Single Problem With Setting Goals

~ My way of joking is to tell the truth. It's the funniest joke in the world. ~

George Bernard Shaw

In this book my vision for you is to create an attitude shift in your mind in many areas, which mean you go from creating by accident to creating by design. And that instead of finding it hard, you find it easy.

So, one of the undeniable problems with goal setting is that virtually everyone sees it as work which they don't 'want' to do. I'll explain why in a little while, but this was confirmed in a survey I did to one of my mailing lists on goal setting. It was identified as the single biggest problem with it. I've included the details of where you can access the full survey results in the appendix at the back.

My intention is that at some point during the remainder of what I am writing on this, you will stop seeing it as work and you'll get inspired. From then on you will only see it for the real benefit it is. As an example, you don't see eating as work! It is a benefit and a need and therefore involves no effort. That is how I envision you seeing goal setting, it will involve a big shift in perspective. However, you are quite capable of this and I intend to be able to explain to you how to do it easily.

If you have already created an 80% Bug Free Mind, there really is no reason at all why you will not attain this attitude shift very easily as you read this book. Then you will have access to the most powerful tool on Earth, this is no exaggeration, as I will prove soon. If you have not read the first book, then currently you are like a car parked facing uphill, you will need a lot more effort to move forward.

Goal Setting, This Is A BIG Subject!

~ The self-confidence one builds from achieving difficult things and accomplishing goals is the most beautiful thing of all. ~

Madonna

I am going to include a culmination of all of the very best information I have learnt on this subject. I've included some really good tools which I use, some are now hard wired into me so I do not need to think to use them and I will be explaining how you can do this too. Other tools I use occasionally and some everyday. However, the key element to this is how I broke down my own 'natural goal setting' and have systemised it so that you can easily (with a bit of thought) replicate it.

This is not something which you can just read. It is something you have to do, have to think about, have to re-read and re-read, apply, adjust and always remain totally detached from the attainment of your desires.

The problem is we are inherently lazy and we like everything being done for us. However, to turn on your creation machine, only you can do it. I can show you how to do it without obstacles, but only you can apply it. I will give you all you need, but it's going to be down to you to push the button.

Now if that sounds easy for you then great, but the likelihood is it sounds hard. If you think it sounds hard then it will be, it is not hard it is just about focus. Each bit is one small single step. Do not look at the whole thing, look at the little bit, the sentence, the paragraph and when you doubt yourself just ask whether or not you can do that single little bit. Do not forget that if you feel overwhelmed then you will be, if you feel it is easy then it will be. At any point you feel overwhelmed then go back and read the chapter on killing off overwhelm from the previous book and you'll kill this little beastie off easily... remember you have all the time in the world!

This is about thinking, and it is the work that nearly all people shy away from continuously. I see people in the personal development world and they all know, or rather think they know, that they should set goals and yet they all wonder what the missing piece is. What they are all doing wrong is not practicing what they read at the very start of their journey.... That they should set goals!

This is likely to be your problem too... The question is, are you ready to change? Have you spent enough time yet not getting anywhere and are you finally ready to make the change, which right now in your mind you KNOW you should have already done?

The past is the past, the present is now, and only you can decide. My vision for you here is to wake you from your sleep so that you can consciously decide for yourself what to do and so you can hear your own voice over that of your ego's. The question once again is – do you finally think you are worth the effort?

The Power You Seek

~ The power you seek, you already have. ~

Me

A great goal to seek would be the attainment of the ability to create on purpose at will. But it's impossible right? Or is it?

Could you imagine being able to do such magic?

Well very good news...you already have this ability, you are just doing it without direction. So all of what this book is about is going to come easily to you as all I am going to do is give you control over your own natural ability to do it on purpose. Every human has it without exception and that includes you!

Now do you desire the mindset of a millionaire or a billionaire, where they can actually attain all their goals without any conscious effort? If so then you must create this mindset for yourself, it is simply a process and you really can do it, if you can CONCEIVE you can.

The very best can create without effort, it is natural to them. You have this ability too, but as you have not used it in certain areas, you have lost it for the moment. They have just not lost control of their natural ability to do it.

