



# SPIRITUAL OPTION E-workshop

CREATE MATERIAL REALITY THAT IS RICH,  
ABUNDANT AND IN HARMONY WITH YOUR  
SPIRITUAL PATH

*By:*

*Filip Mihajlovic*

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SPIRITUAL OPTION is a system for personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis/treatment. The application and results are solely the responsibility of the practitioner.

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**TECHNICAL REMARK ABOUT E-workshop:**

Materials that would demand printing (Practical processes, Golden Rules of SPIRITUAL OPTION etc.) are in separate files (PRINTABLE PRACTICING MATERIALS.pdf and PROGRAM FOR INDIVIDUAL PRACTICE.pdf.)

**NOTE:**

Modern researches shows that most people don't read documents in *electronic form* thoroughly. Most of the time we just **scan** through such documents. This E-workshop is modified to be "scan-able" by changing key words or phrases in paragraphs by making them *italic*, **bold**, or underlined.

*For Maya*

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## The first thing you need to understand about this workshop:

SPIRITUAL OPTION will change the way you achieve your goals.

Most people try to achieve their goals while they have inner conflicts. Some parts of their being resist those goals, but they usually suppress them and force themselves to **take actions** that they consider necessary for the achievement.

To achieve your life goals in truly spiritual way, you need to use spiritual techniques to *harmonize yourself with your goals*.

You also need to find those ways of achievement that are in harmony with your Spiritual Path (these ways of achieving your goals are your SPIRITUAL OPTIONS).

Only then will you **achieve your life goals** easily, and in a way that will really give you fulfillment.

SPIRITUAL OPTION is a system that will help you do exactly that.

SPIRITUAL OPTION E-workshop consists of practical exercises and theoretical knowledge necessary to understand those exercises.

To really *have benefits from this workshop*, it is necessary to do those exercises, like you would if you were a participant on one of my workshops.

If you don't do them, you may feel that you know more and more about achieving goals, and that you are getting closer to their achievement, but you won't be.

The **main problem** with achieving our goals isn't that we don't have enough knowledge.

It's the fact that large parts of our being are resisting and blocking achievement for different reasons.

Without doing the SPIRITUAL OPTION practical exercises, you would just entertain yourself, and miss the real benefits of the system.

You would remain the same as you were before.

So, if you really want to learn how to use your spiritual options, do all the exercises as if you were participating in a real-life workshop.

When you do the first few exercises, you will perceive obvious changes in yourself at once. After that you won't need me to persuade you any more.

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## Use the Full Power of Spirituality in Your Everyday Life

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You will want to do more, and to really **get rid of your internal conflicts**. (This is natural. Living in harmony feels much better than living in a conflict :-)

And even if you choose just to read this material, do at least examples of all exercises.

Without it, you cannot really understand the theory of SPIRITUAL OPTION.

Doing exercises is essential for getting a real understanding of the system. So, try to do all the exercises. If not completely, do at least a few processes for each technique.

Are you ready?

## CHAPTER 1

### PROLOGUE

Alexander Bradich is a childhood friend of mine.

He was always interested in spirituality, but never participated on any of my workshops.

That is natural. Somebody who was there when you were trying to call a girl that you had a crush on when you were 14, can't perceive you as a spiritual authority.

However, he became interested when I started coaching SPIRITUAL OPTION.

He wasn't comfortable about the price though, which was much higher than the price of other spiritual workshops in the country (it was higher than the average monthly income in my country at that moment).

Receiving money from my friends wasn't easy for me either.

But, experience taught me that people don't value things that they get without making personal investment.

This is especially true for spiritual and self-development techniques.

Most people don't have any benefits from spiritual techniques that they get for free.

Although it seemed awkward at the beginning, negative experiences taught me that by doing my workshops free of charge for my friends, I am not doing them any favor.

It actually makes reaping any benefits more difficult for them.

Alexander also had a reputation of being a person that is hard to get money from, so I knew that he would use SPIRITUAL OPTION with religious zeal, if he have to pay for it.

Because of his doubts about this (pretty high) price, and the fact that he was my friend I made him a special offer.

As I knew that most of my clients double their income with my methods within just three months, I proposed to him the following deal:

He would have to pay double price for the workshop, but only if he doubles his monthly income three months in a row. If he doesn't, the workshop will be free for him.

Being good at mathematics, he promptly calculated what doubling his income means compared with the doubled price of SPIRITUAL OPTION workshop, and accepted.

\*\*\*\*\*

Less than four months later he was standing at my door, smiling.

- "You dog! You knew that I would fall for that!" - He laughed - "I knew that I should have paid you a regular price."

In those four months, he increased the income from his part-time job (he was working as a tour manager for certain tourist agencies) so much that he was going to quit his regular job in the bank. He was happy as a puppy.

Being himself, he wasn't so happy about paying a double price, but he accepted it with a good grace. – "Maybe it was a lesson I needed to learn."

Today, he is not working even as a tour manager any more.

He is doing very well on the stock market, making *huge profits*, and enjoying the free time he has for himself and his family (that was the most important element he specified as his goal when we started).

Techniques that he has used to achieve his goal are the **very same techniques** I will share with you on this E-workshop.

They are all you need to *achieve your life goals* in the best way for you and in the shortest time possible.

Those techniques will help you to finally *create a life* for yourself and those dear to you that will be in complete harmony with your whole being and your Spiritual Path.

## CHAPTER 2:

### NO. 1 MYTH ABOUT SPIRITUALITY

Spirituality is my life.

Even before I was born, my father coached workshops and was writing books about spirituality.

While my classmates were interested in football or basketball, I knew everything about different kinds of meditation.

Like most spiritual people, I lived most of my life believing that the Spiritual Path is strictly separated from my everyday life.

I believed that I couldn't be spiritual and successful at the same time. That it is "easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God."

Now, 25 years since my first enlightenment experience, I know that it doesn't have to be that way.

I know that we can accomplish our goals in a spiritual way.

I know that we all have spiritual options.

#### *The Spirituality Myth*

Most spiritual people believe that it is not very spiritual to pursue a nice and pleasurable life. Nor to **aim for a rich and abundant reality**.

They believe that it is unspiritual to *enjoy material things* in life.

To have a nice car, a beautiful house or to travel to exotic places.

Spiritual people generally believe that enduring unsuccessful and unpleasant material reality in our everyday life is a natural part of the Spiritual Path.

That it is a **price** for precious experiences that we have on the Spiritual Path.

This idea in which most of us believe, that one's Spiritual Path and material life are strictly separated, is what I call "**NO. 1 MYTH ABOUT SPIRITUALITY**".

**NO. 1 MYTH ABOUT SPIRITUALITY:**

If you want to stay on the Spiritual Path, you must accept imperfect material reality. Desire to change and **improve your everyday life** is a sign of weakness and something that distracts you from your spiritual growth.

**WRONG!!!**

*Ideas of Bygone Times*

Spirituality Myth is a leftover of *ancient systems*.

In ancient times, when you decided to start a spiritual journey, you would leave your current life, go to some secluded cave or ashram, and spend the rest of your life in meditation.

You would separate yourself from the material world because it is "just a mind illusion" that "distracts you from your spiritual evolution."

It is a logical idea, and it worked well with the old systems.

But most of spiritual people today choose to practice spiritual techniques and continue with their everyday life as before. Modern spiritual techniques allow you to do that.

And this is where the real problem arises.

We continue to live our everyday life, but at the same time believe that we should neglect it, since it is a distraction from our Spiritual Path.

But, isn't the Spiritual Path about getting more and more in *harmony* with yourself and the Universe?

Is being in harmony for 20 minutes during your daily meditation, and spending the rest of the day living the "unimportant everyday life" really the best spiritual behavior?

Do you feel very spiritual trying to figure out how to get a raise or **worrying** about that debt on your credit card?

And are you truly *centered* on your Spiritual Path when you attend some spiritual workshop for two days and then live the following months in a material reality you don't like, but accept it because "everyday life is an illusion anyway"?

I don't think so. For me, the true spirituality must radiate from your Spiritual Path onto **every segment** of your life.

I do not believe that it is spiritual to withdraw from areas of life in which you are not successful because "dealing with them disturbs your inner harmony".

Clinging to **NO.1 SPIRITUALITY MYTH** is the main reason why so many spiritual people struggle in the material world.

*Spiritual people and the material world*

My experience of coaching spiritual people proved that this myth is the most important barrier for achieving life goals a spiritual person could have.

Living your life with such an idea makes you feel that you don't really *want to achieve your material goals*.

And when you have to choose between your material goals and your spirituality, for a spiritual person there is no doubt.

Your material goals stand no chance.

And because of that you live 24 hours a day, 7 days a week, and 365 days a year in a reality that is "spiritual", but with which you are not in harmony.

But, **NO. 1 MYTH ABOUT SPIRITUALITY** is precisely that – a MYTH.

*Using your spiritual options*

Let me ask you something: how would you feel about this myth *if I proved to you* that you can live your everyday life, achieve your **most demanding** material goals, and *create a perfect reality in a truly spiritual way*?

In a way that will help you get more and more in harmony with yourself and your environment every step of the way.

To prove you that *you can create such a reality* in a way that will enable you to work on your goals with optimism and enthusiasm, your **whole being** really motivated to achieve these goals?

The proof that you can achieve your goals in such a way is waiting for you in the following chapters.

You will learn in a simple, **step-by-step** set of specific actions how to achieve each and every goal of yours.

You will learn how to do it successfully **every time**, while remaining in perfect harmony with your Spiritual Path and the deepest aspects of your being.

If you are looking for a spiritual way for achieving your goals, you are in the best place in the world.

If you do SPIRITUAL OPTION exercises the best way **you can**, you will have your life goals achieved in somewhere between 3 months and two years (this is the average time of achieving life goals of my practitioners).

I guarantee it!

And you do not even have to do it perfectly.

Just "the best you can".

Ninety nine percent of spiritual people can master SPIRITUAL OPTION in a 2-day workshop, or in a few days of serious solo practicing with the E-workshop.

So, let's get going.

### CHAPTER 3

## REASONS WHY YOU AREN'T 100% SUCCESSFUL

Spirituality myth is a global problem for people on the Spiritual Path.

It makes you *feel* that you don't even want your goals.

On the other hand, most spiritual people aren't really successful in reaching their goals, even when they are dead sure that they want to achieve them.

Why is that so?

Why don't you have that rich reality, or fit body, or ideal love partner that you want?

It's not what most people think.

The fault isn't with your parents, economy, nor your unsupportive wife or husband.

Nor even with your destiny.

There is only one real reason why you don't have the things you want.

I'll tell you what it is in a minute.

Most spiritual people aren't able to create the life they REALLY want.

Their life is usually an exhausting struggle and it is in conflict with their Spiritual Path.

The sad fact is that most of us have, at one time or the other, found everyday life to be such a drag.

It really doesn't have to be this way.

Not for spiritual people.

So, what is the secret of making your life a joy?

Of living in a happy, harmonious **and spiritual** reality?

And what is the answer to the question we posed at the beginning?

The real answer is that you don't succeed in achieving your goals because you are trying to achieve them in some non-spiritual way.

Because of that, such goals are *conflicting* with your Spiritual Path, and they're automatically not in harmony with the deepest parts of your being.

If you want something for some time, and you don't have it, chances are that there are important parts of your being that resist it.

Let's take a look at a simple example.

*Example*

Let's suppose that you are a businesswoman (or businessman) who wants to **be more successful** in her job.

If you set your goals in the standard way, you will probably believe that you really want that goal.

That you truly want better results. That you really want success and bigger income that will **provide better life** for you and your family.

But is that "the whole truth"?

The fact that is not so obvious is that parts of your being may not be so thrilled about your goal.

Some of your aspects may believe that being more successful will rob you of **free time** for yourself, for your friends, for your partner.

Or that committing yourself to your work could make you neglect the needs of your kids.

If they exist, such parts will not be **truly engaged** in achieving your goal.

And that's not all.

Most of the time they will actively *resist* and *sabotage* your work on a goal that you consciously want.

Of course, this is not true only of our businesswoman.

We all have such resisting parts and inner conflicts concerning our goals.

If we didn't have them, we would all be much more successful; whole mankind would live in harmony and prosperity, and our planet would be even more beautiful place to live on.

These internal conflicts are the main reason why most people quit their goals.

Even when they don't quit, they usually don't have too many reasons to cheer about.

People who don't use their spiritual options mostly deal with such conflicts by means of willpower.

They use willpower for forcing themselves to take actions necessary for reaching their goals.

But even if you are able to force yourself to do what needs to be done, results probably won't be great.

*Trying to overcome your inner conflicts by willpower*

When you don't *use your spiritual options*, you use a **big part** of your energy just to force yourself to do what "needs to be done".

Major part of your energy is spent on **conflict** with your own parts that resist that goal.

This means that you won't have enough of it left for taking actual actions in the material world that would lead you to your goal.

Knowing that, how do you think our businesswoman will do, when she forces herself to ask for the promotion?

How persistent will she be when she asks for a higher position that brings more work and more responsibility?

Or when she proposes a new ambitious project that will demand her very best to *make it work*?

So in the end, final results for the average Joe-in-the-street are rarely something to write home about.

**Fact about goals:**

When you set your goal in the usual way, some parts of your being resist its achievement.

*Using your spiritual options*

When you begin to *use SPIRITUAL OPTION*, your situation will be totally different.

With this system you will easily resolve conflicts that are related to your life goals.

When your goal is set in such a way, it is really **desirable** for your whole being, and it is in complete harmony with your Spiritual Path.

Then different parts of your personality don't fight against each other, but *work as a team* on the accomplishment of your goal.

All your energy is **laser-like** focused on achieving it, instead of being wasted on your inner conflicts.

When you *start functioning like that*, your work on your life goals as well as your everyday life becomes harmonious and pleasurable, and achievement of your goal certain.

When you use your spiritual options, all actions for achievement of your goal spring out of the perfect inner unity.

You do not need to force yourself to do the necessary actions anymore.

Person who uses her spiritual options is naturally motivated by desire to have her goal achieved as soon as possible.

Some practitioners compare such work on your goals with the enthusiasm with which you are engaged in your hobby, or some other activity that you **enjoy** doing.

Only when you work on your goal with such enthusiasm and zeal, you can be sure that you are *really* using your spiritual options. Then you don't need me to tell you what results you will get.

You know it yourself.

Even before, when you didn't formally use your spiritual options, you *easily accomplished* goals on which you worked with such motivation and determination.

Such work can have just one outcome: **total success!**

We have all had such experiences.

The difference is that with SPIRITUAL OPTION system you *create such attitude* towards your goal **consciously** for every goal you set.

This is why effective use of spiritual options is invaluable for every person on the Spiritual Path!

*You can reach any goal*

Here is a short case study that could give you a hint of what to expect when you start using SPIRITUAL OPTION.

*Alexander started using SPIRITUAL OPTION when his fine foods import company went bankrupt. He was deep in debt and really desperate.*

*He set new goals, resolved inner conflicts connected to them and defined ways of achievement that were in harmony with his Spiritual Path. In less than a month he started his new company and in next six months made it really successful.*

*Now his company has four building sites in two biggest cities in his country (it's civil engineering company that builds new apartment complexes), and he's a \$ millionaire.*

If you could be so effective, which goals would you achieve first? What areas of your life demand urgent change?

*Dusica's goal was to get a job in her profession. At first she was skeptical as she has a degree in Librarian sciences, and average salary for people working in libraries in her country was far less than what she had set as her goal.*

*After applying SPIRITUAL OPTION techniques, she confidently searched for perfect opportunity for three months, refusing numerous offers with inadequate salary (and withstanding her parents' criticism for being unrealistic:-).*

*Three months later, she got a job as a chief librarian in United States embassy in her country. The job makes her feel happy and fulfilled (U.S. embassy is engaged in providing humanitarian aid and in cultural cooperation in her country).*

What are YOUR goals? What is the reality you *really* want to live in?

Here is another short story you might find interesting.

*John is my personal broker. When he realized what I do for living he asked me if I was willing to work with him on making his own brokerage firm.*

*Last year the firm he created was sold for 1 million EURO (1.6 million \$).*

Now, ask yourself again: What do you really want?

If you have your answer, it's time to get busy!

#### **REMEMBER FROM THE PREVIOUS CHAPTER:**

- The main problem in achieving goals for most spiritual people is that we try to achieve our goals in ways that are not in harmony with our Spiritual Path. Because of that, the deepest parts of our being **unconsciously** oppose our goals.
- Even if you succeed in *forcing* yourself to take the “right actions” against opposition of unconscious parts, you spend most of your energy in this **struggle**. Then you have just a small part of our energy left for the actual achievement of your goals.
- When you use options that are in harmony with your whole being, all your energy is directed at reaching your goals.
- There can be only one outcome of such behavior: total success.

## CHAPTER 4

# HOW PREVIOUS EXPERINCES INFLUENCE OUR STATES OF MIND

So far we've seen that the main problem for achieving our life goals is that we all have parts of our beings that are actively resisting their achievement.

But *how is it possible* that we have such strong conflicts concerning our life goals?

These goals are usually totally positive, and something that we obviously **do want** to achieve.

The answer is simple. All these conflicts have roots in our previous experiences.

In order for participants of my workshops to understand this, I ask them to do the following simple exercise. Do it as you read it.

***Think about the life goal that you want to work on.***

*Think about trying to achieve it. Feel that you will try to make this happen in the next days, weeks and months.*

...

*Now notice **how you feel** about this goal. Are you full of enthusiasm? Are you confident that you will make it? Notice your feelings about it.*

***Now consider how you would feel about it if you were 100% successful in everything you have done in your life.***

*- If you were a natural leader when you were a kid.*

*- If you were the best in all the games you played, and **totally successful** in everything you did.*

*- If you were able to achieve anything you imagined and get whatever you wanted from your parents, other kids and other people.*

...

*If you were also the best in everything **in your youth**.*

*If you excelled in all classes and all exams in the high school.*

*If you were able to impress and get every girl (or boy) you liked.*

*If you were **liked and respected** by everybody.*

*If you were able to **earn a lot of money** from your first attempts, and was super-successful in business and every job you have ever had.*

...

*How would your current goal seem to you if your past were like that?*

*How would you feel about it? Would you perceive it in the same way?*

*If you were such a person would you be reading this material at all?*

I don't have to hear your answer, nor to be clairvoyant to know what it is.

If you were 100% successful in everything in your past, you wouldn't be reading this material now.

Your current life goal would look like a child's play to you, and you probably wouldn't be interested in it at all (you would be interested in something much more demanding and interesting).

### *The source of inner conflicts*

We can see from this exercise how much our **previous experiences** influence our attitudes, our emotions and our behavior regarding our goals. Obviously, our results in these areas depend on them, too.

In the course of this workshop you'll see that the sources of all conflicts concerning our life goals are hidden within our previous experiences.

Do you believe that you won't have enough time for yourself if you focus on earning money? If you do, where do you think that belief comes from?

Obviously, you have some previous experiences that show to you that "when you concentrate on earning money, you have no time for yourself".

Of course, you may have *seen somebody else* concentrating on earning money and neglecting his or her needs. But watching somebody else's situation is also the experience **that you had** in the past.

And where do you think belief "earning money demands hard work" comes from?

That too springs from the things you experienced in the past (situations where you worked hard to earn money), or from seeing negative experiences of others.

Of course, it's possible that somebody have *just told you* that "wise truth". But then, **listening that person** telling you that, and accepting it as an absolute truth is your problematic experience generating such belief.

Or, if you feel that you will neglect the needs of your children if you try to be more successful in your work?

It's again the same story. If you feel like that, chances are that you were forced to neglect your kids because of job responsibilities in the past, or you've seen somebody else do the same.

When you think about it, there is nothing else in our lives, but experiences.

Therefore, nothing else could be the core of our inner conflicts.

### **The Way of Dealing With Negative Past Experiences in Spiritual Option**

In the next chapter, you will learn how to deal with the past experiences responsible for the inner conflicts you have concerning your goals.

You will master EXPERIENCE MODIFICATION TECHNIQUE (EMT).

