

A person is climbing a dark, craggy rock face on the left side of the image. The background is a vibrant sunset or sunrise with a bright orange and yellow glow. The person is silhouetted against the light, showing their climbing gear and posture. The overall mood is one of challenge and achievement.

HOW TO CREATE MIRACULOUS BREAKTHROUGHS TODAY

HOW TO BLAST THROUGH
YOUR FEARS & CREATE NEW
BREAKTHROUGH'S IN YOUR LIFE

EDWARD R. MUÑOZ

How to Create a Miraculous Breakthrough in Your Life Today

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How to Create a Miraculous Breakthrough in Your Life Today

Hello everyone. In this ebook we're going to talk about How to Create a Miraculous Breakthrough in Your Life Today. Because everyone can use a little something miraculous right now, right? I mean, how good does it feel when you reach a milestone, break through a barrier, or accomplish something new?

You've done it before and you want to experience that feeling again. Today, we're going to talk about how to make those moments happen for yourself instead of sitting around and waiting for something or someone else to bring things about.

Have you ever had a picture of what you want your life to look like? Most people do. You think, "Oh, yeah, by the time I'm 24, I'll have this kind of job. By the time I'm 30, I'll have this fine, sexy mate, we'll live in this nice house in this nice neighborhood, or whatever. By the time I'm such-and-such an age, I'll have this great position in my company."

Sometimes the picture doesn't mirror reality. We approach the milestones and we haven't achieved the goals that we had set for ourselves.

Or, we reach those milestones but we're not quite as satisfied with things as we thought we would be. There's still maybe that yearning for more. You are yearning for that major breakthrough that you have not been able to cause.

Whatever that feeling of pain or unease is, whether it comes from a crisis or just a general state of dissatisfaction, it's got you saying to yourself, "Something has got to change. Something is blocking my way."

If you've got a roadblock – if you've got a mind block – any kind of obstacle at all, that, my friend, is the definition of a barrier. You may or may not even know what it is, but you know you've got to break through it, in order to move forward.

Sometimes those barriers may seem obvious. It's visible, you see it, know what it is, or at least, you think you do. "My spouse isn't supportive," or "I don't have enough money," or whatever reason – or excuse! Unless these barriers are transformed or moved you won't be able to move forward.

At least when things are in view, you can start to address them.

It's as if you need a wrecking ball, right? Which is an interesting kind of machine – it's designed not merely to break through – but to **bust** through- things.

So, indulge me here. I want you to imagine that you operate a wrecking ball. You're given the location of a wall to demolish. You go there; you see the structure, position yourself square in the middle out in front of the wall, aim dead center – and swing the ball.

It may take a few swings but you're able to get the job done fairly easily because you had visibility on your target. You were able to see the barrier. We can all agree that it's much easier to bust through a wall we can see. Now where it gets difficult is when you can't see the wall you need to bust through.

Even worse it's hidden from your view. The barrier is there, you just can't see it.

This is known as your blind spot. A blind spot is something that is there, hidden from your view, and it can totally stop you from getting what you want from life.

If you find yourself making statements like, "maybe I should, if only I could, I really would if....." consider that those are the barriers. Those are blind spots. The reason you speak with such weakness is because you have these barriers, in the background and many times it's hard to distinguish what it is.

It's difficult to address things that you can't see. Often you know there's a problem but you just don't know what it is. And that's what I'm here to help with today. But before I share with you tools to bust through these barriers ...we first must distinguish what's in your way. What are blind spots? And where are yours?

We all have them, whether we think we do or not. The question is not whether or not they exist. The question is, what causes them and how can we transform them.

I want share a story that will shed more light on the topic of blind spots. I was on a road trip with my family. I was driving, with my wife beside me and the kids asleep in the backseat. I noticed that my wife could not sleep. As I checked the mirror and shifted lanes, for the millionth time, I noticed that she had a reaction. She seemed restless. She was mumbling softly under her lips. I could barely make out what she was saying but somehow I felt it was because of me. After a few hours on the road, I asked her why she was so upset and she told me, "Because you never look out for your blind spot."



I'm thinking, "What in the heck was she talking about? I mean, I am a great driver – at least I thought I was then. We both decided to drop the argument to avoid spoiling our family road trip. Then, about thirty minutes later, I went to change lanes again but this time there was a large van pulling up just behind

me in the lane I was switching to.

My wife screamed, “Edward, watch your blind spot!” Just in the nick of time, I veered back into my lane. That was a close call. Now I was upset because it was not in my view. It was in my blind spot.

In the blink of an eye, I saw how my mistake could have cost our lives. My arrogance led to dangerous maneuvers on the road. I was lazy and relied on my rear view mirrors instead of taking the time to turn my head and make sure the lane I was about to move into was clear.

There is always an area on either side of your car that you simply cannot see without turning your head. If you only take into account the things that you can see by facing forward, you are making decisions based on incomplete data. Making decisions based on bad information can result in tragedy.

