

# “Ultra-Manifesting” Course Preview Call

With: Paul Bauer

**Paul Bauer:**

Thank you everyone so far for saying who you are and where you're from. It gives everyone a sense that we are really coming from many different places but we are coming from one point source. We are going to talk about that to a great extent tonight. This is Paul Bauer. I am going to let more of you come on and say your first name and where you are from but I just wanted to say hello and thank you for being on the call. I will come back out of lecture mode.

Go ahead.

**Caller:**

Hey Paul. (many callers saying hello)

**Paul Bauer:**

So I am going to pleasantly interrupt now. So imagine everyone as you are taking your seats now in this virtual room that we are in, and if you haven't been on our calls before, or if you haven't heard me say that before, or if you think I am joking when I say that, take a deep breath and just remember one thing: We are all connected. If there's a belief inside of us in that ego polarized mind that thinks that we are in all these different places across the world, then that is one of the reasons why you came on this call tonight. As I have heard your voices, I started getting chills up and down my spine because I am really sitting back and I am being the observer and what an experience everyone.

So thank you from my heart for being on this call tonight. My name is Paul Bauer. And I call this the Ultra *Manifesting* preview of a course that I'm going to be teaching soon called the Ultra Manifesting Course. But tonight I'm going to give you content and what I'm going to do is share with you - if you are not getting what you want in your life, the reasons why, and what are the simple ways to have those things, to be those things and not have to strive for them or even attract them. And I will go into much greater detail as we go.

So as we begin tonight, I had sent each of you a link to a study sheet that I put together towards the latter end of the day here. I thought it would be helpful if you had a study guide. It is about a three or four page study guide that helps you to go through some of the topics that we are going to be discussing tonight. And so if you will take a moment if you haven't received that - check your e-mail, and print it out. We will be going through that study guide. It will give you some ideas, some clarity, some reference points as to not just what we are going to be

talking about tonight, but some real insights about maybe why 2006 wasn't the year that you had hoped for it to be, and how you can make 2007 the best year you have ever imagined, and I really mean that. I don't mean that as a phrase or as a "trite-ism". What I really mean is that the only reason why 2006 wasn't the year that you expected it to be was because, and you will discover as we go, there are beliefs, there is *un-conscious* conditioning, there are things that we "bought into" it a young age at an *unconscious* level, that literally dis-created those things from happening. In other words, prevented them. Stopped them. And in many times dead in their tracks.

So what tonight is all about is making sense of those unconscious issues in a simple way, not that you have to go for six months or a year for therapy, but in a simple way. And how to align with that which you want, and you will soon realize that you don't have to want it or need it at all in order to experience it in your life. You don't have to be attracted, you don't have to do all these things to crank up your attraction circuits, and I know some of you think I am irreverent about that. That is okay.

After a while my ego will step out of the way and we will just get right to Source and we will let Source do the work. That is when you know you are on track. That is when you know you are connected. So we will take a break at about the 45 minute mark of the call tonight so we can kind of to like a little stretch and we can do a little bit of a short meditation, and speaking of, that is what we're going to do right now.

Now as I had mentioned, picture that we are in... actually it's a very large group. This is the largest group we've ever had on one phone call. We had to get the teleconference company to give us more circuits because this was larger than I expected to be honest. And with that the room size has grown significantly. This is almost twice the size of any call we have done before and that is really kind of a good sign. Here we are at the beginning of a new year. People are saying, "I really want to look forward to something." "I really want to consider that maybe I have not seen things with clear eyes." "Maybe I haven't been thinking from my heart. Maybe I thought mostly from the mind."

So with that in mind, so to speak, let's take a couple of deep breaths. Close your eyes, and let's just get entered. And I will share a couple of things as we do this short centering exercise. So as you take a nice deep breath, draw it into your belly, and in your out breath let yourself make exact hhaaaaaa sound. When you can hear that hhaaaaaa sound, you know you are breathing from your *dantien* or the *hara*, or from your center. That is the place of your core in terms of your energy. If you are breathing up shallow in your chest, you are cutting off your energy and you will be up in your head more often than not. It took me years and years of different kinds of therapies to figure out that my breathing was wired backwards. That I was breathing up in my chest. And no wonder I had anxiety, no wonder I had stress.

So with your eyes closed now, let's tune in now and this time when we take a nice deep breath, let's do it together, so nice deep breath in, hold it to a count of four (1, 2, 3, 4), and as you release let yourself make that haaaaa sound. And now let's amplify this a little bit. Imagine you are now sitting on top of your office, or on the roof of your home, or where ever you are, with your eyes still closed, imagine from that perspective that you can see all the people on this call tonight. The thousand people on this call and we are all in one room together. And take a nice deep breath into that.

As you begin to feel this breath, this *Mana*, the word *Mana* means "Spirit." It is your **life force**. As you feel this, and as you allow it to be amplified, feel and picture and sense the other thousand people on this call tonight from all the different points. You heard some of them as they said hello as you came onto the call tonight. Austria, Australia, the United States, Canada, southern United States, there are people over the Pacific Ocean in Hawaii, maybe Singapore, maybe Japan, on the opposite side of the globe in Europe, Germany, Spain.

*Now imagine all of us focusing – as one point source **together**.*

And that forms "one mind." One frame of reference. Do you think that you can manifest from that place, from that space? Do think that everything that you could ever want exists in that connection? Tonight isn't going to be so much about "fast facts" and knowledge, it is going to be more of helping you understand that you already have what you need, **but the polarized mind prevents you from seeing it**. I struggled for years with that. I struggled for years thinking that I had to "do" something in order to "get" something. That I had to accomplish something or achieve something in order to feel better. In order to be recognized by someone. But the real key is folks, the key is recognizing it in yourself.

Now tonight we will talk about it from different angles so it gives you different "points of reference". So one angle may not make as much sense to you. But as we go, there may be some peace, some little allegory, a story, an explanation, that may make more sense to you, and you may say all of a sudden you will have an "A HA!" experience. You may just kind of have that shift of awareness. It might be a "*Satori*" for you. An "instant awakening". An "A HA!". Where the light bulb goes off and you just say "Oh my goodness, no wonder I feel like I've been chasing my tail!"

So if you want 2007 to be the best year you've ever had, there are some simple things that we can talk about tonight. And as this is a preview for my Ultra Manifesting Course coming up, that you may want a study that course. You may want to be part of it. I'm not saying that you have to. I'm saying that the people who want to be on that course will know. They will know. They will have a clear sense of it. There are some of you that are just kind of testing this out. Who is

this Bauer guy? What is he about? And what can I get for free? That's okay. But if you really want to take your life, your skills, **your sense of self** to another level, one that doesn't need to achieve anything in order to feel better, doesn't need to prove itself in order to move along in life, then study with someone who makes you feel like you already have it right now in this moment as I share these words with you. I'm not talking about five years from now that you will get it, even a month from now. When I work with clients one of the phrases I hear the most after they've learned a lesson is, "Okay I'm going to go work on it now. I'm really going to get this sooner or later. I'm **going** to get it. I'm **going** to get it."

### **Do you hear the false premise there?**

That is the part of us that **thinks** that we **don't already** have it. And we are going to focus on that false premise to a great extent on tonight's call.

Many of us feel that we have to "do" something in order to achieve it, in order to have it, in order to **be** it. But **that** is the false premise. That is the one that causes all the suffering in our lives. And it is caused by the Polarized Mind.

So here is a simple question for you as we begin. The year 2006, how did it go for you? And I don't mean just on the whole, I mean think of parts of it. Think back to your birthday. Think back to the beginning of the year when you were thinking of setting your goals or resolutions (if you do that). Thinking forward to "What would my 2006 be...?" - last January.

What were you saying to yourself back then? "I wish I could make more. I wish I could do more." **Think of how (or what) you said that to yourself back then.**

We all have that kind of intent as we begin the year, but as you have experienced many, many times, **that intent falls as quickly as it starts**, depending on who you are, depending on your level of experience, depending on what people are in your "M" field that feels which we will talk about as we go, who is on your team. I don't mean just physical people per se, and we will talk about that as we go as well.

So how did 2006 go for you? What went well? What worked for you? Because if you notice what worked for you in 2006, you have a sense of what is *Pono* for you, in other words, **what is truth**. That is a Hawaiian word that means truth. Whatever is effective, is *Pono* for you. Whatever is truth. Whatever works for you and makes you feel good is *Pono*. So think about that for second. What worked for you in 2006? "Well, I got the new job." "I successfully got my manuscript together for my new book." "We got that house." I made some new friends. "That's right - just as he is saying that I made a lot of good friends this year." I didn't have to strive for that one did I? That's interesting. And then just continue on with that. In the background, let your subconscious work on that.

## **Now, think of 2007.**

How do you envision it? You've had some time to think about that over the last couple of days, maybe the last two weeks or so. Maybe you might have been busy with Christmas or the holidays, but there is a part of you that says "this year is about to change. Now what do I do?" or "NOW what do I do?" Notice the different emphasis on those words. How do I set my vision for 2007? How do I maybe even allow something other than the old way to guide me? My higher self? The real me? The Pono me. In other words, the place of truth within you.

