

Career and Business - Find what you love to do and you won't have to work another day in your life again!

Chapter 1 - The Process!

Chapter 2 - Your life is valuable, so do something of value!

Chapter 3 - In the dark? Get the flashlight!

Chapter 4 - You could be sitting on a treasure chest!

Chapter 5 - You don't feel like it.....is irrelevant!

Chapter 6 - A cause bigger than yourself

Chapter 7 - You get what you think you are worth, clear the past and be free to receive.

Once you have this figured out, you will be constantly under pressure to perform for someone else as they take the profits and your time.

When you do find what you love doing and you are paid, you have found the Holy Grail!

I have had multiple jobs in my life, from bar work, running nightclubs, promotional companies, a party bus venture to more level headed work like IT recruitment, acting and my true calling coaching, speaking and writing.

It took me a few attempts before I found my true vocation. Helping people to create a fulfilled life in turn fulfills my own.

The only thing that was stopping me from getting what I wanted from life was just me. No bosses, no government, just me and how creative I chose to be.

I know I am able to create what I want through this vehicle and it suits my personality. What is it that you would love to do every day and be paid for it?

It can be anything really! You would be surprised. You will likely have beliefs that prevent you from seeing opportunities right under your nose.

I had a client who came to me, who was clearly very intelligent, yet could not see she was leaving a huge business opportunity that was right under her nose because she had heard from her mum that business was hard and her dad would always do things for free. Once we uncovered her unconscious belief she could finally see she had altered her reality based on their beliefs and missed what was clearly right in front of her. She was torn between two jobs and was doing a service for free helping businesses in order to get a commission later. When she saw that the process of consulting clients in order to lead them to the potential of

them buying the service later it was also extremely valuable, she was then in a position to create a thriving business.

What are you leaving on the table? What old beliefs are you holding onto that has you missing out on the life you want for yourself?

As you read on you will see new opportunities everywhere.

You can find further resources on www.alexrosemann.com

Let's go and get you to the dream job/business you were meant for!

Chapter 1 - The Process!

Habits and systems - Once I have this in place, my results become rather predictable. It's been a part of my success of not just starting something but actually finishing it.

Would you like to know what it is?

Great. I will share it the best way I can in this book version and my online course will explore it in more detail. <http://bit.ly/SelfLimitlessMastery>

Read this to yourself then close your eyes or go to alexrosemann.com and follow the audio link which you have access for free to be guided by me.

Get comfortable with your back straight sitting up or lying down. Make sure you will not be distracted by pets, phones, people...anything.

Breathe in through your nose for four seconds and hold it for a count and breathe out for 4 seconds through your nose as you do this (count

As you do so I want you to imagine the life that is going on inside you, your organs, your cells, the blood flowing through your veins.

As you feel into this, know that the energy within you is keeping you moving, your organs and cells are keeping you alive as you move about on this earth.

And your cells and organs are only able to stay alive due to you taking care of yourself.

I want you to feel your heart beating inside your chest, feel the heart pumping blood throughout your body.

Your heart beats every second of the day so you can experience life on earth and it asks for nothing in return, we can choose to be grateful for this alone.

As you breathe I want you to throw yourself into the future, focus on the next? twelve months.

Start to see images of where you are at that moment. What do you see? Who is there? Look around you. What do you see yourself wearing?

What are you doing that contributes to other lives?

What skills are you utilising?

What do you feel? What is the atmosphere? What country are you in?

Is it warm? Is it cold or hot?

Are you inside or outside?

What do you smell? What do you taste?

What do you hear around you? Are there other people there? Are you in the middle of working/doing what you love?

Who is sharing this experience with you?

As you look at all of this, I want you to expand the vision 10 times and really jump in.

See all the images that come up! Brighten the images, really get a feeling of it happening. Your unconscious mind doesn't know the difference between what is imagined and what is real. So go for it!

Now rewind back to where you are right now as if rewinding a movie.

Rewind from the moment you imagined to where you are now.

Rewind over and over and be aware of the multiple images that pop up through your journey.

As you do this you will see an image that will stand out from all the others.

This will be your next action point to aim for to get you to this vision.

It will come with its challenges but think of the person you will be as you make it to that vision.

Lock in that image that came up and slowly opens your eyes!

Action Step

Write down what came up for you here:

What would be your reason to make this happen?

What is the first thing you can do today to make this a reality?

If you can see it, you can create it!

Chapter 2 - Your life is valuable, so do something of value!

If you could think of anything to do that adds value to others and yourself that you would love to do, what would it be?

What you have is unique and what you value is also unique.

Let's explore what your values are so we can determine what you could offer others.

Action Step

What do you think about? What continuously churns through your mind? Not the usual nonsense but that dream you would love to do...write a book, acting, dancing, becoming an accountant. Write it down!

What do you talk about? What we value tends to come up in conversation a lot. What we ask someone as we bump into them for example. How's business? How's the family?

Another sign is when you are feeling tired and you could literally nod off until someone starts to talk about a topic that you truly enjoy. You suddenly find a burst of energy from somewhere. This would be a good indication!

What do your actions say? What do you do each day that no one has to tell you to do? Maybe it is walking your dog or shooting videos at home and making them look great. Anything can be turned into a money making opportunity. I have heard of people travelling the world who earn money by showing people how to jump! Yes you read that right! A story from Dr John DeMartini I heard who discovered someone could earn money with merely their dog. This turned into a million dollar business. If you ask yourself better questions you get amazing results.

What do you spend your money on? Rather than thinking about it, you maybe surprised when you actually sit down and go over the last 3 months and see where your money has gone. This is a very powerful indicator on your spending habits.

If you value family more than fitness, business, self care etc. Your money will pass through this first before reaching anything else (if there is anything left). What you value, like a river, your money will pass through it.

Once we become aware of something, we have the power to change it. Want to have more money for your future, it is time to learn to get the river to move towards this new value.

Write the last month of your payments down - Put in an excel spreadsheet, put in categories and see what comes up most.

Now you have a clearer view on what you value. Let's look at some questions to explore what you can do as a business/career/life project!

What could you offer people right now that you have and would enjoy doing every day?

Who would be interested in such a service?

How could you find them?

Who do you know in your own community would be keen to hear your ideas and maybe interested?

List 5-10 ways on how you can present your service, including how people will find it!

How much would you charge that would mean you could leave your current job? (check the financial mastery book for the exact figure you would need)

Now that you have clarity (some more than before at least!) you will be able to see anything is possible if you apply it!

Everything happens with action!

Chapter 3 - In the dark? Get the flashlight!

When you start a business for the first time it can be a little daunting.

We have heard many peoples stories of successes yet there are many more failures for sure.

What makes the difference between failure and success? Well, usually the people who fail just stop trying Everyone experiences failures along the way, it is unavoidable and necessary so you can continual to learn.

Yet some failures can hit so hard that it may seem impossible to get back up from them.

Some failures are avoidable. So how do we avoid the avoidable?

We get the flashlight and shine it so we can see what is in front of us so we can predetermine our next steps, right?

It is simple! We as adults make it more complicated than it needs to be.

Tony Robbins bases a lot of his teachings on modelling others, having a mentor who has already done what it is you want to do! There is no reason to reinvent the wheel. You may have an idea that no one has had before, the processes to bring it to life have already been done. Once the system is learned, you have a better shot at making it a success.

Each business has a life cycle and if you are not sure what lifecycle you are in you could be making decisions that are not aligned to where you are right now and could be a disaster!

Something you can follow right now is the 7 Forces of Business Mastery!

- 1. An effective business map** - How can you get to where you want to go without knowing the destination? If you have a map you can put the destination in your "GPS" and set sail. You will more likely get to your destination when you know where you are now and where you want to go as quickly as possible!

Where are you right now within the timeline of your business?

1. **Constant & Strategic Innovation** - If you think what you have now without constant awareness of the market, how could you possibly know you are the most current and innovative product on the market? Knowing what is out there and what people want will keep you ahead of others and have your clients staying and growing with you.

Where can you look to find your competitive market? Who are they? What do they have that you don't? What could you improve on? Check out reviews from customers and what do they say would be great if they had that they don't have and be sure to have it!

1. **World-Class Marketing** - There are inferior products that are getting ahead! Why? Because they know their customers, what they want. The company knows there 'why' which they can tell in compelling stories that customers buy into! Most sales and marketing is done via the What, How, Why model and this is not compelling for customers. If you want to copy the best, see how Apple does it! They go from the Why, How What method! I got this insight from Simon Sinek who you should check out.

What is your compelling Why? How can you take your customers on a journey that they won't forget? Have fun, get creative and take action!

1. **Sales Mastery Systems** - Now that you have people who know you are there, what will you do to get the sale? This is how you will keep operating and get you closer to your end goal. You will need to create systems that will capture and convert in the most streamlined way possible.

What companies in your field or close to what you do are creating the most profit? What are there funnels? How could you improve on it? Observe how you are finding and buying products and services and copy their model because it is working!

1. **Financial and Legal Analysis** - How clear are you on where the money of your business is going? If you are not measuring where your business is now, where it is going and having a system to see the blind spots that may get you in trouble, you will likely steer your ship into dangerous waters. By getting into a habit of measuring now, you will likely avoid being shipwrecked!

Pull up your expenditure and sit with someone (if necessary) who can help get you clarity so you know where you are and where you are heading before you collide into a rock! Write down what blind spots you think may come up. Then write down how to avoid them.

1. **Optimization** - Rather than focusing on just new innovations the biggest profits can be made from what the company is already doing at their core! If you improve and optimise this, you may see bigger returns and exponential growth throughout.

What is the core of your business? Where could you streamline it and make it even more optimal? What systems could you put in place? Could you hire someone to take it to the next level? What are you possibly missing that could add even more value?

1. **Raving Fan Customers** - The place you want to reach is fans that stay with you through thick and thin! How? Meet your client's needs and meet their further needs that they may not even know they have yet! Focus on adding as much value as you possibly can and they won't go anywhere plus you will be growing and contributing beyond yourself. Win-win!

How are you adding value now? What could you do to surpass their expectations? What could you do to surprise your existing clients that would make them feel special today? How can you find their deepest needs and what can you do to meet them?

Tony Robbins runs a program through Success Resources called Business Mastery - Please email teamcoach@alexroseman.com

Chapter 4 - You could be sitting on a treasure chest!

There was a homeless man and he was sitting on a chest and he had been begging for years. A wise man walked past him and asked “have you looked into the chest you are sitting on?” The homeless man replied, what is the point, there is nothing in it! The Wiseman said how would you know unless you get up and take a look. The Wiseman walked away; The homeless man pondered for a minute and decided to get up and check. What he saw brought him to tears, he found a real treasure!

What are you sitting on that you have unconsciously avoided looking at? What if I was the Wiseman asking you to take a look at what you are sitting on?

A lot of the time, we may have the constant distraction of, I am not good enough, I am not worthy and other affirmations that really serve us...hmmmmm! Why would you get up and look if you don't feel deserving?

Well, I am here to tell you that you are! You are not your past and until you can let it go, it will be very difficult for you to get up and take a look. I have expanded on this in my other books.

If you were to look around with all your experiences and what you have managed to build, or how you got yourself out of specific life situations such as a divorce, abuse, addiction, bankruptcy.

How you managed to come out of the other side is in itself a valuable skill that you could teach someone else. You have already figured out how and you could help someone else avoid the certain pitfalls that you had to go through.

There is a sense of fulfillment in helping people get to where they want. This maybe the treasure chest you are sitting on.

Write down your experiences of what you were able to build or situations that you have come out of better than when you went in?

Now that you have done this, how could you serve others with what you know you have? Knowing that people would pay to find the solution to their pain. You withholding it is a disservice to you and them!

Who do you know that is going through a similar situation in life or what skills do you possess that you haven't put out there yet that someone could benefit from?

Once you have outlined your experiences you have been through, skills you have accumulated and where you are successful in life (family, your home, work, mental state, spiritual etc) you can get to work by getting yourself out there!

Chapter 5 - You don't feel like it...is irrelevant!

You wake up, you do your morning rituals and you are about to set out for work and you suddenly don't want to do it! You are hit with the procrastination disease! The thing that keeps you from having success, fulfilment, meaning and a feeling of growth! You will do anything but the work you actually need to do!

When you are given the choice of being freelance, self-employed or a business owner you have the opportunity to work without the possibility of being fired. After all, it is your money and your business! Which can open us up to the possibility of inviting our personal problems

into our business as we have no one to keep us accountable (maybe different in your case). We can sometimes wait to be inspired to work to make sure that everything is aligned for us to throw ourselves into it and if one little thing doesn't go our way.....we stop! Shift our focus on distractions from social media, TV, food, chats and anything else that keeps us from our work. It is, of course, important to wind down, relax and take a break but if this becomes escapism from your commitments, then you will pay the price later.

When you go to work maybe you clock in then sit behind a desk for eight hours. If you do not deliver you will get a warning or two before something more serious happens. You are given nudges before you find yourself out the door. Feeling like it or not, you do the work in order to get your payslip and keep your job.

Treat yourself as an employee of your own business, put all personal issues aside and get to work. Clock in, just write the time down in a notebook and clock out. Write the time again. You are creating a record of your commitment to your business.

Whatever effort you put into your business you will, of course, get out.

It is all up to you!

Action Step!

What would be a realistic timeframe to clock in that works for you?

What are the possible situations that could distract you from your work?

What would the cost be to you if you give those things focus instead of committing to your work?

What would you gain by focusing on your work and not those things?

Make up a phrase that you say when you are about to be distracted, like a mantra, when you don't feel committed that brings you back to yourself and has you moving forward and progressing!

Example -

I get enjoyment and fulfilment from doing the work I get to do that I don't have to do.

Procrastination keeps me from what it is I want in life.

I will stand up, shout YES while punching the air and saying I am a champion and sit back down and crack on! (Well something like that)!

It will never be perfect, nothing is ever perfect.

Chapter 6 - A cause bigger than yourself

Do you wake up each morning and jump out of bed shouting to the world, I am so blessed and grateful to be alive and able to do what it is I do for a vision that pulls me to get the best from me each day?

Well, maybe not to that extreme, yet do you wake up thinking, do I or do I not push the snooze button!? Mmm!! Well, there is nothing wrong with either. If you get up and face the day with a sense of I love my life spring in your step then please write and share how you are able to as we need more of this out there! If you are not, then what are you living for? What could you let go of that is keeping you from dreaming big?

If you do not have a purpose larger than yourself then it is unlikely you will see the absolute potential that lies within you! I could be wrong, you maybe slothing about, writing best-selling books and transforming the world in the process!

From what I have read, experienced first hand is that when you have a vision that both excites and scares you then you are on the right track! I mean what kind of person would you need to become in order to make your tremendous vision become a reality? Clearly, you are not there yet. It isn't about the destination but the type of person you grow to be in the process. The stumbling, falling, learning, pain, loss and much more is what will likely be expected once you undertake such a vision. The growth to your soul, personality and the people around you will give you the fulfilment you have been craving for unknowingly your whole life.

It is for you to take the time to uncover your deep why for yourself and let go of past beliefs that have stopped you from daring to dream as big as you could possibly dream!

Doing what you love could funnel into the purpose that is bigger than you, a charity, or academy for young people or something you were touched by!

What could this be for you?

What great questions could you ask yourself that would allow you to earn an amazing living?
Example - Where can I find people who would find this of value? Could I start up a
community where people come to that value what it is I value? What are other people doing
within this area?

What could you do today so that your dream becomes a reality? Suggestion a Facebook live
right now to declare it to the world!

Put some skin in the game and get on it! We don't know if tomorrow will come, so don't wait!
Take action!

Chapter 7 - You get what you think you are worth, clear the past and be free to receive.

It will be a lot tougher for your business to grow if you are still holding onto guilt, resentment, anger, frustration from the past, right? I mean how can you climb to the top and feel valued if you are still feeling guilty about how a past relationship ended, or how your relationship is with your father or mother or both! (please refer to my book on Family to delve deeper)

We must resolve this within ourselves so you can feel free and valuable enough to achieve what it is you want for yourself and not unconsciously sabotage yourself or gain it to only lose it through silly decisions based on your past!

I am sure there are a few experiences from your past that no longer serve you right? Would you like to clear them? Well, let's give it our best shot because it no longer serves you or them!

With regards to universal law, apparently, you can not have one without the other. There are opposites, so, for example, you can't have up without down, a predator without prey, him without her etc! This also includes the illusion around the past and present, the illusion that you harmed someone and feel that they are a victim or that something happened to you and you feel like a victim! In your mind, it is all negative, right! This will leave you with a feeling of shame and guilt and lead to unconscious sabotaging behavior because you will feel undeserving of success if you are carrying a bag of these memories around with you.

Being that there is an opposite to everything and you are only focusing on the negative of specific moments from your past. The exercise below will guide you to see that there is actually a positive. This will liberate you from unconsciously sabotaging your success. Now breathe!