Failing to watch out for blind spots is a common cause of getting into an accident. Statistically, nearly 840,000 accidents are caused every year by drivers’ failure to check their blind spots. Some lose their limbs, others lose their lives. These kinds of tragedies can be averted by taking one simple action, taking one simple step – turning your head and getting visibility on as much as you can so that you can make decisions based on improved data.

So, my little story here talks about failing to compensate for blind spots in a moving vehicle. But what about the bigger picture. You know I’m talking about the many blind spots in your life, right? We all have areas in life where we fail to watch out and compensate for blind spots, for a number of reasons. Pride, arrogance, fear, habit and simple laziness are just a few examples – and when that’s the case, there’s a price to pay.

What do these blind spots cost you? Really take a moment and think about that for a quick moment. Your breakthroughs depend on it. Let me ask you again. What are your blind spots costing you?

You see, when things go wrong in your personal life, it can be because of those blind spots. Maybe you are facing issues with debt, or an unwanted divorce, poor personal health, difficult relationships at work or elsewhere. You’re overweight or dependent on some kind of substance – food, caffeine, alcohol, drugs. Maybe you are just not where you want to be in life. Take a moment to consider how your failure to see the signs and take preventative action led you into trouble.

In this ebook, we are going to discuss, reveal and identify the barriers in your life - whether they're out in plain view or hidden in a blind spot - and share with you the tools to unlock a miraculous breakthrough in your life today. If you are up for this challenge then give me fist pump and repeat out loud "Hell Yeah"!

To help with this, I am going to share with you powerful success concepts that will help you create the breakthroughs you so dearly want. The reason why I am successful at helping so many people bust through their barriers and reach peak performance levels in their careers and businesses is because I am adept at seeing experiences clearly and breaking them down for what they are.

Most people call me a breakthrough machine because the way my mind works helps me to constantly generate breakthrough moments for others. We want to help you become a breakthrough machine as well – a true wrecking ball – when it comes to identifying and busting through both those seen and unseen barriers.



As we get into this, I want to get clear on what it is we are looking to achieve. I want to help you create miraculous breakthroughs in your life today. It means you don't have to wait for it. You can make things happen now. Isn't that powerful?

All right, then. Since a breakthrough is what we're going for, it's really important to understand exactly what this concept means.

One definition of the word itself is an act or instance of breaking through an obstacle. Now what comes to mind when you hear this definition? That moment in a race when the runner reaches the finish line and busts through the ribbon, right? They raise their arms in victory and the crowd goes wild! Imagine that moment. Imagine that feeling.

So, the term breakthrough can be literal in that way, and breaking through an obstacle in a certain area, whatever that might be, is a good feeling. But it's always the result of actually running the race, right? Putting in the work. It's seeking the proper support, and allowing others to contribute in helping you cause your breakthrough. It's keeping your eye on the breakthrough you are committed to busting through. It's putting one foot in front of the other 'till you reach the finish line.

So that's always going to be an important thing to remember. To be a winner, to achieve success, to break through to the win, you've got to keep going. It requires time. It requires commitment. It requires taking action even when you're scared.

I want you to never forget that busting through a barrier requires motion. You have to do something – and then keep doing it. An object in motion stays in motion, right? But in order to have a breakthrough, it will require motion in a new direction because more motion in the same direction will only cause more of the same. To create a real breakthrough will require motion in a different direction. World famous scientist, Issac Newton once said, “An object will continue in the same direction unless impacted by an outside force”. That is exactly what I hope to be for you through this training. My goal is to equip, empower and enable you with some pretty awesome tools and insights that can cause some miraculous breakthroughs as soon as today.

Think of the reasons for our blind spots. Very often, pride or ego is the reason. We develop some serious blind spots around all sorts of things because we’re afraid to offend our own fragile egos. We can’t admit to being wrong or even agree to consider someone else’s opinion because we are attached to the idea of being right. We always want to be right.

Or we’re convinced that our position is superior because of any number of reasons. We think we know better – because “I’m older than you” or because “I’ve been living here longer than you” or whatever it is. The minute we take that stance – and it’s not necessarily something that you say out loud or even are consciously aware of, right? We have these reasons and justifications and the righteousness blinders go up automatically. The rest of the world might as well disappear. And it becomes virtually impossible to see any other way of doing things.

Inflexibility is also a huge blind spot. When we operate in that space, not only are we unable to consider other options, we are unable to see how your behavior is self limiting and even self destructive. And that’s all because of pride. We just want to look good and avoid looking bad. It literally controls everything we do.

Procrastination is another limiting, destructive behavior that comes from our blind spots, and very often pride is a reason for that as well. People put things off, but are usually unable to be honest about the reasons for it. Rather than admitting to their own shortcomings, they will come up with a bunch of excuses for not getting things done. Something else always takes precedence, something else needs to get done first, and then that “something else” is to blame. The procrastinator fails to act accordingly because of emotions like fear – or maybe even simple laziness – but it’s hard for them to look those reasons in the eye because of pride.

There are other behaviors and lifestyle issues, that we fail to resolve because of blind spots – ego, pride, or whatever else it may be. Think about areas in your life where you

want to see an improvement or make a change. Maybe *you* don't even think there's an issue, but other people have told you there's a problem. The reason why they tell you of your problems often is because they can see your blind spots, but your ego won't let you see it for yourself.