With this technique you will *transform* your previous experiences, which are at the moment obstacles blocking your advance, into spiritual teammates that will drive you toward the achievement of your life goals.

We will not use discipline, will power or anything else that would achieve your goals through struggle with important parts of your being.

You will understand how you can **use your spiritual options** and achieve your goals in a spiritual way and in true harmony with yourself and the Universe.

While you are reading this, you are probably wondering what you will need to succeed in making your spiritual dreams come true.

Well, not much.

You will need just a few skills that you already have.

- Reading
- Writing
- Deciding whether some things feel right or not
- Deciding what you would like to change in some experiences to make them better.

These are skills you already have.

Some of them are obvious (you are reading this, aren't you?), while you will understand the last two as soon as we take a look at a few examples.

### ***One More Thing Before We Start***

You are probably having some doubts whether *this method will really work for you.*

That is natural. Just be aware that doubts are there and let yourself be skeptical about SPIRITUAL OPTION.

System will work for you **regardless of your doubts**.

To *succeed with SPIRITUAL OPTION*, you don't have to “truly believe that system will work for you”. Techniques of SPIRITUAL OPTION are based on universal principles that work regardless of whether you believe them or not.

You just have to *use them*.

**Facts about SPIRITUAL OPTION:**

89% of practitioners feel that their situation in the area of the goal they chose to work on with Spiritual Option improved **more than 100%** (actually, it is much more for most of them) during the *first month* of practicing SPIRITUAL OPTION.

And **more than a half** of those who work on financial goals at least **double** their income in the *first three months* of practicing SPIRITUAL OPTION.

So, if you have your doubts, don't worry. Just do SPIRITUAL OPTION exercises and after just a few of them you will have your own experiences that prove that *the system works for you*.

*What is necessary to make it work for you?*

The willingness to **try it**.

Willingness to understand material that you are reading and put the SPIRITUAL OPTION principles in action.

You don't have to do it perfectly. Just *do it the best you can*.

If you **do that**, and nothing more, in a month or so you will find yourself writing me your success story. I guarantee you that!

I am not asking you to *believe me*. Just give me the opportunity to prove it to you. Just give **your** spiritual option a chance!

Go ahead and do the exercises from the following chapters the best way you can, and experience the results right away.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The main source of our inner conflicts are our negative past experiences.
- If we know how to deal with them, these same experiences can become precious lessons and guidelines that will drive us toward our goals.

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## Use the Full Power of Spirituality in Your Everyday Life

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- When you master these techniques you won't need to force yourself to work on your goals. You will pursue them in a way that is in harmony with all aspects of your being and your Spiritual Path.
- If you doubt that SPIRITUAL OPTION will work for you, just let yourself be skeptical. The system works whether you believe it or not.

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## CHAPTER 5

# EXPERIENCE MODIFICATION TECHNIQUE (EMT)

In the next chapters you will *start working seriously* on your goals.

You will learn how to find your most important inner conflicts concerning your goal and how to make them disappear.

In the process, you will transform your goals so that they will become perfectly aligned with your Spiritual Path and really desirable for all parts of your being.

Once your goal is like that, your efforts will be natural and harmonious, and your results will literally skyrocket.

But first, let's take a look at the EXPERIENCE MODIFICATION TECHNIQUE (EMT), the technique that we will use to deal with your conflicts.

### *The Experience Modification Technique*

This spiritual technique is so simple that the most difficult problem in teaching it is making practitioners realize its simplicity.

The basic idea of the SPIRITUAL OPTION is that human life is a series of different experiences.

Every day, we pass through a series of experiences — awakening, morning hygiene, drinking coffee, going to work, working, returning home, etc.

These simple experiences (and the way we are dealing with them) are the root of all problems (and all the joy:-) that you may have with your mind.

### *Three stages in Experience Modification Technique (EMT):*

There are three main stages in EMT. These are:

1. *Description of a significant event.* At this phase, you'll re-experience (and write down) a significant past event and rate it on the scale of -10 to +10.
2. *Recognition of necessary changes.* After you finish stage one, you must establish what needs to be different in it in order for it to be better (or less troublesome) for you.
3. *Description of the new changed experience.* In this stage, just write down what that experience would be like if it were modified according to the desired changes identified in step 2.

What does all this practically mean?

Let's see it on a simple example.

*Example*

*I am awakened by my alarm clock. I am a little drowsy, because I wanted to sleep a bit more. It's raining outside. I have a bunch of different tasks today, so I am a little tense. I get up and start brushing my teeth, thinking about what to do first.*

This is the description of my waking up experience from this morning. First thing that we should ask ourselves is how desirable this experience is.

If I am to rate it, what would its rating be on a scale of -10 to +10 (-10 being the worst, and +10 the best possible experience)?

For me this experience is +6. I am generally feeling OK, but I would like to go back to sleep. It's raining and I am a little tense because I have a lot on my mind.

Next thing I should ask myself is "What needs to be different in this experience to make it better?"

In other words, **if I could order experiences as I'm ordering a pizza**, what changes would I make when ordering this morning's experience?

For me, the first change would be sleeping longer. Accordingly, my changed experience looks like this:

*I wake up well rested. I slept for full 8 hours. I get up and start brushing my teeth. I think about different things that I need to take care of today.*

Let's rate it again.

Now it's a +8 on my desirability scale. I still feel a little tense because I have a bunch of tasks ahead of me.

**What else needs to be different to make it even better?**

Well, this experience would be much better if I made a plan of all tasks the previous evening.

*I wake up well rested. I slept for full 8 hours. I'm going to bathroom and, start brushing my teeth, knowing exactly what things I need to take care of today. I know what my priorities are, and in what order I will perform the tasks. My mind is sharp and focused, and I am ready to start.*

What is my desirability rating for this experience?

It's +9.

It's a fine experience. But it would be even better if I have had started working on one of my business projects (that I am working on now) six months earlier.

Then it would have already been completed, and I would have a regular monthly income of 5000\$ without any additional work.

What would my experience from this morning look like (feel, sound) then?

*I wake up well rested. I slept for full 8 hours. I'm going to bathroom and, start brushing my teeth, knowing exactly what things I will do today. I have a few tasks to do today, but I also have a lot of free time. I am relaxed and satisfied. I turn on my PC and take a look at my bank account. This month's income from "business project x" has already arrived. I wonder what present I should buy to surprise my wife.*

And my rating for it is a pure 10/10. This is for me the perfect experience of this morning.

As you can see, the technique is very simple.

You start from a certain experience from your past, **describe it, and determine what changes you would make to make it perfect for you.**

It's similar to having a more disciplined imagination.

The only difference is that in applying the technique we perceive the original experience as it really was, and then we "imagine" the desired changes until it is perfect (a pure 10/10).

Though the technique is incredibly easy to use, **the changes you get by applying it are very deep.**

These aren't the short-lived, shallow changes that you get by applying techniques that change just your perception of negative experiences.

These are fundamental changes in your personality.

How come?

Each thing we desire to be different, points to the part of the experience we cannot confront.

With laser-like precision, the technique reveals precisely those elements of the experience.

By making changes in a specific problematic experience until it is perfect, a person completely confronts—and resolves—that whole experience.

*What changes can you ask for?*

What you should notice here is that you are just asking yourself: "What could have been different in this experience to make it better for me?"

It's a totally **hypothetical** question that concerns *just your feelings*.

Thus, you don't have any restrictions regarding the potential changes that you could "ask for".

You are just examining one previous experience and asking yourself: "If I could freely choose my experiences would I like this one to be different?"

"Would that experience be better if that day was a beautiful, sunny day?"

"Would it be different if I had gone to the college when I was 18?"

"If my parents were rich?"

"Or if I were a very confident person?"

"Or brave?"

"Or lucky?"

We are just asking ourselves what needs to be different in this experience to make it more desirable for us.

It doesn't matter if the change is difficult, or even possible.

Sometimes it is necessary for life to be different, for the planet, or even for the whole Universe.

Some experiences would **feel** much different if people were kind to each other, or if this planet were a planet of peace and harmony, where nobody killed or ate other beings.

If you are a vegetarian, or someone who cares about animal rights, that (change of the whole planet, or of the whole Universe) could be the necessary change that makes a certain experience truly perfect (10/10).

So, my point here is:

In EMT, all changes of experience you can think of are OK.
--

It doesn't matter if the change is unreal, or impossible.

Now, let's take a look at what it all looks like in a complete process.

## EMT PRACTICAL MATERIAL

(How to establish which past events are significant for your inner conflicts will be covered in later exercises).

### DESCRIPTION OF A PAST EXPERIENCE

1. Where are you **located** in this experience? (Write down your answer.)
2. **When** is it happening? (Write down your answer.)
3. Who are **important participants** in this event (whether physically present or not)? (Write down your answer.)
4. **Describe the experience** briefly. (Write it down)
5. **Rate** this experience on a scale of **-10 to +10**. (Write down your rating.)
6. What is the **most troublesome** part of this experience for you? (Write down your answer.)

### RECOGNIZING NECESSARY CHANGES IN THE EXPERIENCE

7. What needs to be **different in that experience** for it to be more acceptable for you? (Write down your answer.)

### DESCRIPTION OF THE CHANGED EXPERIENCE

8. **Write down** this new, changed experience as if it were happening right now.
9. Rate this new (changed) experience on a scale of -10 to +10. (Write down the new rating.)
10. If the new (changed) experience is rated less than 10, go to step 7 again.

**Repeat steps 7-10 until the new experience is perfect (rated 10/10).**

Process is really simple.

Before describing the experience, you should notice **where** and **when** it was happening and who were **important participants**. These are important elements of every experience.

The rest of the process is just a more formal version of what I described in my example of "morning experience".

You induce the necessary changes into the initial experience, **one by one**, until it's really perfect for you.

***Practical exercise:***

Now, apply the EMT to your morning experience.

This means remembering what you experienced this morning and go through all steps from EMT process.

It's really simple, yet remarkably effective. Do it now.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- EMT is the "workhorse" of SPIRITUAL OPTION.
- It will enable you to effectively deal with barriers that block accomplishment of your goal.
- EMT has three key components:
  1. *Re-experiencing a significant experience.* At this phase you re-experience (and write down) a significant event and rate it on a scale of -10 to 10.
  2. *Recognizing the necessary changes.* After perceiving the original experience, you must establish what needs to be different in it in order for it to be better (or less problematic).
  3. *Description of the new changed experience.* You should write down what would the experience be like if it were modified according to the desired changes identified in step 2.
  4. If your changed experience isn't perfect (rating 10/10), you should ask yourself for further changes that will make it even better, until your new experience is rated 10/10.

## CHAPTER 6

### A FEW MORE WORDS ABOUT EMT

In the last chapter you learned the EMT.

Example we used was a bit unusual. We used EMT to modify your experience of waking up this morning.

It is an everyday experience and it's not very negative for most practitioners. This is the main reason why we have done it. We wouldn't like you to learn the technique while trying to deal with some very traumatic past event.

However, we usually need the EMT to deal with really negative experiences – the experiences that caused inner conflicts concerning our life goals.

EMT works exactly the same regardless of what experience you choose.

Let's apply it now to negative past experiences.

#### *EMT-ing negative past experiences*

Think again about the life goal that you want to achieve with SPIRITUAL OPTION.

Now ask yourself what **your most important negative characteristic** that blocked the achievement of this goal in the past is.

Procrastination?

Lack of motivation?

Lack of focus?

Letting yourself be distracted from your goal by other things?

Quitting too easily?

...

Whatever your negative characteristic is, think about it for a while.

Now ask yourself, which of your previous experiences shows that you are really such person?

Or, if somebody asks you, how would you prove to him that you really have this negative character trait?

Which events from your life show that you really are like that?

If you are to make a **movie about your life**, which of your previous experiences would be the best scene that shows the audience that you have this negative characteristic?

Let's take a look at a real-life example.

*A real-life example*

A client of mine felt that he was unlucky:

*"Whenever things start to go well for me, something happens that stops me dead in my tracks."*

**Q:** "Which of your past experiences shows that you are unlucky?"

*While I was making preparations to start my own business 5 years ago, my father died in a car-crash.*

**Q:** "Describe that experience. Where are you located?"

*I am in my room.*

**Q:** "When is it happening?"

*October, five years ago.*

**Q:** Who are the participants in this experience?

*Me, my mother, my father (who died).*

**Q:** Describe what is happening?

*I hear the doorbell and my mother answers the door. After a few seconds she begins to scream. Two police officers are at the door. They told her that father died in a car crash. In the next few months I had so many things to take care of, that I had to quit my developing business and take a job in my old company.*

**Q:** Rate this experience.

*-10.*

**Q:** What is the worst part of that experience?

*The fact that he died, and that I will never see him again.*

**Q:** What needs to be different in that experience to make it less troublesome for you?

*He should still be alive.*

**Q:** What would you experience that afternoon if he had not have that accident?

*He would come home as usual and we would have a lunch.*

**Q:** Describe that changed experience as if it were happening right now.

*I am working in my room. Father is coming back from his work. We are sitting at the table and having a dinner.*

**Q:** What is your rating of this new, changed experience?

+7.

**Q:** What needs to be different in that experience to make it even better?

*I should have had much better communication with him. When I created this experience of us having dinner, I realized that we didn't have a good communication.*

**Q:** Describe what would be different in that experience if you two have had a much better communication. Describe it as if it were happening right now.

*Father is coming home from work. We are all having dinner together. I am telling him which steps I will take next to improve my business. He approves of all of them. We are all happy and relaxed.*

**Q:** Rating?

+9

**Q:** What else should be different to make it even better?

*He should have supported me in all my efforts in the past.*

**Q:** How would this experience be different if it were changed like that? Describe it as if it were happening right now.

*I would have been much more confident in everything I'm doing, and at that moment my business would already be very successful.*

*I am sitting in my office with some business partners. My father is talking to me on the phone, saying how great the trip that I arranged for him and my mother was. He is not working because I am earning a lot of money. He wouldn't be coming back from his work, so the accident couldn't happen. It's a 10/10. If I had been more successful back then, this may not have happened at all.*

It is not very difficult, is it?

Now, let's pay attention to some interesting points of EMT noticeable in this example.

*You can change any part of experience*

As I have already said at the end of the last chapter, there are no restrictions regarding the changes that you can make in EMT.

Even if you start with experience of your father's death, you can change any element that needs to be changed.

You just ask yourself what could be different in that experience that would make it less problematic for you, and then see how that changed experience would feel.

In experience "the death of my father", it's natural that this very fact is one of the first elements that demand changing.

*"The False 10"*

One of the most common mistakes in individual EMT application is the mistake I call the "false 10" situation.

It is the situation in which the practitioner changes one very traumatic element in the experience he is modifying (father's death in this example).

What sometimes happens in such a situation is that the practitioner rates the new experience 10/10, because he is comparing it with the very traumatic original experience.

When the practitioner is observing experience of his father's arrival home and of their dinner together, it may feel perfect in comparison with the experience of his father's death.

But that's not what we are rating.

If we carefully observe the practitioner's experience of having dinner with his father (not comparing it with the experience of his death), we will see that it still has some negative aspects (for example, bad communication).

So, it's not a 10/10, and he should continue the process.

*Why you must write down your answers*

Writing down your answers is really necessary in order to do this process effectively on your own.

Any processing (therapy etc.) is basically a two-person activity.

One of the persons (therapist, processor) is there to guide and direct the process.

Other person (person that is being processed, or "therapee") is deep in the process, exploring contents of her mind. She is experiencing and re-living various problematic issues.

Because the processed person is exploring experiences that are usually unpleasant or painful, she usually needs a processor to guide the process.

This is why in order to do the process on your own, you need to "put it on **auto-pilot**".

You can do that by writing down all your answers. In this way you are substituting processor with your piece of paper where all your answers are noted down.

When you are stuck somewhere in the course of the process, all you need to do is take another look at the last thing you've written, and continue from there.

And believe me, in some processes you WILL get stuck or wander off.

Sometimes, process will become very emotional (as in the previous example), and sometimes you will wander off when you have a significant insight.

For example, when my client in the above mentioned process realized that the experience wouldn't be a 10/10 even if his father had come home for dinner that day, he was astonished.

If he had done the process on his own, he would have needed a few minutes to get back in the process, and his notes to continue.

### *Bringing it to the 10/10 every time*

This brings us to another issue.

EMT is an insight-rich technique.

Because of that you will have many points of relief during processing.

It is vital not to stop the process and wander off when you have one of those, but to continue until the experience in question is 10/10.

In the previous example, process would have been left unfinished (and practitioner in less-than-perfect-state), if we had stopped after his insight into the *communication problem* with his father.

### *Example 2*

Another practitioner felt that his most important negative trait is that he doesn't finish things.

*"Usually things go very well at first, but then I loose interest and begin another project."*

**Q:** "Which of your past experiences shows that you don't finish projects?"

*"When I applied for a scholarship to a college, I fell in love three weeks before the test. Because of that, I failed the scholarship exam."*

**Q:** "Describe that experience. Where are you located?"

*"I am in my room."*

**Q:** "When is it happening?"

*"In the first week of June, ten years ago."*

**Q:** Who are important participants in this experience?

*"Me and my parents."*

**Q:** Describe what happened.

*"I'm sitting at my desk fantasizing about that girl, instead of studying. My parents are worried because I am going out a lot, but I am trying to assure them that everything will be fine."*

**Q:** Rate this experience.

+3.

**Q:** What is the worst part of that experience for you?

*"I am in love, but I feel pressure to do things I am not interested in."*

**Q:** What needs to be different in that experience to make it less troublesome for you?

*"My parents should leave me alone."*

**Q:** What would have you experienced that afternoon if they had left you alone?

*"I would have been with that girl, and we would have walked in the park."*

**Q:** Describe that changed experience as if it were happening right now.

*"We are walking in the park. I am really excited because she agreed to go out with me. We are having a great time together."*

**Q:** What is your rating for this new, changed experience?

+6.

**Q:** What needs to be different in this experience to make it even better?

*"I should be able to impress her so much that she decides to leave her boyfriend and go steady with me."*

**Q:** Describe how that experience would have been different if she had been so impressed with you.

*"We are walking together. I tell her everything about my feelings and am so persuasive that she decides to go talk to her boyfriend right away. I know without a doubt that she is the person I want to spend my whole life with."*

**Q:** Rating?

+9

**Q:** What else should be different to make it even better?

*"I should be aware that I really want to pass that exam **for me, not for my parents**. I should also be able to do everything I need to do to get the love of my life **and** to concentrate on this exam at the same time."*

**Q:** How would this experience be different if it were changed like that? Describe it as if it were happening right now.

*We are walking in the park. I tell her how I feel about her. I'm so persuasive that she decides to go talk to her boyfriend right away. I started to study for my exam*

*two months ago, and I know that I will be well prepared for it. I have a very good understanding of the exam's structure and its most important parts. I tell her about my life plans and plans for college. She is full of enthusiasm and very supportive. I know without a doubt that she is the person I want to spend my life with."*

**Q:** Rating?

+10.

*"This is a perfect experience. In fact **I was** interested in going to college. I just needed to be aware that **I want it for myself**, not for my parents. If I had been such a person, even approaching that girl would have been much easier. And that kind of support is exactly what I need in a relationship to know that the person is right for me."*

*The core of all problems that you could ever have*

All this shows that all problems have roots in your previous experiences.

When we say: "I don't finish things", we are just generalizing specific experiences (specific time, place, participants...) that show us that that is true.

Situation is exactly the same if we say: "I lack confidence" or "I have no willpower" or "I am lazy", or anything else negative that you can say about yourself.

When you are making such a statement, you are (unconsciously) experiencing a few problematic past events in your mind that prove such "truth" to you.

Deeper, **spiritual** levels of our being don't handle abstractions very well.

They really only understand and deal with *specific experiences*.

This is why deciding that you'll start dieting "from Monday" usually doesn't work.

You may make a **conscious decision**, but there are different previous experiences that are in conflict with it. These experiences unmistakably prove to your unconsciousness that dieting is a royal pain, and that its results usually don't last.

