

# 3 Keys Cheat Sheet

Always Give Your Mind The “Enhanced” Version



This Cheat Sheet will remind you of what was covered in my online presentation. Remember to remember the 3 Keys that are always at play. When used in a systematic way, they empower you.

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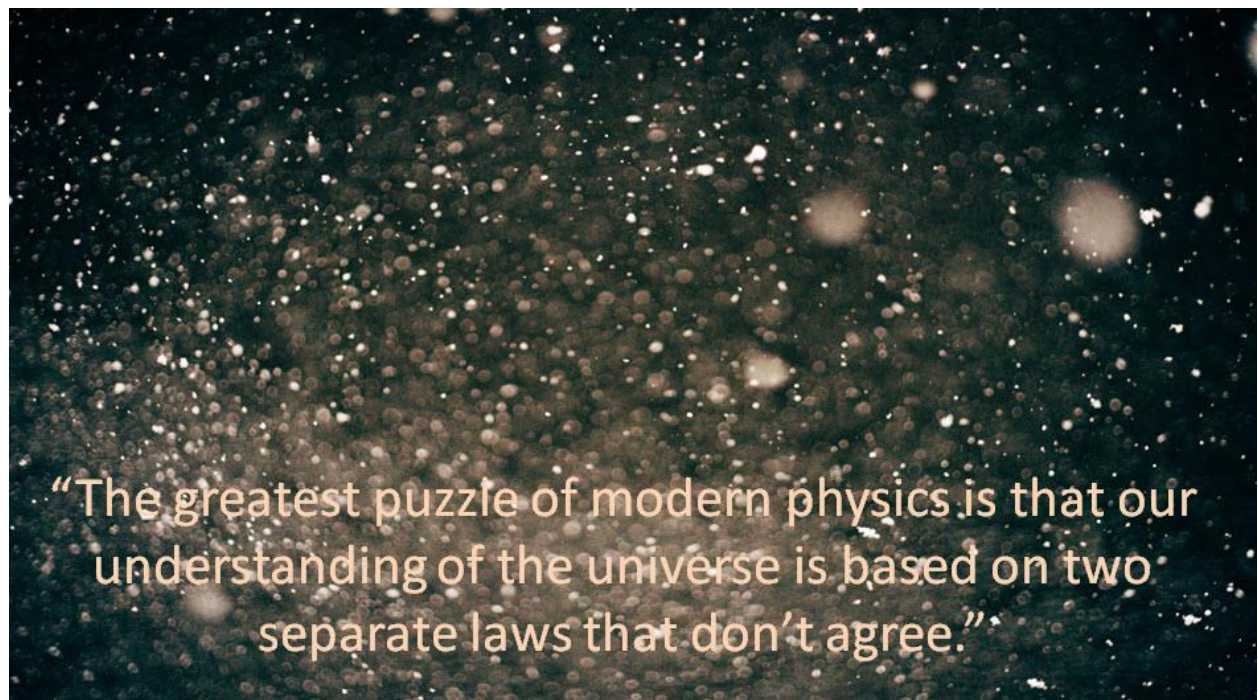
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We now know that foundational beliefs most of us were taught are no longer valid. New discoveries disprove them.

If you're not adapting to the times, not using the latest discoveries to your advantage, you're making life much harder than it has to be.

Think about this: In the Nova special, "The Elegant Universe," physicist Brian Greene said:

"The greatest puzzle of modern physics is that our understanding of the universe is based on two separate laws that don't agree."



A relatively newly discovered area of physics, Quantum Mechanics, shows that the human mind and the power of intention, beliefs, perceptions and expectations can impact outcomes in a very real, tangible, measurable way.

An Example That Shows The Power You Have To Affect Outcomes By Focusing Your Mental Energy:



One Group Worked Out Physically



One Group Worked Out Only In Their Minds



A Control Group Did Not Do Any Kind Of Workout.

There was only a 4% difference in strength tests between 2 groups of participants. One did physical workouts in a gym. The other group only imagined that they were working out. They mentally observed their workout while they were physically inactive. A control group did not work out mentally or physically and they showed no improvement at all!

Another Example Of The Power Of Your Mind & Beliefs:



The stage was set and then older men used their imaginations and lived for 7 days as if it really was the 50s and they were 22 years younger. When tested, the doctors working with them actually found significant physical changes, improvements that could be measured. (What you think makes a huge difference.)

## The Power Of Intention & Your Ability To Impact Energy



Intention experiments such as the ones done by Professor William Tiller show that intention can go from mind to matter. It can be encoded in a physical device, shipped around the country and then it can change physical matter exposed to it in another state.



Pay attention to what your MIND is focused on



Pay attention to what those thoughts cause your body to FEEL



Pay attention to what you RESONATE into “The Field” because of your thoughts and feelings

Take a slow, calming, deep breath. Blow it out, relax and think about this statement because it is the secret to success with EVERYTHING:

Although there are other factors too, people and situations are drawn into your life in response to what you observe in your mind, feel in your heart and faithfully believe will happen.

Develop awareness of your thinking, inner conversations, mental imagery and the feelings they create. Those are the things that breathe life into your mental observations.

You activate possibilities when you focus attention on them. How you feel about them provides fuel that gives them life.

**Knowing How To Use Creative Visualization & Self-Talk To Experience High Resonating Feelings In Your Body Is The Secret To Success.**



Your energy  
doesn't stay  
within the  
confines of  
your body.

## Visualization Alone Doesn't Cut It – What Matters Most Are The Feelings Created In Your Body



Don't make this common mistake and focus just on visualizing or maybe on saying affirmations at other times. Your focus should be to create feelings about what you have in mind. Make sure that what you have in mind is the result you're after and that you are not feeling fear about not achieving it.

Go inward and use your brain to create feelings in your body that resonate your intention to the quantum field.



Strawberries  
Show Faster  
Deterioration  
With Fear



Top Graph Shows My Heart Rate Variability While Feeling Fear



Bottom Graph Shows My HRV While Feeling Love



My HRV reading shows how powerful feelings are. They are great healers or destroyers. You can take complete control of them with a little bit of practice. Practice allows you to become a master at manifesting more of what you like and less of what you don't.

It is easier than you think when you create a strategy and then do simple things consistently.

No one becomes successful and masters anything in life without a plan that is executed.

- First you must determine what is important enough to you that you are willing to do what it takes to accomplish it.
- Then assess where you are with it so you can determine the next step and get forward momentum going.
- Commit to work with the power of your thoughts, intentions and focused energy so that you send a clear message to the Field and others.
- Take practical actions but also pay close attention to the inner feelings that attempt to guide you to the right place at the right time.

Find ways to remind yourself to pay close attention to what you are feeding the Field. Notice what you think and talk about, what you see and envision about yourself and what you feel about what you are observing in your mind.



How Many Legs Are You Missing?



What do you affirm when you talk?



What images do you see in your mind's eye?



What feelings are resonating from you?

1) Consider the questions above in relation to goals important to you.

2) What should you realistically expect to return to you? Consider your predominant thoughts & where you focus your energy. Determine if you are consciously controlling what you talk about to yourself, what you see in your mind's eye & what you feel in your heart.



If I can help you find what's missing for you, please contact me or work on your own with my downloadable coaching program. Check out [White Light Method of Manifesting Miracles](#). Coaching can greatly accelerate your progress and help you master techniques that you'll have for the rest of your life.



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