Our egos can be big blind spot generators, for sure. They make it difficult to see things differently, but that needs to be transformed in order to benefit from our ability to generate breakthroughs. You see, there's another, quite powerful definition of the breakthrough term and that is this - **“a sudden, dramatic, and important discovery or development.”**

So when I say I want to help you create miraculous breakthroughs in your life today – that's the kind of breakthrough I'm talking about – important discoveries and developments. Discovery implies a sense of wonder; development implies a state of growth. You can experience those things immediately – that's what I mean when I say “today – and you can experience those things continuously, meaning that the buck doesn't stop here. Wonder and growth can go on continuously, if you reach for it. All you have to do is believe it can really be.

So, let's continue to really break this down. We want to create miraculous breakthroughs for our lives today, right?

Well, what does it mean to create something? First of all, “create” is an active term, not a passive one. It suggests that you're willing to take action and make something happen for yourself, rather than sit around waiting for others to cooperate or for the stars to align, or something else that's totally out of your control. You're going to write the script for your own life here.



I love that word “generate” because it’s so descriptive of what we want to see happen here. A generator is a machine, like we talked about earlier, and it’s got moving parts that work together to produce, capture and direct energy – usable energy – that can power all sorts of things. Light. Heat. It can fire up a radio or a computer so that you can communicate with the rest of the world. The ability to energize yourself and create discoveries and developments in your life is amazing. Think about what that means.

So it’s really important to get into creation mode, first. It’s a place where anything can happen. Something different than what was going on before, purposed and engineered by you.

Why is that necessary now? Well, you might be in any number of a different situations. Perhaps you’re just bored or generally dissatisfied with the way things are going. Life has become mundane and routine. You take the same route to the office in the morning and see the same scenery along the way. You talk to your mom or dad on the phone once a week and the conversation is always the same.

That happens to the best of us. You just start doing things by routine. You turn into this mechanical robot that keeps repeating and doing more of the same. Life becomes boring and loses meaning. But if you shift into creative mode, there’s no longer a specific routine anymore. To create means to open yourself to new possibilities. It’s a blank slate. It’s a place of discovery.

Interrupt those old patterns. Step in and create something new. Decide, purposefully and intentionally, to do this. Get committed. Think bigger. Get inspired. When you play at that level, you set yourself up to have breakthroughs. And you don’t just have them, you make them happen. That’s why we’re here today, right?

Alright, so next I want to take a look at the word “miraculous.” That’s a powerful word, right? It’s a hopeful word. An optimistic word. It means something that is extraordinary, unusual, surpassing. Something wonderful. Most people associate “*miracles*” with something supernatural or divine.

So, Edward, you might say, isn’t that a little ambitious? To expect me to be able to do something supernatural? To think I can do something divine?

You should see the smile on my face right now. Because this is where I’m going to tell you, “Yes, Champion. That’s exactly what I know you can do!” And that in itself is going to be a breakthrough. Realizing what you can do. Realizing what you are capable of.

I mean, after all, think of who you are. You are a champion at heart. You rule! You can do anything. If that’s not enough, just think of what we are as humans. Whatever your

beliefs are, whatever you think are the origins of humankind – all you have to do is look at the complex, phenomenal machine that is the human body – that is the human mind – and you'll have to admit that it is an incredibly intricate, fascinating design. A divine one. Capable of miraculous things!

What did I say the word “miracle” meant? Extraordinary. Surpassing. Wonderful. That's you. And that's what you can do – create breakthroughs for yourself that are going to feel extraordinary. That are going to feel wonderful.

These breakthroughs are going to feel like miracles. They are not otherwise going to happen unless *you* decide to create them. They would not have otherwise happened unless you took action, got into gear and moved forward. You are going to become a wrecking ball. You are going to become a generator! You are the machine that's going to create breakthroughs in your life. So how to do it?

First, by identifying those places where breakthroughs are needed.

Recently, I was talking to one of the coaches on our Unleash Your Champion Coaching Team. Tony Vear is a Life and Business Coach. Tony deals with a lot of folks in his line of work. As a Business and Life Coach, he is in the business of helping people create breakthroughs just like me. He helps them see the unseen, and sometimes the obvious. I asked Tony what are some of the barriers or blind spots that he's helped people face.

One of the first things he mentioned was the idea of mastery. What?! Mastery. Well, you might say, what's wrong with that? If I've mastered something, I'm at the top. Nothing gets better than that. What else do I need?

The problem is that when people feel like they know everything about a certain topic or field, they stop trying to get better. They stop trying to learn. They're done with it. They feel like they can't get better or there's nothing more to be had at some particular thing. They choose to not continue to grow.

Tony has an analogy for addressing this particular blind spot. He likens it to offering someone cash if they agree to keep working at something; despite the fact that they feel they've mastered it.

Think about it. If I was to give you \$20 for your efforts, and I say, “You can quit now, but if you keep going I will give you more money? Would you stop?”