How can 2007 be one of those years that I stop focusing on *just what "I" want* and I start contributing to humanity?

I'm not saying that necessarily any of you or all of you do that. In terms of the "self"-ness. I am just making a mild suggestion that all of us can fall into that once in awhile. Am I getting what I want? If you focus on creating value for other people, if you focus on how can I support humanity or the planet in some way, you notice how I have been putting that at the end of my e-mails the last couple of e-mails to you because I really mean that. Not many people have commented on that which I am a little surprised about. That is one of my key core values - is this planet because of this planet dies folks, or if this global warming thing continues, we will have no planet left. Maybe not this generation but maybe one of your children's generations. You know it's moving in that direction. And we can turn it around. ***With simple intent.***

So as you are writing some ideas down there, **what is your vision of a great 2007?**

Is it that we have created some new of agreements across this planet where what really matters most comes first, not last. Your family, your heart, rather than just your mind. Your joy rather than just the money from the job. Your peace of mind rather than how am I admired by others. Your time for yourself rather than how can I stay busy all the time. Those entrepreneurs or those guys or those gals on the phone tonight that really really overwork and don't get enough sleep. That is one thing you might want to say to yourself. Make a clear intent that, you know what, I'm going to catch up on my sleep now.

Because if you are over doing it, if you are stressing yourself out you are burning at your kidney energy slowly but surely, and without going into a long story, that happened to me about four or five years ago and it taught me one quick lesson because I saw my dad suffering from it. His kidneys were being depleted faster than we even imagined which then contributed to his Alzheimer's and we saw him go slow and finally he passed away about three years ago.

And so I don't say that out of misery or self-loathing in any way. Actually I celebrate my Dad's life. I think of my Dad frequently and one of the reasons why

I do what I do now is because I've learned so much from his experience and other people's experiences. Watching people suffer. So we don't have to go through that suffering any longer as we watch other people do it. You can learn from their mistakes. You've heard that phrase so many times. I know you have. In this case, how can I start my year rolling in a way that benefits not just me but mankind as well? My neighbor. My new friend. Society. Not just this country, let's not think this mono-theism stuff. Instead of God Bless America how about God Bless the world?

Let's stop thinking of this *separateness* stuff and start **thinking** and **being** and **feeling** from a place of, "you know what, **we are all in this together.**" We are all in this planet together. So you are leaders, everyone of you, you are the *Shamans* your own families, in your own towns in your own communities. I say that to all the people that we work with in our seminars. And many of you may feel separate in some way and many of you may feel misunderstood. I'm going to come off the line here and ask that question.

How many of you feel misunderstood in some way by people when you're sharing what you feel and believe about your spirit and about mankind?

**Callers:**

I do. (many people all at once)

**Paul Bauer:**

So what happens to some of us is that when you're practicing the skills, you know like how do I connect to this Source thing, this God, Creator, Source consciousness, a lot of us have beliefs that still feel that you will get more love if you stay connected to the previous old beliefs. And we'll talk about that as we go on call tonight. When you do your spiritual work, it is not something that everybody understands if you're still in your old groups. Those old friends of people who have not yet done the studying that you've studied, but the beauty of this is you shift your energy field, your "M" field, which I will talk about in a little bit, what happens is that imperceptibly and unconsciously those people are shifting theirs as well whether they want to or not, it's not just you that is doing it though. It's happening across the planet.

And for those of you that are studying what is going on with the galaxy right now we are moving through a huge photon belt, massive, unlike any generation in the last probably 2500, 25,000 or even years. Now I'm not an astrologer so please don't hang me up on that one. But it has been a long time since we've been around is kind of the cycle. So the real definition of what "New Age" means is how all this new energy is coming back to this planet again. And it is a renaissance of sorts. Where people are beginning to understand things in a much, much deeper level than at face value. And even if society or the

government, or whatever the power broker might be, that tries to socially hypnotize you, you are wary of that. You go, “Wait a minute, no no no no no! I won't be fooled again.” Like that old song by The Who back in the 60s or 70s. We don't get fooled again. Nope. Aint gonna happen. You're far wiser than that.

So on the first page of your new study guide, what is Mana? Why do I call this *Manifesting*? Mana is pure spirit. With no beliefs, no dogmas attached to it. No religions, you know, and for some of you that may flap your wings a little bit, but we apologize in advance, I'm not talking dogma or beliefs tonight. I am not talking systems. In other words, don't subscribe to what I believe in. Find your truth, what is Pono for you. Use it as a working hypothesis, try it out, see if it is Pono for you. If it feels good, if something happens in your life where you feel good, that means it was already there inside of you to begin with.

Does that make sense? ***It was already there inside of you.*** That is why when you get chills up and down your spine, that is why when you study something that makes you feel good, if you're drawn to something, there's something there for you. But it wasn't that thing outside of you that did it. It was you to start with. You at Source level. That Creator consciousness.

So *Mana* is pure intent. How do you access it? **You breathe.** So let's take another nice deep breath together again and this time I'm going to open up the circuit so we can hear each other breathe. Let's take a nice deep breath in, and then breathe out. Now if we did that for a little while we would be synchronized so the in breaths would be the same and the out breaths would be the same. Maybe we will do that again before the end of the call. **Now imagine focusing that intent.** Imagine focusing that Mana. What would happen if your intent was so strong that it was *unbending* as Carlos Castaneda talks about? That when you set your intent, (I don't mean set a goal by the way, that's two totally different things.) and your intent is instantly picked up.

Intent is pure spirit. It is pure Mana.

Those of you that have been through my Secrets of Manifesting Course, you know what I'm talking about, you've practiced it, you've seen the results in your life. Not just external by the way. We're not talking about just the world of form here. We are talking about the **world of cause**. In the Spirit domain, I am not talking religion. I am not talking when you walk into the four walls of a church. I'm talking about who you are outside those four walls when you're walking by yourself. ***Who you are at the deepest core*** without everybody else telling you who they think you are. Aside from all the dogma that people have shared with you over time about all the identities that they wanted you to be: a doctor, a lawyer, a writer, a “Suzy homemaker”, what ever is, a husband, wife, a fireman, a trucker. Those are just *identities*. Those aren't the real you. Pure *Mana* is **who you really are**. That's where you came from, that's where we all will go back to at pure Spirit level. How do you return to there?

You breathe *consciously*.

You tune in. It's best to close your eyes at first when you are first doing this because then you can really become in touch with the breath.

It took me a while to get that. I had a hypnotherapist back in Arlington Heights, Illinois, close to where I live, who many, many years ago when I was kind of anxious, was teaching me one day and she said, "You know Paul, I'm getting a sense here. I am seeing a pattern, this anxiety. Let's try something." And she had me lay down on the ground and the short version of the story is that she helped me figure out that my breathing was wired directly backwards. In other words, I was breathing from my chest and not from my belly. Now can it be that simple? Yes it can. Because if you breathe from that place while you're stressed, the stress will go away.

But what is really happening is that the stress doesn't really just go away is you are integrating it so to speak. Whatever you were opposing when you breathe you cannot oppose any more. Notice that some time. Notice while you are in the midst of an argument. Notice when you are kind of stressed out inside of your own mind. If you take a deep breath and then do some repeated breathing after that, you're going to notice your stress levels drop in half and then maybe down to zero by just the breath itself.

Every exercise that I do when I work with people, breathing is a core piece of that. It's not all of it. But it is the core of it. You have to know the other pieces of how to use the breath and that's a real huge piece.

The next topic is what is called the unquestioned assumption. Now, think of 2006 and the way that you wanted it to go, think of 2007 and the way that you want it to go. Think of how 2006 didn't go the way you want it. No step back from all of those and here is where I hope you share something that will bear some meaning for you tonight. The unquestioned assumption is that assumption that we make that we don't question, that we keep walking around with all the time. For example, some of you may believe that there's "not enough". "Not enough" money, "not enough" friends, "not enough" resources... etc.

And if you continue to walk around or wake up in the morning or move throughout your life striving for things based on an *unquestioned assumption* of "Well, it's not here and I'm just going to have to go and get it," that is what goal setting programs are based on. That is what a lot of achievement-based things are based on. But unfortunately what most people are unaware of is that they don't question the assumptions of "*I don't have it*". Or that's the way I have to get it. Or this is what I am going to need in order to feel loved or to feel good. Or feel complete. But seldom do we even question those assumptions.

What if these assumptions aren't even true?

Think about some assumptions that you have made in your life, especially now at this peak of the year right now, think of something so use it yourself that, "I don't have this - therefore I have to do X in order to have this." In your own mind just take a minute or two and think about that. Think of what you are striving for.

And ask yourself, "***why am I striving for it?***"

Interesting question isn't it?

