

www.EmpoweredNow.com Presents:



Don't Allow School To Interfere With Your Education

Featuring:

The 7 Steps to Self-Empowered Education

A good portion of this ebook reflects the many learning experiences from being in a home based business which in my eyes builds self esteem, personal development and builds lifelong relationships.

Written by Dr. Michael Shapiro, D.C.

Don't Allow School to Interfere With Your Education.

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Introduction:

It is my purpose to paint a picture for you about how to get the best out of your learning experience. This includes what we learned in school and what we did not learn. More importantly what we learn in life. "Sylvia Browne" mentions in one her books that life here on earth is like being in the kindergarten of the universe and we just need to graduate. So when you think of not allowing school to interfere with your education, keep this in mind. School is life itself.

Why is it that many baby boomers and people of all ages are drawn to so much of the self-help and personal growth materials out there today? Part of it is that the Internet has made it so much easier to find these things. However what is the reason we seek them? Why do so many of my friends I grew up with and people I come in contact with feel inadequate in some areas of their lives? Why is it some of those with great educations, have not reached a level of success or achievements in life they strived for. How is it some with little or no education have reached levels of achievement beyond their wildest dreams. I have coined the term Empowerment Aficionado. I came up with this name and I then created distinctions: Empowered Self, Empowered Health and Empowered Wealth. I love to listen to tapes,

CD's and read books on personal and spiritual growth, relaxation, using more of your brain, ones relationship to money, building wealth, the subconscious mind and the list goes on and on. Throughout time the basic principles for a great, happy, fun, fulfilled, abundant life have not changed. They have always been there. New distinctions and interpretations have manifested. Over the last two decades with the many new ways of learning, including Internet access, MP3,CD's, audios books, Zoom and other conference calls, and computers it is easier to empower oneself with knowledge which leads to **action**. The key word is Action! ***Think about this!***

Bruce Lee in "Enter the Dragon." **"If you concentrate on the finger you miss the moon and all it's heavenly glory."**

I find it important to see with both vision and sight.

In filmmaking and photography one considers juxtaposition. Things appear different from different angles or views. See yourself in the best light, put yourself in the best place possible in order to accomplish your goals. Surround yourself with those who encourage you. Find and use the tools you were not taught in school to help empower you to all that you deserve.

Keep Trying –If you fall, pick yourself up.

My favorite quote. **" Success should be measured not so much by the position that one has attained in life, as by the obstacles**

which one has overcome while trying to succeed.” Booker T. Washington

Take one thing from this ebook and pass it along to a loved one who is taking school (life) too seriously at times. Teachers are human; they sometimes say things, which dis-empower us. Parents and loved ones and even friends do the same thing. In addition we do it to ourselves. Our self-talk can empower us or dis-empower us. We have to learn to protect ourselves from as Dr. Wayne Dyer says “ the good opinions of others.” By the way I believe one of his teachers described him as a disturbing element in her classroom. Many students who were considered disruptive or who had poor grades, later in life excelled. If you’re a parent, you know what your parents programmed into you about school and your education. There is so much that kids learn in school these days and a great deal they miss out on. We all missed out on a few things, some of us did well others not so well. I do hope you find something within these pages that helps you take action toward your unlimited potential and helps you to help yourself and others.

I am a Doctor of Chiropractic. My undergraduate degree is in Fine Arts and Education. I taught Special Education classes at Manhattan Center High School for Science and Math in East Harlem New York,

where I also served as Dean. I also held a teaching position at Life University's Chiropractic College in Marietta, Georgia.

I became an Eagle Scout at the age of 14 and most of my life has been spent in service to others. I spent my summers as a lifeguard at Orchard Beach in the Bronx from 1969-1989. I was Chief Lifeguard when I left in 1989. (Yes there is a beautiful beach in the Bronx) I also taught what I call the Italian Yoga (Kundalini) in the early 70's. I was a student of Yogi Bajan. As a chiropractor I have served many people over the years and much of what I do is spiritual, educational, healing. in addition to the physical adjustments I perform.

I sometimes joke when asked where I went to school. I tell people I went to UCLA – The University on the Corner of Lexington Avenue. Basically I am a down to earth boy from the Bronx. I have found that street smarts and rapport with others plays such an important part in our personal growth. No matter how much education you have, bottom line you have to be able to build rapport, with people, make them feel good about themselves, find out what they want and help them to achieve it. Even more important you must become your own teacher, guide, GURU. Sure we missed out on learning certain things in school. However we did learn the skills to find our own answers, find the right mentors, leaders, coaches and with today's technology it is an easier task.

Chapter 1: The Importance of Education

I saw a comedian on TV talk about how when it comes to education many other countries have the US beat. He then said there is no long line of illegal immigrants trying to get into those countries.