I am going to give you back full access to your ability too. However, I am also going to give you the very best practical guidance I have found and created as well. Then after you have fully absorbed all of this information you will have back your automatic natural ability to set and achieve your goals.

Every single thing we achieve in life is achieved through goal setting. It may just not be done in the 'industry bolt standard way', but everything you do is a goal that has been set and achieved by you. The easy part is achieving your goals. The hard part is deciding what you desire. However, there is a brilliant method for doing this which I'll come onto later.

The problem is that goal setting looks like work and in fact it is simply because we do not get inspired by it. This is for a few reasons. Firstly, words are a very poor form of communication so we don't really visualise what goal setting is. The other main reason is that we see so many goals not materialise (or rather we think we do).

However, as everything we do is based on goal setting and goal attainment, we achieve goals all of the time, each and every day. Yet we do not recognise our achievements as goals we have set and achieved.

People say focus on big audacious goals, and they are right to say that. However, you need to convince yourself with small goals first, or rather you need to notice that you are already doing this stuff without thinking. So if we apply a little or a lot of thought then we really can do some amazing things. You first need to be able to conceive you can achieve, to be able to know you can achieve.

Think And Grow Rich

~ If you do not conquer self, you will be conquered by self. ~

Napoleon Hill

I am going to assume that you have read Napoleon Hill's book 'Think and Grow Rich' which was originally inspired by the world's richest man Andrew Carnegie. It is considered to be the book that inspired more millionaires than any other book in the world of personal development. I would agree with that because it has sold the most books and maybe 1 in every 100 people who read it basically became rich (but that is an assumption by me! It may be less, but it will not be more!).

Firstly, I loved this book because I was already in that 1%, I am one of those one in one hundred people who would make it anyway. But if you think back to the book I am sure most of you will have read, I am also sure most of you found it frustrating. Why? Well as you know, so many succeeded after reading it, yet it appeared to do nothing for you! Does this sum up the frustration?

The problem is that again, words are an ineffective form of communication and Napoleon Hill told you in a single sentence ALL you needed to know. But you, like me, probably didn't understand, or rather notice it... Hill's great sentence was, ***“Whatever the mind can conceive and believe, it can achieve.”***

Now obviously Hill, like virtually all of the others in the personal development world, did not understand the damage the word 'believe' does. So this sentence should say 'know' and yet because it says 'believe', the 99%+ of

people spend so much time in the state of ‘trying’ to ‘believe’, which of course means they will be given more of ‘trying’ to ‘believe’. Whereas, if you ‘know’, then there is no effort and it simply is.

So their labour, probably yours and definitely mine as well, was focused on the wrong word in that sentence and this led to our frustration... simple! The first step is to know, and once you know things then life gets easier.

But the power word in the sentence which 99%+ of people missed including me was ‘conceive.’ However, I had this in my natural toolbox so it didn’t matter that I missed it. It also didn’t matter for all who are in the 1%. The 1% either had that tool too or they had a natural ability to develop it. The 1% are, or were, nearly already at ‘know’ even though they called it (and probably still do call it), ‘believe’. They ‘believed’ in themselves... no they knew! But they already knew, so they unconsciously focused on the second key element instead. They probably do not realise still it was their subconscious focus on ‘conceiving’ their desires which brought them into their reality.

They spent all of their time ‘conceiving’ how they could do it, as no effort is required when you know something. The reason you failed to Think and Get Rich is you spent all your time and effort on ‘belief’, which as I demonstrated earlier and in the last book literally gets you nowhere. Either none, or very little of your time on ‘trying’ to conceive something without knowing, is like trying to put the roof on a house which has no walls, i.e. not possible! This is why I have previously mentioned the 1% failure rate (I consider that the 1% who succeed are, if you like, the failures of the conventional way of training; they succeed despite it, not because of it). The ‘program’ that Hill set for his students’ minds had a really bad bug in it and so was set to fail, yet some failed to fail and therefore succeeded.

Voila! By the wrong use of one word, Hill’s fantastic masterpiece fails to produce the promised results. This is not a criticism, as evolution is built on continuous improvement.

Just for a second though can you imagine if Hill had changed the word ‘believe’ to ‘know’ throughout his book? Then just where do you think the world would be now...? Do you ‘believe’ it would be different, or do you ‘know’ it would?