Your subconscious mind pays much more attention to your past experiences than to abstract decisions that you might make.

This is the main reason why SPIRITUAL OPTION succeeds where so many other systems fail.

Effectively dealing with your negative past experiences, you *remove inner conflicts* related to your goals.

Then, all parts of your being become *harmonized* and *united* in pursuit of those goals.

All your energy focuses on their achievement.

And because you are reaching for your goals as a whole being, you will do all necessary actions without complaints and with perfect motivation.

Once you learn how to work on your goals in this way, *you really cannot fail*.

*Applying the EMT to your negative trait*

Remember your negative trait that blocked the achievement of your goal we mentioned at the beginning of this chapter?

Let's EMT one of your experiences that shows that you are really such a person.

Let me remind you, this means thinking about that negative trait and asking yourself:

"Which of my previous experiences shows that I am such a person?"

When you have found that experience ask yourself: In this experience where am I located? When is it happening?

If there are many similar experiences, just choose the first one that comes to your mind.

Then do the EMT process:

#### DESCRIPTION OF THE PAST EXPERIENCE

1. Where are you **located** in this experience? (Write down your answer.)
2. **When** is it happening? (Write down your answer.)
3. Who are the **important participants** in this event (physically present or not)? (Write down your answer.)
4. **Describe this experience** briefly. (Write it down)
5. **Rate** this experience on a scale of **-10 to 10**.
6. What is the **most troublesome** part of this experience for you? (Write down your answer.)

#### RECOGNIZING NECESSARY CHANGES IN EXPERIENCE

7. What needs to be **different in that experience** for it to be more acceptable for you? (Write down your answer.)

#### DESCRIBING THE CHANGED EXPERIENCE

8. **Write down** this new, changed experience as if it were happening right now.
9. Rate this new (changed) experience on a scale of -10 to 10. **(Write down the new rating)**.
10. If the new (changed) experience is rated less than 10, go again to step 7.

**Repeat steps 7-10 until the new experience is perfect (rated 10/10).**

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- You can handle even the most traumatic past experiences with EMT.
- To use EMT in the best possible way:
  - a. Remember that you can change any part of an experience (all changes are OK, whether possible or impossible).
  - b. Make sure that the new, changed experience is really 10/10, not only in comparison to the initial event (that is a "false 10"), but also as an experience that you are considering for the first time. Would you really be perfectly happy to experience something like that?
  - c. When you do a solo process, always write down all your answers.
  - d. Never quit processing before you get a 10/10 experience.

## CHAPTER 7

# SETTING YOUR INITIAL GOAL

The SPIRITUAL OPTION system can be used to accomplish **any goal**.

Practicing SPIRITUAL OPTION with E-workshop you should choose a goal that ranges from 4-7 on the difficulty scale (where 0 signifies a goal that will be naturally accomplished without any effort, and 10 a goal that is practically impossible to reach).

It is important to choose a goal of appropriate difficulty while learning SPIRITUAL OPTION.

SPIRITUAL OPTION is a very simple system, but there is an inevitable learning curve while you are mastering it.

Do yourself a favor and *select a goal of appropriate difficulty* when you are first learning the technique.

A goal that is too easy won't show you the true power of SPIRITUAL OPTION, and an impossible goal may inhibit your progress.

This is because your inner barriers could become so obstructive, that they make you quit before you master the system well enough to deal with them.

Therefore, during the phase of mastering SPIRITUAL OPTION, you should choose to work on a goal that is fairly ambitious, but not impossible.

Once you achieve the goal set in the SPIRITUAL OPTION E-workshop, you will master the system in such a way, and attain such confidence in it, that **you will be able to achieve any "impossible" goal** you can think of!

On the other hand, if you have a lot of experience in practicing different spiritual systems, feel free to choose even impossible goals:-)

Exercises are so simple that 99% of practitioners do not encounter any problem when they apply them. (Of course, persistency is another matter:-)

### *Setting your initial goal*

The first step on your way to your goal is to write down what you want to achieve.

Step 1.

Write down in your notebook (or on a piece of paper) what you want to achieve. **For example:**

MY GOAL IS:

"To double my income in the best possible way for me and my kids."

Or: "To become the chief of the Italian Red Cross section in Milan within three months".

Or: "To find a person that is my perfect emotional partner, and to create a perfect relationship with him/her."

Or: "To pass the CISCO network administrator test (CCNA) for computer networks before 15<sup>th</sup> of April."

(All these are actual goals achieved by SPIRITUAL OPTION practitioners:-)

So, simply write down in plain words what you want to achieve.

*Determining the deadline for achievement of your goal*

The next step is to define the date by which you want your goal achieved.

I WANT MY GOAL ACHIEVED BY \_\_\_\_\_

Just write down your goal's deadline.

Of course, you would like to achieve it as soon as possible, but define this deadline as the latest date that would be totally OK for you to have your goal achieved.

Just ask yourself: "Would I be completely satisfied if I could achieve my goal by...?", and find a date that is 100% OK for you.

Now that you have it written down, rate the difficulty of your goal.

(How difficult is it for a person like me, with my resources, in a situation like mine to achieve this goal?)

DIFFICULTY (0-10): \_\_\_\_\_

Difficulty 0 means that you can achieve the goal without any effort, and difficulty 10 that it is impossible goal.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The first step on your way to spiritual achievement of your goal is to write down what you want to achieve. Define it as precisely as you can.
- Next, determine its deadline.
- Finally, rate (from 0 to 10) the goal's difficulty for a person with your personal traits and in your circumstances.

## **CHAPTER 8**

# **TESTING YOUR CURRENT INNER STATE**

The main purpose of SPIRITUAL OPTION is to help you achieve your life goals by improving your inner states and your behaviors.

To be able to do this, it is necessary to assess your current state accurately.

If you want to change the situation in a certain area of your life, it is necessary to realize what the situation in that area is now.

So, at the beginning of your practice of SPIRITUAL OPTION, let's test your state of mind in regard to your goal.

This test has three parts:

1. Optimal state affirmation test
2. Negative personal traits test
3. Final rating

### ***OPTIMAL STATE AFFIRMATIONS TEST***

Some states of mind are better suited for achieving your goals than others.

The next set of affirmations covers the most important characteristics of one's state of mind that is optimal for achieving goals quickly and harmoniously.

#### **OPTIMAL STATE AFFIRMATIONS**

1. I am completely determined to achieve this goal by... (The deadline you've set for your goal).
2. Achievement of this goal is quite natural for me.
3. I am completely optimistic about reaching this goal.
4. I am full of enthusiasm for this goal.
5. I know exactly what I must do in the following months to attain my goal.
6. I promptly DO whatever is necessary to achieve my goal.

Test yourself for each of these affirmations.

How true is each of them for you?

Rate each affirmation on a scale of -10 to +10. (-10 = "I am not such a person at all. The complete opposite statement is true for me" and +10 = "This affirmation is 100% true for me.").

### *Testing OPTIMAL STATE AFFIRMATIONS*

What I want you to do is to rate to what degree is each of these affirmations true for you (in regard of your goal) on the scale of -10 to +10.

For example, if the goal that you set in the previous chapter is *"to find my perfect emotional partner, and to create a perfect relationship with him/her"*, you should do the following:

Think about that goal.

Feel that you are going to try to achieve this before the deadline. And then pay attention to the first affirmation: "I am completely determined to find my perfect emotional partner before..."

How true is this statement for you?

If you are absolutely determined to get your perfect partner and create this perfect relationship with him (or her) before that date, then you would rate it as a +10.

If you don't have even an ounce of determination regarding that goal, rate it -10.

If you feel that you are pretty determined, but have some minor doubts about being able to achieve it, it's probably +7 or +8.

If you are willing to try, but not feeling much determination, it's in the neighborhood of -4.

You get the picture.

**Affirmation 2** is about being the kind of person for whom achievement of such a goal is natural. Are you such a person? Are you a person for whom achieving such a perfect relationship with the perfect partner is a natural thing? (Again: rate it on the -10 to +10 scale).

**Affirmation 3** is about being optimistic (not in your life generally, but regarding this goal). If you feel that you will probably achieve your goal before this date, you ARE optimistic. Accordingly, your rating will be high. If you feel that this is probably not going to happen, it will be low.

**Affirmation 4** is about enthusiasm. Are you ready and willing to go and search for that perfect partner of yours? Are you ready to start creating that relationship? If you have

really set your mind on it, your enthusiasm rating is high. If you are lazy and lacking energy to do it, it's low.

**Affirmation 5** is about how clear you are concerning specific actions that you must undertake for achieving your goal. If you know the exact steps you will take from today to the final achievement, it's +10. If you have no idea at all, it's -10.

Finally, **affirmation 6** is about your readiness to perform the necessary actions at once. If you are ready and willing to do them right now it's +10. If you would rather drag your feet about it, it's negative.

When you're done, your list should look something like this:

1. I am completely determined to achieve this goal by 1<sup>st</sup> of July 2006.

**Rating +5.**

2. Achievement of this goal is quite natural for me.

**Rating -3.**

3. I am completely optimistic about this goal.

**Rating +2**

4. I am full of enthusiasm for this goal.

**Rating +7.**

5. What I must do next month to achieve my goal is completely clear to me.

**Rating -4.**

6. I promptly DO whatever is necessary to accomplish my goal.

**Rating -7.**

Pretty straightforward, right?

*Pay special attention to the deadline*

While rating how true a given affirmation is for you, be sure you keep the time frame for the goal in mind.

Are you really optimistic about reaching your goal before the date that you've set for its accomplishment?

For example, maybe you feel that you are a person for whom it is natural to earn double of what you are earning right now.

But are you a person for whom it's natural to increase it so much before the deadline you've set?

These are two different things.

### ***NEGATIVE PERSONAL TRAITS TEST***

The second part of this test concerns characteristics you exhibit in the area of our goal.

Ask yourself the following question:

According to my previous behavior, what negative characteristics have I shown in this area in the past? (Which of my personal traits and behaviors blocked me in achieving this goal before?)

This is the list that one of my clients created when he was working on starting his own business:

#### **NEGATIVE CHARACTERISTICS**

1. Reluctance to confront people, and protect my interests (rating –8).
2. Laziness (rating –2).
3. Procrastination (rating –4).
4. Lack of motivation (rating –7).
5. Giving up easily because of the feeling that he doesn't deserve to be super-successful (rating –1).

What I want you to do is to take a careful look at your life and meditate for a few minutes on your previous behavior in the area of your goal.

Why didn't you succeed in achieving it before?

Which characteristics of yours have **blocked** the achievement of this goal in the past?

As you identify your negative characteristics, write them down and rate them on the –10 to +10 scale.

If the negative characteristic that you are rating is very pronounced in your behavior, rate it –10. If the opposite positive trait is true of you, rate it +10 (of course, this will not happen as you're examining your negative personal traits).

For example:

If your negative personal trait is **lack of motivation**, than ratings should be as follows:

If you are a person who is never able to motivate herself to do the things necessary for the achievement of your goals, rating of that trait will be –10.

If you are able to motivate yourself, but only when it's something really important, your rating would be approximately +2.

And if you were really 100% motivated concerning this goal in the past, your rating should be +9 or +10.

You should rate all your negative traits related to your goal in the same way.

### *Creating your list of negative traits*

Now make your own list.

Remember, the question is: According to your previous behavior, which negative characteristics blocked you in achieving your goal in the past?

Meditate upon your life goal for a little while.

Why didn't you succeed before?

Write down *one problematic trait* and rate it on the -10 to +10 scale.

Then meditate some more and identify and rate the next negative trait, and so on.

Most lists have 3-5 different negative characteristics, but you should list all characteristic you consider important.

## 3. FINAL RATING

Now look at the two previous parts of this test. Imagine that you don't even know the person who has done them.

Would a person who has such thoughts and feelings succeed in achieving this goal before that deadline?

### *Example*

A person feels that:

- She is not completely determined to achieve her goal (**rating +4**).
- The achievement of such goal is not really natural for her (**rating -2**).
- She is moderately optimistic about that goal (**rating +6**).
- She lacks the energy and enthusiasm for working on her goal (**rating -1**).
- She doesn't really know how to achieve it (**rating -7**).
- She usually doesn't promptly take actions that she knows should be taken (**rating -3**).

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If that person has shown the following characteristics in the area of the goal in the past

1. Reluctance to confront people, and protect her interests (rating –8).
2. Low self-esteem (rating –2).
3. Procrastination (rating –4).
4. Inability to create a workable plan and stick to it (rating –7).
5. Giving up easily because of the feeling that she doesn't deserve to be super-successful (rating –1).

Her probability of achieving that goal wouldn't be very high.

Now, assess your test.

Look at your *optimal state affirmations*' ratings and your *negative traits list*.

What are the chances that the person who's done that test would succeed in achieving her/his life goal before the deadline?

WRITE DOWN YOUR ESTIMATED PROBABILITY OF SUCCESS \_\_\_\_\_%

\*\*\*\*\*

Sad, isn't it?

But, don't worry! No matter how hopeless the results of this test may seem, in just a few days—the time you need to complete SPIRITUAL OPTION E-workshop—all this will change.

You will *get rid* of all the negative characteristics from the second part of the test.

Your state of mind, concerning this life goal will be 100% different. All optimal state affirmations will be pure +10.

This won't be forced positive thinking, pumped-up attitude that you know **should** be there, yet you don't feel deep inside.

It will be your *natural* attitude toward your goal, and **simple truth** about yourself and your life goal.

You will be in the spiritual and emotional state that guarantees achievement in the best possible way for yourself and people around you.

Difficult to believe, isn't it?

Yet you will really feel this way.

You'll know that **you will achieve your goal**.

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You will know how to do it, and you will be eager to take all necessary actions for achievement of your goal.

At the end of this E-workshop you will really feel this way.

You don't have to believe me.

As I've said before, *system works* even if you are totally skeptical about it.

Don't believe me.

Just do the following exercises the best way you can.

Results will disperse all your doubts!

### REMEMBER FROM THE PREVIOUS CHAPTER:

- In order to be able to change your state of mind about your goal, it's necessary to know the state that you in right now. This is the reason why we do this test.
- The first part of the test is the review of **Optimal State Affirmations**. These are the affirmations that cover elements of your state of mind that are most important for achieving your goal. You should rate how true each of them is for you.
- The second part of the test concerns your **negative personal traits** that blocked the achievement of your goal in the past. You should identify them and rate them (from -10 to +10).
- Final part of this test is the **summing up** of the first two parts. You should take another look at the test and assess it. Will a person who has such *characteristics* and such *attitude* toward his/her goal achieve that goal before that deadline?
- When you complete the SPIRITUAL OPTION exercises, your state of mind about your goal will completely change. All the test's ratings will be +10 then.

## CHAPTER 9

# DEALING WITH YOUR INNER CONFLICTS

What have we done with regard to your life goal until now?

Nothing.

We've set it and tested it, but no actual work has been done on it.

We learned how to use the EMT, but have not begun to seriously use it on your goal yet.

Now we are about to begin with the real thing.

Are you ready?

*The only thing you need to know about achieving goals*

In the previous chapters I pointed to some important things about why spiritual people usually fail in reaching their material goals.

But there is really just one thing that you need to understand about achieving goals. Here it is:

### ***The First GOLDEN RULE of SPIRITUAL OPTION***

There is only one way to fail to achieve a goal.

THE ONLY WAY TO FAIL TO ACHIEVE ANY GOAL IS TO QUIT.

Yes, I know – it's a cliché.

Problem with that truth is that most "positive thinking" systems told you exactly the same thing.

It's usually accompanied with a **lecture** that advocate that the only thing you need to do is choosing not to quit, and popular proverbs about "quitters that don't win, and winners that don't quit".

And if I would told you such stories too, I would be well worth of your despise.

*Truth about GOLDEN RULE 1*

The fact is that in most situations, you **can't** just decide not to quit.

You are not stupid not to know that you shouldn't quit when you want something.

You are not lazy and you are not a "looser".

Like most of us, you simply have negative emotional reactions that *force* you to quit.

Because of that, all stories about "winners that don't quit" are beside the point, and all success systems that ask you "not to quit" are just selling you the Brooklyn Bridge.

In SPIRITUAL OPTION you won't see any of that.

On this E-workshop you will master effective tools for recognizing and dealing with all parts of your being (whether conscious or not) that are trying to make you quit.

*The most important reason for quitting*

There are three main reasons why spiritual people quit their goals.

In this chapter we will learn how to completely eliminate the most important of these.

The most important reason why most spiritual people quit their goals is <b>feeling that they won't be able to achieve them.</b>
---

If you take a closer look, it's quite natural.

If you feel that you will fail in the end, all your efforts are useless.

In that case, quitting is a reasonable behavior.

For example, let's suppose that you want to set up your own business of making custom-made cars.

If you "know that you will fail in the end", why would you make an effort to rearrange things in your garage?

Or to buy the tools you need?

Or to ask your grumpy uncle Joe to lend you the money?

If your inner truth is that you won't make it, all these actions are futile.

Even if you force yourself to take some of them, they will demand so much energy, that you will quit as soon as you encounter first serious barriers.

*How to deal with the most important reason for quitting*

For a practitioner of SPIRITUAL OPTION, situation is simple.

The reason why you have the feeling that you won't succeed is not some strange defect in your personality.

It's not "your low self-esteem".

It is not the whim of destiny.

The reason lies in your PREVIOUS EXPERIENCES.

And when you are a practitioner of SPIRITUAL OPTION, you know what to do with your negative previous experiences – you EMT them.

*Finding the source of the feeling that you'll fail*

Finding the past experiences causing the feeling that you will fail is simple.

There is an easy process that will discover them in four steps. Here it is:

***Recognizing negative past events (experiences) connected to goal***

1. Pay attention to goal you wish to achieve and date by which you plan to realize it.
2. Ask yourself if you are **sure** that you will really achieve it. If the answer is not a certain "yes", go to the next question.
3. What do you feel will, or could, happen instead?
4. Which of your *past experiences* shows that this negative outcome will (or could) happen?

It's quite simple, isn't it?

Now let's see what does it mean.

Asking yourself whether you are **sure** that you will achieve your goal will naturally activate *any doubts* that you may have about achieving your goal.

This means that with question number two you can easily locate any inner conflict that you have in respect to your goal.

If you are absolutely certain of success, you are in the perfect emotional state for achieving your goal.

If you are not sure, it means that a different (negative) outcome worries you.

You find one such outcome with the question 3.

After you find it, you only need to ask which of your previous experiences shows that your actions will (or may) have a negative outcome.

Let's take a look at the simple example.

*Example*

Client's goal was to set up his own business that will double his salary with less than four hours of work per day.

When he asked himself whether he is sure that he will succeed in it, his answer (at the beginning of the process) was:

*"Hell no! I'm not sure at all"*

When you are not sure that you will be successful, you obviously worry about some other, negative outcome.

**Question no. 3** deals precisely with that:

What do you feel will, or could, happen instead?

*"Maybe I will start my own business, but it won't be profitable, and I will go bankrupt and lose our life savings".*

**Question no.4**

Which of your past experiences shows that this negative outcome will (or could) happen?

*"When my brother had started his own business three years ago, he couldn't make it and he lost everything."*

Now, the only thing left is to specify that experience (to choose a specific scene he participated in, with specific time and place) and to EMT it.

Q: Which specific situation pops into your mind when you think about that situation?

*"I am speaking with my brother on the phone, and he is telling me that he will go bankrupt."*

Obviously, this is a specific experience that he could EMT.

*Interesting points about this process*

You should notice (at least) two interesting points here.

The first one is that although the answer to question no. 4 (his brother's bankruptcy shows that his business may fail) is OK, we need it to be even **more specific**, like a scene from a movie (with specified time, place, participants...).

This scene could be the telephone call itself, or "dinner with my parents when they told me about my brother's situation", or "situation when I am at his place consoling him".

Practitioner can choose whichever situation feels most characteristic of the problem (in this case, brother's bankruptcy), but it has to be specific (time, place...) event in which he perceives his brother's situation.

It should be like a scene from a movie. It happened in specific moment in the past, at specific place, etc.