He made fun of how they may be better in math, but we have food on our tables. Many students in the US are now online being tutored by others in another country. There are flaws to our educational system and change is important. The importance of education is an essential part of living in these times. We live in a great country!

"Continuous personal and professional development is your key to the future." -- Brian Tracy

We see people from other country's come here and build fabulous lives for themselves and their families. Is it their education or their work ethic? I recently added a Chiropractor from Maryland as a friend on Facebook and she is a shining example of this. Born in Trinidad and moved to the United States in 1990 to pursue an education in Chiropractic. She not only has a great practice, she founded Helping Orphans Prosper Everywhere (H.O.P.E.) in 2005 – a non-profit 501C children's foundation – that focuses on providing food, clothes, vitamins and educational supplies to underprivileged and displaced children. She also started People Letting Every Animal Survive

Euthanization (P.L.E.A.S.E.) in 2006 – a non-profit pet foundation that focuses on helping otherwise healthy animals from being put to sleep and on-going projects to help elderly with food and vet bills for their pets. We also read many stories of those who had little or no education and how rich they became. I met a man of 31 who stated he tried college 3 times but it did not work for him. He has built a multibillion-dollar infomercial company. For him his street smarts provided what helped him to succeed. I think you would agree that to your parents education is one of the most important things they stressed to you. Certainly for me it was. Go to college! I was 18 years young and on my fathers death bed he told me to go to college, don't work in the post office like I did he told me. Little did he know that nowadays they have great benefits and better working conditions.

Madiba Thompson a single father of four who found his passion and changed his financial future by helping others with a caring heart.

Ryan Blair, check out his book and story at www.nothingtolose.com

You never know when it will come in handy!

Val Smyth, Brannon East and Nate Ridgeway these individuals have helped empower so many individuals lives and they too have a story of setbacks, loss of home or business or something that would devastate most of us. The ability to push forward and forget the past has helped so many attain success and empower others.

Some say youth is wasted on the young. I know young individuals who break the rule, youth is not wasted on the young. Each one of these young entrepreneurs have taken massive action on their goals or “WHY” as we like to call it when we ask someone to find what makes them unstoppable going after their aspirations. I see all of these individuals in my highest light and love and appreciate them.

One of the greatest lessons about the importance of education I learned was when my father passed away. My Mom went to Brooklyn College and had a degree. She was a stay at home mom. When I was in elementary school I brought a note home that said The Board of Education was looking for teachers. They offered free courses, and made it easy for someone who wanted to teach to become a teacher. (Nowadays realize this. If Albert Einstein was alive today he would not be qualified to teach math in the NY City School system.) Back to my story: My sister and I were old enough, so she became a substitute teacher, a permanent sub and then a teacher. By the time my Dad passed away she was already earning more than him. Now the lesson for me was that it was important to finish school. One never knows when it will come in handy. In our case if Mom had not become a teacher, who knows how she would have been able to provide for my sister and I after Dad’s death. My lesson was get the degree, you never know when it will come in handy.

I was recently inspired by a story I read in the daily news about a young woman from Harlem who dropped out of high school, wrote a book, got published and is now finishing high school. She did not give up her dream and she went back to school, after accomplishing a level of success that many never reach and still saw the importance of an education. **Get the Degree!**

A technique I learned when I studied with Tony Robbins was so useful to me when I was teaching high school. I had a student who was classified as a special education student. He was a smart kid. He would get very depressed about being in Special Ed. One day he is in my office and I look at him and ask him if he had a record player at home. (CD's were just getting popular, not everyone had one at that time.) He said yes. I asked him what happens when there is dust on the needle. He replied that the record keeps playing the same thing over and over it is stuck. Next I told him to imagine he had a record player in his head and it had dust on the needle. It keeps saying I am not smart, I am never going to date regular Ed girls, I am stupid, and all the things he would tell me. I then tell him to lift the needle of the record player in his head and clean off the dust and start playing this. I am smart, I am doing my best, and I learn quickly, I am good at football. I tell him to smile while he is saying it, I tell him to touch his thumb and squeeze it while he is saying this, when I see he is in a

better state, I bark like a dog. He laughs. (By the way I do a good dog bark imitation.) Now the key to this was to get him to change his self-talk, get him to smile which changed his physiology and to have him squeeze his thumb to anchor in this new state. The bark was to make him laugh which helped intensify this happy confident state.

You know what, it worked over time. He got placed into several mainstream classes and I do believe he graduated with a regular education diploma instead of a special education diploma. He also was on the football team.