Here is the sentence again in its infinitely more powerful form, I have also changed one other word to power it up somewhat.

“Whatever the mind can conceive and know, it can create.”

So we will be exploring the word ‘conceive’ and imprinting on you exactly how to create this state easily very soon.

However, I suggest you think about that sentence for a while as it contains great power.

Some Words Of Warning

~ What must be, shall be; and that which is a necessity to him that struggles is little more than choice to him that is willing. ~

Seneca

Before we really get going, some words of warning. I intend this to be the most powerful and certainly the most effective mind stuff you will have ever read on this subject, and more than that I intend for you to go out and start to create on purpose. I desire you to leave me feedback on www.ABugFreeMind.com/Feedback and tell me what you were able to achieve and what revelations you had. So with that in mind I wish to remind you of something that will affect your results dramatically if not dealt with.

Without the previous book being applied and absorbed you will find the goal setting really good and it will seem like it's going to be easy. However, without your mind being in exactly the right place, even with this series of simple mind tools I am about to share with you, you will be dramatically impairing your results!

You will still be driving your car with the handbrake on. Then depending on how steep a hill you have parked your car on could mean your results may end up being zero. Look – if goal setting worked on purpose without getting your mind straight first then everyone would do it. All your efforts on goal setting so far would have borne fruit and you would just be reading this book to hone your craft rather than create it. So you deserve to devote the time needed to create a bug free mind.

The bad news is that, once again, without your in-depth look at all of your assumptions, the chances are greatly reduced for any marked improvement in your ability to create on demand (trust me, you really ‘want’ to create this ability as it's just so good!). So if you are evaluating what I have written using incorrect assumptions to arrive at your decisions, then again your results will be somewhat impaired.

You can decide just how important it is for you to be able to create on demand, or you can allow your ego to decide as it has done until now... I'm just giving you the first real choice and the first set of tools that can beat the nutter back into submission. It is down to you if you decide to learn to use the

tools. I am not judging you in anyway, this is not an exam; it is about you and no-one else.

The previous chapters and the other book were all about you getting your car parked on a downhill slope and waiting for me to give you the goal setting techniques so that you can release your handbrake.

If you have absorbed what is previously here, then you'll roll off into your future at whatever speed you desire. If not, then you'll be left frustrated and wondering why yet another personal development book hasn't worked for you... But maybe you'll get it this time that, it really is up to you. Or maybe your ego is not ready to let you succeed yet?

Only you can walk through the door. As I have said, you could have Donald Trump sitting beside you and you would still get it wrong unless your mind is tuned correctly and continuously. If you know who you are then feel free to read this goals section and see what's waiting for you. But get your ass back to where you know you need to work, fix your mind first otherwise you'll be loading the very best software onto a computer with a virus. Then you'll wrongly conclude that it didn't work for you. You will conclude that *because* it didn't work for you... and it won't have worked for you because you didn't follow the damn instructions. (This bit may sound like the boring bit and you may feel you want to skim read and get to the interesting stuff... But I can assure you, if you don't absorb the point I am making here right to your bones... then these techniques almost certainly will not work... Are you paying attention?) If this technique doesn't work for you, it's because YOU didn't follow the instructions, not because it won't work for you. Think of it this way, if you attempt to do this without removing the bugs then this is going to be like parking uphill and then releasing the handbrake... you aren't going forward!

This effort requires a mental commitment that most are not willing to make... Which is proof (if you need it) why the majority of people remain poor and do not live the life they desire.

Statistically it is likely you will be one of them, but I would like to either offend you or inspire you. If I offend you then you have decided to live an unfulfilled life; that's your choice and I understand and do not judge you for it. But if I can inspire just one more person by being a little offensive then I will always opt for that, so are you going to be the one who proves they can do it?

