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# Foreword

***If you wish to grow beyond your current state of being, you'll need to learn about the fulcrum precept. A fulcrum is the pivot point for a lever. Therefore, whenever you wish to properly utilize leverage, then, you'll need to place the fulcrum in the right place.***

***If you utilize this your fulcrum is placed based on your cognition, skills, and ability. The levers that you utilize (or the resources that you utilize) are dependent on these elements. If you wish to utilize more leverage, then, you'll require more of one of these to effectively employ leverage.***

***As an illustration, let's consider a manager. A manager has discovered how to accomplish work through other people. An effective manager has discovered the proper cognition, skills, and power to manage employees.***

***The level of every factor ascertains both the success at the current level and whether that manager may manage more employees. This ability impacts the sum of money that manager attains and may attain.***

***So, to relocate your fulcrum (thereby increasing your capability to utilize leverage), you must gain one or more of these elements. Cognition is likewise called relevant info. Skills are the action knowledge or know how. Ability is the capability to execute.***

***In any enterprise, you have to bear all 3 to be efficient. Your level of effectiveness will be restricted if you're deficient in any of these 3.***

***To employ the precept, do this. First of all, evaluate where you are. 2nd, ascertain what data you have to acquire. 3rd, discover how to***

***apply the data to your specific states of affairs. Lastly, practice applying the know how; thereby, bettering your capability.***

***By centering on moving the fulcrum, you'll be astonished at the Advantages and opportunities that you'll start to see in your life.***

### ***The Force Of Fulcrums***

***How simple shifts in your thinking will make you rich forever!***

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# **Chapter 1:**

*Evaluate Where You Are*

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# Synopsis

*Producing a fresh you is all about making your aspirations come true. It's about producing a life that's more gratifying, more ambitious, more pleasing, and a lot more amusing. I've been producing a fresh me for years and I'm still having a great time. It never gets old as there's forever something fresh to aim for. At the center, we're all co-creators. We have an inborn want to create. For most of us that comes in the form of making alterations in our lives.*

*It's truly not that hard to comprehend. In order to make your aspirations happen, you have got to understand what you really want. The issue is that you might not understand just precisely what it is that you truly really want. That's commonly the result of having so many matters you'd like to alter in your life. The solution is easy. Take a picture of where you're at now, set the precedence of the things you'd like to alter, and center on the one matter that you want the most. Make that your aspiration, your deepest burning want, and put in everything you've got to make it occur. Oh, and one more thing. Make yourself dedicate to what you've decided.*

## **Assess**

Your beginning objective is to have a good look at the 5 most crucial areas of your life --- what I call the tangible, mental, personal, emotional, and vocational facets of yourself. It's really likely that whatever you'd like to alter is someplace in these 5 primary areas. Your job is to ascertain how satisfied you are with every area by ranking yourself. So plow ahead and take on each aspect one at a time utilizing the steps below. Utilize separate pieces of paper for each one facet.

1. First write down what you believe are the great points and the foul points: matters that make you feel great about this portion of your life, and matters that don't. If you utilize a separate sheet, cut it in half and put the goodness stuff on the left and the not-so-good junk on the right.
2. Compose a brief story of what you think about this part of your life. Don't suppress anything; jot down anything that springs to mind. You want to express yourself freely. So simply let it all come out.
3. Answer the key questions for each facet following here. These are designated to help you think matters through in terms of what you've achieved, how it's affected your life, and how that's crucial to you.
4. Answer the last question. This one sets the direction you'd like to take to better this part of your life.
5. Have a good look at what you've written. Then, without being too brutal on yourself, see how satisfied you are with each facet.



Tangible --- how you feel about your body: your health & fitness

The tangible aspect reflects your health and fitness. It's the demonstration of all the positive and negative energies in your body. If you don't feel great about yourself, your body will reverberate it in terms of assorted aches and pains and habitual ailments. Your body is a sanctuary that furnishes a safe harbor for your spirit. By its material shell, it enables you to walk your journey through a valley full of emotions of the enjoyable and non-pleasurable sort. Your greatest interest ought to be to take fantabulous care of it through suitable exercise, healthy sustenance, and ceaseless exposure to energies that are favorable and empowering. Smoking, boozing, taking drugs, and additional forms of ill-treatment, not only abbreviate its useful life, but supply a perfect place for big clusters of damaging energies to assemble and barricade access to your core.

Now abide by the steps above. Make certain you jot down everything that springs to mind. If you believe you're amazing looking, state it! If you believe you may use some work, then put down precisely what you mean. It's vital that you pinpoint any medical circumstances, ailments, habitual discomforts, foul habits, and most of all, matters of physical self-abuse like smoking, boozing, drugs, starvation, bingeing, and the like.

Answer these central questions . . .