No? You keep going, right? So how about \$50? Is that enough – you’ve mastered it; you can stop now, right? No? \$150? \$150,000? No?”

I don’t know of a single person who would ever consider stopping if they knew they were getting paid cash simply for their efforts. In this instance, the offer of cash places a specific value on the effort people are willing to make in order to keep going, to keep growing, to keep learning. So the point to be made here is the concept of value. What is that learning worth to you? What’s the worth of that growth?

I’ll tell you what; you wouldn’t be listening to any of this if it wasn’t worth something to you. Time itself is a valuable commodity. I’ll take the opportunity here to offer a little advice - never stop learning. If you feel there’s nothing else to learn about a particular topic, then pick up a new one. Better yet, consider how you might share your knowledge and teach someone else. In the act of teaching, you’ll surely learn something new – about yourself, if nothing else. Believe me when I say the opportunity to acquire, apply and share any knowledge you gain is amazing. It’s huge. Just knowing that is a miraculous breakthrough in itself.

As far as I’m concerned there is no end of the road.

All right. So another blind spot Tony has helped people to uncover is attachment. Attachment to what? Attachment to a particular way of thinking. Attachment to being right. Remember we spoke about this earlier.

When the idea of being “right” is so important to you, it becomes very difficult to move past a conflict or even a simple difference. You basically come to a standstill. You see nothing else besides your own position. Nothing else matters besides your own opinion. It’s a stalemate.

This is a difficult blind spot to overcome for people because they are completely immersed in their own righteousness. It can be really hard to admit that you’re attached to being right. Once again, that’s a case of ego running the show again.

Whenever you find yourself in a conflict, it’s important just to take a step back. It doesn’t mean if you’re wrong and the other person is right or vice versa, you don’t have to admit to any of that, but it is important to get some perspective on things. To recognize the impasse. To figure out how to generate forward movement so that you can get past it.

It's important to be open enough to consider seeing the situation through their eyes and from their perspective.

When you're attached to being right, or attached to a particular position, simply because it's yours, one of the first things to do is to simply recognize that attachment. This is a powerful first step. Doing so is a precious gift to yourself and those that you are in conflict or in disagreement with. The next step to move forward into breakthrough territory is to ask yourself:



Asking these simple but powerful questions will give you access to view the situation with freedom and ease. Trust me - this makes a world of difference. The final step in creating a breakthrough moment for yourself is to ask:

“What am I willing to give up and let go of so I can see it from their point of view?”

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When you can come back to the situation from a different perspective, you put yourself in a place to create dramatic change. It will give you access to what you could not see before. Now isn't that powerful, champ? Try this on and when you experience your first breakthrough, please do email me and let me know about it. I love hearing other people's breakthroughs. My personal email is Edward@edwardmunoz.com

Another way to break free from the attachment blind spot is by looking at your history. You'll find the answers are something like this. It's just because that's the way I was raised or that's the way it's always been done. My mom always cooked mashed potatoes on Sunday, so that's what my family always has for dinner on Sunday. Or I always vote for a certain political party because my dad and his dad before him always voted for that party, or whatever. There's history there. You feel a certain way about certain things because that's the path you've always been on and you never veer from it. Not because you're afraid, necessarily. There's a pattern there and it just never occurred to you to stray from it.

A simple and powerful way to breakthrough limiting views from the past is to learn to let go of them by leaving them in the past. Please remember that the past only controls you when you mention it and give it attention. Your past only lives in your language, so the less you speak about it, the less power it has over you. By leaving the past in the past, you are freeing yourself to be free in the present.

There is an old Buddhist parable which speaks to the importance of letting go of the past. Now before I jump into this intriguing story, I invite you to only listen to it if you are fully committed to letting go of something you have not powerfully left in the past. I want you to think of what it is that you are willing to let go of right now before I continue with this story. Take a few seconds and think of it right now. I want you to pause right now for a few seconds so you can think of what it is that you want to let go of.

If you have come up with what it is that you want to let go of, then I congratulate you for playing full out. I can now see that you are committed to having a miraculous breakthrough today. If you have not come up with something you want to let go of, just listen and see what comes to mind as I share the story. In addition, I invite you to stop resisting your breakthroughs. Yes, you heard me right. Just consider that you are resisting your very own breakthroughs. I say this because the opposite of resistance is breakthrough. When you actually take on doing what you resist, you give yourself the opportunity to have a breakthrough.

When you stop resisting making those sales calls, you end up booking more appointments and closing more sales. When you stop resisting going to the gym, you end up healthier and more fit. When you stop resisting forgiving that person you need to forgive, you gain back your relationship, love and affinity for that person. When you stop resisting reading personal development books, you end up growing on the inside and make improvements in every area of your life. I think you get the point. The next time you feel resistance; use that as a cue to go forward now that you know what's on the other side.

So now for the much anticipated story. This is a story I recently read on the website of Marshall Goldsmith, who is a well respected author and business consultant. I am going to say the story exactly as he did on his website, which you can later review for your reference.