**Only with such a specific experience we can do an EMT process.**

The second thing you need to notice is that when we ask "which of your previous experiences shows that this situation will have such an outcome?" your experience could be an experience in which you **see** somebody else going bankrupt. **It doesn't necessarily have to be the experience of going bankrupt yourself.**

Seeing such a thing happen to somebody else is (of course) something that you've experienced, and it could really make you worried about failing.

Sometimes your experience will be one in which somebody tells you something, or even one in which you see something on TV.

For example, it could be seeing an economy expert on TV saying that economy is in recession, or it could even be reading a book that states that 95% of new businesses fail in first two years.

That would certainly make you concerned about investing your life savings in the business you want to start.

*Applying the whole process to your life goal*

Now, let's do this whole process with your goal.

It's simple. Just think about your goal and the deadline you set for it.

Are you sure that you will achieve it by that date? (You're probably not if you've chosen a real goal).

Now ask yourself:

"Why am I not sure that I will achieve this goal? What negative outcome am I worried about?"

Write down your answer.

Ask yourself which of your past experiences shows that this negative outcome will or could happen.

Write down your answer.

If the experience you found isn't specific enough, specify it (like scene in a movie, with specific time, place and participants).

When you have a specific event that shows that your efforts may have such negative outcome, apply EMT on this experience. This means asking yourself:

1. Where are you **located** in this experience? (Write down your answer.)
2. **When** is it happening? (Write down your answer.)
3. Who are the **important participants** in this event (whether physically present or not)? (Write down your answer.)
4. **Describe this experience** briefly. (Write it down)
5. **Rate** this experience on a scale of **-10 to 10**.
6. What is the **most troublesome** part of this experience for you? (Write down your answer.)

7. What needs to be **different in that experience** for it to be more acceptable for you? **(Write down your answer.)**
8. **Write down** this new, changed experience as if it were happening right now.
9. Rate this new (changed) experience on a scale of -10 to 10. **(Write down the new rating.)**
10. If the new (changed) experience is rated less than 10, go again to step 7.

**Repeat steps 7-10 until the new experience is perfect (rated 10/10).**

<i><b>Practical exercise:</b></i> Do the whole process for your goal
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**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The first golden rule about achieving goals in spiritual way is: **THE ONLY WAY TO FAIL IN ACHIEVING ANY GOAL IS TO QUIT.**
- In normal circumstances, you cannot just decide not to quit. We all usually have different parts of our being that are in conflict with our goals. They are pushing us towards quitting.
- The most important reason why spiritual people quit is the feeling that they won't succeed in the end.
- Such feelings have deep roots in our previous negative experiences.
- **SPIRITUAL OPTION** gives you super-effective tools that will help you **eliminate all such experiences**.

## CHAPTER 10

# EMT for GOALS PROCESS

In the previous chapter you've learned how to deal with inner conflicts that you have in regard to your goal.

We have seen how you could identify doubts or worries you may have in relation to your goal, and to locate any negative experience that is the source of such negative feelings.

Then we've dealt with it by using EMT.

Unfortunately, doubts that we have about achieving our goal are not the result of just one negative experience.

This is why we need to repeat the process we did in the previous chapter until our answer to the second question (Are you sure that you will achieve your goal before ...?) is a firm, 100% yes.

*Complete process for resolving inner conflicts that concern your goal*

In the last chapter we paid special attention to the four-step process of locating negative events from the past. Then we followed it with EMT.

When you combine these two, you get the complete process.

Here it is:

## EMT for GOALS

### IDENTIFYING NEGATIVE PAST EVENTS CONNECTED TO THE GOAL

1. Pay attention to the **goal** you wish to achieve and the **date** by which you plan to realize it.
2. Are you **sure** that it will really happen like that? *If answer is not a **certain "yes"**, go to the next question.*
3. What do you feel will, or could, **happen instead**? **(Write down your answer.)**
4. Which of **your past experiences** shows that this negative outcome will (or could) happen? **(Write down your answer.)**

*We have now identified a past negative experience connected to the goal.)*

All we have to do is **apply EMT** (EXPERIENCE MODIFICATION TECHNIQUE) to that experience.

5. Where are you **located** in this experience? **(Write down your answer.)**

6. **When** is it happening? (Write down your answer.)
7. Who are **important participants** in this event (physically present or not)? (Write down your answer.)
8. Describe this experience briefly. (Write it down)
9. **Rate** this experience on a scale of **-10 to 10**. (Write down your rating)
10. What is the **most troublesome** part of this experience for you? (Write down your answer.)

#### RECOGNIZING NECESSARY CHANGES IN THE EXPERIENCE

11. What needs to be **different in that experience** for it to be more acceptable for you? (Write down your answer.)

#### DESCRIPTION OF THE CHANGED EXPERIENCE

12. **Write down** this new, changed experience **as if it were happening right now**.
13. **Rate** the new (changed) experience on a scale of **-10 to 10**. (Write down your answer.)
14. If the new (changed) experience is rated less than 10, go again to step 11. Repeat steps 11-15 until the new experience is perfect (rated 10/10).

When it is perfect (10/10), return to the beginning of the process. (**Identifying the next negative experience connected to the goal.**)

You'll **continue** doing this process **again and again** until you feel that **you will** definitely achieve your goal.

The process is completed when your goal is **absolutely clear**, and you don't have any negative feelings when you think about accomplishing it. Instead, **you feel optimism, enthusiasm and determination**.

#### *Results of this process*

Yes, I know.

Right now you can't believe that you can get into such a state so easily.

Your doubts feel like a well-founded, correct assessment of the situation concerning your goal, and it seems impossible that "playing with some memories from the past" could change anything.

But it can, and it routinely does.

Every participant on my workshops finishes in such clear emotional state.

Workshop participants do exactly the same process, and they also do it by themselves, without any coaching.

After you apply this process on two or three past events, you will be able to feel that your attitude toward your goal changes.

With every past event that you process, you will see a change in your feelings regarding your goal.

Your strong disbelief in succeeding will change to "Well, maybe I can manage it somehow" after the first few processes.

Then it will evolve through: "I probably will, but...", to the certain knowledge that you can, and will achieve it.

And although it **may seem** at the beginning that there is unlimited number of negative experiences, normally there are no more than 7 or 8 of them.

(The largest number that I've encountered while working with clients was 14.)

This means that in just a few hours, you can feel perfectly certain about achieving your goal, like all truly effective people do.

### *The most important first step*

The previous process is the most liberating part of SPIRITUAL OPTION.

You are about to **free yourself from the past.**

You are about to *clear your mind* and let yourself *freely create your reality.*

This process will free your spiritual potentials to the level that just a very small number of privileged people have a chance to experience.

Do it well and your life will never be the same.

And even if you are *just reading* this material without doing all the exercises, do this process with at least four negative past events.

In this way you will be able to **feel the inner change** this process creates, and to deal with the most important barriers that block achievement of your life goal.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The most important thing for spiritual achievement of your goals is to work on them while staying in inner harmony.
- Completing this SPIRITUAL OPTION technique allows you to do precisely that. You will deal with all inner barriers concerning your goal, and start working on your goal as a whole being.
- At the same time, this will harmonize your goal with your Spiritual Path.
- Do this complete process, now! Repeat it until you feel that you will really achieve your goal before the deadline you've set.

## CHAPTER 11

# IMPORTANT POINTS FOR USING THE EMT for GOALS PROCESS

The process presented in the previous chapter is THE most important part of SPIRITUAL OPTION. It is the **foundation** on which you will be able to build all necessary elements for the achievement of your goal.

As you've seen, it's really a simple process, but there are some technical points that you should understand.

### *The overall structure*

There are several important steps in the course of this process:

- With the first four questions you find a problematic past event, which "shows" that you can't achieve your goal.
- Your answers to questions 5-10 describe this event as you remember it.
- Question 11 is there to help you discover what the necessary changes in this experience are.
- In answer to question 12, you describe the **changed experience** as if it were happening right now.
- Your answer to question 13 shows whether the changed experience is perfect (10/10) or not.
- If it's not, return to question 11.
- You repeat questions 11-13 until you get a 10/10 experience.

### *What happens when you get a 10/10 experience?*

The whole process is not complete when you finish changing your first experience.

As we've seen, there is more than one negative experience that "proves" to you that you can't achieve your goal.

After modifying the first experience into a 10/10, go back to question 1.

If you are still not sure that you will achieve your goal, DO THE WHOLE PROCESS AGAIN WITH THE NEXT EXPERIENCE.

In short, after modifying each experience into a perfect one (rating 10/10), always go to the beginning of the process. **Continue doing this until you are completely sure that you will reach your goal.**

*Technical points regarding the change of past experiences*

As we saw in the chapter about EMT (Experience Modification Technique), you should keep in mind several important points regarding the modification of experiences. These technical points are so important that I will repeat them once more. Let me remind you:

- **All changes are "allowed"**

As mentioned at the end of the last chapter, there are no restrictions regarding the changes that you can make in EMT.

You are just checking whether that experience would have been less troublesome for you if some of its elements had been different.

It would have probably been different if you had been different (more confident, outgoing or spiritual.)

It would have been different if other people had been different (if my father had been more supportive, or if my ex-girlfriend had been able to appreciate my qualities).

It would have probably been different if the whole past had been different.

If your family had been rich, if the whole society had been founded on spiritual values, or even if the whole Universe had been totally different.

You don't have any restrictions when it comes to changes that you could make. As if you were a good friend with your life's screenwriter, and could ask for any change in it, that you consider necessary.

The fact is that we are not really changing anything.

You are just examining potential changes in the experience that would make it less troublesome for you, and then examining how would the changed experience feel.

- **Writing the changed experience down as if it were happening right now**

It is not enough to just realize what should be different in the experience you are modifying.

To really benefit from this process you need to write down the new, changed experience, as if it were happening right now (step no. 12 in the process).

Step 12 is especially important. It is the part of the process where it's easiest to make a mistake.

- "False 10"

It is easy to say that rating is 10/10, even when experience is not perfect.

It usually happens when practitioner observes his experience and changes one very traumatic element in it (like father's death in the earlier example).

In that situation, usual mistake is to rate the new experience 10/10, because we are comparing it with the very traumatic experience.

Another reason for "false 10" is that sometimes we perceive experiences in one specific context.

For instance, if a practitioner is processing an experience of waking up very early, and if he substitutes it with sleeping as long as he likes, he could feel completely OK about it.

And it is OK, but only in the context of sleeping as long as he wants or not (which can seem like a main issue in that experience at first).

Because the most troublesome part of the experience is changed, he could easily neglect the fact that he is not earning enough money, or that his relationship with his girlfriend is full of tension.

These elements could make the experience of waking up less than perfect for him.

All these elements are parts of this experience, and when he describes the changed experience, he will realize that the waking up experience wouldn't have been perfect (10/10) even if he had slept longer.

- **Write down your answers when you process yourself**

This is essential if you want to do this process on your own.

As mentioned in the chapter about EMT, any processing is basically a two-person activity, and you'll need your notes to get you out of trouble once in a while.

## CHAPTER 12

# CREATION OF THE GOAL ACHIEVEMENT EXPERIENCE (GAE)

After finishing this last exercise, you are in the *perfect state of mind* for achieving your goal.

You found the **deep causes** for the inner conflicts related to your life goal and eliminated them, so your goal is now absolutely desirable for all parts of your being, both conscious and unconscious.

When you think about your goal, you know that you will achieve it before its deadline. You have no doubts about it.

So, what now?

The next step is the creation of the GOAL ACHIEVEMENT EXPERIENCE (GAE).

What is the Goal Achievement Experience and why do we create it?

The GOAL ACHIEVEMENT EXPERIENCE is (no surprise here:-) **future experience that you will live through when you achieve your goal.**

At the very beginning of the SPIRITUAL OPTION E-workshop, it was stated that to work on your goal successfully your goal must be perfectly attractive for all parts of your being.

In this chapter you will create such a goal by transforming your initial goal into the **GOAL ACHIEVEMENT EXPERIENCE**.

Let's create one for your life goal, and then it will be quite obvious why this step is vital for the spiritual achievement of every goal.

### *Creation of the GAE*

To create your GOAL ACHIEVEMENT EXPERIENCE you just need to describe imaginary future event of achieving your goal.

The **most important** thing to understand here is that experience you are describing must be just that - EXPERIENCE.

It means that it has to be a *specific* future event that is happening at a *specific* place, at a *specific* moment, with *specific* participants.

Again, it's similar to description of a movie or a play scene.

*Example*

Let's suppose that practitioner's goal is to graduate from college.

*"I graduated with excellent grades. My parents are full of joy. I am really happy because I succeeded in this, and I know that my future is bright. With such good grades it will be easy for me to find a great job."*

This is NOT a good Goal Achievement Experience.

It's NOT DESCRIPTION OF EXPERIENCE AT ALL. It's just a bunch of abstractions.

This is an example of a good GAE:

*"I passed my last exam with a strait A. It's the early afternoon in mid May. I am sitting in my mentor's office. He tells me that he is really happy about my work, and that I've done a great job. I am so happy I want to sing! I plan to go to my parent's place to share the good news with them. I know that my grades are good enough to get a job in one of the first rate law firms. I'm planning to take my girlfriend to dinner tonight to celebrate."*

As I stated earlier, the easiest way to check if your GAE is really an experience, is to check if it's a good material for a movie scene.

It has to describe a specific time, place and major participants.

As you can see, these points are covered in the second description (the scene in the mentor's office), but not in the first one.

The second thing to check is if your life-goal is really realized in this event.

This point is OK in both examples.

Now let's transform your goal into a GOAL ACHIEVEMENT EXPERIENCE.

*Creating a GOAL ACHIEVEMENT EXPERIENCE for your life-goal*

**Write down the experience of the achieved goal.**

Imagine that you have just accomplished your goal in material realty and describe that future event as if it were happening to you right now.

Do it before you proceed any further.

.....

*Making your GAE perfect (10/10)*

The most important thing for achieving your goal easily and in harmony with yourself is to *make it perfectly attractive* for all parts of your being.

To make it so, we need to make it really perfect (10/10).

The easiest way to do this is to apply the EMT (Experience Modification Technique) to your Goal Achievement Experience. (EMT is described on page 28.)

Let's see how this works in our example.

In our college example, when practitioner rated his Goal Achievement Experience, it was 8/10.

He needed two modifications to make it perfect.

The first one was to know specific law firms where he would apply for a job. It made his rating 9/10.

Then he realized that his goal experience would be even better if he already had job offers from three most prestigious law firms. This second modification made his GAE perfect (10/10).

Thus, his modified GAE was:

*"I passed my last exam with a strait A. It's the early afternoon in mid May. I am sitting in my mentor's office. He tells me that he is really happy about my work, and that I've done a great job. I am so happy I want to sing! I plan to go to my parent's place to share good news with them. I know that my grades are good enough to get a job in one of first-rate law firms. **I have made inquiries about which of them will suit me most, and I already have offers from the three that are most attractive to me.** I'm planning to take my girlfriend to dinner tonight to celebrate."*

Right here you can notice an interesting point. In this example we can see why SPIRITUAL OPTION works so well.

Changing your GAE to make it 10/10 isn't there just for an abstract reason – to "make your goal attractive to all parts of your being". It's there because by doing this (modifying your GAE until it's perfect) you realize *what* the perfect outcome for you really is.

This immediately makes you *aware* of what needs to be done in the material world to make your perfect GAE possible.

In the previous example, practitioner immediately realized that he needed to make inquiries about different law firms, then to choose those that suit him most and finally to send his job applications to them.

By realizing what your perfect GAE is, you will immediately understand *what needs to be done* to make such an outcome possible. **This is one of main reasons for creating the Goal Achievement Experience.**

All processes that you do in SPIRITUAL OPTION E-workshop are there to make you more aware of your goal, your behavior and your current situation.

This allows you to adjust your behavior and achieve your goals in a way that is in **perfect harmony** with the deepest parts of your being and your Spiritual Path.

Now, let's make *your* GAE (Goal Achievement Experience) really perfect.

Of course, that means to apply EMT technique (page 28) on the GOAL ACHIEVEMENT EXPERIENCE (GAE) that you wrote down earlier.

When you do that, **write down your new, modified text of GAE.**

\*\*\*\*\*

*Adding "Date and Safety Statement" at the end of your GAE text*

There is just one more thing to do before we end this chapter.

At the end of our GAE text we will add a simple statement. Here it is:

**"I will achieve this outcome, or the one that is even more favorable, in material reality, by... (The deadline for the achievement of your goal), in a way that brings the highest good to me and to all those concerned".**

This statement is there to remind you of flexibility and the common good. Naturally, you want to make your GAE true, but you should be open to other possibilities that could suit you even better.

For example, if your goal is to buy your first car, you should be open to other outcomes that will also give you what you really want.

If your good friend is going abroad for a few months, he might be willing to let you use his car during that period.

Or your uncle Joe may have a car that he doesn't use.

If you are concentrated just on your Goal Achievement Experience (for example, earning money for your car), you may easily overlook other possibilities.

"Date and Safety Statement" takes care of that.

The second part of this statement is there to remind you that you should try to attract outcomes in a way that is good for you and people around you.

The main point of SPIRITUAL OPTION is focusing on ways to achieve your goals in the best possible way.

And to be perfect, an achievement needs to be beneficial to our whole environment.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- You will achieve your goal much easier if it is not an abstract statement, but a specific experience (Goal Achievement Experience).

- The easiest way to check if you've done it right is to check if it is described as an concrete experience located in specific time and at specific location. Like a scene in a movie.
- To *achieve your goal* quickly and easily, and to really enjoy the whole process of achievement, you need to make your Goal Achievement Experience (GAE) attractive to your whole being.
- The easiest way to make it so is to apply the Experience Modification Technique (EMT) to it.
- At the end of our GAE we add "**Date and Safety Statement**". It reminds us to focus on our goal in a flexible way, and to consider the common good.

## CHAPTER 13

# SOME THOUGHTS REGARDING the GAE

Congratulations!

After finishing GAE exercise in the last chapter, your attitude and emotional state regarding your goal are the same as the states of mind of the most effective people you can think of.

You are **absolutely certain** that you can and will achieve your goal, and your goal is defined in a way that is perfectly desirable for all parts of your being.

This means that it's in perfect harmony with your Self, with your unconsciousness, and your Spiritual Path.

Even the most effective people on the planet aren't so focused, aware and clear about their goals.

Why is the process of transforming your goal into a Goal Achievement Experience (GAE) so important?

*GAE is exactly what you want*

I've already stated so many times the fact that your goal needs to be perfectly desirable for all parts of your being, that I'm afraid you'll get bored.

However, it is the absolute truth.

In order for your goal to be 100% desirable, it **has to** be an experience, and not an abstract goal.

Ignoring this fact is what makes most people fail in attaining their goals.

We'll take a look at a simple example.

Let's say that your goal is to have a million dollars.

When you consider that (abstract) goal, it could be achieved in an enormous number of ways (experiences), some of which aren't exactly what you want.

It could be you winning a lottery and sitting on a beach drinking margaritas, which is what most of the people have in mind when setting a goal like this.

But it could also be an experience of being in a wheelchair with your back broken because a top manager of some multi-billion dollar company hit you with his Ferrari on the sidewalk, and you got your million from insurance.

Even if you define your abstract goal more precisely, the problem persists.

If you defined your goal as "I want to EARN million dollars", again you have hundreds of potential experiences.

It could be a GAE in which you do a job totally suited for you, or it could be you working under terrible stress 12 hours a day, without seeing your kids during a week.

Every **abstract goal** can be achieved in an unlimited number of specific experiences.

Some of them are not what you really want, and that makes some parts of your being resist such goals.

When you transform your goal into Goal Achievement Experience (GAE), it becomes one specific experience.

You can EMT it until it's perfect, and then you know that it's what you truly want.

When it's finally 10/10, all parts of your being are in harmony with such a GAE, and you will work on your goal as a whole being.

And because it's really attractive even for the deepest parts of your being, it's in harmony with your Spiritual Path, too.

Transforming your goal into a Goal Achievement Experience really makes a difference.