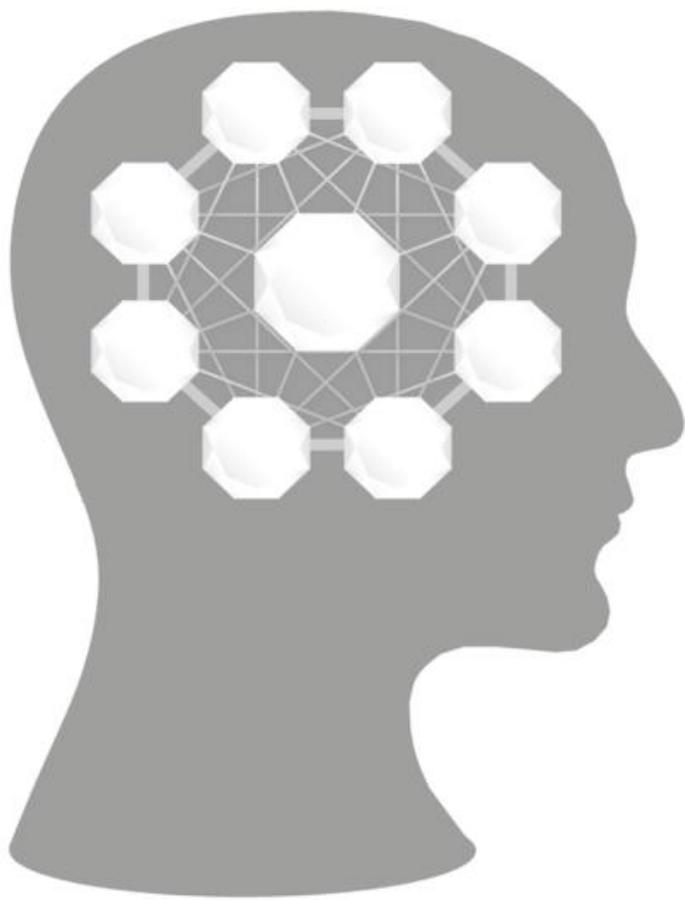
If so, read this book without trying very hard to set your goals, maybe see what falls out and set some, but don't spend too much time on them. Your main goal is to experience and absorb what I've previously written and then get your ass back here to putting the foundations down ready to set and achieve the

life you desire. Or if you are the one of the ones who read and re-read the previous book and are experiencing massive changes in your thinking then you are going to love all this. However, as always it is your choice and whichever choice you make will be right for you.

Once your mind is fixed, then you will have to apply far, far, far, less effort to achieve than if your mind isn't fixed. It takes zero effort from you to do 100 different things each day, you have programmed yourself well to accomplish them and therefore they require little to no effort. Now it is time to program yourself to create the life you desire too. Whatever you desire is going to come to you without effort.

Remember whatever your goal, the goal behind it is to be happy.

The next chapter is about one of the most ingrained 'beliefs' in the world today. I originally wrote it quite early on and included it in the sections on Creating A Bug Free Mind, but I think this one is such a hard barrier to overcome I thought I would move it further along to nearer the proof. This next chapter is probably going to go against the grain somewhat, so I suggest you just read it without any judgement and just observe how you feel about it.



SAL (永) **TORI**

CHAPTER FOUR



Why The F*** Do You 'Believe' In Luck?

~ If one does not know to which port is sailing,
no wind is favorable' ~

Seneca

Luck, The Loser's Solution

~ *Luck is not something you can mention in the presence of self-made men.* ~

E. B. White

Luck is just chance... or a game of chance... Or as I prefer to say, "That was fortunate", and my wife replies, "Yes it was lucky too!" The unfortunate (unlucky) people have to 'believe' in luck as they see that as their way to 'make it'. The fortunate (lucky) people merely use chance (luck) by stacking the deck in their favour.

Saying that you 'believe' in luck is making a lack statement to the Universe. What you are effectively saying is that you are out of control and reliant on external forces to provide for you through some chance sequence of events. Do you really enjoy the thought that your life is in the hands of the great unknown as to whether you are lucky or not? All luck is, is chance, so what you are actually saying is I 'believe' in chance, and of course so do I, as I know chance exists. In fact I bank on it which is why I prepare for chance to fall my way.

So do you 'want' to stop being 'unlucky' and start being 'lucky'? Or are you so indoctrinated by the complete misunderstanding and myths that surround this word that your mind (your ego) hasn't even allowed you to read this far on the subject without forgetting what's been said?