I want you to list all the moments in your past that you perceived as negative, every small minute experience! Please go ahead, it is better out than in, believe me! If you are able to find support to do this, (someone you neither love or hate) to help you get it all out. Alone is also beneficial.

[illegible]

I am sure it brought up a mix of emotions, maybe you were surprised by what did come up that you thought you had let go! Well, what does show up is still taking time and space in your head which may mean it is unresolved.

When you see these moments, I would like for you to examine them and see what actually did happen and who it actually benefited.

Example - Growing up my parents overly supported me, then they lost everything and I was forced to have to support myself suddenly. I resented them for having to fend for myself.

The positive of this is I now had to become resourceful and create a life for myself rather than being too comfortable and unfulfilled as I never had the opportunity to be challenged. When you are challenged, you have resistance to grow against to become a more enriched human being.

This works for extreme situations as I had gained this awareness from my mentor Dr John Demartini! If you have not done the breakthrough experience I suggest you check it out! Incredible!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

If you have taken on the exercise - brilliant job. I know they are not easy. You will likely see those thoughts had a positive side too and were not all negative. The real master is to be

able to transform and transcend each moment and to be grateful for what occurred rather than having regret, guilt, resentment, fear and other emotions that continue to haunt us all.

You can now be free from the skeletons and focus on what really matters, the present moment that is free from past chains that kept you from feeling happy and earning the type of money you would like to earn that you can help and contribute to others not out of guilt but out of love!

This isn't your usual business book (I am sure you have noticed this by now) however what I am asking you to try is a different approach and it may work for you. In fact, if you have and continue to do what I have asked you to do, I can say with utter confidence that you will gain new insight and will learn something about yourself that will help get to where it is you are intended to go. It does clearly help if you actually answer the questions and do some real searching within yourself.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Family and Social - The relationship you have with your parents (caregivers) is what you have with life!

Chapter 1 - Who are you, your mum, your dad or maybe another adult figure?

Chapter 2 - Let go of blame and live your life

Chapter 3 - The environment will alter who you are! - Epigenetics, environment signals the gene. Like Xmas light on and off. Genes make proteins and proteins are responsible for structure and function for your body,

Chapter 4 - The machine vs you!

Chapter 5 - You just going to sit there?

Chapter 6 - Top habits from top networkers

Chapter 7 - To be interesting, be interested

I have many stories of my childhood and unfortunately for me, they were very tough times.

Though I see the natural law of the universe and see that all is balanced and that I am very fortunate now for what happened.

My mother was diagnosed with cancer when my youngest brother was born and we were only 14 Months apart.

My father would describe her as an earth mother who was naturally funny, witty, very intelligent and possessed great empathy and a very strong maternal instincts.

However, after many visits to the hospital over five years she began to realise her life was coming to an end and her personality slowly changed.

She carried with her sadness which was no surprise when you are terminally ill, and this fed into our psyche and when I was 9 years old she had passed away.

Soon after this, my father had started a relationship with another woman who was to be with us until I left home.

It occurred to me she was the opposite of my mother, she was more into her self than us and didn't appear to possess any maternal instincts. This is not to point the finger of blame as you will see in the following chapter. To blame and hold resentment is a poison only you carry.

It was a challenging time, growing up and I took this into my own relationships and that didn't turn out well.

It sent me on a quest, to know why it was I was sabotaging relationships or picking the “wrong” partners.

It took me around 5 years of conscious searching, books, events and coaching to go full circle and see that I was acting out past programs I had picked up from unconscious modelling from my childhood.

It hit me, I suddenly realised I was acting out exactly the same situation. It was as if something else would take over me, and I would be caught up in it and then when I looked at the broken pieces around me I would say “What the hell happened!” Feeling guilt, shame and confusion.

I will break down over the chapters why this happened and to bring light on anything that you may have not known before so you can resolve it and continue forward with your life.

Chapter 1 - Who are you, your mum, your dad or maybe another adult figure?

As we enter this world we are given our two parents, some would say we chose them as we consciously existed before we were born. You can explore this theory, though I do have strong feelings about this idea.

Our survival was dependant on them to feed us, take care of us and nurture us throughout our childhood. Anything that happens we take as a threat to our survival, so if your parent or equivalent sided with someone else it would be a threat to you, or if they took something from you or told you off. An array of these would have you feeling as if your life was being threatened and so we made decisions based on these experiences and then built stories around it. Stories we believed inexplicably to be true and we would gather evidence to back up our story.

To us, this was our new reality and we then made choices based on this false perception we had created for ourselves.

The mind is not to make us happy but built for us to survive. I mean think about it, over two million years ago our ancestors would be travelling the lands of the world and be extremely vulnerable to all sorts of animals and weather conditions. They would have to survive by being continually fearful of the unknown and if they were not they ran the risk of being killed for their lack of caution.

This is ingrained into our consciousness, our shared consciousness. Imagine the fun fair game Bumpers (if you are old enough to remember) you would be driving around with the

antenna rising up from the car connecting to the power from above above. This is a metaphor for what we have, an invisible antenna that connects us all.

We make decisions based on what we perceive growing up from our experiences, we also view our parents and see which one wins. Who would you rather be? You can then adopt that person's characteristics as your own and behave in that way as an extreme version in order to be stronger or be sure to be the bigger winner. Often you have no choice.

Action Step

Who are you acting as? Write down who you think was the winner between them and why? What did you adopt in order to not lose?

It is worth taking a serious look at this in order for you to become aware of what patterns you have been picking up that are not your own. They can be helpful or hinder your happiness in certain areas of your life.

Chapter 2 - Let go of blame and live your life

Blame is so powerful, it gives us an excuse not to take full responsibility for our lives.

How you are with your parents is how you are with life.

They are our first glimpse into relationships and can define our whole perception of our relation to life.

When our own survival is threatened as I mentioned before we are forced to make decisions on how to deal with this threat. We consciously make a decision that they are wrong, for doing XYZ and then our actions from this point are to gather evidence all around us to prove we are right. We alter our reality based on these quick decisions from a moment that happened and then we create our script (the whole film has been shot and edited in our mind and we keep replaying that baby over and over!)

What will transform your life is to take full responsibility for your life from today and to let go of that movie that you believe to be the truth.

You may think you have all the evidence needed from the stories your mum told you about your dad or your dad about your mum.

You may have other people backing up the claim.

However, how does it serve you except to point the finger and say my life is this way because of you!!

If you are to look at your life right now, what can you be proud of? What can you be thankful for? Whatever it is that you think your parents had done to you, there is another side. You are who you are and there is everything to be appreciative for that.

Now that you have the capabilities and some understanding, I want you to see what your life would look like in a moment if you chose to let go of your movie around “what happened” and the stories you believed and just loved them for who they are. What would that feel like? To let go of the blame and shift that energy to something that is constructive in your life. How would this shift your life?

Action step time!

I would like you to write a letter to your parents or anyone you had major issues with. That you blame for something because if you do you are giving your power to them rather than claiming it for yourself.

As Nelson Mandela said - Resentment is like drinking poison and expecting them to die.

Write the letter with a new awareness, play devil’s advocate and reshift your perspective on what you can appreciate and be grateful for them.

A layout written below for you to follow.

Dear _____,

I want to say sorry for

I blamed you for

Thank you for

I want to create a space for something new, such as

Love from _____

Now that you have done this, I want you to go over what you have written and make sure to look out for any unconscious blame in the letter. It is to take full responsibility and not to put a few digs in there. If you are truly grateful and writing from a place of love and acceptance you will know it.

Now that you have the letter, it is time to call or send that letter to the person you intended it to go too.

Do not expect anything in return, in fact, do not react if they send something horrible back or say terrible things. This is for you to clear the toxic energy out of your body to create space for something truly magnificent.

If they are no longer alive, then find a safe place and re-create that person and talk to them. I can assure you they will be listening, as everything is energy and energy never dies.

Chapter 3 - The environment will alter who you are!

It has been shown that the environment will literally alter who you are, from the inside out because of something that is known as epigenetics.

How it looks is this, the environment signals the gene and this alters the body as genes create proteins. They are responsible for our structure and function of the body. Basically, the environment can cause genes to be turned off or on.

Basically, your environment plays a huge factor to you at a cellular level.

I have gone through this myself through doing very different types of work, from working in gyms, voluntary work, IT recruitment and acting.

At times I wasn't sure if I was coming or going!

What I realised is that from the moment I was in an office I would act out in all sorts of manners. The more self-development I did the harder it was to be around certain people, you learn the importance of protecting your environment and the people you are with.

As the saying goes, you are the 5 people you keep. Well, let's see. Who do you hang around with, are they similar people to the position in life you are in now? Earning similar salaries, similar lifestyle etc.

If you want to transform this, it is rather challenging as you have to leave your "tribe" which back in the times when leaving your tribe would certainly mean death, this is innate. When you do venture off to find a new tribe you will be very uncomfortable, lonely and sometimes fearful. However, what comes with the challenge comes to support you reaching out to find new peers who are doing what you strive to do and this will help with your growth exponentially. They will pull you up to their level and you will become the person you know you are.

What is it you want to do with your life? Who do you need to be around in order to achieve this? If it is a challenge to find them, then immerse yourself with leaders and communities of people who are doing just this.

Action step

Go out and find someone who you feel can be a mentor to help you with your development in this area. Be bold and go for it.

You can join our Facebook community - and reach out to other like-minded people.

<http://bit.ly/SelfLimitlessMasteryFBGroup>

Every day surround yourself with as many people you can that inspire you.

Chapter 4 - The machine vs you!

Have you ever had that moment when you're with someone who matters a lot to you, and you are overcome by some sort of feeling? It's something that rises up inside you, you feel a wave of negative emotions that you are not able to control it and it hijacks your brain. Suddenly the person you are with can't do anything right. In fact, even them being around you has become painful!!

I have heard many reasons why this happens, from pain bodies by Eckhart Tolle to past lives in a spiritual form acting out a past agreement.

Whatever we like to say to pinpoint what it is exactly, what I want to do is spread some light on it to help raise your awareness so that you have a choice for the next time it happens.

I describe this feeling based on my own experience and this is what led me to do a lot of work on myself. Understanding why, when you love someone that we sometimes (like me often) sabotage what you want.

Well, let's take a look. After many years and attempts to pinpoint it myself, I uncovered many situations from my childhood that needed resolving. It's when you ask the right questions to the people around you.

I had a chat with my sister and she pointed out what suddenly became obvious and a big part of the patterns I was playing out.

I had picked up and acted out my father's relationship with his ex-partner. They were together from when my mother passed at the age of 9 till in my late 20's.

I saw how they interacted with each other and how she put herself in a situation to deal with a family of four and my very expressive father.

Though, she did keep her distance from us all through her work and did not really attempt to take the place of our mum. She didn't have any maternal feelings, which bearing in mind the recent loss of my mum, were very important to all of us. This broke any connection I had and I grew without any real feelings.

When I was on my journey I forgot all about this part of my life as one of the causes for what was happening in my relationships.

I had unconsciously found a woman who was similar in that aspect and I reacted like my father and a sprinkle of my own personality of course.

So whenever I reacted or felt I was being taken over by something else, I could only watch as I saw that being right was more important than anything else, including my happiness. I felt utter guilt and shame.

I learnt this behaviour and over the years had cemented this in my brain by creating neurons that had made it a habit so they were forged together.

What does one do to break this habit? This learnt behaviour that is not even ours and destroys the love between people!

You must share this with your partner so they know that if it is about to manifest itself you can share a prearranged way to deal with it. If you no longer have a partner in your life, be aware if it starts to surface and make a new choice.

By being aware and knowing you are getting hijacked, you can take the blame off yourself and just know you are in "automatic pilot mode" as you go into survival mode.

What also helps is to meditate. There are other ways of dealing with this which I have shared in my spiritual book.

Action Step

Sit down and see where you become destructive in your relationship with your loved one, family or anyone significant in your life that you get this charge from. Check where it comes up. What patterns can you relate this to the past? Who can help you see what you can't see?

There isn't much you need to do when you become aware apart from showing your awareness and completing it. By writing a letter and getting all your thoughts and feelings down, having a chat with them or imagining you are if they have passed away. Let go of any negative emotions surrounding that person by seeing their positive side.

Once you fully comprehend that you're holding on to resentment any anger toward another person is just stabbing yourself and hoping *they* will feel the knife going in. As we know, this won't hurt them but just you.

Chapter 5 - You just going to sit there?

Well, in order for anything to happen we have to move. Right? So, to surround yourself with people who are ahead of you-you must find out where they are in order for you to put yourself in front of them and be the best version of yourself.

People come to you once you have got to a certain point when you become a person of influence. Until then we must go out there and be around the people we would usually feel uncomfortable to be with.

This is fundamental to you getting out there and being seen, to create contacts with people who are moving in the directions you too would like to be going.

If you have ever watched Dragons Den, the TV show where entrepreneurs go on to pitch their ideas to already successful business owners (the dragons) they invest not in just the idea but the person behind it. If the idea is great but they don't like the person behind it, then I have little doubt they will not invest in it.

People work with people when they offer value and are open and honest with their intentions. Then opportunities will open up a lot quicker so much better than working on your own.

You can find these groups on meetup, facebook communities, LinkedIn.....Now it is time to go out there and find the groups you want to be a part of.

You have further tools to help you with this book.

Write down the results you got from researching groups here:

Look at the next meetup dates, schedule it in. Even if there is a little cost to it. Get yourself out there!

Chapter 6 - Top habits from top networkers

Generally speaking, networking is something we should do more of, yet we don't do nearly enough as we should.

There can be a whole bunch of reasons why not, from rejection to unfamiliarity, too much effort...whatever the reasons we need to go beyond that and start to get results from taking the action.

Habit 1 - Ask for help to keep the momentum. Do not be afraid to put yourself out there and ask for help. You will find someone be assured! It is harder to start moving again when you stay stuck. It also gives you a great excuse to talk with people.

Habit 2 - Keep in touch even if you can't see value in that relationship right now! Only reaching out to people when you need something is a sure way of not receiving any help and being perceived as a manipulator. Genuinely staying in touch shows a caring and decent person.

Who can you think of right now that can be on that list of regular updates?

Put a reminder on your phone to schedule the catch-up call or text with each one!

Habit 3 - When someone does help you - do you thank them? It takes a few minutes to acknowledge someone for their help and it goes a long way.

What could you do as your trademark thank you for people helping you?

A gift? A letter? A text? A call? The more thought you give the more certain you can be that they will want to help you again.

Habit 4 - Pay it forward! What you give you get back 10X. Believe in that or not, it certainly is a great way to think.

Who can you help? What can you do right now to help someone? Maybe someone asked recently and you said not now...!

Chapter 7 - To be interesting, be interested

I think this is so powerful and so true. I mean, look at it with regards to you personally.

When someone starts talking about what they do and about what they have done it may be of some interest but when they turn their attention to you and show real interest in who you are, what happens? You suddenly become really interested in that person because they are interested in you.

It is a challenge because we do love talking about ourselves. This is why it is so powerful to be interested in someone else.

When you go out next time and are having a conversation with someone bring awareness to the moment and really focus on them. Avoid the common trait of preparing what you want to say or what questions you'd like to ask and just be present in the moment and respond when you are in flow with them.

This may take practice, yet you will see the effects on how they respond to you if it is a stranger or someone you have known for years.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking

action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Finance and Wealth - Be an investor, not a consumer. Finally, implement a practical plan for you and your family's future.

- 1. Know where you are, see it and put a number on it, well at least a rough estimate.**
- 2. What is the number you want and why? Do you really NEED £1 million a month income?**
- 3. Now you know where you are and where you want to be - time to take responsibility!**
- 4. How can you be financially free if you don't value it? Let's take a look see!**
- 5. Money management system**
- 6. A simple way to invest without getting sucker punched by hidden fees.**
- 7. Let's look at your inner belief system around money!**

Financial Success! What does it mean to you? Do you go into the crevice of your mind and see yourself drinking pina coladas on the beach with the people you love around you smiling or attractive strangers at your beck and call.

Do you see yourself on a yacht with a glass of champagne with the captains hat on saying cheers to the wind?

Whatever comes up for you, is it really your vision or the films you have been brought up to believe what financial success is?

If we really break it down, what financial freedom is is you having money coming in without you working for it that matches your monthly expenses. So if your expenses are met and you don't have to work for it, guess what? You are financially free! Whoop whoop! Do you need

to create such a mountain for yourself where you believe you need a million quid in the bank?

We tend to make the idea of money bigger than it really is and we have all these beliefs around money that are not even ours.

Your parents may have had their own negative viewpoints of what money is like “You think I am made out of money”, “Money doesn’t grow on trees”....and blah!

The one I remembered growing up the most was “Successful people are successful because they screwed other people over”!

Well I never wanted to screw other people over so if I got close to successful I would then sabotage myself (subconsciously) in order to not screw other people over.