Because all this, the **second GOLDEN RULE of SPIRITUAL OPTION** is:

Forget about your abstract goal. Work with the GOAL ACHIEVEMENT EXPERIENCE instead.

*So, why then didn't we set our goal as a GAE from the beginning?*

If your goal needs to be a Goal Achievement Experience, how come that we didn't set it as a GAE from the beginning?

If you have done exercises from the beginning of this E-workshop, you already know the answer to that question.

The most important thing we did before setting the GAE was EMT for GOALS process (P. 54), for dealing with the past experiences that were opposing your goal (chapter 10).

It was vital to finish this process before creating the GAE.

In that process, we've cleared negative previous experiences that "show" that "you can't achieve your goal".

Those same experiences also "showed" that your goal couldn't be achieved in some ways.

For example, let's suppose that the negative previous experience that you EMT-ed in exercise from chapter 10 was the one in which your friend let you down, and you concluded that you mustn't trust others.

If you would try to create your GAE before dealing with that experience you would probably ignore most of the possibilities for achieving your goal that include the help from others.

Before clearing such experiences, you felt that some of your options were blocked, and this feeling directly influenced the way in which you would create your GAE.

Of course, such past experiences don't really prove anything about your current situation.

Those are just negative past experiences that make you quit your goals for one reason or another (all of them wrong:-).

They don't prove anything, but they sure as hell would critically influence the way in which you would create your GAE.

Your past experiences influence your feelings about what can and can't be done, and how your goal could, or couldn't be achieved.

Therefore, before creating your Goal Achievement Experience, you had to finish the process from CHAPTER 10.

You can create your GAE in the best possible way only when you positively know that **you will achieve your goal.**

#### **REMEMBER FROM THE PREVIOUS CHAPTER:**

- An abstract goal could be achieved in many ways, some of which are undesirable. This is why some deep, unconscious parts of your being oppose such abstract goals.
- This is the root of most of your inner conflicts concerning your goals.
- By transforming your life-goal into a Goal Achievement Experience (GAE), you can make it 100% desirable for your whole being.
- You can make your GAE absolutely perfect by using Experience Modification Technique (EMT, page 28).
- Once your goal is thus modified, you work on it out of the inner harmony, as a whole spiritual being, instead of out of your emotional conflicts.

## CHAPTER 14

# BE-DO-HAVE SEQUENCE

Achievement of your life-goals obviously depends on your personal qualities, and the way you behave.

This fact can be formulated as the law for achieving your life-goals in a spiritual way.

Here it is:

In order to achieve your life-goal in a spiritual way, you need to:

1. **Be** a person for whom it is natural to have such a goal achieved. Then you need to...
2. **Do** all necessary actions to achieve it, so you can...
3. **Have** your life goal achieved.

This law is so obvious and logical, that it may seem barely necessary to state it.

But it isn't so.

Most people easily forget it in their everyday life.

They try to **have** something in order to **be** somebody.

For example: "I would **be** respected by others if I were rich (**had** a lot of money)."

It doesn't happen that way.

First you have certain qualities (you **are** such a person), then you **earn** a lot of money (that's what you **do**), and only then people start to respect you (you **have** the respect of others).

How many times have you heard statement like: "I would **be** a great businessman. I could easily create a successful business if I only **had** enough capital."

But it's actually the other way round: if you **were** a great businessman, you would be able to **do** the necessary things to **get** enough capital.

Just look at the people who won a lottery – statistics show that most of them have less money on their bank accounts a year after winning it than they have had before it happened.

It's really not as strange as it may seem.

People who try to win lottery, don't have personal traits of a person for whom it's natural to manage such an amount of money. The consequence is that they mismanage and waste it in no time.

How is all that connected to you and to SPIRITUAL OPTION system?

*Use of Be-Do-Have law in SPIRITUAL OPTION*

To make achievement of your life-goal natural and easy, we should take a look at what qualities you need for achieving it.

Or, to put it differently, what kind of person you must **be** in order to **do** what is needed to achieve your goal (to **have** your goal:-).

*Example:*

My client was a businesswoman in her late thirties, which worked on her life-goal of finding the perfect love partner.

This is her list of necessary qualities for achieving it:

1. I need to be more communicative in contacts with new people.
2. I need to make it my number one priority (I neglected that area in the past).
3. I need to be more tolerant when I find such a person.
4. I need to be more approachable than I was in the past.
5. I need to pay more attention to my looks.

Now, create a list of qualities necessary for achievement of **your goal**.

\*\*\*\*\*

*How to create these qualities?*

Once you have created your list, we will work on developing those qualities using (of course) the EMT technique (page 28).

First you need to find your previous experiences that show that you lack qualities from your list. This could be done with the following process:

1. Pay attention to the first of the necessary qualities.
2. Rate it on a scale of -10 to +10. (If you possess that quality to a highest degree, your rating is +10, if the opposite is true, it's -10)
3. Ask yourself: "Which of my previous experiences shows that I don't have this quality 10/10?"
4. Do EMT process with that event.

**Do this process for all the qualities on your list.**

If you would like to be especially thorough in developing some of these qualities, you would repeat this process until you are 10/10 satisfied that you have it.

But for the purpose of working on your goal, do just one process with each quality from your list.

*Example:*

Let's consider the example from the beginning of this chapter. The third quality on the practitioner's list was being more tolerant once she finds the right partner.

Q: Rate how tolerant you are in dealing with your partners.

*-4. I am usually tolerant, but when I am in a bad mood, I say some very nasty things.*

Q: Which of your previous experiences shows that you behave like that?

*The way I broke up my last relationship.*

Q: Find a specific event (like a movie scene) of breaking up your last relationship.

*I am coming home from work, feeling bad about some problems I had at work. He is trying to make me feel better, but it just annoys me, and he doesn't stop...*

Now that she has her negative past event, she only needs to EMT it.

*Working on necessary qualities for achieving **your** life-goal*

Now, apply this process to your goal.

Take your list of necessary qualities, and do this process on all of them.

This means to:

- Rate each necessary quality from your list.
- Find event from your past that show that you don't have that quality 10/10.
- Apply the EMT process to that event (process from page 21).
- Do this process with all qualities from your list.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The sequence of achievement is BE-DO-HAVE.
- This means that you first need to **BE** the person for whom the reality of your goal is natural, then to **DO** all necessary actions, and only then will you achieve your goal (you will **HAVE** your goal).
- To create desired quality you need to deal with negative past experiences that "show" that you are not such a person.
- Even if you are just reading through this material (without doing all the exercises), do this exercise with at least two past negative events.
- You can obviously use the same process to create any personal trait that you need in your life, regardless of your goal.

## CHAPTER 15

# USING THE CURRENT STATE TEST AS A SELF-DEVELOPMENT TOOL

At the beginning of our workshop you tested your current state of mind regarding your goal.

You have tested whether the OPTIMAL STATE AFFIRMATIONS are true for you, and determined which negative personal traits block the achievement of your life-goal.

There are several different reasons why we did that test.

The main reason is that it is a powerful tool for finding and resolving some undiscovered personal barriers.

Let's see how to do that.

Take another look at our list of OPTIMAL STATE AFFIRMATIONS.

Those were:

1. I am completely determined to accomplish this goal by... (the deadline you set for your goal).
2. Achievement of this goal is quite natural for me.
3. I am completely optimistic about the achievement of this goal.
4. I am full of enthusiasm about this goal.
5. What I must do in the next month to accomplish my goal is completely clear to me.
6. I immediately DO whatever is necessary to reach my goal.

Rate these affirmations again (on –10 to +10 scale).

You will notice that your ratings are much higher now.

It's logical because you've processed all your previous experiences that made you feel that you couldn't achieve your goal.

Now you are completely determined to achieve it, and all parts of your being, whether conscious or unconscious, are in harmony with it.

Naturally, the attitudes and emotions you have covered with Optimal State Affirmations have now much higher ratings, too.

Following exercise will improve your attitude toward your goal even more.

*Work with Optimal State Affirmations*

The process is simple.

First we will look at your rating of each affirmation.

For some, rating will be 10/10.

In cases where it's not 10/10, do the following:

1. **Ask yourself why your rating isn't 10/10.**
2. **What do you feel instead of "complete determination"** (in the case of the first affirmation)?
3. **Find a negative experience connected to that feeling.**
4. **EMT that experience** (that event from your past).

It's really simple, as you can see from the following example.

*Example:*

Let's suppose that your life goal is to get a scholarship for a prominent musical academy (that's an actual goal one of the SPIRITUAL OPTION practitioners worked on (and achieved☺)).

Let's say that you've done all the previous exercises, you are completely certain that you will achieve your goal, and you are in complete harmony with it...

However, your rating of the first affirmation is +9.

You should ask yourself:

***"How come that I am not 10/10 determined to achieve my goal this year?"***

Let's suppose that your answer is:

*"I am not sure that this will be the right thing for me. Sometimes you achieve what you wanted for so long, only to realize that this isn't the right thing for you."*

Then ask yourself:

***"Which of my previous experiences shows that: 'Sometimes you achieve what you wanted for so long, only to realize that this isn't the right thing for you.'"***

In our practitioner's case, it was experience of trying to get into athletics team in high school, only to find himself bullied by his coach that whole year.

Of course, that answer points to the negative event from the past, it can be EMT-ed.

When you EMT the first event, check whether the affirmation is a 10/10 now. If it is, go to the next affirmation; if not, do the same process from the beginning.

When you're finished with the first affirmation, apply the same process on all others that are not rated 10/10.

\*\*\*\*\*

*Few examples of practical work with affirmations*

All affirmations not completely true for you (affirmations whose rating is below 10/10) suggest that there are more negative past experiences connected to your goal.

**Examples:**

*Affirmation no.2: Achievement of this goal is quite natural for me.*

*RATING 8/10*

***QUESTION: Why is it not completely true?***

*ANSWER: I am not such a person because I quit too easily.*

***QUESTION: Which past experience shows that you quit too easily?***

*ANSWER: When I tried to learn Italian language last year, I quitted after only two lessons.*

Now we have a past event that we can EMT.

*Affirmation no.3: I am completely optimistic about the accomplishment of this goal.*

*RATING 9/10*

***QUESTION: What do you feel instead of absolute optimism concerning your goal?***

*ANSWER: Now I feel that I will achieve my goal, but my doubts may reappear later, when something goes wrong.*

***QUESTION: Which past experience shows that now you may feel that you'll succeed, but that your doubts may reappear later, when something goes wrong?***

*ANSWER: Using positive affirmations while I was in college.*

Notice that this answer is not bad, but that you need to specify it even more ("in college" is not a specific experience), to be able to use the EMT. You need to ask:

**QUESTION: Find a specific event. When is it happening, where are you located, what's going on?**

**ANSWER: On the exam, in front of the professor I am anxious, although I felt very confident before exam, while I was practicing affirmations,**

Here again we have an event from the past that we can EMT.

*Affirmation no.4: I am really enthusiastic about this goal.*

**RATING 8/10**

**QUESTION: Why is that not true? What do you feel instead?**

**ANSWER: I feel that I can make it, but that there is so much work to be done, that I won't have any time left for myself.**

**QUESTION: Which of your past experiences shows that you won't have any time left for yourself?**

**ANSWER: When I started my last project, I didn't have any free time during two whole months.**

**QUESTION: Which specific experience (event) is the best example that shows that you didn't have any time for yourself?**

**ANSWER: The experience of being invited by my friends to visit them in their new house for the weekend, and being forced to turn them down.**

This experience is ready to be EMTed.

*Affirmation no.6: I promptly DO whatever is necessary to achieve my goal.*

**RATING 8/10**

**QUESTION: Why is it not true? Why it is not a 10/10?**

**ANSWER: I do what needs to be done, but I delay it until the last moment.**

**QUESTION: Which of your past experiences shows that you delay it until the last moment?**

**ANSWER: The experience of preparing my last workshop, when I started to write materials for it only two days before it was scheduled to start.**

It's again an experience ready to be EMTed.

*Working with the NEGATIVE PERSONAL TRAITS from the test*

The work with the NEGATIVE PERSONAL TRAITS part of our test is similar to work with the optimal state affirmations we have already explained.

1. First we should check which personal traits on our list still have rating below 10/10.
2. The second step is to find negative past events connected to it.
3. Then just EMT them.

Let's suppose that at the beginning of our workshop your negative trait was laziness.

If your rating still isn't 10/10 (*rating 10 would mean that you are not lazy at all*) you should ask yourself: which of my previous experiences shows that I am lazy?

Answer to that question will immediately give you a negative event from the past that you can EMT.

After you're done, do the same process with all remaining negative traits from your list that are still rated less than 10/10.

When you finish this exercise, you will be in perfect harmony with your goal.

- You will know that you will achieve it.
- You will be completely *determined* to achieve it before the deadline.
- You will know that achievement of that goal is perfectly **natural** for you.
- You will be completely *optimistic* and *enthusiastic* about it and will know exactly how to achieve it.
- You will know that all your **personal traits** are harmonized with your goal, and that all parts of your being are focused on it.
- The only thing that is left to do is specify in detail how you will achieve it. That's what you'll do in the next chapter

#### REMEMBER FROM THE PREVIOUS CHAPTER:

- To check if your attitude is perfect for the achievement of your goal, you can use the test that we did at the beginning of the E-workshop.
- Ratings of affirmations and personal traits in this test will be much better then at the beginning.
- Those that are still not rated 10/10 could be used to identify remaining past experiences that create conflicts regarding your goal.

- When you finish with all the processes from this chapter, you will find yourself in the perfect emotional state for the achievement of your goal.
- Using SPIRITUAL OPTION techniques you can change anything that you feel, and create personal traits and successful behaviors at will. Then you can work on your goals in perfect harmony. **Your material life is becoming an area of increased harmony** instead of conflict and pressure.

## CHAPTER 16

# CREATING THE BEST CASE SCENARIO (BCS)

Do you remember the FIRST GOLDEN RULE? It was about the only way to fail in achieving your goal.

This rule stated that the only way to fail is to quit.

In chapter ten we said that there are three common reasons that make spiritual people quit.

The first one is the feeling that they won't be able to achieve their goal. We learned how to deal with it using SPIRITUAL OPTION in chapter 10.

This is the time to deal with the second reason.

The second most common reason for quitting is **not having** a clear vision of how to achieve one's goal.

*Necessary condition for the perfect state of mind*

How would you feel about your goal if you didn't have a clue about how to achieve it?

Would it be different from the situation in which you somehow knew the exact sequence of actions that will certainly bring about the achievement of your goal, down to the smallest detail?

Of course it would.

If you knew the exact sequence of all necessary actions, and if the actions were elaborately specified, you could achieve each and every goal.

And not just you.

Even the most ineffective person you know could achieve most goals you can think of.

With such detailed instructions everyone could create a 100 billion dollar company (remember, there is a **certain number of steps** that Bill Gates has taken since 1975 to create Microsoft as we know it now).

If you had known the exact set of steps that will produce perfect results, you (or your father) could have created a small company in 1975, and now own Microsoft. In that case you wouldn't have had a trial-and-error situation that even Bill Gates has had (and resolved nicely).

Obviously, one of the most important elements in reaching any goal is to have a clear vision of how to achieve it.

The opposite is also true: if you don't know how to achieve your goal, you can't feel absolutely OK about it.

The clearer and more specific your vision of how to achieve your goal is, the more certain you will be about its achievement.

And as we've already seen, when you are sure that you will reach your goal, **you won't quit.**

### *Specifying the way to achieve your life-goal*

When you created your Goal Achievement Experience (GAE), it's been said that there are several reasons why targeting a GAE is much better than targeting an abstract goal.

In *chapter 12* we have noted that the first one is that the experience of achieved goal is specific so it can be made 10/10 perfect for you. In this way your goal (now your GAE:-) becomes absolutely desirable for your whole being.

Such goal is in harmony with your Spiritual Path and your life-mission.

**The second reason** for insisting on transformation of your abstract goal into the Goal Achievement Experience is that:

EVERY EXPERIENCE HAS A PAST.
------------------------------

What does it mean?

Every experience (or event) happens on a certain location, and at a certain moment in time.

That experience also has a past – there are events that happened before it.

In other words, something happened 5 minutes, something else 7 days, and something happened a year or three years before.

The same is true for your Goal Achievement Experience.

When you imagined it, at the same time you (maybe without realizing it) created its past.

For example, let's suppose that you are a student that is preparing an exam.

Let's say that you create a GAE in which you are answering all professors' questions, and getting an A grade.

You can ask yourself the following question:

**"What was happening during the three months that preceded that moment? What is the past of the experience I created? How come that I know and can answer all professors questions?"**

One of your answers could be: "I was studying like a possessed man for three months."

Or: "I employed a private tutor and have learned everything with ease."

Or: "I got the exam questions from senior students that have already passed it."

Or even: "I bribed the professor." (Don't do that:-)

These different answers suggest different pasts.

Whatever your answer to the question about your GAE's past is, it's obvious that in your creation of the Goal Achievement Experience you automatically create its past.

If you have been studying 10 hours a day for three months your GAE would be different than experience where you were unprepared, but happen to know the test questions professor posed.

The same is true for every GAE you create.

Let's suppose that your GAE is an experience in which you have 10 million \$ and are sitting in your limo as your driver is driving you to your condo in 5<sup>th</sup> avenue in October 2012.

It is not the same experience if you've won a lottery, or if you have created a successful Internet company by working hard for four years. Those are two completely different experiences, which would make you feel and sit in your limo differently.

All this means that by creating a GAE in exercise from chapter 12, you have created a way of achieving your goal that felt natural at that moment.

We only need to specify it.

And that is easy.

The only thing you need to do is to ask yourself what the past of your GAE is, and write down the **in-between outcomes** between the GAE and the present moment.

In this way you get something that I call your "Best Case Scenario" (BCS). Essentially, **Best Case Scenario is the past of your GAE.**

### *Example*

Let's stay with our student from the example in chapter 12.

**His Goal Achievement Experience (GAE) was:**

*"I passed my last exam with strait A. It's the early afternoon in mid May. I am sitting in my mentor's office. He tells me that he is really happy about my work, and that I've done a great job. I am so happy I want to sing! I plan to go to my parent's place to share good news with them. I know that my grades are good enough to get a job in one of first-rate law firms. I have made inquiries about which of them will suit me most, and I already have offers from the three that are most attractive to me. I'm planning to take my girlfriend to dinner tonight to celebrate."*

**The day before the GAE:**

*"I am browsing through my exam materials and feel great. I realize that I am 100% ready. I know answers to all questions. I think about all questions that my mentor could ask me and am satisfied because I know all the answers."*

**Three days before the GAE:**

*"I finished the main part of my exam preparations. I know the material really well. I am beginning to check my knowledge in the main areas. I know that I can do it in time for the exam."*

**Two weeks before the GAE:**

*"I am beginning to study the last (5<sup>th</sup>) main area of the exam's material. My knowledge and understanding of the material is excellent. I really understand how this last part is connected with all the things I have learned before. I am glad that my plan was so good that I succeeded in learning everything important in timeframe I've set."*

**A month before the GAE:**

*"I've finished the third major area and I am having a one day rest before proceeding to the fourth one. I am relaxed because I succeeded in finishing the most difficult part of this exam exactly as planned. I am sure that I will be completely prepared for this exam when the time comes."*

**A month and a half before the GAE:**

*"It's been three days since I started studying the third main area of this exam, and I am really happy about the way it's going. I realized that I know the previous two parts very well, and the new things that I study from this part fit nicely with my previous knowledge. I am very enthusiastic about graduating and starting to look for a job. Although I study a lot I am so well organized that I have a lot of time to enjoy myself."*

**Two months before the GAE (and 18 days from the present moment)**

*"I finished the first area of the exam's materials much easier than I thought. I organized everything so well during the preparations that my studying proceeds very well. This exam isn't as difficult as I thought. I am sure that I will be ready when the test comes."*

**Two and a half months before the GAE (and 3 days from the present moment)**

*"I am finished with the preparations and am beginning to make the study plan for this exam. I have a clear understanding of its different parts and their significance. I know how to study, and what I need to know at the end. I am ready to start. I really understand the structure of this exam. I know that I will succeed and I know how."*

To finish your Best Case Scenario you need to present it graphically and **assign real dates** to different in-between outcomes.