On the streets of Harlem a slang word was dis. Don't dis me. Dis means disrespect. So here I am teaching English and I ask if anyone knows what a prefix is. I get nothing but blank stares. So I tell them it is something you place in front of a word that changes the meaning of a word. I then tell them that I know they know this. I say to them "come on don't dis me", you know this. Now I ask the question what does dis mean? The whole class yells out disrespect. All of a sudden they start to tell me that dis is a prefix. They got it.

"The importance of education is a two way street."

This brings me back to what I mentioned in the introduction. See with both sight and vision and put yourself in the best position possible.

Putting myself in their model of the world and what they relate to allowed me to help them learn. I sometimes would make up some silly

raps and sing them to the class. The next day they would come in and repeat it to me. I would then ask them this question. I only said that once and several of you repeated it to me. How come everyday we go over things you need to learn and it is like pulling teeth to get an answer. I now know that you all have the ability to learn, you proved it to me. For many of them their self- esteem had been taken away from them because they were classified. I can relate to this. I did this to myself and you will read about it in another chapter. It is important for the teacher to help access the part of that person's brain, to try new things, be creative, be childlike. It is important for the student to realize that they can learn and learning can be fun.

Things are changing in the education field, some for the good and some for the bad. Children are playing computer videos games and home and watching TV and yet in so many classrooms, teachers are still writing on the board with that white piece of chalk. No wonder they are bored at times. I am so proud of my youngest nephew who teaches in a middle school and has created a multimedia learning environment for the students.

"Read books, listen to tapes, attend seminars – they are decades of wisdom reduced to invaluable hours." -- Mark Victor Hansen

I did a training in 1994 with IBI. Income Builders International.

Jack Canfield was one of my instructors at that training and this was right about the time he and Mark Victor Hansen were putting together "Chicken Soup for The Soul".

"Make education a continuing, never-ending process."

Nido Ruben

"Continuous personal and professional development is your key to the future." -- Brian Tracy

You never know when it will come in handy! Get the Degree!

"The importance of education is a two way street."

"Read books, listen to tapes, attend seminars – they are decades of wisdom reduced to invaluable hours." -- Mark Victor Hansen

Chapter 2: Don't Allow Whom, What and Why

Realize you have been programmed!

As a child we were taught don't talk to strangers. Children should be seen and not heard. Speak only when you're spoken to. Become a salesperson later in life and you have to unlearn some of these things. Deep down they are programmed in our subconscious mind. Maybe this is why when we go to make a phone call the handset feels like 200 pounds. Realize you have been programmed and do what ever it takes to overcome the negative programming. We were also taught "practice

make perfect.” Larry Thompson on one of his tapes talks about **“practice makes permanent.”** Yes repetition is great however if we are doing something not quite right it becomes permanent not always perfect. Like the movie “The Matrix” - Unplug Yourself

I deserved to fail and as I see it now it was a great learning experience.

I was in college during the Vietnam War. My dad had passed away from pancreatic cancer at the age of 49. I was a mixed up young adult. I was a competitive swimmer and a physical Education major. I was a vegetarian at the time and I was taking a biology course. I did not want to stick a needle in a frog and kill it. I told the teacher I was no better than a frog and she told me, yes you are, you have feelings, emotions and a rational mind. Bottom line I failed the course. I went to her and asked if she could give me a D, I did try hard and told her if I fail another course I may be drafted and go to Vietnam. She told me she could not do that. I told her, she was wrong, she was not better than a frog, and she did not have feelings, emotions or a rational mind. Now I had long hair down my back and looked like a cross between Charles Mason and Jesus. I was scary. I deserved to fail and as I see it now it was a great learning experience.

Now there are two sides to this story. What happened was I dropped my physical education major and changed to fine arts. I also developed a belief system that I was not smart enough in science. Doing this I allowed myself to take my power away. I was already helping to teach swimming at night at the school, so as a young kid I was wondering why I needed the course, in the first place. It also got me to think about how much I enjoyed art. As a child I would go to the Greenwich Village Art shows with my best friend and his father. His father was an artist. I loved to draw, especially in class. So it leads me in the direction of becoming an art teacher. When I graduated in 1974 the Board of Education was not hiring Art Teachers. While in college I bought a hand crafted leather belt from a vendor on campus. I love that belt and told myself I could make one like this if not better. I taught myself how to do leather work and opened a store in Armonk, NY and did craft shows along the east coast

As you can see from my experience, I got in the way of my education, and I allowed others to influence me. Here is the outcome from me failing Biology that I told you I would mention.

