

Uri Geller's Little Book of Mind power

URI'S TOP TEN WAYS TO SUCCESS/ WAKE UP YOUR WILL POWER

- Write down exactly what you want to achieve, word it clearly. This is the TARGET.
- Repeat the target over and over. Believe in it.
- Forbid all other ideas to distract you from the target.
- Imagine how life will be when you achieve the target. Visualize the details vividly, with tastes, sensations, and sounds.
- Create a movie in your head and watch yourself achieving your aim - hitting the target.
- Visualize how others will react to you when you have achieved your target.
- Speak out clearly, never mumble - how else can the world hear you?
- Before you sleep, run the target words three times through your mind like a hypnotist.
- Always believe in yourself. You have the Mind power.
- Only you can achieve your target. No one else can do it for you. Seize the responsibility, go for it!

URI'S 5 FAVOURITE INSTANT MEDITATIONS, OR, HOW TO FLY FROM WHERE YOU ARE TO WHERE YOU WANT TO BE

- Look up at the ultimate Millennium Dome the night sky. Think how the light from uncountable millions of stars has flown across uncountable billions of light years directly into your own eyes.
- Picture a river. Imagine your thoughts are like its waters. They flow to your head swirl for a moment and then are gone. Let them go.
- Breathe in deeply. No one need know. You are simply breathing. Count the breath. 1. Let it go. Breathe again. Count 2. Let it go. Keep breathing. Keep counting. This is your secret meditation.
- Go to a hospital. Stand outside and look up at the window. Whoever might be inside - a child, a parent, an old man or woman - say a prayer that they will be well soon. They need your prayers more urgently than you do because you are on the outside of the hospital.
- Travel in time. Look into your mind and unlock a happy memory. Something you have not thought about in years. Surprise yourself, live this memory. Revive the colors, the smells, the textures; use every sense. You have just travelled back in time.

URI'S TOP TEN TECHNIQUES TO RECHARGE YOUR MINDPOWER

- Make space to relax. Stress can muffle your inner voice.
- Imagine yourself in a calm idyll. See it, smell, and breathe it. Dream it.
- Make this idyll your secret treat. Others can't tell when you have flown there.
- Explore your idyll and let its beauty saturate you so that you are able to return to it in an instant.

- Choose a piece of crystal and hold it to your heart - crystal amplifies human energy.
- Repeat these words three times in your calm idyll "My mind is filled with power".
- Repeat these three words three times in your calm idyll "I will achieve my target."
- Repeat these words three times in your calm idyll "I will succeed"
- Never let trespassers mock or belittle your idyll. It is yours and yours alone.
- Return to your idyll and repeat your pledges frequently until your Mind power shines and blazes. In this way you can achieve perfect peace of mind.

URI'S TOP TEN FEEL GOOD PHRASES.

- I am a winner.
- I deserve to get what I want.
- I will wake up tomorrow feeling great
- No turning back!
- That was then - this is now
- I have the Mind power
- Yes, I can! Yes, I WILL!
- I am doing this for me! I love myself! I deserve success.
- I feel focused.
- I am an achiever. I get things done

URI'S SENSATIONS: SIX GIFTS FROM THE GODS

Close your eyes and share my Mind power fantasies

- I am watching bright sunlight turn an oily patch of pollution on the Thames to the fluorescent purity of rainbows.

- I am listening to the burr of a summer day, the drone of the boats and the flies and the distant, murmuring words of my companion.
- I am inhaling the liquid sugar-scent of roses, so deeply that the velvet petals turn into treacle on the back of my throat.
- I am tasting the mouthful I have bitten from an apple - sharp as knowledge, crisp as truth and sweet as desire.
- I am touching the hair of my wife and thrilling as the silk threads glide through my fingers like electricity.
- I am aware I have been here before, the same experiences, the same emotions, the same day...but another life.

URI'S TOP TEN MANTRAS FOR GETTING THINGS DONE

- Do it now.
- I can and I will.
- I know what I want.
- Look on and hold on.
- Think positive - think yes.
- Never take no for an answer.
- Quitters never win, winners never quit.
- Excuses are for losers.
- Everything is possible.
- Step by step, stay steady, on the target.

URI'S TOP 10 SECRETS FOR BEATING SETBACKS

- Take the blame, you must always accept responsibility - to make sure things won't go wrong twice.