*Some important points*

The most important thing to understand about creating your Best Case Scenario is that you shouldn't try to figure out how to achieve your goal **from the present time viewpoint**.

Instead just take a look at the GAE you created and examine how is it achieved.

You are **not trying** to figure out how to achieve your GAE. You are just *examining* and *describing* the Goal Achievement Experience in which your goal is already achieved.

Ask yourself:

*"In this experience (my GAE), what happened a month before (or two weeks before, or year before) this moment?"*

We are not trying to "plan" the way in which you will achieve your goal.

We are just looking at and specifying **the past** of your GAE.

It is as if you were writing a script for the movie. You have your hero in some situation, and you need to explain to your viewers how did he get in it (what happened in the past that led your hero into that specific situation).

This is the most important point about creating your Best Case Scenario.

Remember:

DO NOT try to figure out how to achieve your life-goal <i>from present time viewpoint</i> . Find out what the in-between outcomes for your Goal Achievement Experience are <b>WHEN IT'S ALREADY ACHIEVED</b> .
--

Because of this, in creating your Best Case Scenario (BCS) we are "going backwards". We need to create the **later** in-between outcomes first.

This means that we create the last in-between outcome (a day before GAE) first, then one before it (a three days before GAE), and so on.

In this way you can be sure that when the time comes for materializing your GAE, all necessary previous outcomes will be achieved. Then you will know that your GAE can really materialize! You will also be sure that you *will achieve your life-goal* before its deadline.

*Creating The Best Case Scenario for your life goal (for your GAE)*

Now create The Best Case Scenario for *your* Goal Achievement Experience.

Remember, all you need to do is examine your GAE and write down its past. This means writing down in-between outcomes that must materialize to make your GAE possible.

The process is simple.

Just pay attention to your Goal Achievement Experience, and consider how it happened?

If GAE is happening on the date that you've set as deadline, what happened immediately before that (what is an in-between outcome closest to the deadline)?

Write that experience down.

When you have the last **in-between outcome**, think about an earlier one.

If your GAE happened in that way, and this last in-between outcome happened as described, what happened before that? What is an even earlier in-between outcome?

In this way, you continue until you have all in-between outcomes between the present and your GAE, just like it was done in the example in this chapter.

Now create your Best Case Scenario.

#### **REMEMBER FROM THE PREVIOUS CHAPTER:**

- The second most important reason why people quit their goals is the lack of **clear vision** of how to achieve it. They don't know what specific actions they should take to make it happen.
- To *be in real harmony with your goal*, you need to have a clear vision of the way in which **you will achieve it**.
- The best way to do this is to create the **Best Case Scenario** for your goal.
- **The Best Case Scenario is the past of your GAE.** It's a sequence of in-between outcomes that need to materialize to make your Goal Achievement Experience possible.
- The most important thing in creating your BCS is not to try to figure out how you can achieve your goal from the present time viewpoint. Just examine your GAE and write down the necessary in-between outcomes from it.

## CHAPTER 17

# WORKING ON YOUR BEST CASE SCENARIO

Now you have your Best Case Scenario (BCS) ready.

What's next?

The first thing to do once you have your Best Case Scenario is create your List of Actions (LA).

What is the List of Actions (LA)?

This is a list of all actions you obviously have to take to achieve your in-between outcomes and your Goal Achievement Experience.

It's easy to create your LA once you have your Best Case Scenario.

All you have to do is look at your in-between outcomes one by one and decide what actions you have to take to make its achievement possible.

Just write down the necessary actions below the text of each in-between outcome.

After that sum them up in a separate notebook (or a VERY LARGE piece of paper:-).

You should also notice that **when you are working on the List of Actions**, you should start from the earliest in-between outcome (the one closest to the present moment), and not from the last one, as we did when we created your Best Case Scenario.

### *Example*

Let's take a look at one of the in-between outcomes from our student's example.

One of the outcomes was as follows:

A month and a half before GAE:

*"It's been three days since I started studying the third main area of this exam, and I am really happy about the way it's going. I realized that I know the previous two parts very well, and the new things that I study from this part fit nicely with my previous knowledge. I am very enthusiastic about graduating and starting to look for a job. Although I study a lot I am so well organized that I have a lot of time to enjoy myself as well."*

Actions you obviously need to take in order to make this situation possible are:

- Finish studying the second part of that exam. (*I realized that I know the previous two parts very well...*)

- Finish studying the first part of that exam. (*I realized that I know the previous two parts very well...*)
- Finish examining the structure of the whole exam (*...the new things that I study from this part fit nicely in my understanding of this whole exam.*)
- Create a study plan so that you would be able to study and have a lot of time for yourself. (*Although I study a lot I am so well organized that I have a lot of time for enjoying myself.*)

Thus, when you finish this, your every in-between outcome will have a string of actions connected to it as in our example up there.)

After completing this, your Best Case Scenario will look something like:

## GAE

Action 1

Action 2

Action 3

...

The last In-between outcome

Action 1

Action 2

Action 3

...

Next to the last In between outcome

Action 1

Action 2

Action 3

...

...

...

## The first In-between outcome

Action 1

Action 2

Action 3

You should also note down all these actions in a separate notebook.

In this way, you will not only have a clear vision of a harmonious way of achieving your goal (your Best Case Scenario), but will be clearly aware of all necessary actions you need to take to *materialize your goal*.

### *Clearing your BCS of negative past experiences (events)*

Like your goal, every in-between outcome from your BCS is just that – an outcome.

The same problem that came up in relation to the achievement of your life-goal exists for the in-between outcomes, too.

If you have a feeling that these in-between outcomes won't happen, that feeling will create doubts and negative feelings that could make you quit.

This is why you need to clear all these in-between outcomes of inner conflicts, just like you did with your final goal in **chapter 10**.

This means to find and clear negative past experiences connected to all your in-between outcomes.

The process is simple. Check your In-Between Outcomes one by one.

- First, pay attention to the first of your in-between outcomes.
- Then, ask yourself if you are sure that it will really happen in that way?
- If your answer is no, find the negative outcome that could happen instead, and past events (experiences) that show that this negative outcome could happen.
- When you have that negative past experience, EMT it.

In short, do the complete EMT for GOALS process (p. 54) on all your in-between outcomes.

Process is exactly the same, but we are not **applying** it on your ultimate goal, but on each of the **in-between outcomes**.

Now do this process with all in-between outcomes from your Best Case Scenario (BCS). (Do this process with at least four most important outcomes.)

*Example*

Let's examine the BCS example from the last chapter.

Suppose that the practitioner is not sure if his first in-between outcome will really happen that way. To remind you, his first in-between outcome was:

**Two and a half months before GAE (and 3 days from present moment):**

*"I am finished with the preparations and am beginning to make the study plan for this exam. I have a clear understanding of its different parts and their significance. I know how to study, and what I need to know at the end. I am ready to start. I really understand the structure of this exam. I know that I will succeed and I know how."*

Since the practitioner is not sure that it will happen exactly as described, he asks himself:

***"What could happen instead? What is the negative outcome that I fear will happen instead?"***

*A: I won't know what to do first and what the most important parts of this exam are.*

***Q: Which of your previous experiences shows that you won't know what to do first?***

*A: The experience of deciding to begin studying two days ago. I was willing to start, but I simply didn't know what to do first. There was so much different stuff, and everything seemed very important. I was struggling for 15 minutes, and then gave up and went for a walk.*

**Then he should EMT this experience.**

When you complete EMT-ing first experience, repeat the process from chapter 10 (p.47) on this in-between outcome, until you are sure that you will achieve it.

Remember: it's possible that there is more than one negative experience connected to each In-Between Outcome. But generally, process will be much quicker than the one you did in chapter 10.

**You should do exactly the same for all other in-between outcomes about which you are uncertain.**

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- To complete your Best Case Scenario, you should define actions that you must take in order to achieve each in-between outcome.
- As with your life-goal, you may have doubts about achieving the in-between outcomes of your Best Case Scenario.
- Leaving those doubts unresolved could cause you to quit your goal when you encounter barriers.
- You can eliminate those barriers in the way you resolved doubts regarding your goal (chapter 10, page 54). You just need to deal with past experiences that "prove" that you can't achieve some of your in-between outcomes.
- Continue doing this process until all in-between outcomes in your **Best Case Scenario** are completely clear. Then you will be absolutely certain that you will reach your goal exactly as described in your BCS.

## CHAPTER 18

# WORKING ON THE SEQUENCE OF ACHIEVEMENT DO COMPONENT

In chapter 13 we stated that the Sequence of Achievement is BE-DO-HAVE.

This means that you first need to **BE** a person for whom achievement of the goal is natural, then that you need to **DO** (to take all necessary actions); only then will you **HAVE** what you desire (your life-goal will be achieved).

In chapter 13 you created a list of necessary qualities for the achievement of your life-goal.

Then we did the process to create those qualities for you.

All this was related to your **BE** component, that is, we worked on what you ARE (on your qualities).

As the Sequence of Achievement is BE-DO-HAVE, you must also DO (perform necessary actions) in order to HAVE the outcome you want.

Naturally, you should also do the process to eliminate any remaining charge related to actions noted down in your BCS. (This will improve your **DO** component).

The following process is in a way similar to the one we did in chapter 13.

### *Practical process for improving the DO component*

- First, pay attention to your Best Case Scenario, and find the most problematic actions that you'll have to take to achieve your in-between outcomes.
- Make a list of problematic actions.
- Pay attention to the first of those and ask yourself: **"Will the taking of this action be a perfect (10/10) experience for me?"**
- If your answer is negative, ask yourself (yes, you guessed it right:-): **"Which previous experience shows that taking this action won't be 10-rated experience?"**
- Now that you have a specific event, just EMT it.
- Do the same process with all the actions from your list.
- Even if you are just reading through this material (without doing all the exercises), do this process with at least two most problematic actions.

When you look at this process closely, it becomes obvious why we did not do it when we mentioned the Sequence of Achievement for the first time (chapter 13).

After creating your Best Case Scenario, you know exactly what are the **actions** you will perform in the process of achieving your GAE, so it's easy to create the list of problematic actions.

How does it all look like in practice?

*Example*

Let's say that your goal is to *double your income* in the next six months (that was my first goal, with which I developed SPIRITUAL OPTION).

(By the way, I increased it six-fold within the first year, and doubled it again in the year after that. Now I know that I can earn any amount of money I want :-).

If you have a PhD in biochemistry and are leading a team that works on a new vaccine for preventing some types of cancer (actual goal of a SPIRITUAL OPTION practitioner), your list of problematic actions could be:

1. Finish testing the b1 version of the Imuno4 vaccine.
2. Create a presentation of our research.
3. Arrange a meeting with professor Mandich to deliver him presentation of our work.
4. Ask my niece Maria to help me create a business plan for commercial exploitation of our work.
5. Go to see my attorney and hire him to patent our vaccine.
6. Request a meeting at XXX Pharmaceuticals to present our vaccine.

Let's examine **the first action**. Ask yourself: "Will taking this action be a perfect (10/10) experience for me?"

If you have some unresolved questions or some doubts about testing your vaccine, you won't feel that testing it will be a 10/10 activity.

***Q: Why is it not a 10/10?***

A: I feel that results won't be perfect, but only 85% right.

***Q: Which of your previous experiences shows that results won't be perfect?***

A: Our experiment in May, that looked really promising at the beginning, but got worse toward the end.

Once you have a specific experience, just EMT it.

*Example 2*

Or, let's say that arranging the meeting with professor Mandich and his team doesn't feel 10/10.

***Q: Why is it not perfect?***

*A: I am not sure that he will have time to see us and pay full attention to our presentation.*

***Q: Which of your previous experiences shows that he may not have enough time?***

*A: Last time I tried to contact him, his secretary said that she would see about a date for the meeting, but that his schedule was very busy.*

After that, practitioner only needed to EMT this event.

\*\*\*\*\*

As you can see, it's not so hard to handle doubts and negative feelings:-).

The worst inner barriers that prevent you from achieving even most demanding of your goals, are nothing but memories of some past events with which you couldn't cope.

The funny thing is that the same is true of any "fatal flaw in your personality", or about your "negative self-image" or your "low self-esteem".

They too are nothing but a bunch of negative past experiences that we need to re-examine (and then EMT of course).

When you master SPIRITUAL OPTION, you will understand that there are no such things as "your character traits".

**You can really choose the kind of person you want to be.**

And activities that you perceive as unpleasant don't have to be unpleasant at all.

When you finish this exercise, you will find yourself experiencing eagerness to take actions that previously demanded you to force yourself.

That's natural.

When you have a goal (in the form of Goal Achievement Experience) that you 10/10 desire, **you truly want to perform actions** that will get you closer to it.

***Practical exercise:***

Now, do this process with all problematic actions from your list.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The sequence of achievement is BE-DO-HAVE.
- This means that you first need to **BE** the person for whom the achievement of your goal is natural, then you need to **DO** (to take all necessary actions), so you could finally **HAVE** it achieved.
- You have cleared the past events creating conflicts related to your positive qualities (BE component) in **chapter 13**. In the same way you should clear actions you'll need to take for achievement of your Best Case Scenario.
- To make taking those actions easier, you need to EMT the previous experiences "showing" you that taking them will be an unpleasant or negative experience.
- Do this process with all the actions you have on your list.
- Even if you are just reading through this material (without doing all the exercises), do this process with at least two actions from your Best Case Scenario.

## CHAPTER 19

### REWRITING EXERCISE

What have you done about your life goal until now?

First, you resolved most important conflicts about your goal by the EMT for Goals process (chapter 10). You have done that by dealing with all previous experiences that were the source of doubts that you have had about goal's achievement.

Now that you have finished this process, instead of unpleasant, sabotaging past experiences, you have a group of perfect ones that support you in its accomplishment.

To make your goal truly perfect for all parts of your being, you also needed to transform it into the GAE (Goal Achievement Experience).

Since the GAE is a specific experience, you were able to make it perfectly attractive and to clear it from all inner conflicts connected to it.

Another reason for transforming your goal into Goal Achievement Experience was to get a clear vision of **how** will you achieve it. Once you transformed it into a specific experience, it was easy to create your Best Case Scenario, which is your natural way of achievement.

After that it's quite obvious what actions you must take to make your GAE possible.

So, everything we have done up to this point gave us improvement in two main areas. We resolved conflicts that you have had regarding your goal, and we specified concrete line of action for its achievement.

The next exercise will give you a new quality in both areas.

#### *Rewriting your GAE*

Now I am going to ask you to do something that may lead you to think I am out of good ideas.

But, it's really not so.

I'll ask you to take your pen and your notebook and rewrite your GAE 101 times.

Do it over the next few days in batches of 3-5 rewrites.

Why would I want you to do something like that?

*Reasons for doing this exercise*

There are three main reasons for doing this exercise. Those are:

1. **This process simulates the effort you have to make in the material world to achieve your goal.** It therefore activates all the remaining inner conflicts you may have regarding your goal, so you could identify and eliminate them.
2. **By having your attention intensely focused on your goal during this exercise, you will mobilize all unconscious parts of your being on its achievement.** The result of this will be the flow of super-creative ideas concerning new possibilities for achievement of your goal, which will be in perfect harmony with you and your Spiritual Path.
3. **Your GAE text will improve with every rewrite you make.** It will become a precise vision of the perfect outcome for you, the one you *truly* want.

The first reason for doing this exercise is the fact that **rewriting your GAE is similar to working on your goal in the material world.**

It requires you to make a serious effort to obtain your goal.

It can be boring, tiring and unpleasant.

By doing it, we activate the very same inner barriers that could make you quit in everyday life.

The key difference is that the barriers that emerge in the process arise in "laboratory conditions".

This means that knowing that the main purpose of this exercise is to activate remaining conflicts of your goal, you will recognize these conflicts as they arise during rewriting.

These conflicts won't make you quit, as you would if those arose in the "real life".

You will notice and write down those barriers, and then eliminate them by processing.

*Rewriting as a simulation of efforts in the material world*

Consider the following example:

Suppose that feeling that "you'll never be able to finish it" appears as you are rewriting your Goal Achievement Experience.

When it appears during the rewriting, you will recognize it and EMT a past event that is connected to it.

But, if such a feeling appears when you are confronted with some laborious task in the real life, the situation is different.

You probably won't say to yourself: "How interesting! I have a feeling that I will never be able to finish this."

Instead, you will strongly feel "I'll never be able to finish this!" and you will probably quit.

So, the first reason for doing this exercise is that by rewriting your GAE *you will find and eliminate the **remaining** inner conflicts* that would make the achievement of your goal much more difficult.

### *The second reason for rewriting your GAE*

If you take a closer look, the process of rewriting is an activity in which you will keep your attention focused on the GAE during a significant period of time.

This naturally mobilizes the creative forces of your mind and engages them in the achievement of your goal.

In the course of the rewriting, you will have fantastic creative insights on how to achieve your goal in an easier and more effective way.

This is the second important reason for doing this exercise.

With this exercise you move from the abstract idea of a goal to the specific actions you can take to really make it happen. This process happens naturally while you are rewriting your GAE.

Understanding this, the following rule for the rewriting exercise is clear even without explanation.

Whenever you get <b>a new idea</b> about some action that you can take for the achievement of your goal, STOP THE EXERCISE AND IMMEDIATELY TAKE THAT ACTION.
--

It's easy to understand.

As one of the main reasons for doing this exercise is to get new ideas about how you achieve your goal, you should immediately make use of these ideas. Otherwise your creative process will stop (your attention will stay tied to the idea you didn't use).

There is another reason for doing so. In the moment when such idea appears, you are in the perfect state of mind for taking that action, and it's really easy to take it. If you leave it for taking it later, some of your inner barriers could reappear.

*Improving your GAE text*

Having your attention intensely focused on your goal (GAE) while copying will also make your vision of it more clear.

The text will change as you rewrite it.

During the rewriting, you will realize that you need to add some parts to make your GAE more desirable.

You will also formulate some sentences in a better way, and eliminate others completely.

With every rewrite the vision of your goal will become clearer.

In this process you will *harmonize your goal* with your Spiritual Path even more.

As your goal becomes clearer, you will have a better understanding of it and the way in which *you will attain it*.

Being in harmony with yourself and your goal makes you choose the ways of achievement that are in **harmony** with your Spiritual Path, so that you don't need to force yourself to take "positive" actions anymore. You will take them naturally, because *you really want to*, as these actions lead you toward achievement of your goal.

And this is what using your spiritual options really means.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- The process of rewriting your Goal 101 times is a technique that will complete the process of getting you in the optimal spiritual state for achievement of your goal
- This exercise is similar to working on your goal in the material world. It will activate the very same inner barriers that could make you quit in everyday life once you start working on your goal
- By the process of GAE rewriting you will eliminate those barriers
- The second important reason for doing this it is the fact that in the course of rewriting, you will have new, creative insights concerning specific actions you can take to achieve your goal.
- During the rewriting you will also refine your GAE text. You will realize that you can formulate some things differently, add some that are necessary and eliminate others completely.
- In this way, vision of your GAE will become clearer as well as the way of its achievement.

## CHAPTER 20

# PRACTICAL REMARKS ABOUT REWRITING EXERCISE

Before you start rewriting, decide how many times you will copy the text of your GAE in that particular round.

For example, you could decide to rewrite your GAE text three times.

Before you start, you should also prepare a separate piece of paper on which you will note negative feelings, thoughts and ideas that appear during the rewriting.

**Identifying these negative feeling is the main reason for doing this exercise.**

Next, start rewriting. Repeat this exercise as many times as you had decided before you began, being aware all the while of the states of mind you are experiencing.

Write down all negative feelings, thoughts and ideas that appear.

When you finish copying your GAE as many times as you have decided at the beginning, pay attention to all the negative elements (feelings, thoughts and ideas) you noted at your "inner conflicts" piece of paper.