This lesson allowed me to help someone when I was in the prerequisites sciences for chiropractic school. It was a Chemistry course. I helped him avoid giving up because of a teacher, a course he failed and getting in his own way. You see for me. I lived with that

negative belief system of thinking I was not smart enough in the sciences for years until I was able to change it. That negative biology experience was in 1970. In 1989 at the young age of 38 I started the prerequisite sciences course for chiropractic. I worked hard and made the deans list. I told this person my story and told him not to give up. You see this particular chemistry teacher knew his subject matter but never had any teaching experience. His tests took 4 hours to complete. He was frustrated. He had a PhD in chemistry, and he was brilliant, but lacked teaching skills. School had gotten in the way of his education. The student was the son of a well-known chiropractor. I talked to his dad and told him my teaching background and explained to him that there were two sides of the coin here and not to be too hard on his son. We were all proud when his son graduated. He did not give up. From what I understand the person who created Federal Express had some Nay Sayers tell him his idea would not work. The key is keep moving in the direction of your passions.

Negative Programming - *watch what you do your kids.*

It took time to heal and empower myself. Now let me go back to my youth. It was not until my sister and I saw my mother helping my nephew one day doing his homework. She got angry and yelled at him. "What are you stupid?" Right then it flashed in ours heads, this is what she did to us. Both my sister and I stopped her right there.

Now in no way was Mom a bad person. She was a teacher and a good one. After a day at school her patience ran out when it came to us. She had dinner to prepare and my Dad worked evenings so they did not get to see each other much during the day. We all laugh at this now, and there is no blame or shame. She did not realize the impact, and most likely she was mimicking what her parents did to her. Aside from that I think I turned out okay. The lesson here is watch what you program into your kids. Watch what you program into yourself.

Realize you have been programmed!

"I deserved to fail and as I see it now it was a great learning experience." Be honest with yourself. No blame, no shame. It is not failure it is a lesson. It is a failure if you fail to learn from that lesson. Then again sometimes we are hard headed and need to repeat things until we finally get it. It is OK!

Become aware of what does not serve your higher purpose.

"Practice Makes Permanent."

Negative Programming - watch what you do your kids.

Watch what you program yourself.

Deposit only positive thoughts into your minds vault.

Assume the identity of the person that is living the life you imagine. From the inside out. Who are you and what will you be doing tomorrow? In a week? In a month? In a year? In five years? Pat McLean, DC

"Stop pursuing those who don't see you! Whether friends, family, acquaintances or romantic interests, if they are not reciprocal of you and your energy, they will only suffocate your purpose and light. Cut ties now and open up room for those who will enhance your journey and be the light that leaves a magnificent illuminated trail!"

Author Unknown

Chapter 3: Turn Stumbling Blocks into Stepping Stones.

"You have to find something that you love enough to be able to take risks, jump over the hurdles and break through the brick walls that are always going to be placed in front of you. If you don't have that kind of feeling for what it is you are doing, you'll stop at the first giant hurdle." George Lucas

Learn to turn stumbling blocks into stepping-stones. Remember that life itself is our school. We are our best teacher. There is something inside of you that you are passionate about. When you learn to tap into that, time seems to fly by and you are engrossed with what you're

doing. In school we get exposed to different subjects and some of them resonate and some we have self-imposed blocks to.

I owe a great deal of the change in my belief system to the work I did with Tony Robbins. I was a volunteer on his NY Staff from 1986 to 1989 and did his 10-day certification in 1987. You have already read about some of the things I learned that helped me to get through to the special education students I taught. While doing that it also helped me change my belief system about myself. You've read a little about that too.

Walking barefoot on hot coals several times also helped anchor in me that I could do things that most people would say could not be done. I used that experience of walking on coals to take action instead of being stagnant. At times when I was going to take a test in school, I would imagine I was walking on those hot coals and celebrating when I got to the end of the coals with no burns. If you have not read or listened to "Unlimited Power" by Anthony Robbins, go out and get it in book form or CD.

When I was a substitute in an elementary school, we would play this song for the kids during the breaks. It went something like this. Put your head down and rest for a while, put your head down and rest. Close your eyes and rest for a while, close your eyes and rest. Think of only things that are nice, think of only things that are nice.

What a powerful statement – ***Think of only things that are nice.***

Your belief system can be a major stumbling block.

Belief systems. They should serve us. They should serve our higher self. Put a wall of light around you; protect yourself from those who want to steal our dreams. I call them X- spurts. An X- spurt is a drip under pressure. You know, look at a faucet and you see that drop of water and suddenly it drops into the sink because of the pressure. There are people who have lots of knowledge and can help guide us and coach us. They make suggestions in an empowering manner and most of the time they will ask questions so we can find our own answers. Surround yourself with these types of individuals. Stay clear of those x-spurts who kind of yell at you and dictate to you what you can or can't do. Embedded commands: Guard yourself from statements like, "If you can't do this you should quit" or "nothing will ever work for you." If someone joins your organization and does not enroll others they will most likely job out." Very dis-empowering statement, Am embedded command. Don't allow anyone to take away your power. Find a way!