Think of what didn't go the way you wanted in 2006 and then ask yourself,

"**Why** did I want it to start with?"

Aside from the external goals, what is it that I really need in my life? What is it that would bring me such completeness that it would make all the difference in the world? And here's a way of asking that slightly differently. What if you right now had everything you needed? If you had all the resources, all the people, including the money, the finances, that your taxes were paid off. That whatever you say is "incomplete" in your life, what happens if it was right now complete? What would happen if you had all the resources and everything you needed **right now**?

Can you imagine that?

Use **that** as your starting point.

But of course, many of us don't begin with that assumption... Seldom do we ask,

***"What would my vision be if all my needs were already handled **right now** in this moment?"***

Interesting. Makes you think about it a little bit. If you don't stop and question some of the assumptions that you're making in your life, you can be going down a very long path, a very narrow alley with not many other choices. After finally getting to that goal at the end of that road, you might discover that is not the road you wanted to be on to start with. Because you didn't question the assumptions that are built into your unconscious that were planted there by other people, whether it be your parents, primary care givers, society, movies whatever it is. Maybe you've picked up a muscle and fitness magazine and you said that's it, 22 inch biceps. I'm talking to the guys on the call and joking about that in a way, but think about it. Most of the stuff we base these goals on are based on these **material** needs. Now if you've begun to make your shift, kudos to you. In other words, that you know that the world of cause is inside of you. And that is what

determines what comes *outside* of you. If you are already there, great. Then this stuff will be even simpler for you.

### What causes not having what you want?

So let's move onto the next topic. What are the two primary causes of not having what you want? Now underline that word of not having. Now this is where we start picking up some energy now. **The first cause** of not having what you want is **lack of clear intent**. In other words, based on what we talked about Mana before, it would be like “weak Mana”. Your “M” field, that’s your morphogenic field which is a phrase that was coined by Rupert Sheldrake who's a quantum physicist. Your “M” field, if you want to picture an aura around you, that would be one way of picturing your “M” field. M as in Michael. So it is your morphic or morphogenic field. If your “M” field is weak, in other words if your Mana - if you’re breathing up in your chest you're anxious and you're pushing and striving too hard, generally your “M” field is weak. That is one of the big causes for not getting what you want. So if you had the intent and there's no Mana behind it – then your intent is weak and little or nothing happens – and you don’t get what you set out to do or be.

**The second cause is hidden unconscious blocks.** Subconscious and unconscious, and I use those two words synonymously. Another way of calling it would be hidden filters. Filters are beliefs that you're not aware of that frame your perceptions of both what you see and how you perceive it. Beliefs and filters shape the way you look at the world. So if you have perceptions based on the lack and scarcity, and not enough, that is what is going to show up in your life. Even if you use things like the law of attraction and other “techniques”. Because if you're origin thought which we will talk about in a little bit, is based on lack, even if you use techniques to try and fix them you will still be focusing on lack. (Unconsciously).

So the two causes of not getting what you want are lack of clear intent and hidden subconscious blocks. That is where we focus most of our work - myself and my partner, Susan Castle. If you have been to our site before you've seen some of the testimonials of people that have worked with us. And I don't mean it is just she and I. What we are, we are vessels. We are doing the stuff we love to do. Source shows up and does the work. Does that make sense to everybody? And I don't mean Source outside of us. Source is in you right now as it is in me right now. But I don't control it. All I do is shape my intent. There's a huge distinction there. You know this “I create my reality brigade” has gotten a little too skewed towards the “me me me.” And I am not practicing the Do Re Me song. What I'm talking about is that you can shift your intent, that is the simple part. But if what you want doesn't show up, don't get pissed at the universe and don't think that you are the all powerful one because you're not. It's not about you.

What I mean is that the ego level. In other words, the seduction of the ego. Just when you start thinking you're getting powerful, **that is when your ego is getting involved**. Just when you think that you can control or take what is a man-made law like the law of attraction. Those of you who are LOA fans, sorry folks. It is man-made and. We'll talk about that more.

All this stuff is man-made, by the way. It is all made up. Everything we're talking about is based on our observer looking at this unlimited field of consciousness. But because it is a little scary to walk into the unknown, we create beliefs to fit our experience. In other words, to make sense of this unknown of what may seem like the darkness but it's only darkness to the ego that is not used to this field of all possibilities known as the void. Known as infinite possibilities or infinite potentiality. The weird part is that is where we came from to start with. And that is where we really want go back to but not according to the ego beliefs that we've learned since we were children and that that got locked in at such a young age that now we're not sure of who we are.

But when your mind is calm in you are connected to your heart - if any of you have done my partner Susan Castle's classes before, or if you've heard her audio clip from a couple of weeks ago about the Mind Heart Integration, if you haven't gotten that, please, I think you should listen to the preview. The real key is that we are missing this heart peace folks. And I'm touching my heart as I say that. It took me years of understanding that - of being around that energy. of Susan's energy, and people like her - it softened up that yang part. In other words, that male energy in Paul. Or any of us. The part of us that thinks I've got to strive, I've got to push, I've got to do this in order to get "X." You fill in the blank for whatever "X" means in your life.

Let's move onto the next topic. What I call the unwritten law of the universe. And it is unwritten. And yes I will be congruent with what I just said before. We are all making this up as we go. Literally everything you read, everything you study has been made up, but is based on a hypothesis of the observer. It works because the "M" field of that person is congruent with it. So other people jump on the bandwagon and they go, "Oh this must be good, oh that must be good." Right now there's probably a hundred or 200 of these calls going on tonight. You were attracted to this one because it had some residents to it. I assume, unless you're just snooping - and that's okay to. Either way, we're all basing this on our need to make it real and understandable for us so we shape beliefs around those things.

So this unwritten law of the universe is - if what is showing up in your life is other than you want, the key word in that sentence is "other" - then you know you've got a subconscious block of some kind. A hidden subconscious belief, a filter of some kind that is saying, "Nope, can't go there. Nope, not comfortable with that. I just can't. I don't feel deserving of it. Safe enough. Loved enough to take that

into my life.” And that part of you is so intelligent it is far smarter than all of the techniques that you are going to try on it, by the way. So much smarter, that most people don't give it credit and that's why we continue to feel that pain, that suffering, that heartache.

So moving onto the next topic what is the number one cause of stress and anxiety? It's the polarized mind. It's the belief in separateness. It's the belief that we have to use a technique in order to get something in our life which then presupposes that you're separate from the thing you needed or wanted. See needing and wanting means that you are separate from it. Needing it, wanting it, striving for it, going after it, chasing it, whatever word you choose to use, even using LOA to get it is a premise that you don't have it already and that is what you're setting your focus on unconsciously and your unconscious is far more powerful than your conscious mind is. Far more powerful. So as you kind of chunk that in, as you just kind of process that, think about it. It's really a question of am I one with all that is, or do I feel separate? If you feel separate, you know it because it's a feeling inside of you. If you feel one with your creation you don't need it to show up in order to make you feel good. You know it's already on its way.

There is a Hawaiian phrase that we share and all our seminars and I don't have this written in the study guide but you can just kind of write this down. The phrase is Me Ka Mahalo Ehee. What it means is “thank you for that which is and that which is already on its way.” You see, the Hawaiians bless everything. They bless where they are at, they bless what is on its way to them. That is why we do our seminars in Hawaii by the way. Some of you that go, “Oh I would love to go there someday. That would be nice.” That is an instant statement based on separateness. Instead of intent. Instead of, “I want to go, I'm going to be there.” Everybody that showed up at that seminar in Hawaii that we do had a clear intent. They said, “I'm getting a ticket I'm going there. I'm not going to be concerned about how much it is or how I'm going to get there or what's going to happen when I'm they're.” The people that show up show up. And that happens for all of you in many, many things in your life. You have clear intent about certain things. What you should be concerned about is the unconscious intent. The stuff that is attracting things that you don't want. That's huge.

So the number one cause of stress and anxiety in our lives is the belief in separateness and it causes resistance within us. It thinks we have to do something in order to get it. Oh that's not what I wanted. And then you start redoubling your efforts or you start pushing yourself or you start judging yourself harder or castigating yourself. That's not what I wanted - damn. Well I guess that depending on what kicks in their in the core belief land, whatever you start saying to yourself that hasn't showed up will determine what happens next.

If you're patient with yourself and you go, “you know what, that's OK. That's cool. I think I need to get back to basics here,” then you're on the right track. But if you

start thinking that you're going to start cranking up your attraction circuits and start doing technique after technique, slow down Nelly. Really step back for a moment and start examining some of those assumptions that you're making. One of the good ways to do that is to just start writing down what you're thinking. Start writing down what you're processing inside of your mind. Those 50 to 60,000 thoughts per day. That's how many thoughts we think – 50 to 60,000 thoughts. Imagine all of those thoughts going through. Can you imagine right now just tracking some of those thoughts. If you heard everybody thinking right now inside their heads. And it's just this endless chatter. And it causes that polarization of the mind. So when you learn to quiet your mind – remember that old phrase in the Bible – Be Still and Know that I am God. Do you remember that? Look how it's been misapplied. Or some of you believed that it's up to the guy on the pulpit to send that to me whenever I go, but in the meantime it's still really tough for me. That's because we haven't sat down quietly, made peace with whatever issues we're feeling inside, including the wants and desires and the strivings within us.