We need to get this all out so you know what you may have been believing that has been hindering you very success. The fact you are reading this shows you that you are more consciously aware than most of the population, so well done to you!

What made the big shift for me was associating money to value points. You see, if I am looking at minus value points in my bank account then that means I am taking more than I am giving. Simple really!

I made a choice that I was not going to focus on myself, but to focus on adding value to the world and in return, if my theory is correct, I will then have more value points (money) come to me as fair exchange (universal law)! You can not have one without the other you see, up without down, left without right, wrong without right, predator without prey, war without peace and support without challenge.

I went out with this new shift of awareness and I then had to invest in myself in order to offer value to others.

I created a whole process that allowed me to see what it is I valued, how to offer to others and went about putting that into action. Cause and effect! The life I lead now is a result of those choices and why you are reading this now.

Before this moment of realisation, I was homeless and wondering where I was going to sleep in London. I completely undervalued myself at that time and felt I was worthless. With this mindset, you certainly won’t be adding to peoples lives but have pity and be a sponge on others.

The style of how I write is really not to teach you to suck eggs, I believe you know the answers and I am just here to remind you briefly and then with that new remembering to take action with it to get the results you want quickly!

So let's get on with it!

Chapter 1 - Know where you are - Put a number on it, if you are not able to accept it truly at least estimate it!

We are not always truthful to ourselves and our mind is not there to make you happy, it is there to keep you alive and that is it. Survival plain and simple.

We can either exaggerate where we are at or make it worse. Both are created illusions and it is time to pop that bubble so we have a solid foundation to start from and begin to build your financial blueprint together.

Even the wealthiest people on the planet started from zero, some minus a few million so wherever you are at it really makes no difference to where you want to go so no point worrying and time to accept and move on!

I remember when I went through the challenge of being in the red financially and living on couches where I could find them. Wondering if I would ever get out of this.

I learnt certain principles from reading books like this and what I found worked, no theory and one bit of knowledge and you have to buy another product before you can do anything. You can take this information and run with it now! Saving you years and thousands of pounds of your hard earned cash!

Right now, let's write down where you think you are (or actually go through all your accounts and find out exactly.)

Action step

Write down all your expenses (daily, monthly, yearly) in a google drive excel file or jot them down here. To help, go over your bank statements of the past three months:

Write down all your income sources here (if on commission just work out the average, add all the amounts up and then divide by three):

Write down the number you have based on the results from above (minus them against each other) and you will have a true reflection of where you are currently:

Now you have a clearer understanding we can now get to work!

Chapter 2 - What is the number you want and why? Do you really NEED a million pounds a month?

When I first started to read books on personal development, my mind opened up to the limitless possibilities and I had this notion I wanted to be a billionaire! That true success is being the best in the world and adding massive value. I still resonate with this, to add value to the world. However I set my mountain so high that taking one look at it kept me where I was, unsure how to take the first step.

Going from the exercise from chapter 1 (if you have not done, I implore you to complete it before moving any further as without action there will be no result) you will see that you are able to live each day with what you are currently on. Now, if you were able to offer value in a service that allowed for you to have this money coming in each month that matches or exceeds your monthly expenses then you are financially free, without having to be a millionaire.

By getting clear and concise you can get to work on actually building what it is you want, it is not rocket science. There are people doing it every day and all you need to do is model them. Modelling is seeing how someone has done something and then rather you going out there and trying to figure it all out, you do what they did. Like following a recipe.

I always wanted to be original in my approach and do it my way, but this really didn't get me anywhere and until I finally got it I was jumping from one idea to the next. The art is clarity, commit the model, then action! You are original, so no matter who you are modelling it will be your way but with the results you want.

To get clear we need you to come up with the number you need to create that will be something for you to aim for to have that financial freedom. This does not include your passive income from a business or investment you made (to explore further, please refer to my book on Career and Business)!

Action step

Write the monthly expenses you have going out in order for you to live the lifestyle you are currently living_____. Now multiply that number by 12 and write it here_____. You now have a clearer view of your yearly expenses. The less it is the easier it is to reach financial freedom.

So, look at what there is that you could clear or get rid of. You may see things you do not even recognise (a drunken click on a link and voila, you are subscribed to a monthly product worth a hundred bucks!) See what you can start to clear in order to lower the number for your financial freedom.

List here what you will need to keep and if necessary re-calculate again so you get a new number using the process above:

New figure:_____

Now we have a real tangible number, no more living in the dark. The light is switched on and now we can go about and calculate your Value Giving Number (money you need in the bank to pay interest for you to live financially free)!

So we look at your current expenses and what you are able to take out in order to not affect your main pot! You don't want to eat your chicken that lays the eggs so to speak!

If you are spending \$3000 a month which equates to \$36,000 a year, you will need an amount in investments (your chicken) that you can withdraw the interest (the egg) without killing your chicken so it can keep laying those eggs.

Catch my drift?

If you look at the average rate of interest on stocks and bonds, (S&P 500, Bond Index and emerging markets to name a few) they have historically for the past fifteen years performed a rate of between 6-10% interest. The market grows, it goes up and down each year but over time it grows. It has since the market began so with this data we can only have faith that it will keep doing so, unless we go into an ice age, have a meteor destroy half the planet or an Alien Invasion (war has happened and the markets have risen afterwards) and if this happens well, your money is not going to help you much in these circumstances.

Looking at this and if we were to be cautious we can create an average of say 5% return on investment.

If we go from the example above of \$36,000 we would then divide that by 0.05 giving us a total of.....(drum roll) \$720,000. We need \$720,000 in investments to give us \$3000 a month. You are financially free at \$720,000! That is your target! When your mind has something to go for and you make that commitment, you have nothing to stop you only yourself.

Now, get your yearly figure _____ Divide this by the interest 0.05% write it here _____!

In order to get the big number you have for financial freedom, you will need to save right? So what are you saving currently? If you are saving \$25,000 a year, it will take you 29 years. If you save less then the years increase.

Work it out by what you are currently saving now _____ divide this by the big number _____ and this equals _____ which is how many years it will take if you stay consistent. If you are saving no money then it is next to impossible to be financially free which makes you a slave to work!

It is okay if you are not saving or you are in debt. You are where you are and you now know it. You are already ahead of most of the population. So no point not accepting it.

We will delve into the concept of paying yourself first in the next chapter, as managing your money is more important than what you earn!

You have your figure, you may even want to put that number somewhere where you see it each day, you will activate a part of your mind that will look for ways to fill in that pot as quickly as you can as with each coin you put in, you are getting that one step closer to financial freedom. It isn't some whimsical thought, it is tangible and now you can get to work creating financial freedom that only less than 1% of the population is.

Chapter 3 - Now you know where you are and where you want to be - time to take responsibility!

First off, well done for getting to this point. Not only have you accepted you are not where you want to be (honesty with self) and you are investing in your education but you have also got to this point, reading what it is I have to say! Medal all in itself!

I have immersed myself in personal development and what I can tell you for sure is that everything in your life you have created. Even the shit you would swear to the high moons you would not have created that! But you have and the first thing you should say is Why did I do this to me!!!! Okay, now we can take full responsibility for it. The reason is, we take the power back and give it to no one else except ourselves.

If you are to manage your money (systems to follow on the chapters ahead which will drastically improve your confidence around your money) you best do it yourself. Many people hand off their hard-earned - Value Points - to someone else and then give them all their trust in that person. You may go to a broker, financial advisor or whoever and say to yourself, well they are qualified so they must know what they are doing!? Errr No! Look at them to see if they are successful, are THEY financially free? Do they operate with integrity? Are they getting a commission from the companies they invest your money in? If you give it over to someone else, without doing your due diligence, can you really expect that if your money goes down the toilet that they are to blame? Or can you see how it was your responsibility?

So many people are willing to abrogate their responsibility then blame others when it doesn't work out.

You have to do some research, some self development around finances if you expect it to grow. Which you are doing now! Be around those who are demonstrating that they know this area better than you do. Otherwise, you will have to work hard for your money unnecessarily longer than you may need to.

For me, I have never been one for plans, systems, researching areas I am not entirely keen on etc. However, when it comes to what I do value, I link how having this area will support my values and suddenly I see the importance and I have my why.

In the next chapter, I will cover the Value system that I learnt from Dr John Demartini and I will simplify it so you can get to work and get results fast.

Action Step

Look at what you are not taking responsibility for and claim that back now.

If you have money invested with an individual or company, do a little research and ask questions.

Chapter 4 - How can you be financially free if you don't value it? Let's take a look see!

Most of the population, if not all the population, want to be financially free, yet less than 1% of the population are in fact financially free.

We convince ourselves we want it, though our actions shout the absolute opposite. We then get caught in the trap of chasing it and deluding ourselves it will happen yet not educating ourselves on finances, investments etc.

The people who become financially free are the ones who value money more than others.

At least 70% of lottery winners go broke and file for bankruptcy.

Action Step

Let's look at the value structure - You know what it is you value.:

What do you think about? (What thoughts come up often that you may brush aside?)

What you talk about? (When you bump into someone, you may unconsciously ask about their family, business etc - this is a good indication).

What you spend your money on? (Look over the past 3 months and you will see!)

What you surround your personal space with? (What is it you have around you, or a place in your home you get a bit antsy when people come too close to it?)

Write here some ideas:

If you circle the things you value, you will see a pattern.

For example, I think about speaking on stage, coaching and business/wealth. I speak about this, I surround myself with books around my laptop so I can carry on educating myself and use my computer for my speaking. I spend my money on self-development.....there is clearly a pattern!

What you value, your money will filter through that before it ends in Investments as you do not value it. Unless you bring it in your awareness and it becomes apart of your values, you will not be able to respect it and money always flows to those who do. Look at lottery winners! What do they do with it? They get \$10,000,000 and spend it within a few years and are straight back to square one. The money circulates back to those who respect and manage it. What would you spend that money on?

I want you to see the value in valuing money, deep into your psyche.

I want you to link 20-30 benefits of saving and investing will have on your highest values. Just become aware and start implementing them with the next few chapters the systems I have provided.

Write here:

Chapter 5 - The money management system - Why did they not teach this at school!

I have written about this in my book 21 Actions, if you have read it and are applying it then you can save yourself some time and skip to the next chapter. If you haven't read then read on if you have read and have not applied the principles then read on again and again till you do!

I first heard about this concept from a program I attended called the Millionaire Mind Intensive by T Hark Ekher. It was done in such a clear way that I implemented the method instantaneously. They explained it using six jars, however, I will share with you the way I use it now so you can get instant results.

The idea I believe was originally adopted from the book The Richest Man in Babylon written by George S Clason. He explains these financial processes through a collection parables set in the Babylonian times.

If we are to look at the metaphysical meaning behind this method, it is that we must put our focus on what results we want.

What tends to happen, people will spend money on what they value (in the following chapters this will be made clear). The bills that come thick and fast and are difficult to pay is due to the fact we haven't managed our money and we then have to deal with the stress based on the money spent for what we value! We get ourselves into a pickle!

If you put your focus on paying your bills first, and keep complaining you have bills to pay, then you will keep creating more bills to pay. It will be a pattern you are stuck with. This until you shift your focus and start to value yourself over bills first, you will keep creating them and worry until you crash and burn. I know as I have been there!

So we must adopt a new concept of paying ourselves first in spite of the demands from others who want to be paid. No matter what, you value yourself first by paying yourself first. Then pay everyone else afterwards. You will always find a way, realise you are number one and thus treat yourself that way.

If you have debts to pay back, then ask them about the options you have. Communication can go a very long way, rather than hoping the problem goes away. You may even be able to negotiate the interest rates on your debt, just ask! You have nothing to lose.

If you have fees that have been accumulated because of your debt, again ask if they can be waived. Another resource you can find on how to manage your debts and create financial freedom is the book - *I Will Teach You To Be Rich* by Ramit Sethi. More focused on the US market but still a great system that will pay off in the future.

The method works as such:

With your bank, if you are able, set up six accounts or find a bank where this is possible. It is important, so don't give up on it. It will free you up and your financial life will start working for you.

We now need to name each account so you know what is going in and why!

- 55 % - Necessity Account is for your living expenses. This includes food, rent, clothes, mobile phones etc. whatever you must pay to live.
- 10 % - Financial Freedom Account is the account you must never ever touch. It is for future investments. First of all, you must build this up and start to educate yourself on how to invest. One rule for investing is to "Diversify"!
- 10 % - Long Term Saving is for the larger, nice to have purchases. This includes your holidays, furniture. (You can divide this account if there is something you are saving for specifically, but always keep to 10%)
- 10 % - Education is vital to your growth. To become the person that is capable of achieving financial success, you must first understand how. You are the most important asset, so invest wisely. You can invest in online courses, seminars, live programs and other valued educational products.
- 10 % - Play Account has to be spent once a month on things you would not usually purchase. It is to reward yourself for your discipline in managing your money. Hey, you gotta take care of number one, right! Suggestions are massages not sure if you mean messages or massages!!, getaways (weekend), expensive dinners etc. If in a relationship, I suggest you both have separate play accounts and must never ask what each other is spending it on. You are both unique individuals and deserve to have some personal pampering time.
- 5 % - Gift Account is for giving to family, friends, birthdays, for special occasions and for any reason to be generous. You can also give your time away instead by doing something for someone else, such as charity work, community work, helping a neighbour and much more.

Action Step

Now you know what to do, call your bank, go online and do whatever you need to to set up the six accounts right now!!

It is not how much you earn that creates financial freedom, there are many examples of wealthy people who were not financially free. They lived beyond their means (killed their chicken that was laying their eggs) like Mike Tyson's \$300,000,000 and then went bankrupt!

Another example is someone who earns \$6,000,000 and spends \$6,000,000, then gets a massive tax bill. Whilst his assistant who is on \$30,000 a year, is putting away a portion a month and is on the road to financial security before her boss is!

Get the picture.

When we look at compound interest in the next chapter, you will see why it is the 8th wonder of the world as Einstein put it.

Since writing this I have adopted another method that I am testing -

Which is:

50-60% of your income towards fixed costs such as Rent, bills, expenses etc.

10% of your income towards Long term Investment such as deposit for houses, laptops etc.

15% of your income towards Guilt Free spending, this is for you to explore and enjoy!

15% of your income towards savings, this is your financial freedom. (Chapter 6 will help set this up)

Chapter 6 - A simple way to invest without getting sucker punched by hidden fees.

There are already countless of books on the subject and some are better than others. Now I am not a financial advisor and I am not here to say I know how to invest like Warren Buffet. That would be foolish!

However, what I can give you is the words and advice condensed down to a simple step you can begin with and if you've already have started make sure your money is protected where it is and or reconfirm what it is you know.

When I switched the light on to investing and thinking of the future (way much later in my life that I liked to admit) I was on a mad hunt not to waste any further time on this wonder called Compound Interest as Einstein stated it is the Eighth wonder of the world.

There is a reason why the power of cause and effect with compounding if with money or habits you have in your life. Start very slowly and then after a few years you are suddenly rewarded or destroyed by the very thing you have consistently kept up.

The power of this phenomenon is not to be underestimated, look at what you are doing with all aspects of your life and see if what you are doing today if multiplied by 1000 instantly would it help or hinder you?

Back to my mad hunt! I was asking people I knew in investment banking and they were unable to explain the concept and tools I am about to give you. In fact, they had made it so complicated, I left even more confused and disheartened from before I went in.

I had to re-visit this area a year later, and this time through reading and doing some courses to finally overcome this lack of clarity.

This is what I learnt and it is what I am doing, so I can't advise you.

One thing I can tell you is that anyone who advertises on big billboards, TV commercials etc are most likely charging higher fees for their services and perhaps are not offering a quality service.

Now what is a high fee, you may think 2.5% is very small. However not when you take into compound interest. That small fee climbs very fast and suddenly your investment pot after ten years is looking very slim, in fact the figures after a 2% fee could see your investment down by over 25%. That's a big chunk of change for what? Having some "professional" taking care of YOUR money. No thanks. A little education as this can save you 10's of thousands without much effort at all!

If this is you right now, check the fees where your money is and what I would do is get it out!

With this now brought to light, it is important to know where you will be putting your money or if you are just starting this journey.

Index funds are a great way to benefit from compound interest, historical interest rates that rise and with low fees it is why I use them.

In fact, Warren Buffet recently made a bet against Protege partners for \$1million that the S&P Index Fund would outperform hedge funds.

Warren Buffet of course won, the fund he chose was the Vanguard 500 Index Fund Admiral Shares that earned him 7.1% whilst his competitors chose an array of hedge funds that brought in only 2.2%!

So don't just take my word for it, listen to the best in the world and stop trying to get a quick rich hit and allow your money to go to work for you!

Action step

Take a look to see where your money is invested, check what the fees are. If over 0.5% then have a re-think!

Go through a list of index funds which you can find on google, look at the reviews. Find a reliable one, then call them up and have a chat.

I personally use Vanguard as I have heard a few big reliable names mention them and they are pretty friendly and the service is simple!