The misconceptions that surround this word and its intentions are astounding and eat away at the lives of those that it touches. I am fortunate though as I am, what people who 'believe' their lives revolve around luck, would call a 'lucky person'. It may not seem it at times, but you have to look at the overall picture rather than a snapshot.

**You can continue this by purchasing the full Bug
Free Mind Process from here:**

www.ABugFreeMind.com/services

Using A Bug Free Mind was written to be *'the World's 1st Success Guidance System for the human mind.'* It is simply, *Manifestation Unleashed.*

The job of this book is to give you the tools and mind power techniques which you can use to inspire yourself to transform your life.

It does this through first dismantling the poor thinking which you have currently been programmed with. It's sounds intrusive but it's not, people describe it as the most wonderful journey through their mind.

Basically you use the process to explore your thoughts and it shines a light on errors of thinking. I get you to look at those errors which you thought were correct and then as you become aware of them you decide if that old thought was helping you or hurting you.

It is an enjoyable process which if you read it then you will learn from and be inspired by. But that is not my motivation for writing it... Any self-help book will do that. I have designed this book so that if you engage in the process so that it will perfectly guide you into regaining your natural success mindset.

The whole 'Bug Free Mind' process is sold in over 80 countries around the world and is available now:-

www.ABugFreemind.com/services



About the Author

I am married to my wife Alison and have been with her for 22 years now. We have two wonderful children and we live in West Sussex UK.

I went into business myself at the ripe old age of 23,...spent 11 years figuring how to get rich whilst building a business with well over 100 employees... I got fed up 'trying' and getting nowhere, so decided to get rich and became a multi-millionaire investing in property in under seven months...

I had a truly fantastic time for 7 years, owned stacks of stuff including loads of supercars and had some unbelievable experiences... I am still apparently the bestselling UK author on property investing...

I became fascinated with doing business online... I worked on various niche product launches, doing multi-million pound launches and always selling out in seconds, not hours... I became fascinated with learning marketing... I became fascinated about health and nutrition after losing over 140 lbs...

Life was going great and I had developed multiple businesses all around the property niche. I was in the process of selling part of one business for many millions and creating another which would have dwarfed all my previous efforts. Then.... credit crunch stopped play... So I was back to square one BANKRUPT...

I realised I had lost control of my mind, so I went on a very, very enlightening journey... Where I fully regained control and regained my ability to create with just thought again...

I thought that others had not done a very efficient job of describing actually how to cultivate the state of mind. How to ensure a happy life and have everything that people desire, so I thought I would come up with something far more practical. I am on a bit of a mission to cure the problem of a nearly 99% failure rate in personal development books and know that, as a teacher of it, we can be better teachers. I designed this book to be the new standard setter.

Personally my work is my hobby, I spend my time looking at techniques to create money as well as writing and sharing what I discover with the members on the site. Basically I do what I love.

Summary Of The Main Chapter Benefits

(A brief summary of what each chapter contains)

Chapter 1

“A New Operating System”

This chapter outlines what I mean by a new operating system. It also tells a little of the story of how I came to develop this system for myself and how I used it to find the person I desired to share the rest of my life with.

Chapter 2

Seeing Is 'Believing' Right? ...Wrong!

In this chapter we explore one of the common sayings, which is often thrown in front of people who are attempting to go and create what they 'want' by unconscious people. The chapter also covers a little on the hidden danger in the word and state of 'believe' and the power in the word and state of knowing.

Chapter 3

Creating Your Design For Your Ideal Life

In this chapter it shines a light on the biggest single problem which the majority of people have with goal setting. It explains the process of overcoming this crucial obstacle. It explains what you must do to have access to your power to create on demand. It demonstrates the power to conceive. It also reveals the small mistakes made by Napoleon Hill in one of the most well know quotes from his wonderful book Think and Grow Rich. It explains why the 1% who achieve great success achieve it and why the 99% don't and always wonder why they struggle.

Chapter 4

Why The F* Do You 'Believe' In Luck?**

In this chapter it pulls back the mystery behind the word luck. It explains what luck is and how good luck can easily be created on purpose (even counted and banked on). It explains the problems with the current understanding of luck and demonstrates a system for gauging just how lucky you are.