Have we taken the time to make peace with those parts inside of us? Is our intent to make peace with those parts, or do you feel that you want to club that belief and you want to get rid of it – because if that's your intent, you're going to cause more resistance. You know that from experience. You know by judging yourself, you're actually self-rejecting. Or as the author of "Emotional Clearing" John Ruskin talks about, it's actually self-abuse. Nobody can do it like you can. Because you play God all day long in your life. Period. Nobody else's beliefs are infringing upon your head and your heart. All day long, you're thinking and feeling, all day long you're processing these things about what you read – like in an email when someone wrote you something and you got hurt by those words. It wasn't them that did it. It was something that activated within you because it's already there. This makes sense, right?

So let's move onto polarities. What are polarities and what is the polarized mind? You've heard me talk about the polarized mind a little bit if you've been reading my newsletter for some time or you've been through some of these calls before. Those of you that have been through the Secrets course, you know what I'm referring to - The Secrets of Manifesting Course. The polarized mind is the mind that believes that it's separate from something. It is the ego mind that says, "It's not here yet so I have to go to something in order to get it." It believes in polarities. Polarities like rich and poor. Light and dark. God and devil. There is one. That's a polarity if I ever heard one. Love and fear. Peace doesn't really have an opposite – kind of like love doesn't. But if you want to say war and peace, but peace doesn't really have an opposite. It transcends the opposite of war. We'll talk about transcendence towards the end of the call tonight. The real key here is that if you're feeling polarities, you know it because you feel it in your body. That's a huge, huge piece that goes back up to our question before - what is the number one cause of stress and anxiety? It's that this polarized mind has kicked in and says, "It's not here yet. I'm not getting the love that I want. I'm not

getting the money that I want. I'm not getting to health that I want." Whatever it is that is your dominant desire, you're desiring it because you don't have it. But the part of you that says it doesn't have it is your mind. And that is the part of you that is making it the problem that creates that polarization. Does that make sense? Because if it does you're on your way my friend. You're well on your way if you understand that the mind is the one that is causing the dissension in your life, the pain. Even the if it's low level pain. even if you kind of don't notice it. If you have ever heard that old song by Pink Floyd, "I Have Become Comfortably Numb." Maybe some of you are numbed out. Maybe you've just gotten to the point where you've just don't know, or don't care about not knowing. I don't think you would be on this call tonight those that was the case.

Once in awhile we slip into those. I remember feeling that way after my brother and my dad passed away, and my dog. After awhile I started getting little apathetic like, "You know what, who the hell cares?" Well that's understandable. If we pull those table legs underneath, most of you, the ones that you say these are my core beliefs of who I think I am - I'm a brother, I'm a father or a sister, whatever it is, that would kind of shake up most of us. But not who you really are at the court level. Those are just the mind that thinks, in other words identifies with it - key word, "identity" - and we'll touch based on that concept as we go.

Who you think you are is really so limited that we are not even aware of it. That's the case for me, it's the case for anybody. You are far greater than this physical body that you just showed up on this call tonight or your buddy sitting next to you in this room that we are all in right now. Look next to you. Look at some of your friends. If you look into their eyes you're going to see who they really are. If you look at their clothes or the suits, body suits as William Tiller would call them, and I don't mean just the suits of clothing. If you look at the suits that they are encased in - that is not the real them. That no more real then the shoes you are wearing once you leave those shoes.

So the mind gets polarized so easily unless you've had some training. Unless you've had the ability to study with someone who you can say, "Okay I've got a new point of reference about what is spirit now. Who am I." Without the ego in the eye. Who am I? When you're really able to answer that question without roles and the standard definitions, you begin to understand what we're really talking about and what this Ultra Manifesting course is all about. If you think that you're going to study with me or somebody else so you can get more, then either one of two things is true. Number one: you shouldn't study with me or that other person; or Two: You will transcend that along the way because you don't need something folks. If the polarized mind, that belief in separateness that you don't already have it that causes that separateness and the not having it. Everything that exists - everything that has existed in the past - everything that will exist, is in this moment right now whether you can see it with your eyes or not, is not the issue. The issue is can you step into that place of pure imagination where it's already real. Here is what I mean:

Close your eyes for just a moment. Take a nice deep breath. Imagine something that you would love to create. Imagine something that you would love to come to pass. Now take a deep breath and feel or ask yourself what is the feeling you feel knowing that it's real right now in this moment as you hear my voice? What is that feeling? What ever response you got, just take a nice deep breath and say thank you - no matter how weird it may seem. Whether it felt like a beam of light or whether felt like a black void - whatever you got, just say thank you to that part. Take another nice deep breath and before you open your eyes get a sense of that part of you that when we did that little exercise towards the beginning of the call when you hovered above your office or your home. From that observer perspective – who am I? And just take a deep breath into that. And as you begin to open your eyes just kind of look around, see if you notice anything different. And even if you don't that's OK. As you begin to practice these imaginal skills as Neville would say and some of the old sages really have taught us you begin to understand that as you tap into your imaginal strength, your imaginative power, what you are really doing is your tapping into Christ, Buddha, Source, God, consciousness without dogma, without belief systems because you go right to the Source. Does that make sense? I hope it does.

We'll have some time for Q&A at the end of the call so if you have questions you can ask.

Let's go into page 2 of the study guide. Under NRM's and PRM's. NRM's you have heard - many of you have been reading my newsletter for a while – NRM's are negative reinforced memories. In other words, what drives our behavior at an unconscious level comes from inside not just the mind, but inside the whole body because there are neurons that fire throughout the whole body. So I'm not one of those brain-based folks that says the brain is the cause, it's not. It's only a 3 pound mass of tissue. The cause lies outside of the physical domain. But having said that, what happens inside the brain is these negative reinforced memories do send out electrical and chemical stimulants. And a negative reinforced memory goes off whenever you feel afraid, fearful, that you get a memory of something that is other than Pono, other than peace for you.

A PRM, on the other hand, is a positive reinforced memory. Think right now of something that makes you feel really good. Think of when you were a kid when you felt really loved by someone. Think of how you felt when you sat watching the sunset somewhere, and as you feel those, those are positive reinforced memories that are sending out that electrical chemical stimulus throughout your body. It's pretty easy to light them off. NRM's are the ones that really drag us down. They create reversals if you've been studying any of the tapping technologies like he EFT or TAT or TFT. That's where reversals come from. Where the NRM's are kind of stuck, they are the old memories that have traumas attached to them. Memories are just memories, but if there is a trauma there, it creates a negative "M" field around that memory. And so whenever the memory

goes off - it zaps your system and your energy, your "M" field collapses so to speak. It makes you weak. Those of you that have studied any kinesiology or muscle testing in other words you've noticed that, you've seen demonstrations of that.

So that's what zaps your Manifesting power. It zaps your Mana, it pulls your spiritual energy down because it brings you out of the present moment and puts you back into the past or you're worried about the future because you've experienced something in the past that did not go well and it creates all that anxiety.

So I'm going through these kind of quickly but I'm going through these because these are central parts of what goes on inside of us and in the Ultra Manifesting course I teach you about how to clear NRM's simply, easily, sometimes within minutes, it doesn't take a long time. By the way even if it's been a deep, deep core issue in your life because we are not aware but we are unconsciously resisting the part and it is not that difficult to begin to accept it and bring it back into a the wholeness of who you are and let Source do the work rather than just your mind. In other words, through your heart, not just through the mind. And there is a major significant difference.

The next part, the question that says what central part of us get silent more than we are aware of? It is the heart. When the mind keeps stepping in saying "I'll fix that, I'll take care of that. Nope I ain't going to feel that pain." Whatever those things that we say to ourselves on a frequent basis, the heart almost immediately gets silenced. The language of the mind is fear. The language of the heart is love. And I don't mean touchy-feely male-female love, I mean unconditional love. I mean the kind that if you saw someone lying there are in a ditch that you would go over to that person and you would help them.

