



Deberah Bringelson's Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*



Day 18 – The Source of Success

The Source of Success

If you don't already know it, here is an important truth about not only success, but everything in life. YOU are the source of your abundance and your success.

Money and things may be delivered by a variety of vehicles: parents, investments, lottery, job, banks, but they are merely vehicles for the true source of your abundance and success: YOU.

We will explore this more fully in later modules, especially in the Advanced Course, but this is an important concept for you to understand.

Quantum physics has shown that everything on the planet emits waves of energy. These waves of energy are strongest and vibrate faster, the more advanced something is. For example, a cat vibrates at a higher rate than does a rock. And a human vibrates at a higher rate than a cat.

These waves of energy radiate out from your body (especially your heart) and like magnets attract or repel to everything that has shown up in your life. A basic explanation is that if you want to change something in your life, you must change your vibration to attract what it is that you want. We will have several experiences over the next several weeks that will teach you exactly how this works and what you can do to make the changes you desire. You'll actually learn how to "magnetize" exactly what you want.

“Remember”

The process of creating what you want is actually something that you already know. You just may not remember that you know it.

EXERCISE:

Close your eyes and think of something that you really wanted and that you received. It doesn't matter how it came to you, even if you went to the store and bought it yourself. Just think of something that you really wanted and you got it.

Remember the time leading up to getting what you wanted. Remember your thoughts about it. Were you excited? Did you think about it a lot? Did you imagine it in your mind? The colors, the feel, what you would do when you got it?

How did you feel about it? Was there anticipation? Excitement?

When you think of something that you believe you will receive, you get excited. Your imagination is revved up. Even though you can't see it in your life, you can "see" it in your mind. Your body feels excitement and anticipation. And because you believe you're going to get what you want, you have the beginnings of a feeling of already having it. You can see yourself using it, playing it, driving it....whatever "it" may be.

This is the basis of manifesting. In this course, the important thing to learn is the "process for manifesting". It doesn't really matter "what" you manifest. As long as you know the process, you can create anything you desire.

Why Doesn't It Always Work?

It does. **IF** you do it correctly.

Scenario 1: So imagine something that you wanted that you were fairly certain that you wouldn't get. Did you lovingly dream about it? Did you imagine yourself playing with it, driving it, holding it? Did you talk with friends about how excited you were? Did you feel the eager anticipation and excitement before you had it?

OR

Scenario 2: Did you imagine yourself without? Did you complain (to yourself or others)? Did you feel disappointment, resentment (of others who have it or of the "source" who hadn't given it to you) anger or frustration? If you have something similar (like an old car and you wanted a new one) did you notice the "deficits" the scratches, the rust spots, etc. of the old one?

That's why when it sometimes "appears" that it doesn't work.

The thing is...it works perfectly. What you are sending out in your energetic vibration, (that science has proven to us exists) is exactly what you are getting back.

In Scenario 1, your vibration was saying "Yes! I'll have that! Yes, I know it's coming! Yes! Bring it on!" The Universe delivers.

In Scenario 2, your vibration was saying "I know it's not coming and I'm very unhappy about it." The Universe delivers.

You've heard the sayings:

"Your thoughts become things, think only the good ones." Or
"Your thoughts create your reality."

The above examples are exactly how the process works.

Since your thoughts do create your reality, it's important to direct your thoughts to what you want, rather than what you don't want. But how do you do this?

Our minds are filled with incessant chatter throughout the day. So, how do we only "think the good ones"? First, it's important to start paying attention. Would you allow a non-stop radio program to play in the background of your life 24/7? Especially if it was spewing songs and comments that were wrecking your life? Probably not.

Start paying attention to the thoughts that run through your mind.

Total Integrity

Begin practicing total integrity in thought word and action. Not only will this help you begin manifesting what you want, but you will begin to see a dramatic shift in how your boss, clients, co-workers and family respond to you.

Integrity of Thought

Is it kind? Is it loving? Is it useful? Does it benefit All? If the answer is no, what's it doing in your brain? If it doesn't benefit All and is not loving or moving the world forward, then it's most likely not a thought that deserves to be taking up brain cells. As your mind wanders throughout the day, check in with yourself. What's it thinking about? If it's not something that supports you, then "redirect". Deliberately think of something that is supportive.

No, if someone cuts you off in traffic, you don't "have" to send them love or wishes for a safe trip (but that would be awesome!) But it's definitely not loving, supportive or creative to mentally (or verbally) call them names and wish them a trip to a fiery inferno. What about catching yourself and directing your thoughts to something or someone you love? Or making a choice to smile.