Chapter 5

The Process Of Success

In this chapter it gets you to uncover your feelings towards your own success. Giving you techniques to use, which will expose all of the hidden obstacles to your success one at a time. As you go through the chapter you will find you are putting down heavy pieces of baggage which you will never need to pick up again.

Chapter 6

You Are Truly Amazing!

In this chapter it demonstrates a technique which allows you to observe your own natural ability to set and achieve goals. It demonstrates the exact process you are using now on auto-pilot through your routines. It explains why you do not notice your ability and demonstrates the way to make it so that you can now notice it easily.

Chapter 7

Having A Sense Of Direction

In this chapter it explains in a way, which can be easily understood, exactly how you have access to limitless knowledge and the power to create. You get to look at some of your perceptions and the imprinting you are putting in place unconsciously through self-advertising. It provides a simple technique for making the difficult or 'painful' jobs on your to-do list become easy and even enjoyable. It provides you with a technique which exposes why some of your previous goals worked, so that you can then look at goals which are yet to work and observe what you did differently.

Chapter 8

Simply Mind-Boggling!

In this chapter we enter the world of science and this is where the really strange stuff happens. In this chapter it explains the thought capacity of your mind in relation to everything else there is. It demonstrates your natural power against the world's most powerful computers. It also gets you to look at some of the hidden doubts behind all of this 'stuff.'

Chapter 9

Some Of The Successes I've Had

In this chapter I go through some of the goals I have set and achieved for myself. I break down what are the breadcrumbs of success with which to follow and identify the key characteristics which need to be in place to achieve your goals. You should notice as you read through these key bits that all of your own goals, which you either set and achieved consciously or unconsciously, contained those same characteristics. It also shines a light on some of the problems with some other poor goal setting education.

Chapter 10

The Biggest Problem Is You Don't Know What You 'Want'!

In this chapter it identifies the single biggest reason why you and everybody else doesn't have what they desire. It explains what is needed to resolve this problem. It gives you a process to go through to discover how little and how much you are doing both correctly and incorrectly. It demonstrates a simple technique which can produce complete detachment from something you 'want', which of course actually promotes you getting it. It also shines a light on the next biggest problem after you have overcome the first, and in doing so demonstrates how to overcome that too. It identifies a simple test for yourself to do daily which streamlines your ability to allow the correct future to happen.

Chapter 11

It's All About How You Look At Things

In this chapter it demonstrates the technique required to create riches. It shows the hidden value of when you feel disappointed. It identifies one of the huge errors of teaching in the world of goal setting and demonstrates how and why it is so bad. It explains exactly what is needed to stop seeing goal setting as painful work. It explains how to never miss out on an opportunity. It explains a simple evaluation technique to define whether or not the opportunity is right for you. It demonstrates how to

cultivate the big ideas which are the real life changers and exactly how to create them. It provides a technique to build the manifestation muscles with by showing you how to create something small and insignificant. It also covers the value of scepticism going forward.

Chapter 12

Creating Your Designs

In this chapter it explains the exact step-by-step process to go through to identify absolutely every single thing you currently 'want' in life. It systemises how you can define exactly which ones are most important to you and which ones are unimportant. It gives you techniques to find this whole process pleasurable and ways of making it into one of your most favourite hobbies. Once you have a Bug Free Mind, then... Nothing you can do will have any greater affect on your life than this.

Chapter 13

Why Do People Usually Choose The Hard Way?

In this chapter it looks at why people like to do things the hard way instead of the easy way. There is a technique for checking that your designs are really in tune with everything you desire. There is a technique for establishing the true nature of the television programs you are watching to establish what the real benefits are in them. It contains several techniques for changing the association of your designs to playtime rather than work time. There is a process to remove arguments with your partner. There is a technique to actually finding the moment when you turned your previous desires into 'haves' which enables you to copy and recreate the moment. There is the start of the understanding behind self-advertising. There is also another big mistake highlighted with conventional goal setting wisdom.