The story says that two monks were strolling by a stream on their way home to the monastery. As they walked, they were startled by the sound of a young woman in a bridal gown sitting by the stream, crying softly. Tears rolled down her cheeks as she gazed across the water. When they asked her what was wrong, she told the monks she needed to cross the stream to get to her wedding, but she was fearful that doing so might ruin her beautiful handmade gown.

In this particular Buddhist sect, monks were prohibited from touching women. However, one of the monks was filled with compassion for the bride. Ignoring the restriction, he hoisted the woman on his shoulders and carried her across the stream, assisting her with the journey and preserving her gown. She smiled and bowed graciously in thanks; then the monk splashed across the stream to rejoin his companion.

The second monk was livid. “How could you do that? You know we are forbidden to touch a woman, much less pick one up and carry her around!” he scolded.

The offending monk listened in silence to a stern lecture that lasted all the way back to the monastery. His mind wandered as he felt the warm sunshine and listened to the birds sing from the branches.

Even after returning to the monastery, he was jostled awake in the middle of the night by his fellow monk, who was still deeply troubled by his actions.

“How could you carry that woman?” his agitated friend cried out. “Someone else could have helped her across the stream. You were a bad monk.”

“What woman?” the sleepy monk inquired.

“You don’t even remember? That woman you carried across the stream today,” his colleague snapped.

“Oh her,” he said as he laughed. “I only carried her across the stream. You carried her all the way back to the monastery, and you still haven’t put her down.”

The point is simple: when it comes to your past, leave it at the stream.¹

It’s time to leave your attachments at the stream.

It’s time to leave your ego at the stream.

It’s time to leave your past mistakes at the stream.

It’s time to leave your inflexible behavior at the stream.

I think you get the point by now. As a wise man once said, leave the past in the past long before your pass.

Once, I was at a seminar talking about how to let go of the past and a young lady approached me at the end of my talk. She said, “Edward, I want to let go of my past but I do not know where to start. I looked her straight in the eyes and said very softly, “it all starts with a verbal declaration. It’s done when you say so.” Then I said goodbye and walked away. Several years later I ran into her at an event in another city. She approached me after the event and told me that she was carrying a burden for a long time and found it difficult to release, let go and forgive. She shared with me that my simple advice impacted her life on a profound level and now I am inviting you to declare your past complete. Say out loud, “*it’s done because I said so*”. Say it like you mean it. Say it with energy and conviction and watch the magic unfold. Doing so will create miraculous breakthroughs in your life.

Wherever you are in your stage of growth and development, just know that you can rely on certain universal laws to create miraculous breakthroughs. These are truths that apply to everyone and when followed, allow everything to turn in your favor. Your

health, your business venture, whatever it is – the consistent application of these powerful and proven concepts will produce the breakthroughs you desire.

So there are five specific things that I'm going to challenge you to do.

Make a practice of doing these things on a daily basis and you will experience the discoveries and developments that we've been talking about on a daily basis – those miraculous breakthroughs.

1. Open yourself up to new possibilities
2. Change things up
3. Take the focus off of yourself
4. Who are you being in the face of your circumstances?
5. Mental rehearse in advance

Okay, so here's challenge number one.

1). Open Yourself Up To Possibilities

Let's do a little exercise. All right. Remember when you were a baby? Okay, maybe that's asking you to go back a little bit too far, although as I understand it, there are people who can tap their memories that far back. Maybe I should use the word "imagine." Imagine how a baby feels.

I know that's a hard assignment, because now you're a big adult who can walk and talk, you're responsible for yourself and maybe a few others and you've got a lot on your mind. You've got way more to think about than eating and sleeping and getting your diaper changed and being cute.

But stretch yourself for a minute, and really try to imagine how that cute little baby feels. With nothing to worry about, no responsibilities, right – that baby's life is purely about the wondrous and the new. A baby's day – from one end to the other – is nothing but discovery and development. Life is a continuous stream of discoveries. "Hey, what's that bright light over there? Whoa, what's that loud sound? What are those soft, wiggly things I see when I raise my feet? Those are my toes?! Wow!"

Everything is new and is a learning experience to that little guy, whose mind is completely open to it all. We can experience so much more from life when we're willing to emulate an infant, and open our mind – just open your eyes – to possibilities. Make a conscious effort to push away that hard, jaded shell that you've developed as an adult; take a minute to clear your mind and push away the blinders – and allow yourself to enjoy new possibilities.

I'm going to tell you another personal story. And this one's really personal; I'm putting myself on the line here.

One night, my wife and I were out at a wedding and she wanted to dance. So I took her out on the floor and we started moving, and I thought I was doing alright, but suddenly she stops and says, "You call that dancing?" And I'm doing my thing, and I'm like, "Yes, what's wrong?"

And she says, "Why are you so stiff? It's like you are afraid to move your Latino hips. You need to loosen up."

And that floored me. Of course, she was right. Maybe I was kind of stiff. You know, I'm a businessman. I'm a cool guy. I have my image to uphold. But I could see that my wife was really upset. She really loves dancing, but more importantly, she wanted me to have a good time.