If you've been on my partner Susan's calls before, she tells the story about how the little girl at the shopping center is lost and she is looking around crying for her mommy. What would you do with that little girl? Would you walk right past her or would you go up to her ask, or maybe even give her a hug and say it's going to be OK? And if you have been on Susan's calls before and I hope that if you haven't that you can experience them some time, you'll understand what she calls the Mind Heart Integration Technique or her essence method, about these feelings are going off all the time inside of us. It's what you do about them, it's how you make peace within yourself and how you create space from your heart not just your mind and how you are there for that part in other words how you are there for the present, truly the present. If you have studied Eckhart Tolle's work, "The Power of Now," that is what he means by the presence. That you are fully present with that part of you. After that there's no resistance in the pain goes away because you're not suppressing any of that energy. So the negative pull of that polarity comes back into your core and you've got that available to you instead of suppressing it. If you want more energy, if you won't more health, if

you want “mmph” in your life, if you want more passion, find the parts that are afraid of what it is that you fear, think about those. It doesn't take very long to think of what are your biggest problems or your biggest fears. There is trapped Mana in those problems. You want to free yourself? Let those come up and out and in this Ultra Manifesting course that I will be sharing, I will help you understand what they are and how to make peace with them and all that energy that becomes available to you. It opens up and you're back in the present moment. And my friend when you are present, you are unstoppable. I don't mean from the ego sense. I mean from the spirit sense. Nothing can take you down.

New ideas, people, opportunities etc. Certainly money, but money is a banal achievement. I'm talking bigger than that. Now if you're stuck in life relative to money or finances, then there is a fear that is creating that and you can get in touch with that find that what those fears are - bring them back up and integrate them back into who you are rather than trying to distance them from you which creates more resistance right? It creates more pain. It creates more separation. That is the very thing that you want to stop. So let's say that we gave you all the things that you needed. Let's say the money is the thing that you don't have now, let's say we give you lots of it. What do you think is really is going to happen? And if you are wise your answer to yourself was “Well you know what, maybe is a same old stuff would still continue to happen.” And if you answered that way, you are answering truthfully. Because your belief systems wouldn't have changed. You got the material but the core hasn't changed. It hasn't shifted, it hasn't transformed.

So instead of seeking material stuff, seek understanding. Seek a shift of your awareness. Seek the ability to integrate your mind and your heart and the rest of the stuff my friend will take care of itself. I promise you that. I've seen it happen for me, I've seen it happen for literally not just dozens but hundreds of thousands of people. In my estimation that is the secret. It is not how can you attract more stuff - it is how can you tune into the parts of you that feel distance or separate in some way. How can you make peace with them so that you return to the place of oneness and in that place that you know that you are God without any egos needed to call yourself that or act like it so to speak. But instead you have that presence, that unconditional love for yourself and for the people, and you feel tuned in to all that is. You breathe lightly. You wake up in the morning with a smile on your face. You go to sleep at night with a joy in your heart. If you long for that you can have that. It is not anywhere outside of you. It is only trapped and to the extent that you feel pain and the amount of it is the extent of how much energy you're going to get back when you decide to open up this energy. When you decide to let go of those old fears.

So let's move on. Some of you came on this call maybe exclusively, but maybe some of you more so thought you'd like to hear more about what Paul's going to say about this myth of the law of attraction. So I will describe said maybe just a

couple of minutes. I won't get real deep into it. I'm not looking to polarize here. What I mean by the myth of the law of attraction is that many people have been drawn to this thing called LOA, or the law of attraction thinking it is a technique.

It is not a technique - it is an environment. Whatever you focus on expands. But because it's been romanticized quite a bit, especially this last year, a lot of people have been thinking okay if all I've got to do is do this and I will attract what I want - slow that tape down. Let's examine that premise. If I do X, I will get what I want. What that statement, what that premise suggests and what it does to your subconscious is is it focuses on the not having it. Think about that for just a little bit. If I have to do something, use a technique in order to get something, it places my awareness and my focus on the not having it. Does that make sense to? Some people as they first start this stuff, they start looking at LOA and movies and lots of books based on it, start thinking and that's how I can have what I want. But never examine the assumption of thinking why do I want the thing that I want? Or why I think I even need it or more importantly what separates me from having it right now?

Now you can fill your garage with more stuff if you want. You can get a bigger car, you know that bigger TV, more money in the bank, but folks those are all trappings. Now there are some of you that say, "Yeah, but Paul I need those things." Right. I would ask in that question, "I need those things?" Who is the I in that sentence? Take a step back from yourself and get meta on yourself. Observe. Who is this person thinking this? I ask that question of almost every single person I work with. When they say, "Paul I've got this big problem I've got this thing and I've tried all these techniques." And I keep asking them, "Who is the I in that sentence?" "Because what is happening here folks is we falsely identify with this thing of if we don't have it. And when we have it, we are going to be better. We're going to feel better. This false premise that the way that LOA has been put out there is based on: "Do this and therefore you will get what you want." I received an e-mail today from someone who gave me a hundred reasons why LOA works. And how to do it. And how to technique it and everything else and I thought Oh my goodness gracious. Let me ask you a real simple way. If you truly believe in that statement, "Be Still and Know That I Am God," ask yourself, "does God have to try to attract anything?" Think about that just for couple of seconds. Does Source ever have to think that it needs anything? The moment you think you need something you are now separate.

So then, the novice or the intermediate would ask, "Okay, I am trying to get a sense of this Paul. I'm trying to get a sense of how do I . . ." and then you fill in blank. Well how do I get by in life? How do I pay my rent? Well that's still based on a separateness that you can't pay it. So those are false premise questions. Does that make sense? If you start asking different questions like, "How can I line with the very source of all things that create this?" And close your eyes and you tune in and you get in a silent meditative state and you actually listen for a change rather than telling Source all the time, you might get a different response.

But how many of us really do that? It takes and training. It takes a little bit of time of which "The Polarized Mind" thinks there's not enough of. "Oh I don't have time to meditate today. I don't have time to my little tuning in exercise." How to get in touch with my heart. Where is the book on how to get in touch with my heart? There aren't many of those out there. There's a couple, they're here and there. When you're in that place, you are in a place of oneness.

***You start transcending "need".***

## **The Essence of Polarities**

Here is a good way to think about this. On your piece of paper, draw a line across your paper - you know about half way across the width of it. Any size line is fine. Draw three points in that line. Draw one in the left hand point, draw one in the center, these are little points or circles, one on the left side, one in the center and one on the right hand side. The left-hand one just put down a word like needing. Needing something. I need or want. Needs and wants. On the right hand side write the word having. I already have it. In the center write the word "one." And I will build on that in a couple of moments.

The left-hand side of that line is where most of us spend most of our time. "I don't have it - I would like it - I've got to have it in order to feel loved - I've got to have it in order to feel recognized by my peers. By my brothers, by my sisters, by my parents, you know after all they sent me through medical school" or what ever it is they sent you through. And if it wasn't that then was something else that got caught in your subconscious that said I have to do this in order to "X".

*And it's been unexamined for a long time.*

So that is the left-hand side of the spectrum. This polarized spectrum. Left-hand side, it doesn't have to be left or right by the way, it doesn't matter if it's left or right. In this case I'm just giving it to you as an example. The right hand side is already having it. Let's say you already have it. That is not a place we spend much time in. Let's just say that you were there. Let's say you already have the money. Let's say you already have the love. Let's say you already have the radiant health that you want. Or whatever it is that you really want. Now, let's examine the third point. The point that we don't talk about very much at all.

Symbolized by the word "one", or "oneness." When the two of those polarities collapse, in other words, when they become one and you transcend needing either one, you notice that you feel different, you feel connected. That is what this spirituality movement is all about. In the truest sense of it. Not getting things, but being OK whether they show up or whether they don't. And that premise, that phrase that I just said, whether they show up or whether they don't, is the driving force of what it is that determines whether you are happy or not.

Can you be happy in your life whether this thing shows up or whether it doesn't? If you can't, you'll discover your limiting beliefs without too much trouble. Unless you want to stay unconscious or in a "psychic sleep" as the old sage Vernon Howard once called it.

We fall into psychic sleeps all the time folks. Going down the road and missing the exits. Getting into arguments and not realizing why we are mad at the person. Or getting mad at ourselves. We drop into those trances where we are judgmental of ourselves very, very frequently throughout our days.

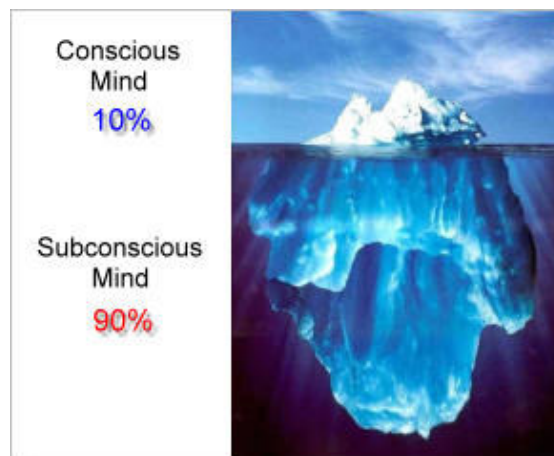
So the real key here is that if you can get a sense of "*what in me is doing the driving*", as the old quote by of Rick Jarow, from a great book called "Creating the Work You Love," he said

***"We may be driven  
but we do not know who or what is driving us.***

In other words, what is unconsciously keeping me going in this direction that I don't even sometimes even know?