- What has caused me to be in the physical condition I'm in today?
- How has that affected my life?
- How has it impacted the individuals I love?
- What may I do to better my physical status?

- What would make me the most pleased individual on the planet?

Last question . . . What do I need to accomplish to make a shift?

Now evaluate yourself. When you're finished, put all your papers together and hang on to them. You'll be utilizing them later on.

Mental --- The way you believe: favorable, damaging, your mental attitude

Your mental facet is your chief port of communication with yourself and with those around you. It's the might behind the manifestation procedure. It's here where as you believe, so you create. This is the side of you that attains or breaches your dreams. Any aim of getting what you wish has to derive from here. If you believe you can't accomplish it, then you won't; easy enough. That's why it's the tenderest. Without suitable conditioning and support, your damaging views will pelt your mind with damaging stinking thinking till you break and capitulate to a defeatist attitude. On the other hand, if you empower this area with major bunches of positive energies by fertilizing your mind with great, healthy, favorable thoughts; you're likely to get more or less anything you wish.

All right, follow the steps higher up. What sort of ideas do you have about yourself? Are they favorable, constructive, self-empowering ideas, or are they damaging, destructive, self-defeatist? Are you self-motivating or do you detect that you pick yourself apart more than frequently? Think hard about your mental attitude. On a scale of 1 to 10, where would you place yourself?

Answer these central questions . . .

- How do I view the domain around me?
- How has that affected the manner in which I think?
- How has it molded the way individuals think of me?
- What may I accomplish to better my mental attitude?
- What would make me the most pleased individual on the planet?

Last question . . . What do I need to accomplish to make a shift?

All right, fantastic, you're doing great. Evaluate yourself. When you're fared, put all your papers together and hang on to them.

Personal --- how you feel regarding yourself: your self-regard and self-worth

Your personal facet reverberates how you feel regarding yourself in terms like self-regard, self-esteem, self-assurance, and the like. It's how you carry yourself: ashamed or pleased with whom you are. It's the region in your life that you're most knowledgeable about. It ties intimately to your mental view in that it reverberates what you believe, and it links up closely to your tangible facet in that it evidences directly into your health & fitness condition. It's told that love of yourself is the most capital love that is, as you care for yourself with honor and extreme regard, you indeed love the light of the higher power inside you. And when you love the Divine, you love all that's around you. Your greatest interest, consequently, is to be merciful and gentle and fond and most of all, forgiving of yourself. When you do, you'll find that within is truly the best friend you are able to have.

Follow the steps higher up. Put down everything that hits you. Don't suppress anything. How do you handle yourself? Do you even understand yourself, or have you fended off getting to know the real you as you've been told again and again that you have to care about other people before you care about yourself? Perhaps that's what you've been instructed. But consider it cautiously. Does it truly add up? How may you spread felicity if you're not pleased yourself? How may you love other people if you don't even understand what it feels like?

Answer these central questions . . .

- How well have I minded of my own requirements?
- How do I truly feel regarding myself?
- How has that affected the way I feel about other people?
- What may I do to fortify my inner relationship?
- What would make me the most pleased person on the planet?

Last question . . . What do I need to accomplish to make a shift?

All right, evaluate yourself. Don't be too difficult on yourself. Remember, be kindly and gentle. When you're finished, put all your papers together and hang on to them. You'll require them later.

Emotional --- how you connect with other people: especially your family

Your emotional facet is the twin sister of your personal facet. It reverberates how you feel about other people. Love is central to making all your aspirations a truth. And not just love for yourself, but love for all those close to you—your loved ones, your acquaintances, your sweetie, your pets, and our dear Mother Earth. Love comes in a

lot of fashions: tolerance, respect, regard, caring, forgivingness and compassion, just to name some. Your might in this crucial region dictates how solid your relationships are; how well you interact with a lot of different favorable and damaging energies around you, and how close you are to tapping your interior core. The great thing about this energy is that it's abundant in the cosmos and that it dwells everywhere, merely waiting for you to rein in and to portion out.

Well, you understand the drill, follow the steps higher up. This is a fantabulous chance for you to assess your relationships. How are you getting on with other people? What sorts of relationships are you in? Are they trustful, empowering, joyous, the best you've ever experienced? Or are they dredging you down? Are they scornful, particularly emotionally abusive—full of wrath, hate, rage, and other major bunches of glum energies? If so, how come? And why are you still milling about?

Answer these central questions . . .

- Where am I with all my relationships, particularly in my love life?
- How well do I get on with the individuals around me?
- How has it impacted the individuals I love?
- How may I make my relationships less attackable?
- What would make me the most pleased person on the planet?

Last question . . . What do I need to accomplish to make a shift?

Now evaluate yourself. Remember, you're scaling how satisfied you are with your power to get on with other people, not the other way around. When you're finished, put your papers together and keep them at hand.