When you have a wall in front of you, you can go over it, under it, around it or through it.

The Ant Philosophy by Jim Rohn

Over the years I have been teaching children about a simple but powerful concept -the ant philosophy. I think everybody should study ants. They have an amazing four-part philosophy, and here is the first part: ants never quit. That's a good philosophy. If they are headed somewhere and you try to stop them, they'll look for another way. They'll climb over, they'll climb under, and they'll climb around. They keep looking for another way. What a neat philosophy, to never quit looking for a way to get where you're supposed to go. Second, ants think winter all summer. That's an important perspective. You can't be so naive as to think summer will last forever. So ants are gathering in their winter food in the middle of summer. An ancient story says, "Don't build your house on the sand in the summer." Why do we need that advice? Because it is important to be realistic. In the summer, you've got to think storm. You've got to think rocks as you enjoy the sand and sun. Think ahead. The third part of the ant philosophy is that ants think summer all winter. That is so important. During the winter, ants remind themselves, "This won't last long: we'll soon be out of here. And the first warm day, the ants are out. If it turns cold again, they'll dive back down, but then they come out the first warm day. They can't wait to get out. And here is the last part of the ant philosophy. How much will an ant gather during the summer to

prepare for the winter? All he possibly can. What an incredible philosophy, the "all-that-you-can-possibly-can philosophy.

Wow, what a great seminar to attend- the ant seminar. Never give up, look ahead, stay positive and do all you can.

To Your Success,

Jim Rohn

Please be sure to check out all of the empowering products at www.jimrohn.com

I also highly recommend you read Failing Forward by John C. Maxwell

Chapter 4: Freedom and Responsibility

"Persons who reach the higher rungs in business management, selling, engineering, religious work, writing, acting, and in every other pursuit get there by following conscientiously and continuously a plan for self-development and growth." -- David J. Schwartz

I knew someone who was a hippie in the 60's. He hitchhiked cross country had no agenda, came and went wherever he wanted. He had total freedom and no responsibility. Then he went to Vietnam, he became a Green Beret and now he had total responsibility and no freedom. I think that we all must find a balance between our freedom and responsibility's. Nowadays this is especially important when it

comes to education. I once listened to a conference call on a new health product. The doctor on the call blew my mind when he said, we need to treat people, not numbers. If treating numbers worked we would not have so many people with all these conditions. Now that to me is not allowing school to interfere with your education. He has all the book knowledge and most importantly he also has the guts to speak the truth and more importantly truly care for people.

In the movie Mr. Deeds toward the end of the movie there is a great example of the point I want you to consider. He starts asking people what they wanted to be when they were growing up, and what they were now. Ask yourself that question and look back at your life and examine the things that lead you toward or away from your childhood dream. I was at a chiropractic seminar and heard Dr. John Hoffman tell this story. As a kid he would play war with his friends. I could certainly relate, I did the same thing. So he asked this question to the audience. What would happen when you were playing war and you got shot? He then told us; most likely you would lie on the floor for a moment and then got up and screamed "New Man" and continued to play. This is what we must do in life. We must get up and scream New Man or New Woman every time something does not go right for us in school, in life, in our work place. When I think about freedom and

responsibility we must become responsible and learn how to switch, rather than dwell in a not so empowering circumstances.

Be a kid, there is a difference between being childish and childlike, remain open to opportunity when it is presented to you and don't get closed minded because of other people's opinions or your own preconceived notions.

Read Manage Your Environment: Go First Class in "The Magic of Thinking Big" by David J. Schwartz, Ph.D.

\$86,400 in your bank account each day!

Imagine you had a bank account where \$86,400 was placed into your account each day and the only requirement was that you spend all of it each and everyday. I bet you would spend it. How would you spend the money? What would you buy? Remember if you do not spend the full amount another \$86,400 will not be put into your account the next day. I know that you would spend all of it.

Now the good news is that we each receive that amount each day, not in \$\$\$\$ but in seconds. You see 60 minutes in an hour x's 24hours = 1,440 minutes x's 60 seconds in a minute = 86,400 seconds in a day. Now we know how well we we able to spend the \$86,400 Block and

Focus your time and spend those 86,400 seconds just as well as you did the money and your business will grow in leaps and bounds.

Be responsible for your time.

The Value of Time! Check this out:

<http://www.youtube.com/watch?v=pkMwzUS0DVA&feature=share>

On one of Larry Thompson tapes he discusses the "Four Self's.