I have a DD set up monthly and I review it every 6 months to increase it by 10%, you do this every six months you will not only compound your investments but also quicken up the process to that financial free figure.

Winning!!

7 - Let's look at your inner belief system around money!

With money, you become more of what you are, it doesn't "change you!"

If you look at a tree, you will know that it has roots, yet they are not visible. This is where you are and what people see is this tree. If your roots are growing in soil that is filled with anger and resentment, then you will grow more of that.

If your roots are grown from soil that is enriched with integrity and compassion then you will grow from this.

There is no right or wrong here, but I want you to understand that money is not the problem. But the root of who you are is what you need to see.

What is your relationship with money? How do you react to people with money? How do you behave around people who are successful?

You may be carrying a whole belief system that is not yours and perhaps you believe that money is evil. Are you going to keep it?

Money has no intrinsic meaning, you can attach any meaning you want and I suggest you attach an empowering meaning to it so you attract it rather than repel it.

We have a responsibility whilst on this planet to give back and not just take. I want you to put a focus on where you can look to create wealth and how you would then give it back.

Look beyond yourself and into a future once you have created the wealth you seek and how it can benefit the planet.

In fact, let's do an exercise - You have just won the lottery, now before you learnt about what you have read. What would you spend the money on?

Action Step

Spend that money, all of it. No estimates, if you buy a house, look for the price of that house online and spend it. See what you would buy! Once all the ego stuff is out the way, you will be left with stuff you want to spend your money on that means something to you.

Write here:

Now you have written out what you would spend it on, what did you find at the end? What was left over that you really thought about and how it would serve others?

This is a good indication of who you are, and how you want to contribute once we get the "I should get this and it would be great to get that" society impressions out of the way.

I want you to write a plan for 1000 years in the future, how your building wealth has left a legacy behind for this time.

What would it be? Who would it serve? Why is it important to you? What would it give you?

It is time to think beyond yourself and to others, remember the more value you give the more valuable points you will get in return.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Health and Fitness - Prevention is better than the cure. Take control of the wheel and stay in the driver's seat.

Chapter 1 - What is it you actually want?
Chapter 2 - A new paradigm shift
Chapter 3 - Keep it simple, eat fresh and keep track.....
Chapter 4 - Times of the day!
Chapter 5 - Program yourself to train away
Chapter 6 - Value your health
Chapter 7 - Organic...simple!

Health and fitness - I just see a poster of the muscle man with his bikini fit lady(s) by his side. Like something out of the 80's. It most probably came from the years growing up hanging out with my older brother as he trained in the gyms! They had the Arnie posters on the walls with half -naked woman drooping themselves over him.

What do you see when these words come up? Do you see yourself attaining the goal you want to attain or do you try to avoid it as it "hurts" too much!?

Whatever it is we associate with these words, we know it is one of the most important areas of our lives. Once our health goes, we can kiss all the other areas goodbye as it has an earth shattering effect on them.

I have been into fitness and health for as long as I can remember, I used to do martial arts as a kid along with cross country. Then it developed into gym routines then to MMA to doing just enough to stay lean enough that I wouldn't feel too awkward to take my top off at a beach.

It hasn't been a major issue for me, apart from a few health scares. However, it is a big deal and a big deal for a lot of people. It is likely a big deal for you.

I want to break this down so you can take easy actionable steps to help you get to a place in your life that you are finally moving, taking responsibility and you feel more energy to do the things you love in life.

When you feel better in your skin, you have confidence, when you have confidence you will make better choices as you see life through a better state. Your life will then get better. The knock on effects are profound. So are you ready to get started? Lets see shall we.

Chapter 1 - What is it you actually want?

It will really help to know why you want to get fit! If you don't have a why that has some emotional pull, then when the tough gets going the fat will keep growing!

We are going to have to fight temptations, pain from exercise and restrictions, judgment from others who are in your social circle, going out of comfort and into the territory of the unknown. I hope I haven't put you off before you even get started!

In order to overcome this I want you to think of why you are doing this. What is it really?

It can be deeply emotional, there are women who have extra weight in order to make themselves less desirable to men due to unwarranted attention when they were younger and so do not want to face that again. An unconscious decision that gives them a result but it isn't addressing the issue and they are left unhappy and alone.

You may want to be with your family and not worry about keeping up with your children or partner.

You need the energy to take on the projects at work or managing teams.

You could be doing it to feel good and attract a possible partner.

What is your why? Write it here.

Now you have a why - what would the cost be if you do not make a shift and carry on as you are?

What is stopping you from getting what you want is a simple choice. However that choice will mean you have to overcome a part of your brain that is called the basal ganglia which is where habits form. You need to find the triggers throughout the day that result in your behaviour.

For example, Fred is working and at a point of the day he gets up and gets himself a cookie from the staff kitchen. I mean it is only one, however this compounds over time and suddenly the belt notch is increasing one hole at a time.

There are five things to look out for based on James Clear's habit loops:

1. Time - There could be a time of the day that triggers you to have that sweet, cigarette etc. When you next get up for a naughty treat, check the time and write it down. This maybe a trigger, if you are doing certain habits at sporadic times then this is unlikely to be the trigger for your destructive habits.
2. Location (Environment) - Can have such an unconscious shift on your behaviour. You could be in a certain place and be triggered to do that thing you do that you know is not healthy. When you are next driven by that habit, record where.
3. Preceding Event - This is when you are triggered by another event. So for example you could be in the middle of something, but you hear your phone beep, you check it then you see another notification and you check that and suddenly an hour has passed and you are staring at cat videos!
4. Emotional Triggers - When you are feeling a certain way, you may load up and eat whatever you can find to help change your state of mind. You are now numb and not dealing with the emotions that came up previously. Examine the state you are in the next time you do something destructive.

5. Other people - You are the people you keep, if you are around people who eat the foods that have got them fat then you will likely eat it too (up to 57% likely to get obese if they are). When you are out with your friends next time, watch what you eat and do compare it to when you are alone.

You can of course use each trigger as an advantage to help you instead of hindering you.

Flip the habit to trigger positive responses.

Chapter 2 - A new paradigm shift

When you hear of a new diet fad, what do you do? Jump on it, say you are still on the last one (and getting nowhere) or just roll your eyes and say not another one!!!!

We are all unique, we have different bodies, skin types, blood types and much more. Yet, there are diets that claim they are the panacea for everyone! This cannot be.

We know this is not true, science has backed it up. If you are 'O' type blood then you will have more acidity in your stomach than an 'A' type blood type so we will react to foods differently. This is just one example of many.

The industry is worth tens of billions of dollars and most, if not all of it, is garbage. We are confused with the information from the companies that peddle the products that they rarely use themselves. I know I am!

Great news! A new shift is happening and that is in the form of DNA testing.

There are companies out there that take your DNA, gets it tested and build a program based on your individual needs. No more guessing, no more diet fads. The truth of what YOUR body needs to take you to the next level.

We have different muscle types and our body reacts to different kinds of training from one person to the next. If you are with a very seasoned personal trainer they will eventually know how your muscles respond to certain training. With DNA testing it could get you there that much quicker.

What space in your mind and life would that create for you if you don't have to worry about this area? With the tools in this book, as you go through the following chapters, you will have more time for things you actually want to do and not have to worry about your health and being given early warning about possible genetic problems. This can be a thing of the past if you really want it.

The challenge can be that we build up an identity around these diseases and unhealthy lifestyles, that it is all we know. To separate ourselves from this and be free, healthy and full of energy is so alien to us that this unknown is scarier than the actual disease itself. Once you are aware of it you can then make a choice. Do I hold on to these beliefs or step into the unknown?

What do you choose? _____

The problems surrounding our health can be used to our advantage. You could be using your weight issues as a manipulative tool to make people feel sorry for you, to do things for you, to make you be seen and the centre of attention.

As Tony Robbins said - The biggest addiction is not drugs or alcohol, but at least in the Western World it is problems. Problems also allow us to get connection with people, to have people care and sympathise with us.

What health issues do you believe you have?

Do you share these problems with others?

Who with?

Let them know you are sorry for bringing up these problems and you no longer want to do it. The more you talk about it the more real it is. You want to move on from it and take control and not be identified with the problem. Tell them to give you a sign when you do it!

Chapter 3 - Keep it simple, eat fresh and keep track.....

We now have DNA to indicate what type of fitness is best designed for our bodies and it doesn't take a DNA test to know that eating fresh foods will be optimal for your health.

The most energetic I have felt was living on fresh live foods such as fruit, vegetables, salads etc.

However, based on your body type certain foods can have different reactions and what we think should be good for us is in fact having the opposite effect. For example bananas are great for some people, however if you suffer from mouth ulcers they can actually add to the problem! Apparently.

So, with the help of DNA testing and keeping a journal (steps to follow) we can stop leaving it to chance and actually know what works for us.

However, this does take work! Yes, writing down what you eat, being aware and actually evaluating how you feel after eating certain foods, after fasting (later chapters) etc.

We get taken over by our habits as you got from the first chapter. You know how to deal with triggers. Though with Sequential Strategy* we want to increase our odds of being sure we tackle this problem once and for all.

* The laws of quantum physics show there is no certainty, however with sequential strategy we will increase our odds of getting close to certainty by having more than one option to achieve our desired goal.

To take this on we have to make it easier for you to record the data and make a commitment to doing it. So for at least 1 week, record everything you eat.

Do it on your phone or notepad. You will then create a conscious habit that everytime you are going to eat something you know you have to write it down and the act of writing it will bring it into your awareness as such and help break the habit. No more unconscious eating and piling on the pounds. It works for smoking!!

After a time the act of taking the phone or pad out to write can be so laborious that you may say it just isn't worth eating that thing. Which is pretty awesome!

When will you start and finish?

How will you take notes?

What do you think the challenge will be to sticking to it?

How will you overcome that challenge?

Great, now get going!

Chapter 4 - Times of the day

There is a lot of evidence to suggest that it matters more when you eat than what you eat.

Diets are limiting and can leave you feeling restricted. We do not want that, yet we want to be fit and healthy. This is where Time Restricted Eating comes in (TRE).

Studies have been done to prove that what is just as important or even more important is not what we eat but when we eat.

I first heard about this on Joe Rogan's podcast where he interviewed Dr Rhonda Patrick who is a biomedical science and expert on nutritional health. She knows her stuff!

The experiment was done on mice, as usual. The results of them eating whatever they wanted but during the allotted times were as follows.

- 9-hour of access to food caused 26 percent weight gain in the mice
- 15-hour access to food caused 43 percent weight gain
- 24-hour access to food caused 65 percent weight gain

Same calories but because of the timing.

I have done further research and found that anything other than water starts the clock for the day.

Now with this in mind, I am not saying stop eating the things you love eating, I am suggesting you eat them between the chosen hours that work with your schedule.

Just be sure to keep the window to under 9 hours or less a day when you have nothing but water.

For me the most vibrant I had ever felt was fasting on a Monday for 24 hours and the rest of the week I ate between 12-17:00 every day. This allows my body to help clean itself so by the time I went to sleep my body was not working hard to clear food out but had time to rest and work on other things. You wake up so energised.

If you are to go by the Cartesian clock, that was a theory brought to light by Descarte in the 1600's. He believed that the human body worked with this clock, specifically the *Pineal Gland.

*The pineal gland sits at the top of the vertebrate brain and produces melatonin, a serotonin-derived hormone that modulates sleep).

There will be hunger pains for the evening if you finish around 17:00-18:00 but it will only be for a few days and will soon disappear.

Let's get clear where you currently are so we can set you up with this proven method that will give you outstanding results.

What time is the first thing you eat or drink?

What time of day is the last thing you eat or drink?

How many hours is that from start to finish?

Comparing that to the mice test, where do you fall into it?

You now have an awareness and can do something about it by measuring the time. All you need to do is delay or finish sooner.

You choose which one suits your needs. I gave my suggestion of 12-17:00. Experiment and record how you feel each day and look back at what you have written and you will see when you felt the most energised to when you felt the lack of energy.

Book Health and fitness

Chapter 5 - Program yourself to train away

How do you set yourself up to win? What can you do to remind yourself before the chatter that gets in between the moment of doing the exercise to tell you to not bother?

Mel Robbins, a really fantastically gifted and funny woman created the 54321 strategy to overcome the voice in your head that stops you from moving so that you take the action necessary.

The science behind it is that when you count down you interrupt the thought pattern that would otherwise take you away from the action. Mel created it as she found that before she hit the snooze button on the alarm when she woke up that there was this short window of self talk before pushing it. So she said 54321 and up she got! This transformed her life.

So, how can you use it for fitness and health. Well, you know that there will always be challenges when it comes to getting your gym gear on and going for that run, no matter if the weather is ideal for that run. You can always find an excuse not to.

What you need to do is set yourself up.

What can you put up on the wall of your bedroom so when you see it first thing, it triggers (habit) you to get up and start moving.

I have a habit of the first 30-1 hour I do a meditation then I follow it straight away with 20 mins of exercise no matter what.

It is now a habit. We need to create these triggers for you.

The poster or phrase is one, your gym stuff next to your bed is another one!

List at least 5 triggers you could use to have you get your ass up and get moving! You already have 2!

Now, we can attach this to habits you already have throughout the day. Like brushing your teeth, this can trigger you to do the plank for 2 minutes (google plank abs and you will see). Or every time you go to the toilet you can do 20 pushups! Get creative. Every day, little by little, will have a profound effect on you.

When I was an actor, I was working for her majesty's prison service as a prisoner (acting) to prepare prison wardens for what it would be like to work in a prison. I had to be very real in order to create a context for them. I was so real that the neighbours of the nearby prison complained of the shouting going on. To say I was committed was an understatement. As I was there for long hours, we would see around 25 people a day. I told myself I would do 20 push ups before and after each person. That equated to around 500 push-ups a day. It was hard at first but after a while it was natural. In fact it became such a habit that if I finished the exercise with someone it felt as if something was pulling me to do it.

You want these constructive habits to pull you in the direction away from destructive habits.

It is extremely empowering and effortless once you have formed it, but it does take initial hard work. However, it is worth it.

With Intermittent fasting and habitual exercise, you won't even recognise yourself in 1 month!

Chapter 6 - Value your health

If you have read my other books, you may recall I have mentioned values. Your actions are dictated by what you value and if you have a self image that is a certain look then you may revert back to that image you hold of yourself. Like a rubber band, it will stretch but once you let go it will go back to it's original state.

Before we break down and go into your values, I want you to write down what your self image is at this moment.

How do you see yourself?

How do you think other people see you?

How would you like to be seen?

I want you to now visualise how you would like to see yourself, look at all aspects of your body. If you have a heart condition, or on tablets for your health or are a diabetic. What would it be like for you not to have this anymore? How would it feel to be free from these conditions? How would your life be different if you let go of past beliefs that have been influenced by your parents or people around you?

We talk ourselves ill, just by being around others who are eating poorly or not exercising will have an affect on us. We can change this with epigenetics. (Epigenetics control our genes, which can be activated or even turned off. They are affected by the environment, how you sleep, who you surround yourself with, how you exercise!)

Write down what you saw.

Now in order to shift this, we need to look into your values.

Your life is dictated by your actions and it stems from your thinking.

Whatever it is for you, it is nothing to be embarrassed about. I have clients who tell me their dreams and it's as if they are waiting for me to point my finger and laugh at them for having them. As if they do not deserve it, or don't want to look stupid.

This is ridiculous and it is time to allow yourself the freedom to express your desires and dreams to the world. Yet, we must start with seeing it ourselves first.

To begin with, in order for you to move forward in the direction you want to take with your life we must get clarity and awareness.

What is it you think about (like how you want your life to look)? eg. I think about adding value to my clients, I think about how to improve myself, I think about business, I think about human behaviour and the mind. My home where I will be in the future with my family. No one has to remind me to think this, I do it anyway. I do not repress it and now I act on it.

What do you surround your personal space with? eg. I always have my laptop, books and fitness stuff with me. It is what I do with the laptop which is of value. I research, write, learn and do my work from my laptop. My books are on the human mind, biographies etc. Fitness stuff is of course personal - it is what I value. This can also include your personal space at home or work where you call it your space.

What do you spend your money on? E.g. My money (as you may have guessed by now) is spent on education, seminars, books and on my business.

You can go over the last 3 months of your accounts and circle what is there and put into categories. Yolt is a great app to do this for you.

Otherwise think of 3-5 things you spend your money on.

What do you have energy and time for that no one has to tell you to do something? E.g. I have time for my rituals, fitness, work and teaching people.

It is not about looking good here, just be honest with yourself.

What is it you talk about? Something that inspires you that once you talk about it or hear someone approach that subject, you light up and have more energy than you did before. E.g. When I talk about the human mind, the potential people have, taking action then I have even more energy as I would do before I started.

You will see a pattern based on what you have written that will give you a clearer awareness of what it is you value.