### **What Drives over 90% of Our Daily Behavior?**

So the next statement on page 2, "what drives over 90% of our daily behavior in decisions even without our conscious awareness?" Well many of you already know what that is, it's your subconscious. You have seen the picture of the iceberg with the tip above the water, just kind of draw that there on your study guide. Draw a triangle with maybe 5 or 10% of a line at the point of 5 or 10%. And then underneath that just put 90%. It's what's underneath that is driving our daily behavior. That is what is driving our everyday actions and behavior.



Now, if what you want isn't showing up in your life, even though you have studied all of the books, even though you've done all the techniques, even though you

have done what you think is what is required, and it still hasn't shown up, then you know that what is underneath that surface is what is to in the driving. You know it. You don't have to wonder about that anymore folks, it's not some spell that has been cast upon you. It's not because you're dumb or not worthy or anything like that, unless of course it's one of your beliefs. That's very possible. It could be that you're not worthy because you believe you're not worthy. That is one of the real keys - to discover what these beliefs are.

So what drives over 90% of all that we do is the unconscious, the subconscious mind. In other words, the behaviors, the old traumas that happened when you were young that got locked in at a very, very deep level and they can only come out when you get back to that deep level.

The next phrase, "how to have what you want without needing it." Well I think we've kind of touched on that because in not needing it, it is free to show up, because there is no resistance. There's no polarization that is going on. That you are already tuned into the essence of it because you don't need it. Think of something you already have, think of something that is right there in your life right now, whether it be money in the bank, or a person in your life or something, and notice the way you feel about that. Do you need it? Do you want it? There is no static charge to that, there is no resistance because you are a have that. Unless of course you're paying it off, you may have a feeling about it in that sense, I'm not referring to that. I'm talking about something that's existing in your life right now and that you feel pretty good about. You don't need that anymore. That is the place where you want to start from. When you're doing your manifesting. Notice how I call it *Mana* festing. Coming from spirit it's already there.

So we're getting close to the first step of our call tonight. We're going to have some Q&A after this point. But one of our last statements, or one of the last parts of our study guide is, "what is the single most important method of attracting what you want in all areas of your life?" What do you think it is?

Based on what we've already talked about tonight. We should probably change a word in that sentence. What is the single most important method of creating?

Having? Or already being? You might want to write that on your study guide. Already being, already having. So you won't have to attract it. And if you answered already being it that is the essential answer.

Now that is a stretch for some of us because we haven't developed the mind skills, the imaginal skills, of being there already. And so what I teach in our Ultra Manifesting course is how to be there. With frequency. So you shift the vibes that you are already there, then you don't need to do anything though. You go right to the feeling place of being there. It's already real. And the simplest thing to do is, notice how you're feeling. If you're not feeling good about it, you know in other words if the mind kicks in and says well it hasn't happened yet, it hasn't

shown up yet, and I've got a do 10 more techniques, then you know that is your mind speaking. And then just let that guide you back to source. To oneness consciousness. Where all things are possible all things are already created. They are already there.

So everything that you could ever hope for, desire, wish, or long for, is already done. You can see it on the last page of our study guide. It is already done. Whatever you can dream or imagine. Whatever you can imagine.

So now I'm going to open it up for some Q&A. We've got some time on the call. Now if it is really noisy on the line, we'll just do our best with that. A person can try to ask a question and I will come back and go into lecture mode, but I will come off of lecture mode now. Do you guys want to talk about anything longer? We've got a little bit more time on the circuit after the Q&A. So I will open it up now for any questions.

**Caller:**

Aligning with source. How do we best to align with all that is? Joanna from New Jersey.

**Paul Bauer:**

And so Joanna from New Jersey asks how to best align with source. So let's do it together. Rather than just talking about it as a logical construct. Everybody close your eyes. Take a nice deep breath. And as you breathe get a sense of how you feel. On the inside. And as you continue to breathe, and I mean taking a nice deep slow rhythmic breath, how are you feeling when you think of your creation already real? How are you feeling? Alignment isn't just about, "okay it's there and I'm feeling better," necessarily. It's tuning into what your subconscious is saying and that is why I'm saying connect to the feelings.

Now here's some of the controversy going on about things like LOA and the secret and things like that. People think they are just going to get to the feeling place and I'm going to stay there all the time. Well that is actually creating a duality right there because if you try to stay aligned all the time, it's actually trying to disconnect from the parts that feel *not* aligned. Does that make sense to everybody? As one of one of my favorite authors, John Ruskin says, "*no amount of positive ever covers up the negative.*"

So if you really want to have the alignment with Source, start tuning into the things that make you feel bad, in other words those feelings of discontent, disconnectedness, heartache, stress. And if you ever feel stress, start tuning into those feelings and the moment you do you are aligning. Then you don't have to play any techniques or "pull any fast ones" on Source.

You can't pull a fast one on Source and say *"hocus-pocus who's got the focus?"* That's a little thing I used to play with my niece. She used to share that phrase all the time.

You're not going to pull a fast one on Source. Trying to do a technique to get there. It's "how am I feeling on the inside?" And you do this cleansing process. Tuning in. Tuning in throughout your day. How am I feeling? How am I feeling? Like I shared with a lady last night. If you make that your mantra, "how am I feeling?" I think you would be surprised. Maybe at first it's kind of scary a little bit – "OH, I don't want to go there," but if you start training your mind to let go of the need to get rid of it or to try to accelerate something, and you step back and be the observer, that is aligning with Source.

Yoda once taught:

*"Train yourself to let go of the things you fear losing most"*

**Caller:**

I have a major question please. I understand what you are saying and I have read many books on this for many years. But one thing I don't understand you are saying is I understand the aligning with the Source. But if I understand what you are saying is that all you need to do, don't make any further effort. I mean I am not looking for a bigger car or a bigger TV, I've got two kids, I want to see them have the things they need. And I don't think there's anything wrong with that. But how do I align myself and at the same time not make any effort to do anything to bring this about?

**Paul Bauer:**

So this is one of the main controversies that happens to people. They say okay Paul, should I just sit in an ashram, and just kind of stay connected to Source all day long? No, I'm not suggesting that. I'm not saying unplug from what you call "reality" in your normal everyday life. I am doing stuff throughout my day that "creates results" or *what I think* creates results, notice that distinction there. As long as we believe in duality, and that is a huge, huge hypnotic trance that we've been brought into since we were young. That's not one that you're going to unplug from very easily.

In other words, when people start studying these books about unplugging from "the matrix", and sitting and being in a state of oneness where everything comes to you, there aren't many human beings that feel that they can do that. I am not suggesting that. What I am suggesting is as you do those actions throughout your day that you feel are appropriate, that you feel are "necessary" that you notice how you're feeling as you do them. Like, let's say you reach a fork in the

road, left turn - right turn. Go with the vibe that you feel is the right turn. The appropriate turn. The correct turn.

When I first started studying this stuff I used to have the same question. Thinking about, "okay, so what they're suggesting here is that all things will come to me when I'm just quiet." So what am I supposed to do the rest of the day? Right? Well, do the stuff you love to do, that's the answer to your question. If there is something that you feel that is appropriate for your children that you need to help them, great. But also be aware that they can maintain for themselves at some point, I don't hold your children are, but they are not outside of you. There is something that goes on inside if you. What happens if they couldn't get the things they wanted? And then tune in on that feeling. What happens is they have everything that they wanted? And tune in on that feeling. And then you will embrace both polarities. Does that make sense?

**Caller:**

It makes to sense but I mean is that we still have money as a reality. Money is a reality and this is an issue that we have to have...

**Paul Bauer:**

**So did everyone here the limiting belief there?** What you just expressed was a limiting belief, thinking that you have got to have something in order to survive. And that is at such a deep level it is almost down to the DNA level in the vast majority of human beings. They are if fearful of not having something and therefore that dictates their actions. That is at the origin thought level. That is that the unquestioned assumption level. That if I don't have this then I can't survive. Now have you examined that assumption? Any of you? Have you examined that what happens if I didn't have this? And embrace the fear around it because if you don't that will continue to control your thoughts, your feelings, your behavior, you and your actions. My suggestion is to examine some of these beliefs that you have. You are not going to get all the answers on this call tonight. That is not the premise of this call tonight. This call is a preview for the ultra Mana festing course. So some of you may just go, "no, no, no. I don't need another course." That's fine.

But we can't answer all these questions directly because they can't be answered for the mind that is thinking of the problem. Does that make sense? I can't answer the question for you at the solution level until you somehow either A) embrace the darkness, or B) step back from the need to have the answer. I really mean that. If you're a student of spirit and of the mind and of the heart, and if you choose that path, without needing to tell anybody that that's what you're studying, in other words New Age stuff, it is no better than anything else. You could be studying crochet and that is a spiritual act as well. But if you say, "okay, interesting, there is a part of me that says that I need, in this case money,

in order to. . . survive, or create things for my offspring, my loved ones etc. What happens if you couldn't do that?