Self-Responsibility, Self-Motivation, Self-Determination, Self-

Functional

This is described in Larry Thompson's – "How To Employ Yourself"

They were originally on cassette; they are were also available on CD.

Difficult to find.

If you have an entrepreneurial spirit you want to pick up a copy of Jeffery Comb's PSYCHOLOGICALLY UNEMPLOYABLE - LIFE ON YOUR TERMS. www.goldenmastermind.com

I met Jeffery in April 2006 and picked up several of his CD programs and this book. I listen to his Prosperations CD from his Principles of Prosperity CD several times per week. When I walk, as I am going to sleep, in the background while at my computer. Recently reconnected with Jeffrey at his More Heart Than Talent Event in New Jersey!

April 2006

March 2013

Keys points to remember:

New Man, New Woman.

Utilize your time.

Apply the Four Self's

Live Life on Your Terms.

Chapter 5: The 7 Steps to Self-Empowered Education.

1. Patience, Persistence and a Sense of Humor.

2. The Wrist Method.

3. Self Talk

4. DMO - Your Daily Method of Operation.

5. Focus on What is Important

6. Your Why Factors

7. Become an Empowered Aficionado

Lets get started

1. Patience, Persistence and a Sense of Humor

It takes all three of these to get thru the road blocks, and obstacles, dream stealers, nay sayers, and getting in our own way.

"LAW OF PATIENCE"

"Patience is the faculty inherent in the human soul that enables us to accomplish our mission without allowing ourselves to be diverted from our purpose by obstacles that could obstruct our path of progression. Patience strengthens our will and fortifies our intellect against life's discouragements. It is a motivating force that enables us to walk steadily forward in our chosen path despite the pitfalls encountered along the way."

*"This chapter begins on page 145 in **"Rays of the Dawn."** By Dr. Thurman Fleet*

<http://www.concept-therapy.org>

Persistence

The Law of Attraction at work. I get lots of email newsletters and as I was sitting down writing this book I stopped to check my email. This article was so appropriate to the theme of my work, I had to include it. It was in the Self Improvement and Personal Growth Weekly Newsletter *

Issue # 431, Week of December 12-13, 2006

Publisher: David Riklan - <http://www.SelfGrowth.com>

- Please check out his book 101 Great Ways To Improve Your Life.

*** Article: Discover the Number 1 Key to Building Success and Wealth – By Lynda Lock ***

Do you remember your classmates from school who were always top of the class, who never seemed to try very hard but still got the good grades? Perhaps you struggled to even reach the minimum score to pass an exam, or maybe you simply didn't rate yourself as an overly intelligent person. It's amazing how many people believe that in order to be successful and to build great wealth you need to have done well in school.

How many of these "intelligent" people now run multimillion dollar companies, or have found great success in some business venture or another and have an income that most people can only dream of? It's quite likely that very few of them ever made anything much of themselves. In fact, some of them may have spiraled into a life of self-destruction that we would otherwise reserve for the "uneducated" -- a common occurrence in highly intelligent individuals who experienced great pressure from family to be exceptional. High intelligence is no guarantee of success or wealth in life.

At the core of any major success story -- whether it be in sport, business, medical research, or any other field of expertise -- is one thing: persistence.

No matter how intelligent one may be, how high their IQ, or what their exam

results were in school, persistence is the one thing that is required if you wish to become wealthy.

Persistence is a quality lacking in the majority of human beings, and this is why: Although we all have the same opportunities if we just keep an open mind to avoid missing them, very few people achieve great things in terms of wealth and success. Too often they will return to their comfort zone, choosing short-term relief and comfort in order to avoid the temporary discomfort of working hard and having to persist through the tough times.

Failure cannot cope with persistence. Sure, "failure" is experienced by most highly successful people along their path to great wealth and success; however, the difference is that they see failure as an opportunity to grow and learn, rather than a reason to give up. Through their desire to succeed, persistence takes hold and failures become mere stepping stones on the path of success.

In order to become wealthy, first must come a strong desire, which is the fuel that feeds the fire of achievement. Then must come a plan of action -- a set of stepping stones to take you to your ultimate destination. Then to bind these things together, and ensure a recipe of success, persistence must play the leading role because failure cannot cope with persistence.

Without persistence, success and wealth will not come. Desire and planning is

not enough, and we know that because we see it every day. How many people talk about their desire to buy an expensive sports car but are never seen driving anything other than the car they've had for years and years? How many others talk about their plans for the future but get to the end of each year finding that time has slipped by and nothing has changed?

These types of people may very well have started a savings plan for the new car or investigated some of the options available for their future, but more often than not, life will get in the way, the excuses will come, and before they know it, time has moved on but they haven't.