When you see that there is a blank area of something you want to value like finance or health etc. You can see it isn't on any of the answers to the questions above. You can involve the linking process.

What is is you would like to start to value more of in your life?

How would having this higher up in your values structure benefit you?

Linking - What it is you want to value, how does it serve to better what it is you value currently? Write between 20-30 examples. E.g. I value family - I want to value fitness. When I get fit I will have more energy for my family, I will be in a better state and they will see this and benefit too, I can be an example for them...etc

Once this has been linked, you will know because your actions will change. Your outlook on life will change as your new values will now dictate the course of your life.

We have different values in certain periods of our lives so this needs readdressing over a 6 - 12 month periods.

Chapter 7 - Organic...simple!

With the research done over countless of studies, it is unanimous, organic food is far healthier for you than regular food! Shock, horror! Well, it better be with the extra cost. Your health is worth the investment isn't it? Absolutely it is. Not only that, it tastes better. It has more antioxidant compounds (for better health) than non-organic foods. Regular food also has higher levels of toxic metals and pesticides where organic food has far lower if any of it.

When the plants have pesticides sprayed on, they work that much harder to try and rid the chemicals through creating antioxidants which means a lot of the benefits are lost by the time they end up in your shopping trolley.

With these extra chemicals inside you, your body also has to work that much harder to rid these chemicals and over time this can cause health problems.

The reason most people choose organic is either for healthy eating, *animal welfare, avoiding chemicals and environmental reasons.

What would your reason be?

There is a little more cost to having organic food than "normal food" though over time I believe the normal food will have a bearing on your energy, mind and health. It may be so gradual, as with the power of compound interest, over time it will have such a contrast between someone who eats organic food to someone who doesn't. If you were to measure the results between both of these people from the start of their journey. I am sure there would be a difference.

If you have less energy, then you will unlikely be as valuable to someone who does have energy in giving value for a longer period of time.

So, organic food may cost a little more now, however it will save you in the long run.

What do you currently spend on shopping for the week?

If you were to take on organic food, what would the difference be?

You may have to sacrifice a dinner out knowing the produce most restaurants use. Your organic produce will be better quality and more nutritious than the food in the restaurant. Bare this in mind the next time you are out for your shop. You want to put less chemicals in your body so where is the closest organic market for you and your family.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Mindset - A State Of Mind will make your reality.

Chapter 1 - A clear mind needs clarity

Chapter 2 - Overcoming the voice to not be a slave

Chapter 3 - Completing with your past to free your mind

Chapter 4 - Naming the part of you that is the saboteur!

Chapter 5 - Get into a peak state, then make a decision!

Chapter 6 - Move from procrastination to taking serious action!

Chapter 7 - A structure towards a vision will shift your mental focus

I have struggled in this area for what feels like my whole life. I was not able to deal with the stress from home life to school life and at the young age of 14 I started to drink straight up

whiskey and pints of beer in the pub! Surprising as I wasn't exactly tall for my age and I clearly didn't look 18!

It was my way of escaping and it was a way for me to express myself as I didn't know how to when I was a child. I would get into trouble a lot though I very rarely shared my feelings as this was not something I could do at the time.

I was putting garbage into my system, from food that was highly toxic, alcohol that was literally turning my brain into mush and drugs that, well, had very little value to add to my life except to feel something rather than being numb to life.

What goes in must come out, so I was full of garbage and garbage was coming out of me. I would watch horror films sometimes on loop, action films and anything that would cause shock value.

I can't even imagine the pain and suffering that boy was going through, though he was numb most of the time through narcotics.

I was living a life with no future in mind, I didn't think I was worth much, I had moments I thought I was special and could do great things but this was overridden by a little voice that told me, 'you are not worth shit. You are stupid. You can't be successful. You are a fuck up!'...A wonderful guest to invite round for a cuppa!

We all have this little voice in our head and some voices are worse than others. What is your little voice saying to you?

With all these destructive habits, garbage in and garbage out, I wasn't exactly attracting promising opportunities. I am surprised I didn't end up in prison, hospital or worse, death.

I went through a full 180 degrees though it took a few years. I started to get out of my comfort zone and could see I could achieve the visions I saw in myself. It happened for me when I felt I had hit rock bottom a few times in my life. I would climb up out of the ashes and make something of my life, from Volunteering in Africa, to running clubs nights in London, working in a tough sales environment like IT recruitment to then saying no more living just for the weekends and finally becoming a professional actor without any real training. Just grit and determination. My book Acting Breakthrough describes my story of how you can become a paid word actor. Though it comes with warnings - the odds of making a living as an actor are not good!. I beat those odds and hence the book!

This was achieved with no help or formal training I had to rely on my own instincts. I was not into personal development until I was 30. I met someone who introduced me to it. I guess I was just more suggestible back then and I was hooked, so much so, that I became aware of the negative words I was reading as an actor. At the time I was playing a suicidal drug addict about to blow up his ex wife and two friends in a play called "Virgins Die Horny", playing a schizophrenic, claustrophobic prison warden for HMRC (Her Majesty's Prison Service.)

It had to be very realistic as it was to help train potential wardens. I had to play the same script for around 20 people a day for 17 weeks and at the same time I was shooting a music

video for Amber Run - Just My Soul Responding - as an underground boxer. This was a highlight of my acting time as I was so busy though I was also changing to be rather.....aggressive. I didn't realise I was more method than I previously thought. When you actually start to become the characters your playing, (and with these characters it becomes a problem) you need to learn how to disassociate yourself from them. Just as in real life, personalities that we developed that no longer serve us.

So, I became aware of what I wanted to put in my head and I lost the passion for acting and I also believe the person who was in my life at the time, I had put her above my own needs and had taken what she valued and started to make it my own. Losing my own identity in the process. So I lost my way and found that personal development resonated with me even more.

It was a tough transition to go from actor to becoming a speaker as everyone identified me as an actor. Another lesson learned from detaching yourself from your perceived identity.

It was like I was swimming against the tide but this time I was carried up the stream.

When I watch something, I usually get feelings in my stomach as I know I am going to be in the ring not as an observer, literally doing just this when I was in Thailand and jumped into a Muay Thai fight after watching others do the same.

I joined Success Resources after attending UPW - Tony Robbins event. I was selling tickets to his show as I believed it assisted my mindset so I could coach others. The more I was "selling" the more I was really just listening and coaching clients through troubles they were having and they left elevated.

I became a coach by studying everyday which I still do. This was a big indicator of knowing I had really found what I was looking for.

Soon an opportunity came up to speak at a UPW preview and within 18 months I went from working in a call centre (while I was supporting myself as an actor) to speaking in countries around the world inspiring people, creating experiences that transformed their lives.

The rest as they say is history...well I am still working on it. My goal to be remembered in a 1000 years.

Chapter 1 - A clear mind needs clarity

How do you get what you want if you are not even clear of what it is you do want?

If you don't have a target then don't expect to hit the target.

If we hold onto the past then you will be throwing that past in your future and nothing will change. all you'll get is the same.

In order to create space and new opportunities means to let go. I read a book called Letting Go just so I could really let go. However the book, though very impactful on how I would think about letting go, didn't work the way I wanted.

I still had pain about someone in my life and I was desperately looking to let go of all the baggage attached to this person. All the guilt, the small person I thought I was in their eyes and just the pain of not having that person in my life.

It took a long time to let go, what helped was creating space and focusing on others and not myself. Adding value to other people's lives.

I will give you a few exercises to do to help clear your mind. If you know a little of quantum physics you will know there are no guarantees in life. With sequential strategy, you can increase the odds of achieving your goal by giving yourself more than one choice to reach that goal. Which I will be giving you!

Is there something that is filling time and space in your head right now?

A someone, situation! It is usually because you are seeing one side of the coin and so are living an illusion.

If you resent someone, it is because you see more negatives than positives. If you are infatuated by someone it is because you see more positives than negatives. Does this make sense? Dr John De Martini made me aware of this in 2016.

First exercise -

What are you highly charged about right now? Be honest. Who is it that you know that is still in your head and so you are foggy? What situation? What health problem? Whatever it is write it down here:

Why does it affect you?

List what you see is a problem with this.

Now, let's spin this upside down!

What is the good in it? There must be a complete opposite. Benefits that are positive as you can't have one without the other and that is what causes the suffering and fills your mind up. Go to that moment and see how it serves you and how something you may be guilty about, actually served them to. Free yourself up now.

Keep going until you have really done this!

Now, if you have done this properly you will feel a sense of gratitude for that person, illness or situation.

You will have freed up a part of something that concerned you. With less energy and focus here you can free yourself up to focus on something you want.

What is it you want to focus towards now?

Great, that is far more productive time spent than worrying or feeling guilty about things you can't change.

Second Exercise -

Making up with people from your past, owning up and taking responsibility for your actions so you go and strengthen your mind.

You have an idea of the past from the previous exercise.

Now it is time to call someone from the past and just recognise them and how they had an impact on your life and how grateful you are. I am not saying create a new relationship with them, that is your decision. They may not take your call or they may not, but this is for you to make the peace.

You can find more in my book under family/social.

Third Exercise -

Food takes a lot from us, the most exhausting thing for the body is digesting food.

If you were to take a break and detox your body you will free yourself up and clear your mind.

This will entail a 3 day fast where you only have water for 3 days.

You break the fast with a glass of fresh lemon water (squeezed.) I like watermelon!

What dates could you commit to a 3 day fast?

Please check with a physician.

Chapter 2 - Overcoming the voice to not be a slave

You may or may not know that there is a voice in your head! Now, do not be alarmed. You will not have to go and see someone to stop this voice as we all have it!! The incessant noise that follows us around, every single second of every day. Commenting, judging others, our selves. Beating you up if you get something wrong. Recognise it?

Often this voice got a lot more punishing since our childhood because as we grew up we would hear the word NO at least 50,000 times. Our caregivers project their fears and insecurities onto us and our existence is literally under threat as our sole survival as we perceive it at the time is solely on them. So if they took a toy away, or sided with someone else or where there are real extremes, it leaves a lasting effect. So everything was magnified, every action seemed to threaten us and some with real reasons. A lot of traumatic moments lead to this voice, possibly your caregivers who raised you. It's now there voice in your head. Never leaving you alone.

We are constantly living in fear. When something happens to us we become fearful but it's not what's outside us that is fearful it's how we perceive it. The fear is inside us. You may get scared of a spider but someone else picks it up without any apprehension Was it the spider that caused fear? Or was it a trigger to something that was already inside you? We do our best to hide it but it doesn't go away. The voice of fear rises up and keeps us where we are.

Bring awareness to that which you fear. There will be triggers that elicit a feeling from the body that will then send signals to the mind and the chatter begins. Be aware of where it starts and follow the thread. You have a small window of 90 seconds as your body releases cortisol and lowers testosterone. Stop, take a deep breath and count down from 90 seconds. That's it. Keep it simple so you can remember it in times of potential crisis. Though you will be triggered by external situations, you can choose to move in spite of the fear and you are able to grow as a person. This growth is what brings you happiness. If you are not growing beyond your fear and limitations, then by the laws of nature, that which is not growing is dying. You have probably seen it in your own life and how some people who are much older seem to be sprightly as they keep themselves alert with rituals that drive success and they are constantly learning.

What we need to do is overcome the little voice that can take over. It is all about little wins throughout the day!

What is it you want to do, but keep getting stopped by the voice? For example, getting up earlier to do said rituals but...snooze alarm goes on!

Look at the cost of you listening to that voice. What does it keep you from having every time you succumb to it?

What would you gain if you overcame that voice and moved in spite of it?

Set yourself asap!

What can you do that will give yourself a better chance of success in overcoming that voice?
i.e. - Alarm goes off, it is across the room so you need to get out of bed. Once you do that, you move straight to your next ritual! If it be meditation, exercise, something that works for you (I have further resources and rituals at www.alexroseman.com)

Once I set a standard for myself, it becomes automatic rather quickly.

Chapter 3 - Completing with your past to free your mind

What you hold on to from your past you will face over and over in your future! If you think about how the mind works (even that sentence brings me into awareness that I can observe my mind, I am not that what I can observe...) The amygdala will kick in and do all it can to move away from pain. Pain from your past maybe a life story that is repeating itself. You will keep creating it in order for you to avoid it.

If you want to be rich because you came from poverty, your motivation is to move away from poverty to being rich. Right?

The issue then becomes your initial motivation. If you are motivated to avoid poverty and you are seeking riches, you will always need that story to motivate you. Once you become "rich" where is your motivation? You could sabotage your success in order to recreate that motivation.

This shows up in your life in all areas. What are you currently avoiding? Where in your life do you feel like you keep stopping and starting over and over like a continuous loop from a bad record?

Your mind is a heat seeking missile that will lock in and find what it is looking for, consciously but mainly unconsciously until you get it, let it go and learn something new.

How do you spot these patterns?

Where do you usually experience a very similar emotion time and time again?

What usually happens for you to experience this?

It is difficult to sit with yourself and bring up past emotions that have hurt you, we want to observe them and observe the situations that were occurring at the time.

When you are able to see a pattern, you can go on and stop it. Just the awareness is a major breakthrough!

Read this and then close your eyes! Write your experience once you are aware of it.

Where does the pain show up? What colour is it? What is the shape of it? How dense is it? How big is it?

Now that you have an idea of the size and shape etc, please now go ahead and close your eyes again after re-reading this part.

When you take a deep breath, just imagine a white healing light is coming in and going to all the parts of the body. As you breath out just imagine that the pain that we have described is starting to break into millions of pieces that it is becoming dust and with each exhalation the pain starts to leave the body and the bright white healing light is coming in and replacing the pain.

Keep doing this for as long as you need until you notice that the pain shape has finally left your body and you are left with the white healing light instead.

This is your natural state, you can anchor it (a trigger that is external to initiate you internally) a touch on a specific part on your hand, or squeeze you fist, or do something so when you feel the pain shape is coming back you can get that white healing light straight back with the touch of your anchor!

Do this often with each time a painful moment comes up! Journal it, notice when it does come up and write it down. The time, day and what happened externally for it to be triggered. You will notice there are certain anchors that have been performed unconsciously for many years. You can be a victim of them or you can get your power back!

Chapter 4 - Naming the part of you that is the saboteur!

The game is afoot - William Shakespeare!

Why in the hell would you sabotage yourself? It is rather counterintuitive however, can you recall a moment where you have said something to the people you love and later say to

yourself (usually out loud) why the hell did I say/do that! Why would I do that? It makes no sense! Who is that person?

You then go an apologise and say something like, I am sorry, it wasn't me. I mean it was me but it was like someone else took over and now I sound like a crazy person and can I stop talking, no apparently, I can't. Please someone stop me! Okay, so maybe this is my personal experience, though I am sure you can relate at some level to what I am getting at. We do things that seem like it isn't us. We cringe like those moments after a heavy night on the town, absolutely wrecked and forgetting everything to then only be hit short by bursts of memories that are traumatising and hard to believe until a friend calls you and you then ask, did anything happen last night? Your nightmares are soon verified by your friend and suddenly the blood drains from your face! Again this maybe just my experiences (in my early 20's)!

Ekhart Tolle names it the pain body, it can be from past experiences that have been unresolved since childhood and we are triggered by our nearest and dearest and when we feel that safe with them and have passed the honeymoon period, the pain body comes out with full force. Have you ever been on the end of one? One moment you know them and the next, you are thinking who in the heck is this person? It could also be spiritual, our souls likely have a past and have taken these experiences with them and carries on within our lifetime! Lucky us! For me, when is your experience your reality? What rings true to you is true to you. Do not take my word for it, this has been collected from many books and interviews I have viewed, watched and experienced myself from conversations I have had.

We can have these experiences at work where we may do something that is way out of character and puts an unnecessary risk in areas of our life for no particular reason!

Our saboteur has come to cause destruction and then leaves us to clean up the mess.

Maybe you are sabotaging that thing you think you love because in fact it isn't the direction you should be going and your unconscious mind has another plan and you are finding out the hard way.

When was your last experience where you were sabotaged by yourself?

What was the intention behind the sabotage?

What was the feeling that was created for the saboteur to come out?

The next time it happens, be more conscious and aware and it won't have such a strong impact. It will have a hold, but at least you know you are not alone. Be compassionate to yourself and know it is just a lesson, yours or your souls previous lessons!

Now that we have established you are not crazy, we can name this part of yourself so that when it shows up you can say hey (input name here_____,) I believe we have been here before. Let's work together, what is it that you are trying to show me? What is the intention behind this? What is the result you want?

Observe, be aware and be kind to yourself. You've got this!

Chapter 5 - Get into a peak state, then make a decision!

Have you noticed that at times we make better decisions than at other times? When you are in a great state you are less fearful about making certain decisions which will benefit your future self. Then there are times when we are in a low state, negative, fearful and make decisions that can hinder our future selves.