- Take heart. Others have endured crueler setbacks than yours - and they still triumphed.
- Take heed. This setback can tell you what you're doing wrong - and how you can do it right.
- Take a long, cool look. Step outside yourself and study the situation, like a general surveying a map.
- Be resilient. You need resilience to cope with the blow of each setback.
- Be resourceful. Resourcefulness will create a strategy to beat the setback.
- Be resolute. Your resolve will carry the strategy to victory.
- Be patient. Setbacks mean delays, but patience will conquer.
- Be persistent. Persistence will break down other people's objections and oppositions.
- Be perseverant. When one setback follows another - perseverance will help you triumph.

URI'S SEVEN ULTIMATE INSPIRATIONS

- People, animals, ideas
- My wife, Hanna
- She is my anchor, my lodestone. My heart.
- She possesses the strength that sometimes I lack to hold back my excesses.
- Brian Josephson
- His Nobel Prize-winning work helped create microchip computers. His mind is never closed. It is open to every conceivable idea.
- My Four Dogs
- They teach me the imperative quality of love...it must be unconditional.

- The sixth astronaut on the moon, Captain Edgar Mitchell
- There is no challenge too immense for man. There is no distance too great for our minds to travel.
- M K Gandhi
- He sought spiritual purity and by seeking, changed the world. We can create anything when we are prepared to create our better selves.
- Joan of Arc
- She heard the voice of God. We all hear the voice of God. But she listened.
- My Imaginary Buddhist Monk
- He comes to me when I am overwhelmed by information. I picture him in saffron robes, on a snowy mountain peak. He meditates for 24 hours at a time, his mind drifting far away from the pollution of mass media.

URI'S TOP TEN PROMISES WE CAN MAKE TO OURSELVES

- I will complete, I will finish, I will see it through. I will make it.
- I've come this far - I won't let anything or anyone stop me now.
- Cynicism is for cowards. I am brave.
- I deserve the best. I will demand the best. I will settle for nothing less.
- This is my life, and I will live up to it.
- If I fail, I will always forgive myself - and always believe I can succeed again.
- I will not hide behind excuses.

- I will do my best and be proud of it.
- I have made up my mind no one can unmake it.
- When I achieve my target, I will allow myself to rejoice.

If at first you don't succeed... How to deal with the hurdles of life

- No one can make you feel inferior without your consent.
- Eleanor Roosevelt

- Mistakes are a fact of life. It is the response to the error that counts.
- Nikki Giovanni

- In order to cause a shadow to disappear, you must shine light on it.
- Shakti Gawain

- Whenever you fall, pick something up.
- Oswald Avery

- There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.
- Norman Vincent Peale

- Obstacles are those frightful things you see when you take your eyes off your goals.
- Unknown

Don't just stand there, do something... Get-up-and-go got up and went?

- The future belongs to those who believe in the beauty of their dreams.

- Eleanor Roosevelt
- Laziness may appear attractive, but work gives satisfaction.
- Anne Frank
- Satisfaction lies in the effort, not in the attainment. Full effort is full victory.
- Gandhi
- The journey of a thousand miles must begin with a single step.
- Lao Tzu
- If there is no wind, row.
- Latin Proverb
- Act as if what you do makes a difference. It does.
- William James
- You can't have a better tomorrow if you are thinking about yesterday all the time.
- Charles F. Kettering
- A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
- Sir Winston Churchill
- I find that the harder I work, the more luck I seem to have.
- Thomas Jefferson
- Better to do something imperfectly than to do nothing flawlessly.
- Robert Schuller

- Non-finishers sit around with other non-finishers, and set up more discussions. Finishers know that to finish is worth a million conferences.
- Jeremy Baker
- Is life not a thousand times too short for us to bore ourselves?
- Friedrich Nietzsche

Take it easy... It's never as bad as you think it is

- Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.
- Mark Twain
- It is not because things are difficult that we do not dare, it is because we do not dare that things are difficult.
- Seneca
- The secret of health for both mind and body is not to mourn for the past, not to worry about the future, not to anticipate troubles, but to live in the present moment wisely and earnestly.
- Buddha
- Time spent laughing is time spent with the Gods.
- Japanese proverb
- Life isn't about finding yourself. Life is about creating yourself.
- George Bernard Shaw
- Men do not live only by fighting evils. They live by positive goals...a vast variety of them.
- J. Ayer

- The one who says it cannot be done should never interrupt the one who is doing it.
- The Roman Rule

- It is funny about life; if you refuse to accept anything but the very best, you will very often get it.
- W. Somerset Maugham

- There is nothing either good or bad, but thinking makes it so.
- William Shakespeare

Make your brain more powerful than Einstein's

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Read on to learn how he was wrong...