Vocational --- how you feel about your occupation: what you're doing today

The vocational facet is the most crucial facet of your life. It holds the central element of your master plan. I'm not just discussing a job. I'm discussing your purposefulness, your calling, your charge --- whether it is an applied scientist, a creative person, a minister, an instructor, a full-time mommy or daddy, or an explorer searching the world.

You're here to learn the lessons you selected. And what you bear in your center are the deep wants to study those lessons. Those wants are your passions. They're the energies that transform into those natural born powers that make you perfect at what you do. If you're not abiding by your heart, you likely have layers of damaging energies evidenced as feelings of sorrow, defeat, letdown, and surrender. But if you're abiding by Spirit, you're in all likelihood feeling on top of the world with a rich sense of achievement.

All right, one more time, abide by the steps higher up. What you do bears on how you feel. That successively drives how you handle yourself as well as how you handle everybody around you. Be open, say it like it is. What do you like doing? How does that equate with what you're doing today? Do you feel that you're following a clear-cut aim in life, or are you just punching in and making a payroll check? If so, what do you believe?

Answer these central questions . . .

- How has my occupation added to my life?
- How has it added to the cosmos around me?
- How may I act on what I'd truly love to do?
- What would make me the most pleased individual on the planet?

Last question . . . What do I need to accomplish to attain a shift?

You're almost done. Appraise yourself one more time. When you're finished, place all your papers together and hang on to them.

Did you happen to observe that I kept one central question the same through all the areas we addressed? If you didn't note it, return and find it. I kept it for a really crucial reason. Can you hazard why?

Take an adept look at your self rating. How gratified are you overall? Do you see yourself more gratified in a few areas than in others? Can you determine how what you think bears on how you feel, and how that affects your physical health and fitness? How does your occupation link up with the additional facets? Favorable? Damaging? Uncertain? Can you ascertain more clearly where you might have major bunches of damaging energies barricading access to your core? How do you feel about this?

Can you ascertain, at any rate somewhat, how you are able to make a few improvements to your life? Can you feel a fresh direction, maybe a growing want to make a few shifts? Change is a ceaseless state of being. It's a normal path. It's how we bestow value to ourselves, and how we make our aspirations come true.

Review your answers from time to time and make adjustments.

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## **Chapter 2:**

*Ascertain What Data You Have To Acquire*

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# Synopsis

*Parents a great deal of the time teach their youngsters life skills through modeling and verbal exchange; all the same, siblings, instructors and acquaintances likewise provide instructions in this arena. By the time an individual reaches maturity, these skills are generally second nature and take little thinking to perform. Life skills assist you in living a more successful life and indicate the maturity that makes your life more comfortable. They likewise help you get on with other people, that is, after you learn and comprehend the usefulness of the rules of thumb. You are able to learn a lot about others life skills by observation.*

## **Tools For Life**

Keep an eye on an individual's communication skills. As somebody grows from childhood to adulthood, the capability to relate to other people is noticeable. With a command of communication skills, you'll observe an ability to control emotions, cool in the face of hard knocks and tact when vocalizing disagreements.

Observe problem-solving skills. When someone with good life skills is posed with a problem, you'll witness positive action in the direction towards solving the issue. He acts on his own behalf or of those near to him till an issue is figured out; he successfully navigates the troubles in his life.

Notice the ability someone has to take care of themselves. Taking care of oneself is a crucial life skill. Without it, one is open to all fashion of onslaught and attack from both relatives and unknowns. When an individual is skilled at self-care, you'll observe self-confidence, instead of a tentative or unsure attitude toward life. She is able to manage life, including income management and provision for her future.

Observe people to learn relationship skills. In the very nature of someone with good life skills and interactions with individuals close to him, you'll notice his power to foster loving and nurturing relationships with both men and women. He compromises when essential and maintains his views without losing his head.

Observe her social skills. People good with life skills While at social events, like a party, are able to greet individuals who interest them

instead of waiting passively for an fundamental interaction to happen; they're calm and self-confident in social scenes.

Note the ability to care for other people when the need comes up. A mature individual places his needs aside when it's essential to nurture those near to him. You'll see him going to the store for an ill friend or supporting a relative who just lost her line of work. He'll make himself available in their time of need; he likewise recognizes how to invite help.

Have a look at work ethic by taking in someone's commitment to their job. Consider the attendance record, dress style, occupation performance and how they treat their employer, supervisor and colleagues. They show up for work on time and don't abuse lunchtime or breaks. They work diligently and complete specified tasks promptly.