So, I thought, okay, I'll go out on a limb here. What have I got to lose, anyway? I'm going to try to loosen up. And so I did it. You know that saying, "Dance like there's nobody watching?" I thought about this and started to loosen up, and man, I really cut loose.

And you know what? It was alright. The roof didn't cave in, the world didn't stop, no one's eyes completely popped out of their heads, although I'm sure the spectacle raised a few eyebrows – and guess what else? I had a good time. In fact, I had a great time. I took my wife's advice, loosened up and enjoyed the evening so much more, because I opened myself up to a new possibility. And that was a miraculous breakthrough for me.

So take a moment in the morning, every day, wherever you are, just to open your mind to the possibility of a breakthrough. Mindfulness – are you familiar with mindfulness techniques? It means being conscious and intentional and heightening your awareness of everything you do. When you are living mindfully, you tune in to things that normally might escape your notice – get hidden in a blind spot - and that's where those breakthroughs might be.

2). And that leads me into the second challenge I want you to take on – and that is to change things up. If you take a look at your daily life, I guarantee you will be able to identify something that you do in exactly the same way every time you do it. That route to work, that conversation with mom we talked about. The way you run a meeting. What you have for lunch on Fridays. Whatever it is.

That's not to say that there's anything wrong with the way you do things, there's nothing wrong with having routines. In fact, many successful people will tell you that having regimens and structure is an effective way to get things done. But every once in awhile, it doesn't hurt to change things up – it can be very energizing. It can open your eyes up to new things.

You see, the human brain is an interesting machine, and repetition hardwires things into it. And if something is hardwired, set in stone, it becomes more and more inflexible. It becomes harder to change. So, it stands to reason that just the act of something different feeds itself. It sparks new neural connections, makes it more possible and even easier, in a way, to do things differently. It's like yoga for the mind.

Remember, the brain is a muscle. Regular stretching of the muscle makes it more flexible. It makes it easier to stretch.

What areas of your life do you need to think of or act differently on? Where or how do you need to stretch? Let me tell a story that illustrates the value of making a change.

I was at a concert the other day with my spouse and somehow, I got into a conversation with a guy that was sitting next to us, and we were talking about fitness. I consider myself to be in pretty good shape; this guy was too, but he was telling me that it had taken him a couple of years to get that way. He said that two years ago, he weighed 300 pounds and he went to see the doctor because he was starting to experience some alarming health issues. He would get short of breath even when he was sitting on the couch. He was experiencing tingling and numbness in his fingers and in his toes. His doctor told him he was in a stage of early onset diabetes. They put him on a few different medications to manage the condition, which was really devastating for him. The medication was expensive, and he didn't like the idea of being dependent on any kind of drugs.

The doctor told him that the best thing he could do for himself would be to lose weight. That would require a big change in lifestyle. He would have to drastically change his food intake – both the content and amount, and this could make a difference in his health. But, the doctor said he could make an even bigger impact by getting more exercise.

Well, my friend thought that was next to impossible. “Edward,” he said to me, “At that time, my idea of exercise was getting up and down the stairs from the bedroom to the couch every day. I just didn’t think I could do it. But I knew I had to.”

He wasn’t quite sure how to go about it, but he decided to start by making just a small change in his usual routine. Instead of sitting down in front of the TV after breakfast, he’d wait a little while and then take a short walk to the end of the block. After a week or so, he started walking around the block. Then he started adding another block or two a week to his walk.

Well, after several weeks of this, he started to lose weight. He started to feel better. The next time he saw his doctor, he had lost a significant amount of weight. In a few months, he had lost even more weight and had even reversed the diabetes. He was taken off the meds, which was more than a relief; it was a really big deal.

But an even bigger deal on a personal level was the revelation that came to him. He had increased his daily walking distance from half a block to several miles a day. He loved being outside and the exhilarating feeling that physical exercise gave him. He loved it so much that he started jogging!

Now, this was a man who once had trouble getting up and down the stairs every day. This was a man who told me he had started making plans for his death when he was first told he had diabetes, because he thought it would simply not be possible for him to give up soda and start working out. Now he jogs and is in the best physical shape he has been in his life. Talk about a breakthrough.

Remember, this was all possible because he was able to do these first two things I’m telling you to do here – he opened his mind up to the possibilities, and he changed his routine. Where can a change in routine - even if the routine is just a way of thinking that you have - make a difference for you?

3). The third thing I’m going to challenge you to do is to take the focus away from yourself. Consider someone else’s needs or feelings. Prioritize someone else’s wishes. When you are unselfish in your actions and you put your energy toward helping others, an instant shift in your perception takes place. It makes it possible to see things from a different perspective when you’re not just driven by your own agenda. A good friend of mine is a realtor in Texas and every month he takes a day off to help those who are less fortunate through an organization he belongs to. His name is Bob Zachmeir. Keep in mind that Bob is an author and a very successful real agent but he never uses time as

an excuse to help the less fortunate. He has been doing this religiously now for a very long time. One day I asked Bob what was his motivation besides wanting to make a difference and be of service. He told me that every time he helps these people in dreadful situations, it reminds him how great his life is. It keeps him grounded. He also finds it rewarding and energizing.



