



John Kehoe's 3-Step Mind Power Strategy To Create Your Ultimate Lifestyle

Using **Mind Power** techniques for 15 minutes per day, you can quickly and successfully begin creating your ideal lifestyle.

It's not magic, but will seem like it, as the process will work quickly and effectively.

Mind Power is based upon extensive scientific research on how the mind, the brain and the subconscious work together to create the circumstances that happen to us.

It incorporates the most up to date science of the brain's neurology and the Laws of Quantum Reality. Knowing these Laws gives you a distinct advantage, one that eludes 99% of the population.

Here are some startling truths science has revealed to us about the nature of reality:

- ***Our thoughts and beliefs are the primary creative forces in our lives, always and forever creating our reality***
- The universe is a vast, inseparable web of dynamic activity where everything is connected. We are not separate from this activity, but part of an intricate feedback system that responds to our every thought and action
- The thoughts and beliefs we have are vibrations of energy and do not remain only within us, but vibrate throughout the entire energy system
- The more a thought or image is repeated in the mind, the more power and energy it generates, and the more readily it is able to attract the circumstances which most resonate with these inner forces. It is repetition that reaches the subconscious.

Mind Power is a mind training system of easily applied exercises that are practiced daily to harness the power of the conscious and subconscious minds.

When these two minds are in harmony with one another, we can easily begin to attract the circumstances we desire.

In order to create the lifestyle of your dreams, you begin by focusing your thoughts on your ideal lifestyle using specific techniques, which reach the subconscious.

Below is an easy 3-step process using Mind Power techniques to get you started.

These steps will set in motion vibrations of energy which will help you make the right decisions, bringing you into contact with the people, the circumstances and opportunities that lead to your ultimate lifestyle.

Step #1: Live your ultimate lifestyle in your mind and imagine all the people that will benefit

The subconscious is very receptive to goals that resonate with your highest moral values. List all the people who will benefit and how they will benefit.

For 5 minutes every day, visualize living your dream life in your mind using your imagination. Be specific and clearly see yourself and others close to you reaping the benefits and rewards this new lifestyle brings.

In this exercise you are giving your subconscious images to work with. Each time these images are repeated, they imprint deeper.

Soon, often within days or weeks, the subconscious will begin activating the necessary circumstances that will lead to the opportunities you require.

Step #2: Begin Creating a Success Consciousness

A success consciousness is a state of mind tuned and vibrating to expect, acknowledge and see success and opportunities everywhere.

This aligns us energetically to the lifestyle of our dreams. The mind works like a computer and we must install the inner programs we desire in order for them to function.

It is not enough to want a success consciousness or will it to happen, you must install it by imprinting beliefs of success into your subconscious.

So for 5 minutes every day, repeat the following statement:

“I easily attract everything I need to create the life of my dreams.”

You may or may not believe this statement. It doesn't matter, because whatever you repeat to yourself, you will eventually come to believe. And once you do, you can begin installing more success beliefs until your mind is attuned to these realities.

Step #3: Repeat to yourself for 5 minutes every day:

“My subconscious mind is my partner in success”

This simple, yet powerful affirmation has several purposes.

Firstly, by repeating it to yourself, you are reminding yourself that you do indeed possess a powerful second mind.

Often our understanding of the subconscious is only conceptual and we don't understand its power or how to use it.

Repetition of this phrase reminds us every day that we have a subconscious and that it is “our partner in success.”

Day by day this affirmation begins to awaken within us our hidden powers and we become committed to learning all we can about the subconscious.

We begin imagining what it would be like to have our conscious and subconscious minds working together as a team creating our reality and all the possibilities this brings to us.

Your next step... [Watch the 12-minute bonus video](#) where I dive deeper into how you can use this unique system to get everything you really want in your life.

Not only will you start living the lifestyle you desire, but you'll also have the methodology to achieve any goal in your life.

[Watch this impactful video now](#)