You will notice that most of them have disappeared (most barriers disappear when you become aware of them and continue with the process that activated them).

Those that didn't should be eliminated with EMT.

### *An Important Point*

It's important to understand that:

The <i>only reason</i> why during the copying you may feel bad, bored, or have any other negative emotion is that you still have some remaining barriers concerning your goal.
--

As unbelievable as it may seem, the rewriting process isn't boring by itself.

The text that you are describing is the GAE text. It's the description of the experience of achieving your goal.

You EMT-ed it and made it perfect.

It would only be natural to feel great while reading and rewriting each and every sentence that describes it.

The only possible reason for not feeling great while rewriting it is that there are some additional inner barriers related to your goal.

Most of the time it's that same old feeling that for some reason you won't be able to achieve it.

Paradoxical, but true: you are doing this exercise to make yourself feel bad.

Through rewriting, you will recognize how working on your goal makes you feel, so that you can eliminate remaining inner barriers.

Please note the following:

If you feel bad while rewriting your GAE, but fail to eliminate activated negative feelings with the process from chapter 10, you torture yourself unnecessarily.

The purpose of this exercise is not to make you feel bad☺, but to figure out *what makes you feel that way* about your goal, and to deal with it.

In this way you'll avoid struggling with the same barriers when you try to *achieve your life goal in the material world*.

### *Some technical points*

Before you start rewriting, you should read the GAE and ask yourself:

***"Do I feel that I will achieve my goal as I described it in my Goal Achievement Experience and BCS (Best Case Scenario)?"***

If not, use the EMT for GOALS process, (Chapter 10, p. 54) to eliminate remaining doubts about achieving your GAE.

As we noted at the beginning of this chapter, it's also a good idea to decide how many times will you rewrite the text of your GAE in one session before you sit down to do it.

If you don't decide at the beginning how many times you will rewrite your GAE, your inner barriers will activate when you start rewriting, you will feel bad, and you could easily "decide" to finish the exercise.

And that would be quitting.

You would miss the point of the process.

Instead of finding and eliminating remaining conflicts about your goal, you would quit because of them. By determining the number of rewrites in advance, you'll ensure that this process produces the results it should.

Third Golden Rule of SPIRITUAL OPTION:

**The easiest way to achieve your goal is to complete rewriting exercise**

*One final word*

BY ALL MEANS CONTINUE WITH THIS EXERCISE UNTIL YOU REWRITE YOUR GAE 101 TIMES!!! (101 times in total, over several days)

**This is the point that will determine whether you succeed or fail in achieving your goal.**

Think about it for a moment.

If you can't perform such an undemanding task (rewriting a short text 101 times), would you be able to do all that is necessary to reach your goal?

On the other hand, once you have copied your GAE 101 times, it will be very difficult—if not impossible- to abandon your goal before it's achieved.

At this point in the course of my actual workshops, I perform the following little "show" for participants.

I say:

*"The next thing I will ask you to do is to watch me **tear up** the SPIRITUAL option MANUAL!"*

And while I'm tearing it up, page-by-page, I continue:

*"I am doing this to show you that **if you don't finish that rewriting** process, you can do the same with your manuals, and forget about SPIRITUAL OPTION! "*

*"People who **complete this exercise** achieve their goal. People who don't-don't! It's as simple as that."*

*"**If you are not EVEN ready** to invest that amount of energy in achievement of your goal, ask me to give you your money back right now, and **don't waste your time anymore!**"*

This is not just a show to entertain the participants.

It is a hard truth about this exercise.

*Example*

Let's suppose that this is your Goal Achievement Experience:

*"I am returning home after a super-successful solo session of SPIRITUAL OPTION system, which I had with a client who is a successful businessman. I am very satisfied because I charged him \$500, and I know that he feels that the session was worth much more than that. In the afternoon I will go to the beach in Santa Monica with my wife and daughter. I know we'll enjoy ourselves. I feel that I deserved it because I worked with 12 clients this week, using SPIRITUAL OPTION and earned more than \$2000. I scheduled a group seminar for the weekend, and already have deposits from 5 participants."*

This is a real world example written by a practitioner who wanted to start his own Center for spiritual work and self-development (he achieved it in less than six months:-).

Take a closer look at it – it is obviously a well-defined **experience**.

Before starting with the exercise, decide how many times you will rewrite it.

Let's say that you decided to rewrite it five times.

First read it once and ask yourself if you are really sure that you will have this experience before the date you have set for it.

If you are not, apply the EMT for GOALS process (p. 54) to that doubt.

Next, prepare a separate piece of paper for writing down negative reactions; only then start rewriting.

While you are rewriting your GAE text, pay attention to what you are experiencing.

Most people are used to feeling uncomfortable while performing activities that lead to their goals. It's the "No pain-no gain" philosophy.

Feeling that way while working obviously isn't "achieving your goals in harmony with your being and your Spiritual Path."

When you become aware of such feelings write them down and continue rewriting.

When you are finished with the five rewrites, check to see what you wrote on the "negative reactions" paper.

Let's say that your list looks like this:

- I am bored.
- My back hurts.
- This makes no sense.
- I am in a hurry to finish as soon as possible.
- Feeling numb while writing, just waiting for this exercise to end.

You will notice that most of the things you've written down aren't a problem anymore, but of those that still are you will need to take care by the EMT process.

How will you do that?

Let's suppose that the thing that persists as a problem is: *"This makes no sense"*

You should ask yourself:

***"Why does the rewriting make no sense?"***

*Answer: "Because I'll never achieve my goal this way."*

Next ask:

***"Which of my previous experiences shows that I will never achieve my goal this way?"***

*Answer: "The use of positive affirmations for my Math exam two years ago."*

Than just EMT that event.

Whichever inner conflict is still present, it is based on some previous event that you can deal with using EMT.

Finish your 101 rewrites no matter what. This is the step that will really make a difference. It separates those who will achieve their goals from those who won't.

The choice is yours.

**Technical point:**

Whenever you are rewriting your GAE, and you are not full of enthusiasm and optimism, notice your state of mind and write it down on separate piece of paper.

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- Before you start the rewriting exercise, decide how many times you will rewrite it in that round. In this way you won't "finish" the exercise when negative feelings emerge (and they WILL emerge, because this is the point of the whole exercise).
- Before rewriting, you should also read your GAE and check if you feel that you will really achieve your goal like that. If not, do the process from chapter 10 (p. 54).
- Whenever you are rewriting your GAE, and you are not full of enthusiasm and optimism, notice your state of mind and write it down on your "Barriers" piece of paper.
- **FINISH THIS EXERCISE BY ALL MEANS!** If you are not able to carry out such an undemanding task, will you be able to do all that is necessary to achieve your goal?
- On the other hand, when you have copied your GAE 101 times, it is almost impossible to quit.

***Practical exercise:***

1. Rewrite your GAE twice right now.

## CHAPTER 21

# TAKING ACTION

Now, you've reached the point where, if you were participating in SPIRITUAL OPTION workshop, you would be near the end.

Now it's time for...

### *The fourth GOLDEN RULE of SPIRITUAL OPTION*

This GOLDEN RULE is really simple:

TAKE ACTION!

I know.

It's cliché again.

But wait a minute!

Getting ready to take action in the material world is the **ultimate reason** for everything you have done since the beginning.

- You've cleared all doubts about whether *you will achieve your life goal*.
- You made your goal desirable for all parts of your being (you've created a 10/10 Goal Achievement Experience).
- You have a clear vision of the steps you need to take to achieve your goal in the material world (you have your Best Case Scenario and the List of Actions).
- You know what your *in-between outcomes* must be and you know what actions you'll take.

All this makes you ready to **take action in the material world** in order to *achieve your goal*.

During one of my workshops in Turkey, one of the participants excused himself during an exercise, went out of the room and stayed out for fifteen minutes.

He explained later that he was making phone calls related to his goal. During the exercise, he realized what actions he should take to achieve his goal, and he realized that he needed to take them right away, or he would have to wait two weeks for the next opportunity.

When you start to **act like that**, you know that you are in the perfect state for achieving your life goal.

And that brings us to the next question.

*What will happen when you take action?*

One thing is almost certain.

Situation will NOT develop exactly like you described it in your Best Case Scenario (BCS).

This is why we call it the Best Case Scenario:-).

Situation sometimes develops in an unexpected way. The things you planned don't develop according to your wishes.

When that happens, your inner state regarding your Goal Achievement Experience (GAE) and your BCS will not be a 10/10 anymore.

This is the **third** of the *three most important reasons* for quitting one's goals. **When some of our actions don't produce results that we expected, we feel that we failed and give up.** (By the way, do you remember what are the other two reasons?).

What should you do when such negative outcome happen?

When something negative happens and you stop being certain that *you will achieve your goal*, do the EMT for GOALS process from Chapter 10 and bring yourself back into the optimal state again.

If you have done exercises from the beginning, you know that improving your state of mind is not the only thing that will happen in this process.

That process will make you feel 10/10 about your goal, but will also provide the deeper awareness of your behavior.

This will allow you to make the necessary modifications in your BCS, possibly even in your GAE.

So, when you stop feeling 10/10 about your Goal Achievement Experience, this can mean just one thing – that something did not happen exactly the way you predicted it in your BCS.

If that is the case, you need to:

1. Do the process from chapter 10 (page 54) until you feel that you are sure you will achieve your goal again (it may require more than one process)
2. Modify your Best Case Scenario (maybe even your Goal Achievement Experience), until it suits you perfectly again.

After that, just continue taking actions that accord with your new Best Case Scenario.

*Example*

Let's say that practitioner's goal is to have a 50% increase in his income in 3 months, and that his BCS is to:

1. Successfully finish project X for the company he works for.
2. Ask his boss for and get a 50% raise in his salary.

(Everything in this, and in most of other examples, is really simplified, in order to make important points obvious).

Let's see what happens when he finishes his project successfully and ask the boss for a raise, but the company's budget is limited so he can't get it.

The next morning, when he takes another look at the Goal Achievement Experience and the Best Case Scenario, will they feel 10/10?

Of course not.

He obviously can't achieve his GAE as stated in the Best Case Scenario.

Like we said earlier in this chapter, first thing to do is the EMT for GOALS process.

During the process, when he asks himself which of his past experiences shows that he won't achieve his goal in the way described in the BCS, the answer will most certainly be "*yesterday's conversation with my boss about the raise*".

That event shows beyond doubt that practitioner won't reach his goal as described in the Best Case Scenario.

He should EMT that experience.

***Q: What is rating for that experience (my conversation with the boss)?***

***A: -2***

***Q: What needs to be different in this event to make it better?***

***A: I should have been more determined, and should have said that I would resign if he didn't give me the raise, because I have earned it.***

***Q: Describe the changed, new experience as if it were happening now.***

***A: I am entering his office and informing him that we have finished our project with results 35% above this year's plan. When he says that he can't give me a raise, I tell him that I am not happy about it and that I will start looking for a new job.***

***Rating +6***

***Q: What needs to be different to make it even better?***

*A: If I had three other job offers from respectable companies, I would feel more secure when making those demands.*

*Q: Describe the changed, new experience as if it were happening right now.*

*A: This new experience is similar to the last one, but when he says he can't give me a raise, I calmly tell him that I have job offers from other companies, and that I really need that raise. After giving it some thought, he agrees to raise my salary.*

*Rating +10*

(As I have stated earlier, I simplified this process to the extreme in order to make my point clear).

This process will improve practitioner's inner state regarding the goal, but will also give him the material for the **next version** of his Best Case Scenario.

He may decide that he will:

- a) Demand a raise with more determination.
- b) Start looking for other job opportunities.
- c) Start looking for other job opportunities, and ask for a raise again only when he gets good job offers.

If he decides that he will start looking for a new job, his Goal Achievement Experience will probably also change.

As simplified as this example is, some points are obvious:

- When you are no longer certain that you will achieve your goal the **way you planned it in your BCS**, this means that the course of events was different than what you have predicted in your Best Case Scenario (BCS).
- Processing the negative event (situation) that made you feel uncertain about your goal (p. 54) will improve the way you feel about your goal, but **will also provide you with guidelines for changing the route to your goal** (for changing your BCS).

In other words, doing this process makes you understand what other options you have at your disposal for achieving your goal and how you can make your Best Case Scenario better.

In this way, you are continuously improving your BCS and learning from the results your previous actions have produced in the material world.

### *The true nature of "negative" emotions*

When you take a closer look at the previous example, it becomes obvious that negative emotions aren't so negative after all.

They may seem like negative and irritating contents of your mind, but they're not.

Those emotions are there because you unconsciously realize that everything is not going as planned with your goal.

Your unconsciousness is trying to alert you to modify your plans and behaviors, so that you would behave in a better way and take more effective actions for achieving it.

On unconscious level you are aware that some of your past experiences show that your plan and your standard behavior are not optimal.

Such "negative" feelings about your goal are signals from a very sophisticated system your unconscious uses to alert you that something did go wrong concerning your goal.

### *Example*

Let's say that I have a scheduled trip to the United States to give workshops there.

Imagine that I've done all processes that you've done on this E-workshop, and have started to take specific actions.

Suppose that the organizer of my workshops failed to answer some of my e-mails, but I didn't pay much attention to it at the time because I was preoccupied with other projects.

However, next time when I look at my Goal Achievement Experience and my Best Case Scenario, I will feel a bit uneasy.

When I ask myself if I am sure that everything will happen exactly the way it is described in my BCS, my answer won't be a 100% yes (as I know that the organizer didn't answer my mails).

Again, that is the right moment to do the EMT for Goals process (p. 54).

***Q: What could happen instead of GAE (what is a potential negative outcome that I fear)?***

*A: Maybe my host (organizer) won't be able to attract enough participants for the workshop.*

***Q: Which of your past experiences shows that that will or could happen?***

*A: My canceled workshop in Germany last year.*

When I finish EMT-ing that event, one of modifications of that experience could be that I should have instructed my host in Germany (by e-mail) to use SPIRITUAL OPTION while he was preparing my workshops.

After I finish the process, I know exactly what to do next – contact my host in the States immediately and ask her if everything is going fine.

If she is not sure that it is, I could ask her if she wants me to coach her by e-mail to use SPIRITUAL OPTION techniques while she is preparing the workshop.

As you could see in this example, “negative” feelings don't have to be negative or sabotaging.

That mild anxiety I was feeling might seem to be generated by my lack of confidence or some other character flaw, but in fact it was just a reminder. That "negative feeling" was just an ‘alarm system’ that my unconscious used to remind me that there are some past events (like that canceled workshop in Germany) which show that I should behave differently if I want to achieve my goal.

Once you understand that about your mind, you begin to view it as a peace of art, not a dangerous maze.

### *Assured achievement of your goals*

When you consistently *use SPIRITUAL OPTION*, achievement of your goals is virtually assured.

You do the processes like you did in the first part of this E-workshop, so you have a clear and well-defined goal. (It's a 10/10 Goal Achievement Experience. It can't get clearer than that).

You define a way of achievement that's in harmony with your Spiritual Path, in detail (you have your Best Case Scenario, and your list of necessary actions).

Then you start taking necessary actions to make the in-between outcomes possible.

If something negative happens while you are doing this, you'll process that experience. By that process you bring yourself back into the optimal state of mind again, and change your Best Case Scenario to adjust it to the newly arisen situation.

In this way, you change your behavior and your plan over and over, in order to adjust it to the developing situation, until your goal is reached.

And while you are doing that, you won't force or pressure yourself, but stay in harmony with your complete being, because the processes are keeping you in the perfect emotional state for achievement of your goal.

Life is so nice when you *use your spiritual options*☺

**REMEMBER FROM THE PREVIOUS CHAPTER:**

- All the processes you have done up to this point had purpose of easing your next step: **taking the specific actions** in the material world to achieve your life goal (your GAE).
- The fourth GOLDEN RULE is simple: TAKE ACTION!
- When you take actions in the material world, some situations won't turn out the way you expected.
- When you stop feeling 10/10 about your GAE, it's the signal from your unconsciousness that something did not turn out as you formulated it in your BCS.
- When that happens you need to:
  - a. Do the EMT for GOALS process, (chapter 10, page 54), as many times as is necessary for you to again be certain that you will achieve your goal.
  - b. Modify your Best Case Scenario (and maybe even your Goal Achievement Experience) until they are again perfect for you.
  - c. And finally, continue with activities from your new Best Case Scenario (BCS).
- Although they may seem as barriers to achieving our goals, "negative" emotions have a positive purpose: our unconscious uses them to warn us to change our behavior.

## CHAPTER 22

# GOAL DECLARATION

In the last chapter you encountered the Fourth Golden Rule of SPIRITUAL OPTION. It said that you should take action.

The first action I would like you to consider taking is making a declaration of your goal.

I would like you to concisely write down that *you will achieve your goal* before the deadline you've set up, and the main benefits that its achievement will provide in your reality.

Then I would like you to announce it.

This means giving the text of your declaration to at least 10 people whose opinion and respect are really important to you.

In this way you will commit yourself to your goal in public, so it would be very difficult for you to quit.

If you know that you may have to explain the reasons for giving up your goal to the people who's respect you want, you will surely think twice before making that decision.

Let me be clear.

I am not strictly against quitting.

But if you do quit, you should do it because you don't really want your goal anymore, not because achieving became too hard, or because you feel bad about something that happened in the process of realization.

You should use SPIRITUAL OPTION techniques to deal with such problems.

We've seen that feeling bad about an in-between outcome is just your unconscious trying to alert you that you need to change your behavior or your course of action. It's not supposed to make you quit.

And the action of making your declaration public is not there to manipulate your subconscious elements (need for appreciation) into forcing you to continue when quitting would be in harmony with your Self.

When the decision to quit springs from your free will, the declaration won't force you to proceed toward the goal.

If you make such decision consciously, you will be aware of reasons for quitting and you will know that such behavior is in harmony with your whole being.

Declaration's purpose is to make you particularly careful about quitting (do you remember the first Golden Rule of SPIRITUAL OPTION? ;-), because you will have to make a strong case for defending that decision in front of the people you appreciate.

This is enough to ensure that you won't take that decision lightly and regret it later.

Pay attention! Goal declaration text is NOT the same as your GAE text. It's just a declaration about your **intention** to achieve your goal, with reasons why you want it.

*Example*

*GOAL DECLARATION*

*I Declare that I will create a stable income source that will earn me more than 5000\$ a month with my personal involvement and workload smaller than 2 (on a scale 0 to 10), before 1<sup>st</sup> of February 2008.*

*Such income source will provide a better life for me, my family and those around me.*

*This will also prove the power of SPIRITUAL OPTION and the truthfulness of its principles.*

*In Belgrade, Serbia, 16<sup>th</sup> of April 2006.*

*Filip Mihajlovic*

This is my goal declaration, and the fact that you are reading it means that you probably contributed to its achievement (to our common pleasure, I hope:-)

I gave it to my family members, dear friends, and even to some of my clients.

I realized that my clients have a very high opinion of my effectiveness (probably little exaggerated:-), and that their opinion was really important to me.

They were therefore a really good choice to get copies of the declaration.

I can honestly say that making my declaration public really made a difference.

In a period when I had some personal problems (very serious health problems in my family), just the fact that my declarations were out there helped me.

Having more important problems would have been a very good excuse, and I would probably quit my goal and left it for "some better times".

The declaration made me reconsider quitting. I just changed my Best Case Scenario little and reorganized myself so as to take care of all important things at the same time.

And what's best, these changes were in harmony with my spiritual being, so I did not have to force myself to do anything.

*One additional point*

Making your goal declaration could also help you identify additional conflicts about your goal.

If you feel anxious about presenting your declaration to someone, ask yourself why is that so.

Are you still uncertain about achieving your goal? (*Which of your past events shows that you can fail and embarrass yourself?*)

Are you hesitant about communicating with the person you want to give declaration? (*What is that person like? Which of your past experiences shows that?*)

Such hesitation shows that there are still some emotional blocks based on certain past experiences that need your attention.

Those "negative" feelings are just the signals your subconsciousness is sending to warn you that change in your behavior is necessary if you want to **achieve your goal**.