When you are making decisions about, well anything, we want to practice putting ourselves in a peak state as often as we can. This can be done naturally from our exercises. We go for a run we feel great and then we get to the questions that need decisions in that moment. You can literally write questions to review after you have primed yourself and review those questions and ask even better questions than you did before. As the quality of your life is determined by the quality of questions you ask yourself.

What type of questions do you usually ask yourself?

Are these empowering questions?

What could you ask instead?

Now as you see above, let's do something to get you primed and ready to review and see if you can find the answers within or ask better questions once you have moved your body!

You can find what works for you! It can be a sprint on the spot for 2 minutes, go for a run, hit the gym, you can even take Tony Robbins priming <https://youtu.be/hBP-YBX597s> or you can do the Wim Hof method of breathing deeply in and out for a few minutes, then hold your breath for 2-3 minutes and breath out and hold it for as long as you can. This has a tremendous effect on your mind and body. You can google it. Meditational practices, yoga! Whatever takes you out of your usual thinking and takes you into your higher self.

Review what you wrote and amend here.

"It is better to make a wrong decision than no decision at all." Grant Cardone.

When I heard this it so rang true, when you are indecisive in one area of life it can grow into all other areas like a cancer. Whatever that decision is you are yet to be able to make, get primed and make it already!

Where are you being indecisive?

What is the best thing that could happen?

What is the worst thing that could happen?

What is likely to happen?

Now you have it! Go make that decision and let us know what happened! Free yourself from indecisions and make powerful decisions that impact you and the lives of people you care about.

Chapter 6 - Move from procrastination to taking serious action!

There are many hacks I have read to get yourself from procrastination to doing it! However, I will share with you what I do that has made me move away from procrastination to doing more than I could ever imagine that leaves me no other choice but to take action, really seriously big action! So hold on tight and be prepared to take on the challenges I will set out for you. Only the brave should read on!

Hello Brave one, yes you. You have courage to step out and become more by facing your fears (not just yours, shared by humanity) and to see it and move forward to spite that fear. To learn and grow and be pained by the process yet learn so, so much more about yourself and what you are capable of when you *do* rather than just *think*!

It is usually the perfectionists who procrastinate because if we procrastinate and don't deliver then we can blame it on the "well if I give myself more time, it could have been better" How often will we tell ourselves that old chestnut!?

The only thing that is perfect is death! So, if you procrastinate you are basically waiting to die!

What is it you are procrastinating over? Be honest with yourself! Maybe it is a big dream and you feel ridiculous for uttering that word out loud! Just write it down will ya!

Now what is it that has stopped you from going out there and doing it?

Look at that list. Is it worth you taking the risk each day we are gifted with to delay any further? Are you going to wait till your death bed (if you get the opportunity) to have regrets! Well, now you can imagine it. Are you really going to not take action because of that!?

If you are on the edge or you are shouting yes, I am ready let's do this! Then the next challenge is for you!

Set a date to complete it by and tell five of your closest friends to hold you accountable, or share it on our facebook page or even do a facebook live and share your story and why you are doing this! All those fears will disappear or magnify and you will just have to get on with it! No space to hold back any longer!

Watch what happens and you will see it take shape and it will build your self worth and confidence allowing yourself to dream big again!

Go do this now! You did agree after all!

Chapter 7 - A structure towards a vision will shift your mental focus

If you merely dream and don't act on it it stays a dream, if you take these steps your dream will soon be your reality and likely even better!

Now that you have taken serious action and declared it to the world, we better make sure you achieve it!

Let's look at a structure that will help you make this happen easily, effectively and for you to enjoy the process.

You now have the date for when you want to get this thing you had been procrastinating over or telling yourself lies to prevent you from doing it. We will now start to look at high priorities, your high priorities to make it happen. If you do not set your high priorities for the day your life will be consumed by low priority tasks that suck the life out of you.

We must be conscious and set you up for success! You in? Great let's keep moving!

What I do is set my vision of what I want for the year. I write it down and make it accessible to view each day so I know what my goals are for the day to achieve it.

Then I look at creating 6-7 high priority tasks each morning where I want my focus to be for that day. They are tasks that will get me to my vision as quickly as possible and I set them

when I am in a peak state, this can be via exercises, the processes I shared in chapter 5. I usually meditate, journal then write my tasks for that day! You will see that when each day passes and compounds you will see that your vision is becoming a reality, very quickly! You will also notice a pattern after 6 - 12 months of the things you like to do and you can make sure your life is built around the things you love to do not what you think you should or have to do.

What is your vision for this year?

What is your goal/intention for today?

What are your top 6-7 High Priority tasks you can do today to give you more power to make this a reality?

Now that you know what you want and have to do! Go and do it!

I use google drive excel to do this so I can access it anywhere and highlight the box once I have completed it and write down my reasons why I wasn't able to do them so I can learn from it and be sure the same reasons don't keep showing up. If they do, deal with those reasons and make sure they don't show up again.

Congratulations on taking control of your life by undertaking the actions I have laid out in this book! You my friend are a unique individual and are as madly committed to improving yourself as I am!

It is simple but never easy and I admire you for taking it on.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Relationships - Our most crucial need is connection so let's make it joyful.

Chapter 1 - Code Of Honour - Be upfront, put your line across the sand!

Chapter 2 - Creating a safe space - No matter what is said you will not judge!

Chapter 3 - The Painbody - I swear it wasn't me, it was my pain body!

Chapter 4 - Values - To know or not to know is the question!

Chapter 5 - What do they want out of life? What the heck you gonna do about it?

Chapter 6 - Masculine and Feminine energy - Man turns to boy and Woman turns to mum.

Chapter 7 - A letter to let go! Blaming only keeps you from inner tranquillity!

So you may hear this word resonate in your head and it could pull up feelings of love, lightness and a sense that you are running through a park with butterflies and the sun keeping you company or the word permeates throughout your body, dredging up memory after memory of the pain you have succumbed to from previous people that have come in and out of your life! Maybe neither and you are indifferent.

Well, then you have managed to stay in this place at what cost?

We can use relationships as a mirror reflection of ourselves, with our partner, family, colleagues and whoever fits in this category.

I used to be a real chameleon, where I would be a different person with different people. When my birthday would come up, I would get nervous as my friends from different circles would get together. It's as if they would "find out" that I was hiding! With awareness and working on myself I now show up as who I am no matter who I meet.

Showing only a part of ourselves rather than expressing ourselves fully. Limiting who we are in different social constructs.

I would like to present to you the possibility where you can be you 100% of the time no matter who is in front of you.

Would you like to explore this together?

Awesome! Exploring this question means you are already ahead of the game.

To have a relationship with others you must first begin to have an honest and loving relationship with.....yourself!

When is the last time you looked in the mirror, stared into your own eyes and said from your heart, I love you! Seriously! Give it a go now. Stand in front of that mirror and say I love you. Not that hard is it? Well maybe if you are in public, but hey who cares anyway.

If you can do this, then add, You are enough! You are worthy!

This alone will have a powerful impact on your self-image! From the books I have read, the videos I have watched the seminars I have attended and have taught! This alone has the power to create transformations in one's own psyche.

So, now you have the talking to yourself out the way. We can move swiftly on to.....me!

I thought it only fair I introduce myself so you have some idea what this guy is talking about and the authority he brings to the matter.

I have been in personal development some years and before this, I was an actor for 5 years. The acting was really my first introduction to self-development without me realising it.

A lot of people you may read about, Tony Robbins, Dr John DeMartini etc started their journey fairly young usually late teens or in their early 20's. Me...in my 30's. So there is still

hope. Because it's not what you know but what action you are willing to take with what you know that will create the transformations in your life.

How do I know this you may be asking!? Well, because I am living breathing proof of it.

I went from not having a place to live, beating myself up until there was only a remnant of dust left before I made the complete turnaround that had me speaking on stages worldwide on behalf of the largest seminar promoting company in the world teaching the global leading success coach Tony Robbins principles for UPW previews within less than 18 months! Insane!

I also have had a yo-yo relationship for a number of years which drove me to figure out this thing called Love and how to avoid Ffing it up big time!

The journey of self-discovery and understanding how to be in a relationship with another human being has been the biggest lesson of them all.

I will guide you through principles that I have discovered from various resources that I believe will leave a lasting effect if you do two things!

How many things?

Two!

So the first one is.....Take full responsibility for yourself and your relationship. Not 10% not 50% but 100%. Yes, you read that correctly! You see, what you are experiencing is that of your own creation. Repetitive. You ever heard yourself say she or he is XYZ (not literally XYZ but a statement you can relate to!) to your senses it may seem that way but to someone else, this is not the case.

This will all become clearer as you read on.

You must also take full responsibility from what you pick up from this book. If it works for someone and not for you, then you must consider whether you have not understood certain aspects and to re-read it or reach out to our Facebook community for support and accountability from other students.

Details can be found on www.alexroseman.com

The second one is.....Take action. If you just read this stuff and put it down and do nothing...then you will get nothing. Which sometimes, in a different context, is all you need to

do in order to transform a relationship. These books have been designed to give you just enough to take action. In action is where transformation takes place.

I also like to get straight to it and not spoon feed you as I strongly believe that you know this already and all I am doing is reminding you!

As Socrates said - Learning is just remembering!

So let's crack on!

Chapter 1 - Code Of Honour - Be upfront, put your line in the sand!

To sit with someone and be absolutely honest freaks a lot of people out.

I mean to really know what that person wants and what it is you want. You see, a relationship with anyone can be successful if you know what it is they want and they know what it is you want and you both go out and commit to helping each other achieve this.

Now, if you were to sit down with your business partner, life partner, parents or whoever and say. "I want to know what it is you want out of this relationship and I want you to know what it is I want!" that's a starting point. Lay out what it is you want. For example, you go to your life partner and say "I don't want children." And they say, "I do want children!" Now you could just leave it open and see what happens. but that would merely repress something that really needs urgent attention. You both may not give to each other fully because that burning question will pop up remorselessly and cause the fairy tale to collapse. You know it is there but you pretend it isn't because everything seems okay now.

On the other hand, you can address the issue. I respect you want children and as you know I don't. I don't want to hold you back from what you truly desire, and your happiness is paramount to me. Find someone who can fulfil that wish of yours and I will always be your friend.

Now, this is truly loving someone to help them get what they want and you being there to support them.

If you get what you want and don't want (the things that are non-negotiable) out of the way early on you can both make a real and serious commitment, then the rest you can work with without any surprises.

Be upfront and create that code of honour that you both agree to the non-negotiables and commit to getting each other to that desired place.

Action Steps

I want you to sit down with the person that popped up in your head as you read this and create the space of non-judgment so you both can fully express the non-negotiables. Be honest and be upfront with them and yourself.

If their non-negotiable conflicts with yours, then you have a real challenge. If neither of you are willing to budge then you can either go your separate ways, or seek outside help to navigate yourselves to a fulfilling relationship with each other. Papering over the cracks will only be a recipe for disaster. Setting aside problems/issues merely means avoiding them and not coming up with a solution. You could then try continue life as normal however it will come up again, but this time more time has passed and it won't get any easier.

Write your non-negotiables here:

Your code of honour is what you will commit to doing for each other no matter what!

For example, we commit to never leaving an argument until it is resolved or we will speak every day, or we will discuss our finances once a month to see where we are.

This can be for your life partner, business partner or anyone that is in your life.

Write your code of honour here!

Chapter 2 - Creating a safe space - No matter what is said you will not judge!

Everyone just wants to be accepted for who they are with no exceptions.

In fact the more you resist and “try” to “change” someone the more they stay stuck the way they are.

You see, it comes down to physics and when it is the science you know it is real!

So, what makes anything solid? Moving particles that are constantly changing makes it solid. So the more you try to change someone the more solid it becomes.

But Alex, He/She is a lazy bum who just sits and plays games all day!

Okay, I get it. However for something to fully change the way you perceive it you must create a space where transformation can take place. Once you do this, the person you want to change will transform to be the person you want them. to be.

So how does one do this. You, or your mind has wandered off and you need to re-read it again.

You see, when your mind is challenged it will do all it can to avoid the issues, get sleepy, be distracted by a thought, floating hair or just about anything else. Your mind is built to survive, by making you right and everyone else wrong. When something comes along to challenge this, the mind does not like this and then begins to close down. If you recognise this then this book is doing what it intended. Challenging the survival of itself to help you raise your level of consciousness (not because you think this book is boring...right!?!)

Let's get back to not changing the people in your life.

Accepting someone as they are is all that is necessary, and to approach that person in your life and say that you are willing to create a safe space where you will both have the floor to speak honestly and openly without any judgement, criticism and you taking it personally. To have space where you can actually listen as a friend and not as an invested partner.

This will only add to your intimacy to the relationship and have you both truly understand each other without having to put an act on (pretending to be someone you are not) and realise you are not made out of glass. That you are mature enough to take what has been given and together get through this together.

Now, this exercise will leave you open to some truths that you may never have even thought existed. Just know that creating a safe space will open you both up to absolute vulnerability. You must respect the process for each other 100% and whatever is said is in full confidence between you both.

Also, be aware not to blame anyone, this is you taking 100% responsibility and not blaming them to change them (we saw how far that takes you) but from a place where you understand it is from your perspective which doesn't make it the truth. In fact, it is more an hallucination than a reality, as neuroscientist Anil Seth pointed out in his Ted Talks, we are all having a shared hallucination.

I went through my own challenges, and if I hadn't practiced what I had written here I would not be where I am today.

Action step

Share this concept to the person you have in mind if they are open to it. Then sit with them and open the circle of trust and non- judgement.

You can write some truths you have about that person and yourself here:

Chapter 3 - The Painbody - I swear it wasn't me, it was my pain body!

Now, if you have ever ready the Power of Now. You will get the terminology pain-body.

Eckhart Tolle first introduced me to this concept of pain-body in 2013/2014 and it was somewhat of a revelation. What was as equally shocking was the awareness around the voice in my head.

When I read about the voice in my head I suddenly woke the hell up! If you are not sure what the heck I am talking about, just listen to the voice saying "what voice is this weirdo talking about?" Bingo! That is the voice.

Now you know. You are awake to hear that the voice is there and guess what, you are not the voice. You can't be that which you can observe. So who are you? Well, that is a whole other level we must deal with.

So the concept of the pain body is such that you are carrying something deep within your psyche, genes, spirit (whichever resonates with you the most) and when something comes up in the relationship, this is released. It can be when you and your partner have finally tied the knot, moved into your newly purchased home (rented if in London) and then this person who you thought you knew turns into the devil incarnate. You quietly lay in the corner, rocking and talking nonsense to yourself or wondering what the 'beep' is going on!

Well, Eckhart goes on to say that this is also a collected consciousness from many years back (past lives kind of stuff) and this comes out and suddenly you have this 'she- wolf' partner who will devour you for leaving an open onion in the fridge!

What you must be aware of is that we have certain situations in life that can trigger our pain body (some are bigger than others) and when this comes to light, the secret is to not resist it. To observe what is coming up and complete it.

Another way to look at it is as if we are an operating system. With the system, we have files that are in our hard drive from all our events over our lifetime. We went through painful situations as a child and all these moments have built up over time. Our minds will have stored it in order to help us survive. Now when a moment happens in the present, your mind will pull out an old file and compare it to a moment in the past and if the mind matches that to a time where your "survival" was threatened. Wallup! You will begin to behave like a man child.

You see, it is in the deeper layers of your unconscious mind (the part that operates 24 hours regulating your heartbeat, lungs, etc) that is 90% of your brain's capacity whilst your consciousness is 10%! So, all these stored files are in your subconscious mind waiting to protect your present moments by you overreacting and looking like for a tit for no good reason. Hhmm. Thank you Mind!

Now perhaps you will understand if your partner kicks off for no apparent reason it is because of something stored deep in their subconscious mind. To observe it and be compassionate would be a more productive way to deal with it.

Once you both get this concept, and something arises you can say "oh, honey. That pesky pain-body is showing up again" Get the hose (maybe leave the hose out of it!)

Action step

Write down some childhood memories that you feel have been unresolved, compare it to what triggers you now and uncover where you see this trigger first arose.

Once you become aware of them, your observation and giving it space will help complete it and it will no longer show itself in your now.

Sit with your significant other and explore the pain-body concept with them, get an understanding of what triggers their behaviour. Really create awareness around this.

Write both your triggers here:

Chapter 4 - Values - To know or not to know is the question!

Our lives are dictated by our values, my mentor, Dr John Demartini knows this more than anyone. You will see I mention this a lot throughout my books, online courses and my life transforming events I do worldwide.

When you get to see what someone does, not by what they say by what actions they take you can see what it is they actually want to do.

Let's look at it like this. You say you want to have more money and be financially free but then you spend your money on the things you enjoy. How much money is left over to go towards your "never have to work again" future investments? I cover this under my finance and wealth book on how you can manage your money to lead to financial freedom.

If you can see what it is others value you will be able to communicate to them through what they value in order for you to get what you want. Win-Win!