Get into what the fear is behind that and start embracing that polarity. And that is not easy folks. That took me years to do that. I certainly couldn't learn it on a call like this, I'll be really honest with you. That wasn't of the premise of this call. The premise of this call is to bring some of these issues up to begin to understand some of them and make sense of, "Boy, I might want to study this. If not with Paul, then with someone else." That's okay. Just so long as you understand that the place where the problem exists is at the polarized mind level and the heart is silenced. Your heart has so much more power than your mind has. But when your mind and your heart are integrated together, you don't ask questions like that because there is no fear from there. You are in the present moment. Money is not an issue because your mind doesn't focus on not having it or needing it. It knows it's coming to you. It knows it's already there. Does that make sense?

**Callers:**

Yes.

**Paul Bauer:**

Think about something here folks. Any intention that you can come up with already has a solution to it. Instead of striving for that solution, **rise above the mind** that **thinks** that it needs to go "solve" it. Rise above the part of you that says that it is unsolvable or that focuses on the pain, or the tyranny, or the suffering, or the pestilence or the poverty. Because that is only happening within you. **It is not outside of you.**

You have been led to believe a lie when you see *with* and not **through** these eyes, as William Blake once said.

The full quote is,

***"We've been led to believe a lie when we see with and not through these eyes."***

That's the problem. It is thinking that there is an issue "**outside**" of us. **It's thinking that there is a problem.**

**That is the problem.** The mind that thinks it is the mind that is creating the problem. So one huge part of all the programs that we teach, myself and Susan, is that everybody that joins our programs gets a program that I created called **Clear Mind**. It is a meditation program. It is an audio program. And I train you

specifically **how** to use it. Now I didn't have training from a lot of people back in the early day when I began meditating.

I just did my normal meditation for 10 or 12 years and I could get kind of deep sometimes, but nowhere as deep as I can these days. And in a way that creates practical, what I call "Clear Mind states". If your mind is polarized, you know it because you think that you "need" to do something and you think that you need something. As long as your mind is polarized "all bets are off" as I say to all the people I work with. Just give up right then because no matter how hard you strive, you will suffer. You may get some of the results that you want, but two things may happen. Number one, you won't be satisfied when you get them, or two, they are not going to show up.

Some of you that have seen the movie Solaris, and if you haven't I would suggest that you see it. There is a shadowy character, his name is Gibarian who has taken his own life and he is in the shadows talking to Chris Kelvin played by George Clooney. Solaris is a planet, that mirrors the energy of your thoughts and feelings. Kelvin is asking him how he can figure out "what Solaris wants from us". And Gibarian responds to him and he says, "**why do you think it has to want anything from you?**"

Gibarian continues. He says: "the more you strive to find a solution, the more you will suffer. And you'll end up dying here."

I hope that makes sense to everybody. If you think that you have to do anything, if you think that society is flawed, what that really is is a projection going on inside if you. It took me years to make sense of that. Until it finally started making peace with parts of me that didn't feel peaceful. Until it started getting a sense of, "Even if those people aren't around it, I'm still thinking those thoughts." If that doesn't make you wonder. Africa is across the ocean and yet you are thinking that there is something that is not right there. Or that your children need something. Or that you don't have enough in the bank. Well the bank is not even in your house. And yet we are constantly thinking of those things outside of us that once they are there everything will be fine. That's a false premise of the polarized mind.

And the silenced heart.

**Paul Bauer:**

Do you have any more questions?

**Caller:**

My name is *Sai* and I want to thank you very much. . Much of my life was a struggle and I appreciate how you're asking us to go *within* ourselves and do

something that we have been programmed never to do that. And what you are recommending, suggesting, offering is that we begin to look within ourselves and turn off the "The Polarized Mind" and I'm looking forward to when you are going to do this because I think that it is the best way to achieve whatever it is what we *think* we want I our lives.

**Paul Bauer:**

Thank you. You're welcome. There are some people who say okay, Paul, why do people like you even teach these things? If everything that exists is already there why would I need your teaching? Well let's play devil's advocate for just a minute. My response to a question like that, and thank you for your comment. I started reading spiritual stuff probably to 20 years ago and there was a part of me that just didn't get it. And then I thought, "okay well I'll just work at it more."

What a **false premise** that was by the way. I'm smiling as I say that folks. And so we think that we've got to get on this bandwagon and on the treadmill to start "studying it more" and "work harder" which are all false premises and those are counter-intentions that dis-create the very thing we want to create.

So if you work with one person that understands it and knows how to apply it, that person can make all the difference in your life. It might be a book, it might be a tape. It might be a personal session, it might be telephone conference. Whatever it might be, or a seminar in person. You'll know it because the moment you start resonating around that person's "M" field you will start picking that up. You won't have to "achieve" anything because through a process called *skaktipat* which is an Indian or *Sanskrit* word that means a transfer of energy, you will understand in a matter of a second or two or three.

You'll have "A Ha!", a *Satori* experience, an instant awakening, where you understand the implicate order of everything and it comes to you like a flash. Like a light bulb. That is where you need to be discerning about who you study with. Who has got the resonance that strikes the chord or the tone of what I want that it exists upon? Who knows this? Who feels is? Who embodies this? For some of you I may not be that person. That is okay. Find that person that is right for you. Find that resonance. You'll know it. You will feel it.

Any other questions?

**Caller:**

Yes. You remind me of this movie Bruce Almighty right now where you are hearing all of these voices from everywhere. :- ) I have a question. :- )

I seem to have everything that I want and wish for I just have a really big problem with public speaking. I can speak with people or three or four people, but in front

of people I just can't stop shaking and it's the only thing that is hindering me from success. I just wanted to thank you in advance. I am Valerie calling from California.

**Paul Bauer:**

Valerie I remember feeling that way when I first started, not before my speaking career, but before I was in my corporate life and I would be called on in a Managers meeting and I would feel like Fred Flintstone when he used to have that squeaking sound, and my palms used to sweat and my heart, I could almost feel like that Edgar Allan Poe, the telltale heart beating underneath the floor. The shift happened when I started practicing and I started grounding myself when I started speaking. I tried a toastmaster thing and I didn't have a vibe about that. I tried Dale Carnegie and I didn't have a vibe about that. And so what just started doing was I just started sharing naturally and mastermind groups.

I created a mastermind group here in Chicago with about four or five people. And I noticed that I didn't have any fear at all about speaking in that group. So I expanded my "M" field just a little bit there. The morphic field. And then I started expanding it out a little bit more and when someone in that group suggested that we do some public speaking skills, I went, "OH boy . . ." I was the one that created that group.

Some of you have read this story on my web site. About masterminding. I wondered if this was the gift that I came here for. Because I was giving all the time to that group. All the time. I put it together and I invited everybody. And you know how that goes. If you splayed Clara Barton all the time and you're giving all the time, it can kind of sap your strength.

But, after a while, if it's the right kind of group, the right kind of people in your "M" field and you notice that they're giving back to you as you are giving and it's this reciprocity that happens. So one of the fellows in our group, his name is Mike, suggested that we do public speaking. Long story short, after practicing it for about three or four times, the last time we practiced, it was here in my house, and this was actually many years ago. And it was in my living room and I had an easel with the topics that I was speaking on. It was called "The Power Within." And I sat down after a little 10 minute presentation, and they all had these huge grins on their face and they all said, "Okay PB, you're ready." And I said, "Are you serious?" Because Paul Bauer, PB - that was my nickname, and I fell really uncomfortable. And I said, "Ready for what?" And they said, "you're ready to take your show on the road my friend."

So you'll notice that as you practice stuff folks, you start getting better at it. So I was practicing it but I didn't have to do it in front of a thousand people at first. I did in front of five, and then I did in front of 27 about 45 days after that because I set my intent. Not as my goal, but as my intent. There's a big difference. I didn't

wish for it. I put on a free seminar in the Palatine public library in Chicago and 27 people showed up. It was one of those magical moments in my life and I'll never forget it. I felt like I was on a cloud. Cloud nine. So if you have that fear, here is really good news for you. It is energy that is trapped that wants to get out and do the speaking.

Does that resonate? So as Gregg Levoy in a beautiful called "Callings" talks about, the degree of the resistance you feel, in other words the fear, is the degree of the gift that lies on the other side. And if any of you are fearful of something, that's why I suggested that a little bit earlier. To the degree they you fear not having enough money, not enough love, that your health hasn't come back to you, whatever it might be, is the degree of power that lies trapped beneath the surface. And folks, that's why you want to study the subconscious. That is the secret. It is not the law of attraction. With all due respect. And that is just my own opinion. The real deep secret is can you be okay with what is underneath that surface?

So we have another question there.

**Caller:**

How do we clear an un-conscious block?

**Paul Bauer:**

Well that's part of the training. I cannot answer that question, in other words I cannot train you now in a couple of minutes. The essence of it is:

- a) you discover what those beliefs are, and
- b) you start learning about how to make peace with them.

I teach a process called the Present Moment Process (PMP).