## REMEMBER FROM THIS CHAPTER

- Your first specific step toward your goal should be making your goal declaration public.
- This is a declaration in which you state that you will achieve your goal before the deadline you've set.
- The next step should be making a list of at least 10 people whose opinion and respect are important to you.
- Next, give a copy of your goal declaration to each person on your list.
- Making your declaration public will make you think twice if you find yourself in a situation where you consider quitting.
- The purpose of the declaration is not to **force** you to achieve your goal no matter what. You are writing it to make sure that *you won't quit your goal* unless quitting is in perfect harmony with your whole being and your Spiritual Path.

## CHAPTER 23

# WHAT TO DO IF YOU FAIL?

If you have read the previous chapters thoroughly, you know that this is a trick question.

It's again about FIRST GOLDEN RULE.

That's right: the only way to fail with SPIRITUAL OPTION is to quit.

What does it mean?

Quitting the SPIRITUAL OPTION really means to fail to do the EMT for GOALS process, (chapter 10, page 54) when some unwanted situation occurs.

Let me remind you:

This process helps you find a specific event from your life that shows that situation is not developing as you described it in your Best Case Scenario (BCS).

When you find it, modify it using the EMT technique. By doing this, negative feeling (or feelings) change for the better and you realize what you need to change in your BCS and in your behavior regarding your goal.

If you don't realize that negative outcome is something you should process, you will just feel bad about it and quit.

### *A Fail-safe mechanism*

Applying the process from chapter 10 to your negative outcomes will put you back in the 10/10 state concerning your goal, and will provide you with the necessary changes in your Best Case Scenario.

As we have seen in previous chapters, those changes focus your attention on creative and spiritual ways to overcome barriers that arise while you are trying to make your Best Case Scenario work.

When you practice SPIRITUAL OPTION in that way:

1. You keep yourself in optimal emotional state regarding your goal, and you work on it in total harmony with your true Being and your Spiritual Path.
2. You take necessary actions to make your Best Case Scenario work.
3. If the outcome of your actions is different from what you have in your Best Case Scenario, you process yourself and that puts you back in the 10/10 emotional state regarding your goal.

4. Process that you do not only improves your state of mind about your goal, but makes you realize how to change your plan for achieving your goal (your BCS).
5. After that you continue taking actions according to the new BCS

Initially, this approach enables you to *pursue your goal* in the most natural way, and if that doesn't work, to change your action plan (BCS) according to developing situation.

And all the while you remain in emotional harmony with your goal (you don't let negative in-between outcomes make you feel bad and quit).

The only way to fail is not to realize that you should do the process from chapter 10 when you feel that you have failed.

Understanding all this make following golden rule obvious:

#### *GOLDEN RULE 5*

Failure doesn't exist. It's just a corrective feedback of the material world that should help you change your behavior.
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This is why successful people experience much more "failures" than the unsuccessful.

Unsuccessful people usually feel bad and quit when a situation does not develop according to their plan.

Successful persons, on the other hand, change their behavior when something bad happens, and continue toward the goal. They do not experience "failures" so emotionally, or if they do, they are able to cope with the negative emotions.

They register negative in-between outcomes and learn from them, that is, they adjust their behavior to the new situation.

By practicing SPIRITUAL OPTION, you will behave BETTER than the most successful people you know.

And unlike most of the successful people, who suppress some parts of their being in order to pursue their goals, you will keep yourself in total harmony with your whole being in a perfectly natural way :-).

#### *Example*

Let's say that a person wants to quit her regular job to start her own restaurant.

Her initial plan (or Best Case Scenario if she uses SPIRITUAL OPTION) is to ask her father to lend her the necessary starting capital.

To make situation more interesting, let's suppose that there was a tension in their relationship in the past.

Let's see what will happen if she doesn't use SPIRITUAL OPTION.

If her father agrees to lend her the necessary money, everything will be fine.

But what if he doesn't?

She will probably feel hurt, blame her father for not being supportive enough and feel very bad about herself, her father and the whole world.

This will probably make her quit the whole project and continue with her regular job, in other words, fail in her goal.

**For a person that uses SPIRITUAL OPTION system, situation is totally different.**

Firstly, she would apply the process from chapter 10 on her previous bad experiences with her father and clean them of emotional charge, so she wouldn't be so devastated by his refusal.

Secondly, if she would encounter such negative in-between outcome, she would use SPIRITUAL OPTION and bring herself back to the optimal state again.

Let us see how she would deal with her father's refusal to give her the money.

She would ask herself if the things will really develop the way she planned in her Best Case Scenario, and the answer will naturally be negative:

***Q: "Am I sure that I will achieve my goal in the way described in my Best Case Scenario?"***

***A: "Absolutely not."***

***Q: "What will or could happen instead?"***

***A: "I could fail and I may have to ask my boss to give me my job back."***

***Q: "Which experience from my past shows that that will or could happen?"***

***A: "Today's conversation with my father."***

She will proceed with the EMT for GOALS process (chapter 10) and will eventually come to question no. 7.

***Q: "What needs to be different in that experience to make it better for me?"***

***A: "I should be determined to achieve my goal, and find other ways to get money for my project."***

(She would probably have a few other modifications before her experience becomes a 10/10, but for the sake of argument, let's suppose that the process ends here.)

Let's see what will happen with her Best Case Scenario after this process.

When she asks herself whether her BCS (Best Case Scenario) should be different, one of possible modifications is asking a bank for a loan (this obviously is "*finding other ways to get money for her project*").

In this way, she is again in the optimal emotional state about her goal, and have a perfect Best Case Scenario. All she needs to do is to continue taking actions from her **new BCS**.

As you can see in this example, there is only one way to fail with SPIRITUAL OPTION. It's to fail to recognize some of negative In-between Outcomes as something that you should process.

If you fail to use system (EMT for Goals process) when some negative outcome happens, you will regard your negative feelings as an objective assessment of situation, and quit.

### *Conclusion*

When you use your spiritual options, **failure really doesn't exist**.

It's just the signal that your original plan for achieving your life goal (your BCS) wasn't perfect, and that you need to modify it.

It's not a failure; it's really just a feedback from the material reality that should change your behavior.

And, what will happen if the bank refuses to give a loan to the lady from our last example because her business plan isn't good enough?

After doing the EMT for GOALS process which will deal with that event, modifications in that experience will help her realize that she needs to ask her cousin who has a MBA degree to help her in creating an adequate business plan.

Or to buy a book about creating business plan, or hire a consultant who will do it right.

By the way, the person from this example (this is also a real life example) DID achieve her life goal, and now owns a restaurant in Burlington, (Vermont, USA).

At the beginning of the process from Chapter 10 (p. 54), she felt that she would never be able to achieve her goal in this way.

After dealing with all negative emotions related to her goal, and all previous experiences that "show" that her father won't give her necessary support, she was a transformed person.

She felt optimism and enthusiasm instead of doubt.

She has also had very deep insights into her relationship with her father, which helped her improve it in a way she had never dreamt possible.

In this case, her father DID agree to lend her the necessary amount of money. We don't know if he did it because her attitude was different after process, or her perception of him was wrong from the beginning.

Be it as it may, the important thing is that you know what to do when you "fail", or when you encounter obstacles.

And you do know what to do in such a situation, don't you?

## REMEMBER FROM THIS CHAPTER

- Failure doesn't exist. It's just a correcting feedback you are getting from material reality.
- When you use your spiritual options, you really can't fail. When problems arise, just process them and make the necessary changes in your intended course of action.
- Ceasing to feel 10/10 about your goal means that your subconscious mind is signaling you to change your Best Case Scenario.
- To do that effectively, do the EMT for GOALS process (chapter 10).
- When you use your spiritual options, you behave like the most effective people you know. You adjust your behavior to the situation at hand and stay in optimal emotional state until the final accomplishment of your goal.
- The only one way to fail with SPIRITUAL OPTION is not to recognize some of negative In-between Outcomes as something that you should process (EMT for Goals, p. 54).

### *Example from history*

*Famous inventor Thomas Edison performed more than **thousand experiments** while trying to perfect the light bulb (one of his most important inventions). When asked in an interview how come he was able to continue after so many failures, he replied:*

*"Don't be silly. I haven't had one unsuccessful experiment! Each of them taught me how not to make the light bulb."*

## CHAPTER 24

# PROCESSING FUTURE FAILURE

In the last chapter we've seen that **you can't fail** to *accomplish your life goals* if you use SPIRITUAL OPTION.

"Failure" that you may experience is just an indicator that your Best Case Scenario wasn't really perfect.

If "negative" outcome happen you should process that event with the process from chapter 10, and then modify your Best Case Scenario accordingly.

To make your success even more certain, you will do one more process related to failing.

### *Processing the future failure experience*

Imagine the future situation where you definitely failed to achieve your goal.

If you've done all the processes on this E-workshop, it's quite possible that you can't imagine such a thing. But try to do it the best you can.

What could happen in the future that would make you feel that you definitely failed and that there is nothing you can do about it?

Imagine that situation as vividly as you can.

When is this happening?

Where are you located?

Who is participating in this event?

Describe this event with as many details as possible.

How would you experience that event? How would you feel if that happen?

Now ask yourself which of your previous experiences shows that you would feel and behave like that?

When you find that experience, apply the EMT process (page 28) to it.

The reason for doing this process is simple.

By imagining the situation in which you will know for sure that you failed, you will find the most problematic potential outcome (the situation that restimulates your negative emotions most, and causes you to quit).

After that you will easily find the past experience that is really a problem. (Which one of your past experiences shows that you would feel like this in such situation?)

When you find that experience process it by the EMT.

In this way, you prepare yourself in advance for possible problematic outcome, and deal with the remaining problematic issues even before you start working on your goal.

The same technique could be applied to any problematic future event (or any future event that makes you anxious).

You can clear any potential negative situations in the future, such as failing an exam, messing up an important business project, or being rejected by the loved one.

Technique remains the same regardless of the character of the negative future event.

### *Example*

On my first SPIRITUAL OPTION group workshop in Zagreb (Croatia, Europe) in June 2003, a lady participant set her goal of starting her own beauty parlor. She is a cosmetologist and she worked in one of well known beauty salons, but wanted to start her own business.

What follows is a process in which she realized what is her future negative experience.

***Q: Imagine a future situation where you feel that you've really failed. That you can't succeed. That everything is lost.***

***Imagine that situation as vividly as you can.***

*A: I am laying on my bed and crying. My husband is trying to comfort me, saying that everything is going to be all right, but I am desperate because I know that I have spent all of our family savings.*

***Q: When is this (future event) happening?***

*A: In eight months.*

***Q: Where are you located?***

*A: I am on my bed.*

***Q: Who is participating in this event?***

*A: My husband and me. My daughter is in her room.*

***Q: Describe this event with as many details as you can imagine.***

*A: I know that my expenses are exceeding our income by far. All of my three advertising campaigns were failures. I don't know what else to do. With every day that passes I loose more money.*

***Q: How would you experience that future event? How would you feel experiencing that?***

*A: I would be really devastated. Everything is lost!*

***Q: Which of your previous experiences shows that you would feel and behave like that?***

***A: My failing the entrance exam for the Art College. I was really devastated.***

When she EMTed that event she was so drastically transformed that you could notice the change from the opposite end of the room: her face, her smile and her body posture radiated with enthusiasm and optimism regarding her goal.

Her most troublesome conflict about her goal was resolved.

You would probably be glad to know that she realized her goal – she has had a beauty parlor in Zagreb ever since. (I visit her there every time I go to Zagreb, and some of the participants of that workshop are her regular customers :-)

### **THE THINGS YOU NEED TO REMEMBER FROM THIS CHAPTER**

- You can make sure that you won't quit when a problem arises by processing the "future failure" in advance.
- To do this, you need to imagine a situation of a definite failure in the future, describe it and find previous experience which shows that you would feel and act like that in such a situation.
- Then just EMT that experience.
- You can use this technique to deal with any negative future situation that makes you anxious (even with those not connected to your goal).

### ***PRACTICAL EXERCISE:***

Now do this exercise with your "future failure experience".

Imagine a future situation in which you will really know that you have failed to achieve this goal. What could happen in the future that would make you feel that you've really failed? That you can't succeed? That everything is lost?

Imagine that situation as vividly as you can.

1. When is this future event happening?
2. Where are you located?
3. Who are people present in this event?

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4. Describe this event with as many details that you can imagine.
5. How would you experience that future event? How would you feel experiencing that?
6. Which of your previous experiences shows that you would feel and behave like that in such situation?

When you find that experience, do the EMT process (page 28) on it.

## CHAPTER 25

# PRACTICING SPIRITUAL OPTION AFTER E-WORKSHOP

Next thing to discuss is how to practice SPIRITUAL OPTION from now on (in your everyday life, while working on your goals).

### *Practicing SPIRITUAL OPTION*

Now that you have finished the E-workshop exercises, practicing SPIRITUAL OPTION (and achieving your goal) is easy.

From now on it's really just about keeping yourself in optimal state you are in now, and about taking all the necessary actions from your list of actions in the material world.

However, taking those actions will not always result in success – the outcome may be different than the one described in your Best Case Scenario.

As we've seen in previous chapters, this will probably influence your inner state about your goal. You will stop being certain about achieving it.

You have seen that negative emotion that you'll experience is just a signal from your unconsciousness that everything is not going well with your BCS.

Knowing this, it's natural to make a daily check of your goal a part of your everyday routine.

It's not as demanding as it may seem. Begin with asking yourself the following question every morning:

"Am I completely certain that I will achieve my Goal Achievement Experience in the way described in my Best Case Scenario?"

If you are, look at the list of actions that you should take in the material world, and see which of those you can take that day.

You can also take a look at your Goal Achievement Experience and your Best Case Scenario, and ask yourself: "If this is the way in which my goal will be achieved, what do I need to do today?"

When you decide, just perform those actions during the day the best way you can.

### *What if you are not certain about the achievement?*

(Yes, you guessed it right.)

You will do the EMT for GOALS process (chapter 10) again.

Let me remind you:

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## Use the Full Power of Spirituality in Your Everyday Life

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If you are not completely certain about achievement anymore, you should:

- Realize which potential negative outcome makes you anxious (*if you are not certain that you will achieve your goal, you are in fact anxious that something else will happen*).
- Find your previous experience that shows that such negative outcome could happen.
- EMT that experience.

When you finish the process, check to see if there is something that needs changing in your Goal Achievement Experience or your Best Case Scenario.

Doing this as a matter of your daily routine **virtually guarantees** the achievement of your goal.

It enables you to stay in the perfect frame of mind regarding your goal, take the necessary actions and change your behavior whenever the situation does not develop according to your BCS.

You can find the complete plan for everyday SPIRITUAL OPTION practice in the PROGRAM FOR INDIVIDUAL PRACTICE document (PDF file downloaded with E-workshop and Printable materials PDF file).

### *GOLDEN RULE 6*

Check out the Individual Practice Program daily (even if you can't do all exercises).

## CHAPTER 26

# CONCLUSION

This brings us to the end of this E-workshop.

From now on, the only things you need to do is start taking actions from your Best Case Scenario, and keep yourself in the 10/10 state with the help of the program for individual work.

You will find it much easier now to take actions that lead to the achievement of your goal.

You've dealt with all internal conflicts connected to it.

By processing them, you've learned the lessons from your past experiences that generated these conflicts.

You have transformed your abstract goal into a specific Goal Achievement Experience, which is absolutely attractive to all parts of your being and in harmony with your Spiritual Path.

You've created your Best Case Scenario – the sequence of events that must occur to allow you to achieve your goal (your Goal Achievement Experience).

The BCS helped you realize what actions you must take.

You know that *you cannot fail* (every negative outcome is just a material-world feedback that teaches you how to change your behavior. You just need to process that situation to put you back in the optimal emotional state, and to change your BCS accordingly.)

You've eliminated negative emotions connected to potential problematic outcomes that could make you quit your goal.

You handed your GOAL DECLARATION to the persons whose opinion is important to you, so you wouldn't quit when you encounter difficult barriers.

You have the exact plan for SPIRITUAL OPTION practice from now on, which will keep you in the optimal state from now on.

All you need to do is *start taking actions* noted in your Best Case Scenario, and *continue practicing SPIRITUAL OPTION* according to the program for individual practice (PDF material you downloaded with E-workshop) until you **achieve your goal**.

There is one more important thing.

Look at the ratings of Optimal State Affirmations in the test you did in chapter 8.

These un-optimal emotional states that you have had are now totally transformed.

Now all these ratings are 10/10. (If they're not, you just need to complete the process from chapter 10 (page 47.)

You are full of determination, enthusiasm and optimism.

You know you deserve to achieve your goal, and what actions you need to take to achieve it.

You are eager to take those actions.

Your attitude, and your state of mind about your goal have totally changed. Few days ago you were full of inner conflicts concerning your goal, and now you experience this.

What does that tell you about your mind and your internal states?

For me, it's clear.

If you have the right set of tools, you can really control your mind. Other people's behavior, or developments in your life aren't really responsible for your inner states and experiences.

Ultimate responsibility for your life can only be found at one place.

But I'll let you be the judge of that.

### *Final Conclusion*

SPIRITUAL OPTION REQUIRES a lot of work.

But it's worth it.

By investing a few days in getting yourself in the 10/10 shape and in becoming 100% aware of your goal, you will boost your results beyond belief.

The payoffs will exceed all your expectations.

You can really achieve every goal. How many people can say that?

My own experience proves it.

I created SPIRITUAL OPTION while working on my financial situation.

In the first year of practicing it, I increased my income six times, and my income was much over average even before that.

In the following year I doubled it again.

Now I know that I can earn any amount of money.

What I also know is that SPIRITUAL OPTION is not a system that only works for its creator.

All the testimonials on my site are genuine.

Hundreds of people have fundamentally changed their reality with SPIRITUAL OPTION.

I've just had a call from a client of mine who sold his share of business he created for 350000 EURO (about half a million \$) a few days ago.

He managed to do that with help of SPIRITUAL OPTION in a little more than a year.

Results that you get when you learn to use your spiritual options are unbelievable.

**STATISTICAL FACTS:**

17 persons from all around the world started their own business with the help of SPIRITUAL OPTION in the last 3 years. Not one of them failed. **And they are all just ordinary people, not experienced businessmen** (this fact becomes even more impressive when you know that 95% of all new companies go out of business during the first two years). In addition, they are earning much more than they did on their previous jobs (some of them are even \$ millionaires).

Eleven other persons worked on the improvement of their existing businesses, and all of them at least doubled their profits in first three months of practicing SPIRITUAL OPTION!!!!

Again, more than 14 persons whose goal for SPIRITUAL OPTION practice was to get the ideal job, have achieved their goals (summer of 2006).

These are just some of life goals that practitioners of SPIRITUAL OPTION achieved.

An average practitioner that works on his (or her) financial situation doubles his income in the first three months of practicing SPIRITUAL OPTION.

He does that in a spiritual way, and in the perfect harmony with his Spiritual Path.

Some practitioners say that they perceive their lives as divided into two periods: their life **before**, and **after** SPIRITUAL OPTION.

After you have used this system for some time, you will know what they mean.

Seems pretentious, but it's true.

There is nothing more important for a spiritual person than the ability to live in harmony with her Spiritual Path. Once you learn how to do that, everything falls in its place.

*Little reminder*

But, let me be honest with you.

As I have already stated, this material is not something that you'll read in two days and then *live happily ever after*.

SPIRITUAL OPTION is a tool for reaching your goals and living your everyday life in a spiritual way.

You need to **use it** if you want results.

If you don't use it to achieve specific material goals, you just entertained yourself for a couple of days, and missed the main point.

If that's your choice – fine, but what a pity.

Around 50% of persons who participate in SPIRITUAL OPTION workshops (or practice it via the E-workshop) achieve goals they have set.

Other half talks about how great it is, or about benefits that they had during the exercises, but they fail to use it in everyday life.

They leave it for the time when they will "have more time" or for the time when "their big problem is resolved".

Of course, that moment (when everything else in your life will be perfect) will never come.

Decide in which half you want to be.