Here is an example. If my highest values are speaking, education, wealth but family is somewhat lower and my dad wants me to go visit him and just says hey, come see me. He lives in another country, it makes it a challenge and it's not fulfilling my highest values. It

doesn't make me a bad person, I just do what I want to do. As you do what you want to do and when you go against your highest values and start to do what you don't want to, you start to feel certain unwanted feelings rise up inside you and you either resent that person, task or yourself.

Back to my dad, if he was to say, "Hey son, I have set up a meeting for you in my town to speak in a school and you can share your principles and help transform lives and we can get to hang out. Fancy coming over?"

Erm, yes!

Do you see? It is not about our feelings getting hurt if someone does what they want to do because of what it is they value. Most people are unconscious to this stuff, so you are already ahead of the game. Now, you can either liberate yourself and become conscious and use it to your advantage without it causing people harm or you can go along, getting frustrated and taking it personally.

I know what I would rather have!

A quick way to know what you and someone else values is by seeing:

What you think about? (What thoughts come up often that you may brush aside?)

What you talk about? (When you bump into someone, you may unconsciously ask about their family, business etc - this is a good indication).

What you spend your money on? (Look over the past 3 months and you shall see)!

What you surround your personal space with? (What is it you have around you, or a place in your home you get a bit antsy when people come close to it?)

Write your ideas here:

Now that you have a clearer idea on how to observe and communicate to others around you once you take the time to understand what they value. You will be able to meet both your needs and get what you want! Not bad for a few quid spent on a book!

Would having a relationship where you can serve them at their highest value and they can serve you at your highest value be a relationship you would keep. 100% yes.

Here is how you can do it!

The reason is this, if you can see what they value (it could be going to the spa, watching films, travelling for work etc) and see how it serves your highest values (find out what that is from the above questions) by linking them to each other, you will see the value in each others actions actually helping fulfill each others values. No more moaning that they are going to get their nails done or that they are playing that game again.

We all just want to be accepted as we are, rather than changing that person. They will transform in front of your eyes when you get this.

Action Step

Sit down with your partner or anyone you want to do this with and explain to them (a great way for you to fully understand a concept is to teach others) get them to explore what it is they value.

Now, once you are both aware, see how you doing XYZ serves their XYZ by writing 20-30 things that help serve their value of XYZ!

Example - I like speaking, learning and coaching - She likes Fitness, food and relaxing. When she goes and does fitness, it helps my values by her looking good (this can be the other way round too) and this for my events shows I am congruent to what I teach. When I speak and learn I meet her values to go and be free to relax. When she is happy and fulfilled living by her values, I am fulfilled because I know she is happy, content and fulfilled. I am not trying to change her to what I want and visa versa.

Write down 20-30 links here:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 5 - What do they want out of life? What the heck you gonna do about it?

Have you taken the time to know what it is they want out of life? Do you know what it is you want out of life?

I mean to really take the time to ponder and dream as you did once as a kid! This is so important because we fall into the trap of doing things our parents wanted from us or society or the moon with it's mind controlling technology....a tad far! Probably!

You know when you are doing something not for yourself by the words “I must do this, I should do that, I got to do.....!” Who is telling you to do this?

As you noticed in your highest values, you do the things you want to without people telling you what to do.

I want you to take a moment and close your eyes (read this first then come back to it)

Focus on your breathing, 4 seconds in through your nose and 8 seconds out through your nose and just be present.

As you breathe focus on what is happening inside you, your lungs expanding as you breathe, the seat beneath you, your feet on the floor or upon the surface you may be lying on, and just feel into your body. Just know that there is a whole community living inside of you, in your cells. Life is going on inside you, whilst you are doing something or not. When you are sleeping, life is happening. It is alive because you are alive and you are alive because it is alive.

Just breathe and feel the air go into your lungs.

Now take your mind 12 months into the future, as you do pictures will start to rise up for you? What images do you see? Who are you with? What are you doing? Where in the world are you? Are you doing a job you would love to do? A place with your family?

What is it that lights you up?

Breathe into this picture. Expand this image and make it brighter, explore the colours, make it louder. Smell it and feel it.

What details do you see more clearly?

As you see everything clearly, I want you to rewind back to where you are sitting, keep rewinding over and over.

As you do this, a few images will pop up for you. Now, what that image is, is your next step to getting you towards that vision you saw 12 months in the future.

Now you have an idea of what you want to do, I suggest you take that person you want to share your space and time with and get them to take the process if they don't know what they want. If they do, it is still a great process, you can both do it to each other rather than read it to yourself.

If you now know what they want, to have a relationship of truth and integrity rather than for selfish gains. Make a commitment to how you will help them fulfil the vision they have for their future.

Action step

Write down what it is you want and get them to write down what they want and make that commitment that you will do what you can to make it happen.

[illegible]

Chapter 6 - Masculine and Feminine energy - Man turns to boy and Woman turns to mum

I had attended a seminar run by the well-renowned success coach Tony Robbins at a program called Date with Destiny in Cairns.

He takes people through the seminar and gives you tools to help you become aware of something that you were once not aware of. He then asks questions and people stand up and share their experience, well really it is their story they have created from a moment that happened in their lives.

There was a moment when a lady stood up and shared an exercise we were all asked to do involving masculine and feminine energy. She gave a very basic letter, detached of any feelings to her partner who was also at the event. Tony stood them both up. As the partner stood up he was looking at her as if she was the only woman in the world. She just looked like she had completely clocked out and was void of showing any feelings.

What had happened is that the man and his masculine energy over time had shifted to the feminine energy and she had shifted to the masculine. They had depolarised each other and now there was no intimacy and no relationship frankly.

I know this as this was something I went through, big time! I was so confused and was suffering. I was in love with my partner and yet I felt like I was in desperate need of her, I would behave out of survival rather than as a man who was confident and owning himself. I would look at each action or word that came out of her as an attack of some sort. It was paralyzing, in fact, I could not think about anything else. I would self destruct and unravel my life. It forced me to look into this phenomena and get free of it, I read daily, attended seminars religiously, I even joined the world's largest seminar promoting company in order to be immersed in it so I could stop feeling like this as quickly as possible.

After all of this I realised it wasn't about fixing her, but owning my masculine again, well for me it was more I reverted back to the little boy who had lost his mum when he was 9 and my partner was going to do the same. So I took back the man within, acknowledged the boy and let go of the past. I created a safe space for my partner to be able to drop her shit on me without me taking it personally.

However, be also aware of the characteristics of narcissism and abuse based on a shame based person. They will not be able to go within themselves due to the pain it causes and constantly looking for distractions outside of themselves.

They can bring you down, have you question yourself and you begin to question your own self worth.

If this is you right now, seek professional help so you can make clear the difference if this is a relationship based out of addiction and fear rather than the illusion of love.

It can be very hard to notice the difference, I have been there for years.

If this is a healthy relationship and you are wanting to have a closer bond and to be able to support her then this is really powerful stuff to know.

And if you are a woman reading this, please share and coach your partner. We just don't know this stuff!

The majority of women will take a handbag out with them as they leave the house, have you ever dared to venture into a handbag?

You will see that woman will carry pretty much anything, usually unnecessary objects that they couldn't even tell you why they have them.

As a woman leaves the house they need to be prepared for any eventuality, as if venturing into the woods back in the tribal days.

If she was to come home and unload that bag, you and she would be surprised what you would find.

Now, this bag also represents her mind. What she has had to carry throughout the day. With this she also needs to empty the heaviness that is carried out inside her head.

Really get this! A woman needs to unload her shit (aka vent) on you and it ain't pretty. You may lose an arm, half an ear, nose an eyeball. But once you weather that storm, you will not only be a stronger person for it. But you will have the brightest sun shining on you.

I will list out the rules for you to follow so that you both can get back to owning your true energy. You may be a man whose core is feminine and the woman maybe masculine, that is cool. Own it and accept it. If you are in the same-sex relationship, one maybe masculine or feminine naturally. Just know it and move from there.

What can, and it happens a lot, when a boy is masculine and a situation occurs in their childhood they put the feminine over the masculine then cover up the feminine with another masculine to operate in the world. You meet someone special and when something happens they uncover the feminine that is sitting under the masculine and then all hell breaks loose.

Just keep with these rules and be aware and own your shit.

Action Step

Stand up and shout I am a (input an empowering phrase here) MAN!

For a woman Stand Up and start dancing like no one else is in the room but you. Let go.

Rules:

What shut's down intimacy?

The Feminine -

- A woman needs to be noticed, to be seen for who she is constantly - If you are the man reading this, and you think you have done enough then multiply it by 10 and then you will be a little closer. No exaggeration! Woman need it like oxygen!
- A woman wants to know you "get her" We all want to be listened to. To have someone's full attention. We don't want to compete with a mobile phone or a television programme. Focus on each other.
- She will now unload the handbag she carries around with her on your head (not literally) but women feel unsafe and do not trust easily. They need to know they can trust you and feel safe with you so she needs to know this ALL THE TIME! When she shares her thoughts and feelings of the day including her problems just listen. By sharing stuff she's not necessarily seeking advice or confirmation she is doing just that. SHARING! Next time, instead of believing she's inviting you to fix some problem, calling out to you to help solve some problem just listen to her soon you will see for yourself, the level of your connection enhanced.

The Masculine -

- A man needs to feel that he is taking care of his woman, that his woman looks up to him, admires him and appreciates him for what he does for them out there in the world. To criticise them is belittling and the little boy or feminine will come out and it will only repel you. So stop it!!!
- When the man's woman is closed off, he will react by going into his head and judging himself and putting himself down. Creating the feminine where from this place no intimacy can take place. What can you do? Be the opposite of closed and open that man up and be joyful!
- A man will start to resist and tend to distance himself when he feels he is being controlled, to become someone he is not rather than be accepted as who he is. Just give them space, freedom to be who they are and they will transform to be who you want them to be.

Chapter 7 - A letter to let go! Blaming only keeps you from inner tranquillity!

What has been one of the most powerful tools of transformation is the art of letting go, letting go of blame, resentment and all that shit that stores up in your psyche and eventually causes disease in your body and then you die! Well, you do die at some point and probably not so dramatically.

When we were young our whole survival was dependent on our parents or peers. If anything happened that would threaten our survival, like a parent raising their hand to you, taking someone else's side against you or confiscating something belonging to you this would appear from a child's perspective like a personal attack. These memories can come back to haunt us. Childish thoughts mixing with adult problems affecting our ability to make cogent decisions.

Now fast forward 20, 30, 40 or 50+ years in the future to where you are now. You will still be acting out on those decisions a child made, yes that is right, you are a man child. Still making decisions based on the child's decisions. Your future is predetermined by your past decisions, so you are stuck this way and wonder why your relationships with yourself and others do not work.

The relationship you have with your parents is what you have with the World.

You will believe that story you have told yourself for years about your parents from that decision a little sprog made and you will not take ownership for that story you MADE UP!

You make them wrong so you can be right! So then you don't have to take responsibility for aspects of your life cause you can say my life is a mess because of you. See how wrong you are and how my life is a mess (secretly you feel good about this but then you come to realise that you're the one with a car crash life)!

So, remember what I said at the beginning of our journey together. To take full responsibility for your life. This means letting go of the story of blame, as much as you feel justified too. Whatever happened to you, because it is you who has to carry it around. If you want to put it down no matter how wrong they are, you will create a new space within yourself that will be a lot lighter on you.

All a parent wants to hear is thank you and that you love them, then they know they have done their job.

If you are not on the street scoring crack but are in a place with shelter and your warm and fed then they did a pretty good job, didn't they?

Stop blaming and start taking responsibility for your own life, you ain't-a bucket full of roses yourself.

Of course there may be situations that have occurred in your past that may be down to abuse and I am clearly not asking you to justify those actions. What I want is for you to stop carrying that poison around in your body.

Action Step

Write a letter to a parent going back to a moment in your life that you made a decision to make them wrong and you right (they won't have a clue and it will complete your relationship)

It will be a very freeing experience and your relationships in your life will shift, it's as if the world has changed but really it is your inner self that has changed. So you will benefit massively.

Write your letter here:

I invite you to open up, be authentic to life and write a letter to take full responsibility for yourself right now!

Dear _____,

I made a decision when I was ____ years old_____

I created the story that _____

I want to say I am sorry for _____

Thank you for_____

I love you for_____

want to create a space for something new such as_____

Now, once you have your letter. Call the person you have written it to and read it to them!
Yes, you heard me. It is all well and good for you but to get complete fully you must face

your fears (lightning and thunder appear overhead)! You may not get a response you wanted, but they know and they may come back to you in a week, month or year. But you will have closure and will be free from it. Just don't go with any expectations! You have got this, our Facebook community is there to support you and we would love to hear how it went!

If in the event that reading or sending the letter could put you in harms way, please consider the options before taking the action if you are happy to deal with the consequences - As Newtons law states "For every action, there is an equal and opposite reaction."

Go do it now!

Thank you for taking the time to read my collections of thoughts and experiences of my years of time and investment to take the complex and simplify it the best way I can for you to digest and take action to transform your life and others you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? ;) You take full responsibility for your actions. Right?

Thank you to Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

Spiritual - Die When You're Alive To Lead To Your Spiritual Awakening

Your 2nd birth to uncovering who you really are.

Chapter one - Be aware of the 5 Elements

Chapter two - Desire is the root of suffering (yet we all desire...what to do?)

Chapter three - Meditate with intention

Chapter four - Self-realisation. (once you get it you can check in on yourself anytime)

Chapter five - Observe self like a scientist

Chapter six - Past and future are fantasies! (the here and now is the only thing that is certain)

Chapter seven - Practice Mantra to tune you in!

How do you describe something that you can neither hear, see or smell? Well, I will do my best in this book to explain what action you can take to start benefiting from the “unseeable” as quickly as possible.

My whole life I have been seeking, not sure for exactly what, however, just in the last 10 years I started to become consciously aware. I have read from the gurus and experts out there and have also gone out to meet them to witness the magnificence of their presence.

Hearing many stories of the impossible being possible.

I do what I can to surround myself with the best in the world whatever the area of life is. If I value it I want to experience it. What I am offering here is taken from the best of my readings and experience in order for you to implement my suggestions immediately. My intense work will save you a great deal of time and money helping you to work on habits and rituals that will just slot into your life and help ease any suffering, incessant thinking, self-sabotage and anything that has prevented you from having utter joy and bliss in your life. Well, at least take one step closer!

This is all based on my personal experience, I was there and I thought to myself if I am going through self-torture, let it be worthwhile so I can help others!

If I was going through this, I knew others would be also. On my journey from utter hopelessness to speaking on stages around the world, I have seen that I was not the only one.

There are people suffering and I need to do all I can to help prevent this suffering to the best of my abilities. Now, for me, I wanted that “thing” quickly. My pain was so real, that I was becoming desperate. It was like my thoughts were pulling me to past pains of what I had lost and of a bleak future and I was missing out on life’s experiences. No matter where I was. This was utter torture. I was moving away from all distractions, such as TV, alcohol, drugs, films, transitioning to vegan and cutting any and all “stimulants” from my life. I had to face this headfirst and I must say it was terrifying.

What I have compiled here is what I believe will give you the tools right now giving you what you need.

Just make time for each activity every day until it becomes a habit, however, be conscious of each activity that you do. We want to avoid you slipping away from doing habits

unconsciously as you practice what I'll show you. Being aware of what you do every day means you are already there. Taking responsibility for everything that is happening in your life will also liberate you, when you truly do, you can then truly create the life you want.

You can find further resources on www.alexroseman.com

I've got your back! Now, let's start your journey together.

Chapter one - Be aware of the 5 Elements

When I hear about the 5 elements, it takes me back to the Fifth Element - The blockbuster starring Bruce Willis. Very spiritual indeed!

Life is simplified to these 5 ingredients - Water, Earth, Fire, Air and Ether (space).

With these 5 elements, you can access what the spiritual enlightened have by simplifying the complexity of life. We seem to overcomplicate everything. When we go to our mind, we are limited with this capacity. Yet, when you touch the chasm that is the self you can connect to the very consciousness that runs through all species, planets and the universe itself. This is limitless which means (as cliché as it sounds) you have all the answers within!

It does mean putting aside your beliefs, values and other limitations in order to be a blank canvas to allow this to happen.

Action steps

I would like you to make this a practice, where you observe that which is happening around you based on these 5 elements.

The water you drink, wash with, feel as it falls from the skies above.

The earth you walk on, the sand between your feet.

The air you breathe, the wind that passes through you.

The fire that you feel from the food you cook, the candles you burn or the fire within.

The Ether that is constantly around you, between you and your loved ones.

Do this for 24 hours and take the focus from yourself to appreciate the simplicity of our existence in these 5 elements. Do not try to comprehend it or intellectualise it. Go with it and observe with an open heart.

Make your own conclusions!

Chapter two - Desire is the root of suffering (yet we all desire...what to do?)

What is it that drives every life force on this planet?