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# **Chapter 3:**

*Apply Data*

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# Synopsis

*You're going to switch from the planning stage to the execution stage.*

## **Go Forward**

A big component of positive manifestation is remaining in tune with the all that is --- remaining in harmony with the higher powers beautiful universal vitality. By working with the 3 major domains of your entire being—your mind, body, & spirit—you attune yourself to the greater frequencies where manifestation starts. It's at these levels where what we consider is produced—hence, the saying: As you believe, so you create.

Your beginning objective is to empower your mind. Your total existence—everything that you accomplish in your life—depends on what you believe. So let me provide you some worthy guidance.

Don't ever believe that you can't make your aspirations come true. You're a child of the universe, an amazing member of the family of the world. Don't ever think that your place in life is placed in concrete. Nothing is placed in concrete. Everything is inflow. All of infinity is change. That's what makes your journey so adventuresome, so energizing. If you do not like where you're at, shift.

Remember! No one else may, no one else will. Work out exactly what you want, produce your plan, and make it occur. Who knows, it's really likely that your current position in life may be the test of your resolve to learn your lessons, not in permissiveness of an abject life, not in surrender to fear, but in your will to shift, to grow --- to step up to the plate and bang that homer.

As a divine being, you've the sheer right to alteration. And it starts in your mind. Don't let your damaging views dominate your life. They're there to help you mature. They supply the tests, the challenges you

require to finish your lessons. But they're there to assist! No one is in charge of you except the real you—your center. Center is the divine's aspect that searches to enjoy every minute in infinity. It's the spirit of the higher power. Remember this well. You're a child of the higher power, an amazing youngster --- and therefore a co-creator. And therefore . . . as you believe, so you create.

Leave your past times, go onward

Wherever you've been, whatsoever you've done, is in the past. They might be lessons acquired or not acquired. It does not count. What counts today is how you go forward. What you do with the remainder of your life prescribes how successfully you'll have executed your travel this time around. So don't hold off till tomorrow to make your aspirations come true. Grab a hold of your plan, push it close to your heart, and take a step to the forefront today.

You may say, the higher power is going to assist me. I've faith and hope that He will attend to matters for me. My dear, here's how I view that position. If on Sunday you go to church service, say your prayers, throw ten bucks in the plate, and then head home to sit in front of the television set, like you've executed for years and a long time, expecting the higher power to hit that homer, I believe you'll be dreaming awhile longer. The higher power assists those who assist themselves, regardless what their disposition.

If you carry on to live in a past of damaging stinking believing till the day you head home, what a distressing thing that would be. You may have had an amazing life of dreams come true, and the higher power could've had an amazing adventure walking with you, in concert, making those aspirations happen. Alter that attitude now. So if you're

prepared to move on, but you're faced with a concern of hitting that homer, here's a little announcement you may state to yourself:

Enough already! I'm done holding off! Time to get moving!

Wherever I've been, whatsoever I've done, that's the past and it's no longer. There's an amazing domain ahead of me, and I'm gonna make it mine.



## Wrapping Up

We've traversed much material in a short while. You've got plenty to make things occur. And, honestly, there's no point in holding off. Let's in brief cover what you've learned.

You're indeed the essence of the higher powers DNA, pure universal life force energy, and therefore a co-creator with the might to bring about anything you want. You discovered that deep within your center being rests that brilliant spark of the higher powers DNA, the one we name Spirit, your dear Higher Self.

You discovered that through a long time of living with feelings of sorrow, sadness, tension, anger, and other such types of fear-based emotions, strata of these damaging energies bonded themselves to your being, basically barricading access to your real inner self and your master plan.

You identified that you do indeed have the might to change; to make matters better in your life; to re-align that beautiful inner center in concordance with your great purpose. So your beginning objective was to take a goodness look at the 5 most crucial regions of your life -- - what I call the tangible, mental, personal, emotional, and occupational facets of yourself. For each facet you handled the following central questions:

- What have I done to be in the state of affairs I'm in today?
- How has that affected my life?
- How has it impacted the individuals I love?
- What may I do to better my state of affairs?
- What do I have to do to make it occur?

- What would make me the most pleased individual on the planet?

Lastly, you discovered that in order to attune yourself to the greater levels of frequencies, where manifestation really starts, you have to empower all 3 major areas of your whole being: your mind, body, and spirit. But you likewise learned that to get going you have to first empower your mind, for without witting agreement, the body and spirit will merely not follow suit.

Apart from fear binding us, we frequently try to take charge of everything we do. That brings on an atmosphere of stress, not just for you, but for other people likewise. So here's a good piece of advice --- enjoy yourself. Grin, maintain a sense of humor, and jest frequently. Don't take yourself too earnestly. If the going gets hard, take it easy and relax. Critique your plans, adapt them as required. Then carry on and let the greater good do its job. Have trust in yourself and be utterly convinced that you'll indeed get what you truly really wish. But most especially, never never give up. You've the power and you've the will. Make it occur today!