If you want to experience a new level of joy, just learn to become a giver. It brings peace and happiness to your soul. I once heard from a good friend that those who receive a lot in life once gave a lot. When you give of yourself, you give to yourself. Giving makes your life complete. Most people focus on just taking and not giving. It's time to start shifting our attention from how much can I get to how much can I give. It's

time to stop figuring out what everybody can do for you, and start trying to figure out what you can do for other people. You will never be truly fulfilled as a person until you master the art of giving. Now here's the kicker. When you give, do it without expecting anything in return.

You might say, but Edward I don't have anything to give. Sure, you do! You can give a smile, a hug, or some advice to a friend in need. As long as you come from an authentic place and speak from the heart any message you share will make a difference. Who can you start helping to not only release your stress but to also create a breakthrough moment for someone else? And it goes without saying that when you help someone else create a breakthrough, it will also create a breakthrough for you as well. The late motivational speaker and author Zig Ziglar use to say that "You will get all you want in your life, if you help enough other people get what they want."

4). The fourth thing that I want to want you to do – and this is really important – is simply to consider that what you do stems from who you are. We've been talking a lot here about doing things in order to generate discoveries and developments for yourself. Perhaps the most important thing that you can do to make this happen is to realize that the action you take stems from whom you are being.

We must never forget that we are called human beings, not human doings. Those things that make up who we are – our minds, our spirit, our soul – and the physical bodies that house them – are the machines that generate those miraculous breakthroughs we're all looking for. So, it stands to reason that there's got be something at the core that sets the tone for our behavior.

Let me explain this a little further. Your personality is the thing that represents you in your interactions with other human beings, right? It's what tells people who you are. If I were to go up to your spouse or your best friend or someone else who knows you well, and I were to ask them to tell me about you, to tell me about your personality, what would they say?

Let's do this as a quick exercise. Take a minute and think of some words people would use to describe your personality. What would that list sound like? He's strong. He's trustworthy. She's bright. She's tenacious..." and so forth.

By the way, notice that all the examples I used here described positive attributes. That was not an accident. Call me optimistic, but that's what I think people notice first about other people – the good things. That's what I try to do, anyway.

At any rate, those positive attributes are great things. Congratulations! You are a good person, a capable person. Go ahead and pat yourself on the back. If people notice great things about you, they are probably true. People don't just come up with random good things to say about you. They form an opinion based on things that they've seen you do. They base it on behavior they've seen in the past from you that showed you to be that kind of person. So that's what I mean when I say your actions stem from who you are being.

So, Edward, how do I use these teachings to my advantage to generate breakthroughs? Well, as you're working on this and really seeking out discoveries and developments, focus on being the best you can be – and you will act accordingly. Come up with your own list of positive attributes for how you would describe your character. Attributes that will develop you into the best version of yourself.

Let's say you come up with smart and tenacious. If you come from this space you will do what it takes to come up with a plan to get out of debt or exceed your sales quota, or solve whatever problem you might have. If you come from this space you will certainly stick to your plan. The same goes for being compassionate, patient and hardworking, right? Ask yourself what you can do to demonstrate the best in your character?



Imagine tapping into the person that is committed to breaking through your barriers. Close your eyes if you are not driving right now and imagine the new you. Imagine yourself being a way that you normally don't get to be. If you are often impatient, then just imagine yourself being patient. If you normally suppress your self expression, then imagine yourself being self expressed. If you normally avoid taking calculated risk, then imagine yourself being bold and audacious. Imagine the new results that will come into play by taking on these new ways of being. I want you to take a deep breath and feel it in

your bones because it's totally possible.

When your *being* is in sync with your dreams and aspirations-and add to that your attempts to enhance your own growth and better your situation- that's what gives you the foundation and the moral compass you need to guide you to the breakthrough that you seek. Let me say this another way, the simple act of choosing to be and grow will pull your dreams and aspirations towards you if that makes any sense. Work hard right now to be the powerful, authentic human *being* that you are and you'll find yourself *doing* the right things to generate breakthroughs in your life today. Isn't that miraculous? You'd better believe it is. That's why we're here, right?

5). The fifth thing I am going to challenge you to do is to apply what is known as "The Mental Rehearse Technique", most commonly used by the Navy Seals during their training program. This breakthrough technique falls into the mental toughness training they all go through. Even though I



was in the United States Marines and served my country during the gulf war, I will always tip my hat to those Navy Seals. I used to see them train in the mornings while aboard the LPD US Ponce Naval ship enroute to Europe during a 6 month deployment. I first heard about this technique through a Navy Seal while on ship and every time I have used it during stressful situations, I always came through powerfully on the other side. The following research was derived from my personal experiences and from a video on YouTube called "Navy Seals Mental Training." Feel free to look it up for more references after you finish reading this ebook.