There's one passage in the book, "Eat, Pray, Love" that seems silly, but really is pretty amazing. The old shaman in Bali tells Elizabeth Gilbert that they make too much of meditation and rituals in India. All you need to do to achieve inner peace is smile. Smile, with your whole body. Smile with your liver.

Silly, right? Try it. Next time you're walking down the street, meditating, standing in line or outraged at something, smile with your liver. You won't be able to stop yourself from also smiling with your mouth!

Integrity of Word

Do you ever sit around with friends, family or co-workers complaining? Complaining about the weather, the economy, the opposite sex, the kids, the state of the world, your paycheck, or something that you want and don't have? Sure most people do. But, do you want to?

Get this, it's important: If your words are saying things that are different from or opposite of what you want, you are out of integrity with yourself.

Who cares, right? Out of integrity with just yourself means no one gets hurt. Or does it? What if you say you want great clients who appreciate your services or products and who pay their bills. But sitting around having a few beers after work, you talk about not enough clients, those who don't appreciate you or pay on time.

What you want and what you talk about are not in synch. Where are you putting your attention and your *emotion? On the lack. Guess what the Universe delivers to you? That's right....fewer clients and those who do show up, don't appreciate you and pay on schedule.

*Emotion is crucial to creating what you want. It is so important that other modules are dedicated to fully exploring and understanding the role it plays.

Integrity of Action

Are you always in integrity in your actions? Notice we're not talking about right and wrong. We're talking about your personal integrity. Say you want a million-dollar business. Are you delivering million-dollar services? Meaning, are you delivering the absolute best that you can to your customers and clients at all times?

Are you living up to your ideal of yourself? If you are, then great. You're living in integrity with yourself. However, if you skimp a little here. Or leave out a little information there, just to make a sale, and you know you're doing it and it's not who you really, really want to be; then you're not living in integrity with yourself. And by doing so, you're sabotaging your success.

Maya Angelou has a saying "when you know better, you do better." So, we're not saying go back and beat up on yourself for ever mistaken action you've ever taken, that you now know was a mistake, because of your perfect 20/20 hindsight. (As a matter of fact, we don't ever advocate beating up on yourself or mentally harming yourself at any time for any reason.)

What we are saying is if you know better....are you doing better? If you know that your product really isn't right for the customer do you still work to score the sale? What if the \$9.99 product is really what they need, not the \$109.99 product, do you push the upsell? If you do, you're not in integrity with yourself.

What do you care? You made the sale, right? Money in your pocket, right? All is good, right? Wrong.

Here's what the Universe hears.

You - after selling an unneeded or poor-quality product or service and scoring the sale: 'Cool, an extra hundred bucks in my pocket tonight! Sweet!'

The Universe: This person believes in lack, she is invested in lack. She wants lack. "Cool, I will create the need for a costly repair to her car." Or "Cool, I will give her a cracked tooth, so she has an expensive dentist bill."

See how it works. Integrity of thought, word, and action....lines your personal desires up with your personal messages to the Universe and delivers a clear request for what you want, rather than what you don't want.

Quantum Success Action Items

1. Begin noticing your thoughts. If they're not loving and supportive, redirect them to something that you can think joyfully about.
 2. Notice the conversations you have and the words you use. Are they creating what you want? Or sending messages to give you more about what you don't want?
 3. As you go through your day are you living with your personal integrity? If not, what do you need to change?
 4. Are you constantly looking for or angling for freebies? That has become a pervasive issue in our culture. Everyone wants cheap and free. And this belief in lack ONLY creates more lack n your life.
 5. Your manifestation integrity is tied to all components of your point of power and often when we act out of integrity with what we want, it's related to core beliefs that were formed long ago and of which we are completely unaware.
- **Please note that uncovering your negative core beliefs is not something that is completed in an afternoon or in a week. It is a continual process. As these beliefs rise to the surface and are removed, others that are more subtle or buried deeper may follow. You may be someone who does find that this is a short process. Or you may be someone who is still uncovering beliefs for the next several years. As each belief arises and is removed, what you want will become more accessible to you.**
 - **A great way to identify limiting core beliefs is when you feel an unpleasant feeling in your body, especially around your solar plexus or hear chakra. Example: You want a promotion. You ask yourself if you deserve more money, more prestige...the promotion. Your head answers yes. Your solar plexus or your heart chakra say no. That's a great place to look for core beliefs that are standing in your way.**



"In my 90-minute deep dive, Deberah found what was blocking my money and success.

She cleared it away.

Within 8 days, I created \$298 Million.

I will forever be grateful!"

Nadia Zaal, CEO

If you would like to do your own "deep dive" in a private, one-on-one session with me, please email me at

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