If you didn't have it what would you do instead?

Desire is the root of all actions, the desire to live.

I have gone through my times of suffering, more than I would like.

What is suffering?

I was desiring something at that time and when I wasn't able to get it, the feeling intensified in me. I felt as if I was never going to get it, I was missing something for not having it.

However, without desire, I would not be driven to take that specific action. You would have no desire to read this book unless there was a desire to attain something you needed.

The whole cosmos is built on desire, desire to expand and without this, the universe would collapse in on itself and there would be nothing.

So, if we must desire and we suffer because desire means not having that which we want to attain then we are in trouble.

How can you desire and not suffer?

For me, I have come to the place of desiring the vision I have yet not getting attached to attaining it. I practice the art of presence and tapping into a universal source that is available to everyone. We have so much noise around us, distractions of the next best thing that we can carry around in our pockets. Our smart phone can keep us dumb!

We must practice to listen more intently of what is happening within us, our instincts, our inner voice and free ourselves from the bombardment of outside influences.

I am still learning and it isn't easy, especially as you grow and expand your reach. You suddenly become more dependent on the things that distract you and others.

This book is intended for you to find the answers you already have from within, so you have this resource for the left of your life.

Action steps

Explore and practice at least one of these as often as you can:

Yoga - Means Unity with Mind body and spirit. Practice this so you can have energy flow through you, you will notice any ailments lack of energy will be replaced with vibrancy and pain will be alleviated.

Meditation - This is the workout for the mind and in turn, affects your reality. This also has a knock-on effect on your body and spirit. Practice sitting in the lotus position (or as close as

you can) for up to an hour a day. With the intention of what you want from it. I suggest separating from your body and observing that which is happening within you.

Breathing - Breathing deep from the gut and breath out rather quickly up to 10 times, pump oxygen into the body and then hold your breath as you take your last breath in. You should be able to hold for 2 minutes, then breathe out and hold and repeat. Be sure to do this sitting down and let this be your only focus.

Observation - Observing the YOU who is reading this. You have constructed the character you are living out. If you were to observe yourself as a character in this game of life, you will not be so attached to what is happening around you but as a character having an experience that you get to observe and experience too. You will have a bird's eye view rather than being in it. You need to redo this and try to simplify it.

The secret to success is to live life fully involved though not be attached to what happens. Being blissful is the ultimate attainment, not peace. Watch a pet eat from their bowl.

They look peaceful when they finish their meal!

These practices don't get you results over night, everything takes a level of commitment. You may not notice now, 10 days, or 20 days time, but with consistency and the practices compounding. The difference will be undeniable.

Chapter three - Meditate with intention

As I sit each morning either 5 am or 6 am (as I edit this book, it has been later), depending on which country I am in (As I edit this book I am actually flying from Pisa, Italy to London after visiting my father.)

I will get up, go straight to a spot and sit in the lotus position (as lotus as I can do!) With a cushion under my bum, back elevated and I put my hands on my knees and a finger touching the thumb. I would then set my intention, I want to detach from the character I have constructed - Me = Alex! I would then observe in silence for 30 Minutes to 1 hour (timed) and do my best to stay present and not get lost with thought.

Before I said meditation doesn't work for me, I would sit and not know what I was doing. No intention and not sitting in the correct posture, and usually I would fall asleep and call that meditation.

Wake up later, yawn stretch and say pretty good med!

After the second or third time I had the most incredible experience, I suddenly caught myself saying I and me and realised that I was neither. I saw that this was not the case as I could observe the body and the mind I cannot be either, though I know this intellectually I had never really experienced it at this depth before.

I suddenly had this space between the life I had created, the attachments to everything to then letting go of all of this in one moment. As if all these cords that were attached to me and connected to everything else just fell away.

I felt this freedom and beauty that I had never really experienced before. I had tears of gratitude rolling down my face. I was no longer in my body, no suffering, no anxiety, in fact, I needed nothing. I could have sat there forever, no food or sex could have taken me higher than what I felt at that moment. Utter bliss.

This I believe is the highest form someone can get to from my experience and I have gone out there to experience most things. To be blissed out and not needing anything and you wouldn't want to as you are in a place where nothing outside yourself could give you.

When you have experienced this yourself, you will know. Whatever you are chasing (and you will likely continue to the day you die) this will stop in that brief moment you reach bliss and that joy can't be met anywhere else.

It is incredible that we are able to create that within ourselves, without going anywhere. You can be in a little room in the middle of nowhere and be blissful whilst a gazillionaire on his private island is miserable!

Action steps

Set a time tomorrow morning, if you get up early great, make it one hour earlier. Get as comfortable as you can and set yourself up in the Lotus position.

Just sit silently with your head raised slightly to help focus between your eyebrows. Imagine a ring around your head that is bright white and as it goes around your ears, mouth, neck, shoulders down towards your feet that it is healing every part it touches. Then sit with yourself and stay with your breath or focus on a part of your body and move around to different parts to feel the sensation you generally wouldn't have had before.

When your mind takes you on another journey, just become aware and bring yourself back. It is the awareness you are picking up on and you will get better at this and when you are in your waking life you will notice the effects rather drastically but with everything, it takes commitment and time to develop.

Always be kind to yourself and stay as still as you can, if your body aches, observe where it aches and breath into that space. Even that itch on your face can be avoided with focus and breathing.

Chapter four - Self-realisation (Once you get it you can check in on yourself anytime)

Up to my 20's I wouldn't share my thoughts because I really felt others used to know what I knew, so it would be pointless.

Learning is just remembering - Socrates

Then I speak and realise that others are on a different part of their journey, some people are brand new to the concept of the mind and body being separate to us and that there is a voice in our head that talks to us, you know the voice that is saying what voice is he referring to, erm yep that's the one...!

My experience of self realisation is having complete awareness of self as separate to who you have constructed from birth.

We have constructed ourselves based on the environment, from birth. We have been influenced by our parents, siblings, friends, teachers, TV...it goes on!

What are we exactly? An accumulation of other values and beliefs projected onto us?

Do you think you are actually you if you have been influenced from birth?

Let's look at what is surely not us.

You can't be that which you can observe! If I looked at the laptop I am writing on and said this laptop is me...! I would be taken away and given medication.
So my realisation is that I am not this body and I am not this mind so what the heck am I!?

When you see that we come from one source which began from the big bang we all started from one point of singularity and from that you can see that everything is linkable because everything, and I mean everything, is connected (maybe I am my laptop...pills please!). With this realisation, you can then see that everything that is happening in your reality is really down to you and no one else.

It's down to how we perceive things, I can change the perception that is painful to me to something else that isn't.

If you are going through heartbreak and are finding it hard to move on, what is it you think you are missing? What did you lose? What is it that is so painful?

We choose to suffer as we have no control of our mind and body, our 5 senses over the period of time we have been in this relationship has anchored particular sensations and can be triggered any time with a certain smell, taste, sound, feeling etc.

The body doesn't forget a thing and so stores all the experiences from birth. You are carrying these feelings without even knowing it. The body then sends signals to the brain, no matter how unpleasant because of familiarity and conditioning, to be without it would be stepping into the unknown.

Once we shift our focus as being we have lost anything, but to see that everything is in balance. You can certainly take this experience to better yourself and improve on the areas you think may need improving in order to invite someone new in.

I have achieved this by meditation each morning and reading and attending events that move me to becoming more me and letting go of who I thought I needed to be to fit the views of others.

My self-realisation is that everything is meant to be the way it is and all I need to do is accept what is and if I feel the pain to be appreciative of it, any more is suffering which means I am in resistance to something. I can observe, accept and shift my perspective and empower myself to feel the way I want to feel as my reality is happening within me which then becomes my reality outside of me.

One more explanation on perception and how your reality can change on the outside by what happens on the inside.

You are going about your business as usual, and you get this new information that transforms the way you see yourself. Suddenly the usual things you have been doing seem different as if everything has changed. Nothing has really changed only your perception of a new realisation based on new information. A self-realisation will transform everything.

Everyone is on their own journey, once you are aware of that, then your journey begins.

Chapter five - Observe self like a scientist

When I first read the book *The Power of Now*, it was the first moment I fully realised that I had this voice in my head. I knew it was there but I didn't know because I wasn't fully conscious of it. Then it became obvious as I was now observing it and suddenly I was bombarded by this voice I couldn't shut up. I was happy and also frustrated and pretty desperate to shut the bloody thing up!

I now impart this knowledge on to you! You're welcome!

I was reacting to life throughout my 20's and I was left to the destruction of this little voice that was fearful, angry and rather sporadic. It explains the trouble I got into.

Even though I had discovered the voice that was now bombarding me. It has taken me a long time to get this wild horse under my control, and I am still practising as it seems the horse gets more and more wild.

It is extremely powerful and is our stepping stone to having everything we want. Yet, looking at the state of the world as I write this, with all the comforts we have, we certainly live in the most comfortable civilisation that has ever existed. Right? Yet there is more pain and suffering now than there has ever been.

We are experiencing even more distractions that are taking us away from ourselves and leaving our happiness in the hands of gadgets, entertainment, food, drink etc.

We have this powerful machine within us that can achieve amazing things and we are so far from being blissful.

When was the last time you sat by yourself, to be still and not reach out for a crutch of some sort!?

We get instructions on how to use our phone, right? Even how to put a wardrobe together. Yet where were our instructions for the most powerful machine on this planet?

This mind and body!

School was certainly not our manual, this took us further away from who we are. It is like getting instructions to drive a jetski for the new dog we bought.

To get going right now is to observe what is going on within you right now. Close your eyes and sit comfortably, raise your head slightly and this will help you focus on a spot between your eyebrows. Notice what comes up, thoughts, the talking that is continually going on. Observe it and do your best to not get stuck with each thought and picture what comes up. Rather observe it and stay with that point between your eyes.

As you breathe in repeat the mantra “I am not this body” and as you breathe out say “I am also not this mind”.

Say it with the inner voice, not out loud.

Do this for 5-10 minutes. I time myself and then I commit to this amount of time as the urge to stop happens very quickly and it can feel like a lifetime when only 3 minutes has passed.

As you practice this, just be aware of the thoughts and feelings that take over throughout the day.

Be fascinated and objective, like a scientist would be with something startling and unique as they gaze through their microscope.

Observe your mind and body under that conscious microscope and start to detach yourself from the body and mind and you will see what used to have such an affect on you will dissipate over time. I am not saying to be detached from life, in fact, the more you do this the more involved with life you can be without attachment to everything.

As you detach from your own limitations, the body and mind you will begin to have ultimate freedom of being fully involved with life.

As there is less of YOU to get in the way.

Chapter six - Past and future are fantasies! (the here and now is the only thing that is certain)

As human beings, we want familiarity and certainty so we feel protected and safe. Our minds seek to find familiarity in anything, there are people who design algorithms in order to slide into our unconscious without us being aware of it. It is big business!

The hit song called “Hey Ya!” by the hip-hop group OutKast was one of those songs that a promotion office from Arista Records would certainly vouch for.

However, when it was played on the radio, people would hear it for a moment and switch over.

A company called Polyphonic HMI that has tests whether songs will be hits or not based on AI (Artificial Intelligence) and statistics, said this song broke all records to show it would be a hit.

So why did everyone hate it!?

When they discovered that people were switching it off because the way it sounded was unfamiliar, they had to work out how to get it in to our minds as if it was something we have heard before.

The songs that get played over and over are known as Sticky songs. They have a familiar sound, we know it, we can sing along to it. Even if we are bored with it.

To make the song familiar to our ears, they had to sandwich it between extra sticky songs so that it would slip into our subconscious and become familiar and they played it a few more times that day, the next day and the next...!

It took a couple of months to shift people's listening habits and the song that the majority had switched off when they heard it, went on to win a Grammy and sell over 5 millions albums.

To be convinced that if we stay doing XYZ we will get what we think we want (or is it what we really want or someone else's projection of what we think we should have?).

We spend our lives chasing something outside of ourselves based on the illusion that when we get “it” we will be happy! Most people are not even conscious of “chasing the carrot game” we are playing. Happiness is always just outside our grasp, however if we get the newest piece of technological kit, or that perfect person (list goes on) we will then be deservedness of happiness. Yet, what actually creates happiness? Is it that thing you get? Or do we get to create that feeling anytime we want to?

We often give our lives to something we are not even sure is for us and very rarely stop to contemplate why we are doing what we are doing. We then don't question anything and we do things without any reason only to find out it's all too late. Why wait till then!? Learn to get your head out of your stories you hypnotise yourself with and the stories you have bought in to from others.

Where do these stories come from? From our past (and some say from our ancestors too, as if our own wasn't tough enough) The decisions we have made from our childhood and then create stories around it. This is our point of comparison, we know of nothing else except what we have experienced. Through experience we learn what we don't like and we think we know what we want and so we move towards it. Though most people are left living out there stories on repeat, just reacting to life, completely oblivious and deeply frustrated why the

same pain follows them around like a dark cloud meant just for them. The 'why me' role is played out and that individual attracts more life scenarios to support this belief.

When we break the illusion that the past is just that, the past. It is just memories and a culmination of feelings that the body holds on to. The future is then based on fear as we see more downsides than there are upsides leading to hopelessness and depression. Either way they are not real. Fear = False Evidence Appearing Real!

What is certain and what really matters is what is happening right now, not in the past or the future but what is in the present. At this moment this is all that is happening and how we choose to interpret this moment is entirely up to you. No one else gets to choose what you decide to experience at this moment?

The power is truly in your hands, no one else's.

Once you start the journey of deconstructing this character you have built, the guilt, the expectations and just about everything will be extremely freeing. This is the point of dying whilst alive. Your second birth! And the most painful spiritual experience they say you can go through!

It's in iconic films and stories, from NEO in the Matrix to Jesus in The Bible!

When I was an actor full time, I used to do a few extra jobs (the person in the background) and one of these films was for James Bond star Daniel Craig, it was a big scene and we are all standing to wait to shoot. Daniel Craig walks on and he stands with us. At this moment I had a realisation and this was when I was starting to get an understanding of self-development and human consciousness.

When you think of Daniel Craig, James Bond what comes to mind? He is rich he is famous he is...! But whatever all that is, at that moment when he was standing with us he was just like us. He was exactly like us standing there waiting for a cue from Sam Mendez the Director to say action. He wasn't more than us he wasn't less than us, at that moment he was just like us. Everything else except the moment isn't real, so you are not missing anything when you are present. Become present and you have everything you need or want.

If you love yourself, then you will never stop being loved!

Chapter seven - Practice Mantra to tune you in!

There are times when you just stumble over people who are incredible and you wonder how you haven't heard of them before and wished you had stumbled over them earlier in your life (once you are self-realised, wishing is lost from your vocabulary).

Sadhguru is one of those people who has done incredible work and continues to do so.

I met him in San Francisco through a program he called Inner Engineering, teaching you principles and awareness about life. As well as powerful rituals to do each morning, to help

clear karma so you do not carry this on to your next life. As if life doesn't already have it's challenges, we now have to be aware of what we do now in order to not mess up the next life we may be stepping into.

And Breathe...!

Though I have heard about mantras and meditation, I just hadn't had the WHY to have a reason to do it. When I heard and read his work, I had the leverage needed to meditate regularly, then it became just as important to me as my fitness.

Mantras are extremely powerful and should not be practised unless under supervision. However the mantras I will be showing you are safe to do but are none the less powerful.

Action steps

When you make these noises they reverberate through the body and have a transformational effect over time.

Everything is energy and it vibrates at a certain frequency.

(Examples can be found on www.alexroseman.com)

The first is to say aloud *ahhhh* as it comes from the gut and be conscious with each time you do it.

This signifies richness. Do this for 7 times.

Then move to *ooooo* that comes from your chest and be conscious again with each time you do it.

His signifies intelligence. Do this for 7 times.

Lastly is *mmmmm* this will be around the throat area, as you do this again be conscious of the vibration you create

This is to keep negativity out, again do this for 7 times.

When you have done this, move to *AUM* - All of them together.

This is the safest mantra you can do without guidance as they are extremely powerful. If you do one more than the other your life could become a mess (as Sadghuru said), this is what we want to avoid I am guessing.

Do the *AUM* sound 24 times.

Set the date and make sure you are not going to be disturbed, flight mode on your phone.

What I am writing, don't believe it and do believe it. Sit with it loosely, never fully buy into someones ideology. It's been filtered through their senses but if it helps lead you to your truth go with it.

This book was inspired by my never-ending search for accessing my limitless knowledge once I am plugged into the highest level of source energy.

I would like to thank the resources I have been inspired by such as Wayne Dyer, Sadghuru, Tony Robbins, Dr John Demartini and many other mentors.

The purpose of this book was to give you actionable steps to quicken the process of your development without having to spend a lot of time and money.

We are drowning in information but lacking action!

This book is to get you moving, no excuse!

I will be here to support you on your journey.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have tried to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself Why did I create this? You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love

Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com