Look at the last five years of your life and how many things have changed. I bet if you were at the beginning of those last five years again and someone said, "You know what, you're going to be doing exactly the same thing in five years time as you are now," do you think you'd be happy with that? Probably not.

We all have an opportunity to achieve wealth, and if we grasp the concept that all we need is some strong desire, a plan of action, and a never-ending supply of persistence, then we can become wealthy and live the kind of lives that most people would only ever dream of.

Without persistence defeat will get you before you've even started. With persistence, you will emerge the ultimate winner.

About the Author:

Lynda Lock is a business mentor to others who wish to run their own businesses from home.

Sense of Humor

We all must learn to laugh more. Having a sense of humor is a very important part of self-empowerment. We cannot take life, school or our ups and downs in our business life, relationships, employment, traffic, too seriously. When we learn to laugh or help others laugh there is a healing aspect to this. It takes the pressure off, it changes our physiology. I am sure you have read that it takes more muscles to frown than to smile. So remember to apply Patience, Persistence and a Sense of Humor to the things you want to accomplish.

2.The Wrist Method.

In the Sikh Religion one wears a stainless steel bracelet on the wrist of their dominant hand. From my understanding it is worn as a reminder to do everything in higher consciousness, so that one does not create any more karma. Wow imagine what the world would be like if a major majority of the earth's population did that. "They may say I'm a dreamer, but I'm not the only one." John Lennon

Anchors are a very important part of NLP. Neuro-Linguistic Programming. I think we all know about wearing a rubber band on our wrist and snapping it when we are trying to change a habit. I like the idea of the bracelet. Now you can have an imaginary bracelet if you like. The point is to remind yourself to things in higher consciousness. Do the best you can and remember that there is always a way to make anything better. Play with this. Before you do anything, sit down to study, create something or make a call, while at work, make a conscious decision to do your best. Do things in your higher consciousness state.

3. Be A Master of Your Self-Talk.

I remember I was at a seminar in Texas in the mid 70's. It was for a spiritual teaching and my friend Tedd told me he got up that morning, looked himself in the mirror and told himself he was as God realized as Charlie Tuna. Now some may think that is negative self-talk. Charlie Tuna did have a high self-esteem. He might have told himself, I am a divine spiritual being and God loves me. The key is to become a master of your self-talk. I have these quotes on my computer monitor. They have been there for years. The authors are unknown to me.

"You manifest materially what you have in your subconscious mind."

"Deposits only positive thoughts into your mind bank."

“People who succeed speak well of themselves to themselves.”

“All that we are is a result of what we have thought” Buddha

4. DMO (Your Daily Method Of Operation.)

This is something I learned from Larry Thompson who was one of the co-creators of Herbalife. I was not a distributor for Herbalife however in the 90's I purchased his Wealth Building System of tapes.

Larry is a multimillionaire and he is the first to tell you he was a longhaired hippie construction worker when he first got introduced to network marketing. I highly recommend “How To Employ Yourself.”

DMO

You have to have a plan. You have to be accountable to yourself. Even if you work for someone else, you are working for whom? Yourself.

Zig Ziglar talks about trying to hit a target when your blind folded. You need to know each day what your goal is and what steps your going to take. You need to Organize, Prioritize and Execute as I learned in a course called Personal Mastery by Klemmer and Associates. Get a copy of Brian Klemmer's book “If How-To's Were Enough We Would All Be SKINNY, RICH & HAPPY.” www.klemmer.com

5. Focus on What is Important

When I taught at the Life Chiropractic College, I was teaching Extremity Placement. It was a 13th Quarter Course and it was a one-credit course. Taking extremity x-rays is not something one would do everyday in a chiropractic office. You would take cervical, lumbar and thoracic x-rays on a regular basis but not extremity x-rays. There was one student who was so worried about passing. I would tell him, this is a one-credit course. You will rarely do this in practice. If you come to class and practice the set up's in lab, you will be okay. In practice if you were going to do this, you would open up your book, review the set ups and take the shots. Many times you would refer someone out for these x-rays. Focus on what is important. Know the things you are going to do on a daily basis. Master them. He was still so nervous, after every lab he would tell me how he needed to pass. Being from the Bronx I finally had to tell him, do you know the difference between a brown nose and a shit head? It is just a matter of depth perception. I told him you know what you're doing; you have other more important courses this quarter. You do not need to worry so much.

Focus on what is important. Know the things you are good at and improve upon the things you're not so good at.