- The greatest thinker of the 20th century said we use only 10% of our brains.
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- Our Mindpower is like an iceberg, with 90% lying hidden beneath the surface, hidden but still there. And awesomely massive.

- We call the hidden 90% of our Mindpower the subconscious. The sub conscious is like the subcontinent of Alexander's days: a vast treasure house waiting to be explored and utilised.

- Our subconscious is always listening, absorbing, soaking up experience like a sponge. Talk to your subconscious.
- Talk to the submerged 90% of your mind. Tell it again and again: I am strong. I am relaxed. I am happy. Your subconscious will absorb this message and make it true.
- Sometimes your subconscious talks back. When it speaks, listen.
- Messages from your subconscious are called instincts. Intuitions. Psychic gifts. Develop your psychic Mind power - listen to your subconscious and use even more of your brain than Einstein.

Auto-focus

The secret of YOUR success

- To me, the definition of focus is knowing exactly where you want to be today, next week, next month, next year, then never deviating from your plan...you'll hit your target every time.
- Bruce Jenner
- A laser is a weak source of energy. A laser takes a few watts of energy and focuses them in a coherent stream of light. But with a laser you can drill a hole in a diamond or wipe out cancer.
- Al Ries
- The main thing is to keep the main thing the main thing.
- Steven Covey
- The path to success is to take massive, determined action.

- Anthony Robbins
- Patience, persistence and perspiration make an unbeatable combination for success.
- Napoleon Hill
- Lord, grant me that I may always desire more than I accomplish
- Michaelangelo
- Success is the child of audacity.
- Benjamin D'Israeli

It's all in the mind... Think your way through

- The mind has exactly the same power as the hands: not merely to grasp the world, but to change it.
- Colin Wilson
- Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.
- Thich Nhat Hanh
- Your vision will become clearer only when you look into your heart. Who looks outside, dreams. Who looks inside awakens.
- Carl Jung
- A champion is afraid of losing. Everyone else is afraid of winning.

- Billie Jean King
- The mind is not a vessel to be filled but a fire to be kindled.
- Plutarch
- People are just as happy as they make up their minds to be.
- Abraham Lincoln
- Verily I say unto you, if ye have faith as a grain of mustard seed, ye shall say unto this mountain, remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.
- Matthew 17:20
- Imagination is more important than knowledge.
- Albert Einstein
- First and most important step towards success is the feeling that we can succeed.
- Nelson Boswell
- Great souls have wills: feeble ones have only wishes.
- A Chinese proverb
- A man is happy so long as he chooses to be happy and nothing can stop him.
- Alexander Solzenitsyn
- There is always a harmonious solution... If you stand back and give yourself time to find it.
- David Robertson
- 'This above all: To thine own self be true. And it must follow as the night the day, thou canst not then be false to any man.
- William Shakespeare

Little Book of Mindpower Exercises

URI'S 3 GOLDEN MINDPOWER RULES

1. Focus

2. Focus

3. Focus

**Focus on this angel for one minute.
Say a prayer in your heart for
someone in need.**



Concentrate on this shape for 60 seconds. Send your positive, healing energy and your pure love to somebody, anywhere in the world, who needs it most.



**Focus on this symbol for 30 seconds
and make a singular wish. Repeat
three times. It will come true. It will
come true. It will come true.**



Instructions for Life

**Take into account that great love
and great achievements involve great
risk.**

When you lose, don't lose the lesson.

Follow the three Rs:

Respect for Self

Respect for others and

**Responsibility for all your actions
Remember that not getting what
you want is sometimes a wonderful
stroke of luck.**

**Learn the rules so you know how to
break them properly.**

**Don't let a little dispute injure a
great friendship.**

**When you realise you've made a
mistake, take immediate steps to
correct it.**

Spend some time alone everyday.

**Open your arms to change, but
don't let go of your values.**

**Remember that silence is sometimes
the best answer.**

**Live a good, honourable life. Then,
when you get older and think back,
you'll be able to enjoy it a second time.**

**A loving atmosphere in your home is
the foundation of your life.**

**In disagreements with loved ones,
deal only with the current situation.**

Don't bring up the past.

**Share your knowledge. It's a way to
achieve immortality.**

Be gentle with the earth.

**Once a year, go someplace you've
never been before.**

**Remember that the best relationship
is the one in which your love for each
other exceeds your need for each other.**

**Judge your success by what you had
to give up in order to get it.**

**Approach love and cooking with
reckless abandon.**