Chapter 14

No Thought Stands Still

In this chapter it goes further and nutshells the benefits with the power of self-advertising and why this must be addressed. It explains different techniques for generating more power from the adverts. It explains the benefits of the state of intention and provides a technique to overcome various mental barriers which otherwise would prevent achievement of your desires. It explains exactly why New Year's resolutions fail and why they will always fail. It shows a technique for finding out where you actually are in your way of thinking, and defines a path to change your thinking to think the way most successful people do. It demonstrates some of the ways in which you may be self-sabotaging and provides techniques to remove all these elements of crooked thinking. It demonstrates a technique where you can go back and experience the moment at which you previously installed good software into your mind and infected it with your existing viruses... i.e. it allows you to go back to each event and see exactly where you got it wrong.

Chapter 15

Design Around Your Weaknesses

In this chapter it demonstrates how to create your design so that it plays just to your strengths, what you are good at and what you love to do. It shares a technique which enables you to go back and look at your life before the adult state of 'wanting' kicked in. So that you can find out what you truly desire to do with your life. It gives a technique for looking at the lessons to be learnt from debt and seeing them in a whole

new way which enables you to begin to see your debts as a good thing. It is only in this process can they be removed. This chapter demonstrates a technique for achieving any negative designs, such as removing debt without ever looking at any negative elements and therefore enables the accomplishment of the negative goal as a by-product of something else.

Chapter 16

The Truth, The Whole Truth...

In this chapter it exposes more of the bad teaching on this subject and demonstrates the correct methods to apply. It also demonstrates how little and how much effort you will need to apply to get different results. It explains exactly how I worked out that the luminaries in the field of human development had got it so wrong. It demonstrates a way of visualising how good you can choose to be at designing your life. It explains exactly why this process is necessary otherwise your life will not stop being stuck on repeat. It makes impossible for you to not decide on the correct direction. It has a technique which demonstrates to you how to go and experience your future, giving you the benefit of hindsight. It demonstrates a technique which enables you to attain a state of complete knowing that your design will happen as it becomes impossible to see it any other way... This is bringing it into reality. There is a technique which enables you to take energy from an abundant source of your energy and without loss (because how can there be loss) transplant that energy onto your desires.

Chapter 17

Why?

In this chapter it explains how to de-bug and stop the last few unconscious struggles. It removes more of the barriers of the association of goal setting = work and goal setting = pain, and replaces them with play, fun, daydreaming, enjoyment, etc. It has a technique which enables you to manufacture coincidences. It explains the true path to success does not lie down the road called Big Ideas and it explains exactly how to actually get to the big ideas. It explains a technique which enables you to share wisdom with your children and break down communication barriers. And at the same time teach yourself a far greater understanding of what you are teaching. It provides a process for the removal of incorrect assumptions in your child's mind.

Chapter 18

Taking The Red Pill

In this chapter it covers a whole host of the elements which prevent you actually getting what you desire. These are the small subtle destructive directions of thought which are highlighted to make it easy to alter direction. It puts you back in touch with the ability you had as a child to 'want' the right way, before adult life turned it from a 'want' to a 'need.' It provides a technique for handling any massive drama you have right now yet still be able to put in place all of this life changing information. It explains the benefits of good laziness. It explains a technique I use now to ensure I never waste money on 'stuff' again. It breaks down and puts in place yet more defences against future assaults by your ego to beat you back into an unconscious life.

Chapter 19

Magical Stuff

In this chapter you get to go and experience what it will feel like when your designs

become real. It gives you a technique which allows you to get what you need, by just being grateful to another person. It gives you access to your hidden thought processes which contain your power to manifest. You also get introduced to the natural human language which you have forgotten how to speak. And lastly I give you the bad news about your chances of success.

Chapter 20

You Have Everything... But Will You Use It?

In this chapter you get to consider just how much your mindset has changed forever since reading these books. It gets you to feel what it will be like to be a master of your own mind and have it create on purpose for you. It sends you forward to the future so you can see the power of the choice you have still to make. This enables you to see the right path with the benefit of hindsight.

The Antivirus

If your life is not going according to the dreams and desires you once had, then this is the process you must apply before it is too late.

This is an Antivirus and a Success Guidance System for a person who has lost touch with their natural success mindset.

You once had it, you've now lost it... All I do is show you the way to get back what you once had, which is why...

Creating A Bug Free Mind is 'The World's 1st Antivirus For The Human Mind' and is THE SECRET TO PROGRESS

The whole 'Bug Free Mind' process is sold in over 80 countries around the world and is available now:-

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