

Day 29: The Law Of Success

Quote today *"Success in life depends upon happiness, and happiness is found in no other way than through service that is rendered in a spirit of love."*

Napoleon Hill

Recap of the Law Personal advancement and manifesting personal desires are ways to enrich the world. Happiness in service is a key component of your success.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise See if you can express happiness as you exercise. How happy can you be as you move your body, strengthen yourself, or go longer or faster?

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Develop your happiness factor. How can you tap into what makes you happy to bring you greater success right now? (Not success sometime later, but NOW...today.)

Your Mindful Practice Take a moment, breathe and just be in the present. Set aside time today to be totally free to express yourself. Find a quiet space, gather the tools you need, and just enjoy what happens. Notice how you feel after you've spent some time doing what you love. Feel the passion, ease, and the connection with the energy flow.

Day 29: The Law Of Success, Continued

Your Success Strategy Be persistent and determined. Read aloud Chapter Nine on *Persistence - The Sustained Effort Necessary to Induce Faith - The Eighth Step Toward Riches* from *Think and Grow Rich* by Napoleon Hill. (If you really want to integrate this then find an accountability partner and read it out for 30 days. If you miss a day, then start all over again until you do 30 days in a row.) Remember to include success in all areas of your life. Look around you and recognize and acknowledge yourself for all your little successes.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

The Universal Law of Success intends that every individual will be supported to become successful and remarkable. Success comes down to personal advancement and manifesting what one desires with intent. However, ultimate success comes when your results benefit your fellow human beings and the world is enriched. Advancement in all areas is the highest purpose of the Law of Success. Persistent adherence to this Law will produce results every time. You may need to change your mileposts occasionally, but never let go of the goal.

Your creative intellectual faculties, when properly developed and scientifically applied, will insure success. To develop your higher faculties into remarkable talents leading to superior knowledge, insight and greater power, you will be required to study, plan, and expend effort along with having faith and understanding. Learning to use two valuable things—your time and your higher thought faculties—are vital skills for success.

If you fail to move forward, you will be prodded until you are in forward motion again. The universe is always moving towards fuller expansion and expression. If you come up against obstacles, you will find that they can draw you out and make you stronger. You can start to view them as stepping-stones to your success. You can see how you can learn from your own failures and by the failures of other people. You can begin to develop new strategies.

Develop a positive mental successful attitude and proceed to think, live, and act with that strong conviction, declaring to yourself the words, "I can." This conviction sets up an optimistic vibration and people are attracted to you and want to do business with you. Every mind can develop greatness and mastery. Become excellent at what you do.

Remember the power is within you when you are connected with the infinite power. There are no limits to your possibilities.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