The Navy Seal team came up with a mental toughness training regimen because they saw that many failed trainees had so much potential to pass the excruciatingly painful trainings they needed to undergo to graduate as a Navy Seal. They noticed that something was wrong when most of the trainees quit when they were not in a physical exercise. This was rather bizarre because one would think that most would quit during a very painful exercise. This makes all the sense in the world. However, the opposite was true. They saw that it was common for trainees to quit and ring the notorious bell that indicated that they were voluntarily quitting the Navy Seal training before an exercise or during a break. After investigating the reasons for this abnormal reaction, they found that the reason most trainees quit before an exercise or during a break was because they started thinking of the pain they were going to endure in a few minutes or a few hours²

This explains why Olympic athletes who have gone through this intense training have failed, while farm kids who have never seen the oceans from rural towns across America have graduated. After consulting with experts to see how they could help increase the potential of the trainees who apparently had the physical conditions to pass, they came up with a groundbreaking mental toughness program. A set of techniques to boost the trainees' ability to control fear even in the most extreme situations. They have several techniques to help these trainees cope with fear and control themselves from going into panic mode when under huge amounts of stress.

The technique we are going to discuss today is called 'The Mental Rehearsal Technique'. On a YouTube video, an officer of the Navy explains that the best way to describe this technique is to continue running through an activity in your mind. Then, when it's time to do it for real, it comes more naturally.

If you practice it in your mind first, then imagine and rehearse how you will react the next time in reality you're faced with these situations, it will be the second time you faced it and you will have a less of stressful reaction. Try this technique out right now in your home. First, imagine a challenging situation that you are facing or could potentially face in the future. Second, practice it in your mind, then rehearse and visualize how you will react when the situation arises. Because it is the second time you have faced this situation, you will feel a lot more confident and less stressful.

Eric Greitens is a Former Navy Seal and the NY Times best-selling author of "Resilience", Hard-Won Wisdom For Living A Better Life, has this to say about this topic: "Instead of thinking what will go wrong, think to yourself and ask how will I react if this goes wrong? You need to purposely think these things through and intentionally think of how you will react. The key is to imagine them, all the way to the end. What you will

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discover is that when you mentally rehearse something, you feel like you been there before”. Eric says that this way of thinking dates back to the Roman age. Roman Stoic philosophers thought that you could approach dangers if you prepared in advance how to confront it. Eric believes that people who are committed to have a personal breakthrough in their lives, careers and marriages prepare themselves in advance for hardship.

The next time you pitch a big sales presentation for your product or service, just think it through, step by step in your mind, all the way to the end. The next time you decide to start a new business, just imagine everything that could go wrong and how you are going to react when those things go wrong. The next time you decide to lose those unwanted pounds, just think in advance what you will say to yourself to stay in the game. Imagine in advance what you will do when you feel like breaking your diet. Imagine in advance what you will do and say to yourself when you feel like quitting on your goal.

Eric believes this is very effective because instead of spending all that time wallowing in your worries of what could potentially go wrong, you could spend that time coming up with ways to respond to them. It’s much more powerful to imagine and say to yourself “hey, if that goes wrong then I could do this”; instead of waiting for it to go wrong then have no backup plan. Eric believes that the goal of mental rehearsal isn’t to prepare your mind with happy thoughts of the future but to prepare yourself to succeed in the real world.

So I just gave you a list of five simple, powerful exercises you can do, and they work for everyone. Whether you are facing a specific barrier, or working to enhance your life, these are things that you can get up and do every day and you’ll stimulate positive changes in yourself. You’ll gear up that breakthrough machine.

I want to leave you with a final thought from Coach Tony Vear. His work and his insights are kickass, and that’s why I turned to him for input on this topic. Tony shared what I really think is a gem from his own spiritual development, as we were developing this content and talking about how individuals can create breakthroughs.

When I asked him how he personally does it, Tony said to me, “Edward, you know, it’s gotten so I hardly have to think about it anymore, and the reason is because I realized one thing, and that’s this. No one is smarter than the Creator.”

Man, when you come to that conclusion, if you think about what that really means, wow, then you can really turn the power on. Lights start flashing, gears start spinning, and the machine starts churning them out- breakthrough after breakthrough.

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“No one is smarter than the Creator.” That’s an undeniable, powerful revelation, no matter who you are, no matter what religion or beliefs you ascribe to. You, yourself, the person that you - are evidence of your creator, whoever or whatever you believe that to be.

Remember earlier when I said the term “miraculous” implied something divine? Well, if your existence – who you are - is evidence of – is a reflection of – is a product of – is proof of – a creator with the ability to design the wondrous being such as yourself, then you don’t need anything else. You are a miraculous breakthrough, capable of creating miraculous breakthroughs in your life today.

I really want to thank you for taking the time out to read my ebook today. I’m going to encourage you to really think about the things that we’ve talked about so that you can continue to discover and develop to your full potential, and achieve those important goals.

I’m committed to sharing the things that I’ve learned and that I’m learning. Look for my other audio books and courses and let’s continue our journey of personal growth.



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is an accomplished entrepreneur, an author, a gifted motivational speaker and business coach who believes with a passion that everyone is capable of success. From humble beginnings packing grocery bags on weekends and driving a taxi in Brooklyn's worst neighborhoods to leading a \$100 million real estate sales team, Edward has learned the principles that can help anyone realize their dreams.

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