6. You're Why Factors.

What are the fundamental underlying things that drive you? I have a Dream Board in my room and I can see it while sitting at my computer. Well actually if I am looking at my computer screen I do not see it. So let me restate that. I can see my dream board when I am sitting at my desk, and sitting on my sofa. On the dream board I have a collection of pictures and words or saying and quotes. In the top center it says MY WHY FACTORS. All over the board are words like simplify, yoga, dream, gratitude, vacation. Sayings like, make your life extraordinary, I am, giving back to the source, way of the warrior, the mentor, there you go, leading by example, balance and peace, turn fear into faith. I have pictures of cars, stereo systems, computers; vacation places, some of my mentors, ocean views, and homes. Are these things actually my why factors? Yes and No. I see it like this. When I look at the board, I begin to visualize the things I would like to have. In reality I believe the why factors for me are feelings. Like peace of mind, feeling healthy, being happy, not worrying about money and there is a connection to what I begin to see and feel when I look at the dream board. What do you want? What are your why factors? There is no right or wrong answer. This is not school. Allow yourself to be, do and have everything that is yours by divine right.

Identify you're Why Factors. Create a Dream Board. Do it! Know your why factors. Know Thyself

7. Become an Empowerment Aficionado

Acknowledge yourself right now, you are on the path of being an Empowerment Aficionado just by reading this ebook. See yourself with this passion for a better life, better finances, a better mental clarity, better concentration and focus. Know in your heart that there is something inside that is waiting to bloom and your doing your due diligence. Start to make a list of the books you want to read, the CD's to listen to. Make a conscious decision to stop watching the Income Reduction Unit (IRU). What is that you ask? The TV. Creating a compelling future for yourself should be fun. Consider a life where your work is fun and exciting and the life you lead encompasses your values. **Start to implement these 7 Steps in your life Now!**

Social Networks

I have have found many worthwhile connections on Facebook. Aside from the many friends I have connected with, there are many links to empowering sites.

Books, Tapes, CD's.

So much out there. Find what resonates well with you and make sure you take the time each day to read or listen to something that interests you, helps with your business or career or helps you relax. Reminder these are great but you must take ACTION!

"You don't have to get it right, you just have to get it going."

I acknowledge my family and friends for being in my life and I am especially grateful for all the lessons I learn on a daily basis. Originally written in 2007 and revised several times since. There is always a plus factor in life, we learn we grow.

In 2016 I had cancer and I am grateful I am okay and staying alive. I had a scare of a return in 2019 and started doing my due diligence and found things that have helped. My last Tumor Marker blood test was normal.

I thank you for taking the time to read this and I do hope I made you laugh, think and gave you something that will help you, a friend or loved one.

MYGOCARDS

Lead Generation and a Whole Lot More

<https://mygocards.com/doc>

My Chiropractic Side

A subluxation is the fundamental underlying cause of all or nearly all you health problems. Get Chiropractic Adjustments

<https://www.facebook.com/HeartmanChiro>

Rays of The Dawn!

<https://concept-therapy.store/product-category/rays-of-the-dawn/>

Thank you,

Dr. Mike (Doc)

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646-218-1201

"Companies, products and deals come and go but relationships last forever if built on a solid foundation."

"Ants are busy, but never too, busy to go to a picnic"

Dr. Bernard Jensen

Update

The Network Marketing Industry has been around a long time. The 100 friends list and messaging friends and asking them to take a look at your business may work for some. It may also make you lose friends and turn off relatives.

Here are a bunch of individuals that teach modern day methods to build an organization.

Marketing instead of Prospecting
Attraction Marketing, Funnels, Social Media Methods.

Diane Hochman, Todd Falcone, Kim Klaver, DavidBreedLove, Fabian Brown, Eric Sablan, Nadia Nisha Subratie, Trisha Ghosh, Ray and Jessica Higdon, Eric Worre, Brad Hager, Val Smyth, tells it like it is.

Bottom Line People do not like being sold. They are looking for answers to their problems. Wants are far greater than needs. It may be something for their health, It may be a course to teach them how to attract others to their company. Skills to use Facebook Messenger.

Do your due diligence and go with what resonates with you.

Step out of your comfort zone and take action.

If you are looking to have better health choices, working from home, having the right type of individuals contact you about your product, services or business, I can help.

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Final Note:

Information on this site is for educational purposes only. It is not intended to act as a substitute for medical advice provided by a qualified health care provider, nor is any information in this site

intended to diagnose, treat, cure or prevent any disease. Statements have not been evaluated by the Food and Drug Administration.

One cannot be a secret agent when it comes to something that works for themselves and others.

LIVE GOOD
Products and Opportunity To Help Others

<https://www.LiveGood.com/DocsLiveGood>

Facebook
<https://www.facebook.com/mikeshapirodc>

<https://www.facebook.com/mikesbuildalegacy>

Wishing you the best

One k=last thought from the Eagles Song
" A Long Way Out Of Eden "

"All the college in the world is of no use to fools."

Mike Shapiro