That is level 1. And level 2 is the Limiting Belief Process. Which takes you deeper into the your own "stuff" that maybe you've never been before. So you don't have to spend months and months and months with a therapist. With all due respect to therapists I think they do good work. You know the really good ones because in about two or three offices visits you feel fantastic. If you haven't felt that way then seek someone else out.

I know based on my feelings and what I notice in people what works, what is Pono for them. So the steps and the processes that we take people through are based on what works for the greatest amount of people. If you ever come to some of our seminars like the last one that we had in Chicago, it was a Clear Mind training. We had people in 15 or 20 minutes clear their issues, and Deb if you're on the phone you can tell people your experience, Deb came up to the

front of the room and she was done with a ***very deep core issue*** in 15 minutes folks. I'm not kidding you. And I don't mean that I do the work. She was ready, **it was her intent** that drove it. But she understood not the how, but the power of the intent behind it. That is the key.

Now it's not something that you can do in a matter of minutes by just hearing me talk about it. *It's an experience*. That's where trainings come in. You can read this in a book and not get it. Because it is an intellectual construct. It's the experience of going through, stepping into the feeling, learning what to do with that feeling - in other words, noticing the language of the subconscious, and then processing it in a way that is *Pono* for the subconscious because if you do it in any other way than what is *Pono*, in other words what is loving to the subconscious, it will create more resistance and you'll be back where you started with. You may even feel worse because that's what I call the double bind because even though you studied stuff and you still can't get any further, you get mad at yourself because you studied stuff and you couldn't get any further.

**Caller:**

One question is I don't really understand about how it is already manifested in terms of Africa because I do feel that I am fine with everything I have here yet I am told that in other parts of the world there is serious suffering and I guess that is why Mother Teresa did the work that she did because somebody has to do something. And the second question has to do with what technique are you actually using to clear subconscious blocks

**Paul Bauer:**

So it is two questions. What happens when I still see stuff happening in the "world of effects?" In other words, the world of reality. And two, what techniques? The first question. If you, if any of us, start and end with this thing of what's going on outside of me, that is where the false premise begins. It is not what is going on outside of me that is the issue. It's what you are processing. In other words ***how it makes you feel***. So those of you who've heard of Dr. Len at all - Dr. Len is a Hawaiian Kahuna that Joe Vitale talks about. What Dr. Len does is he goes within and studies the issue. In this issue it would be *how I feel* about Africa and what's going on there.

Now, if you truly believe in this concept of oneness, and there's the whole key right there. If you don't believe it then you won't believe what I have to say here. But there is a part of you that does. And that is the part of you that I'm speaking to. To all of you. I am not speaking to your ego mind here or the conditioned beliefs, or the religious dogmas and things like that. I'm talking about that everything is part of an implicate order, everything is part of oneness. So if I noticed as the observer and I say there is pestilence and suffering going on there, that is a part of me that is creating it. And that sounds very strange to

some people as the only begin to study this. If you've been around the block a few times and you studied a little bit it may not sound so strange. So you go in and you check in on your feeling on that. How do I feel about this Africa thing? Or the money not showing up? Or whoever it is or whatever it is in your life. That is what you do. You process that. So that answers the first question.

The second question is that at the pedestrian level, in other words as you walked through your everyday life we teach you the present moment process, that helps you be present during the day so it's practical if you don't have time to do the deeper processes that we teach. The second one is this limiting belief clearing process. It also brings in the heart consciousness **because without heart consciousness it's coming from the mind.** For example, a lot of techniques that people use the premise that they use, in other words the "Origin Thought" is, that I have got a problem – "I want to get rid of it". If that is the premise you use as you do the work, unfortunately it will create more resistance. If you start from a place of "I want to make peace with this part of me," you will clear it far more easily. So those are the two basic techniques that we use, but let's just step aside from techniques just for moment. I don't know what your first name is. When I come back out of lecture you can tell me your first name.

Let's pretend that we don't need a technique just for a minute. Let's pretend that what we help you do is you reconnect to Source and you and Source take care of that. I really mean that. You don't need a technique folks. We have all tried them, some of them work. Some of the them work some of the time. But have you noticed that not all of them work all of the time? And if you are an EFT practitioner with all due respect, I'm not judging EFT any more than I am judging my work. What I am saying is that if Paul steps out of the way, and lets spirit, Source, whatever you want to call God, universe, universal consciousness do the work, that is the "technique" if you will without it being a technique at all.

**Caller:**

Paul yes my question is - I've been studying things related to this and I have been receiving your e-mails for quite awhile and I appreciate all of the information you've been sharing, it's really good stuff. There are a lot of people including myself that are of the mind set that if they are not able to attract or experience an abundant and prosperous state in the form of what we might determine to be successful, in other words like just going back to "The Secret" all the people on there are supposedly people that have accumulated a lot of money and things - how do you eliminate the belief that you're not a success if you don't have those things?

**Paul Bauer:**

Great question Jonathan. Think of the way you just phrased that question. How do you eliminate it? That is the false premise built into your statement. If you try to eliminate it, what is going to happen?

**Caller:**

It is just going to get bigger.

**Paul Bauer:**

Yes exactly. So shift that around. How can I notice it *already real*? How can I be in the place of One-ness where it is already in existence and I am talking about inside of you to begin with. If you wait around for stuff to show up, if we wait around for results to show up, that is immediate counter-intention. Now that is a really difficult one as we first really start doing this kind of work. This kind of process, whatever you want to call it. You know the essence of *Mana*-festing.

But if I can step back from my need and I mean from my polarized mind, to see results, then I can **be** in the essence – the “Field”.

The field as Lynne McTaggart talks about. As Rumi talked about. And if I can be in the world of cause more often than I am in the world of effects, and identify with that world of cause more often, then, number one, I'm going to notice that I'm at cause, that I am part of Source and Source and I are one, and two, that whenever I happen to have a “slip of my magnificence”, those of you that have heard us talk about that before, that is one of the phrases we got from some of our Hawaiian teachers. Whenever you have a *slip of your magnificence*, you'll then be able to go, “Oh that's interesting.”

Pretend it is like Columbo. You know that last thing that he would do when he would go to the door handle, and then he would stop and he would kind of touch his temple and he would have a cigar, and he would turn around and he would say, “I just have one more question.” Remember that? **Let yourself do that** when you're noticing that you're thinking that you need to do something or eliminate something or cut it out or get rid of it.

**Instead of transcending it.**

Because when you can transcend it, you won't need to do anything about it. You start collapsing the waves of polarized energies, having and not having, rich and poor, needing it and not needing it. Does that make sense?

**Caller:**

Good answer.

Hey Paul, thank you for all of the information you've given us. How is this course different from the Secrets of Manifesting course?

**Paul Bauer:**

Who is this?

**Caller:**

Jennifer.

**Paul Bauer:**

Have you been on the course before Jennifer?

**Caller:**

Yes I have.

**Paul Bauer:**

The essence of it is that we are going to go on like a faster track so to speak. We are going to tune in more and let Source do more of the work. That is the simplest way I can explain it to you. From a gut feeling that is what my intuition was telling lately. The secrets of manifesting that I was teaching was really good stuff and I had 400 or 500 or 600 people that took the course so far, and were just like eating it up. It took four weeks and I offered lots of Q&A sessions and it took a lot of time for me to teach it. And it is downloadable so you can download the course any time you want to. But I thought, "how could we do this in a simpler and more effective or more efficient way?" Now one of the key pieces is **Clear Mind**. Because if your mind is polarized remember, if you are thinking that you don't have something and you're thinking that you need to do something in order to have it, your mind is polarized.

But if you're in a place of oneness when you're in the present moment, you are tuned into that world of cause. The place where all things already exist. Then your mind is not polarized, you're tuned into your heart and that's when you've got this essence of manifesting. And so even if you have taken the secrets course before and you have Clear Mind, what I suggest is, get the course, the new one, the Ultra Manifesting course, it comes with Clear Mind, give your copy to a friend and help **them** experience that. Don't so much tell them how to do it, ask them if they want to do it. We have to be real careful folks with the people that are in our lives. Be real, real careful. Boy, I got hit over the head on this one years and years ago when I was like preaching stuff to people. Oh my God is that an uncomfortable feeling for our friends to feel and you know what I'm talking

about. If you have it in your heart you just kind of offer it out as a gift to somebody and if somebody really wants it, they'll take it. You won't have to push it on them in anyway.

**Caller:**

When is the next Hawaiian retreat?

**Paul Bauer:**

When is the next Hawaiian retreat? I think it is March 15th through the 23rd. Everyone's say Hi to Susan.

**Caller:**

Hi Susan. Are you both still doing Sedona?

**Paul Bauer:**

Yes we are. It looks like a lot of people have started hanging up so I have the circuit for a little while longer.

**Caller:**

In filling out the form that you sent out, somehow I missed what single thought is it that effects every choice and decision you make?

**Paul Bauer:**

That is the *Origin Thought*. In other words, that is the thought beneath the thought that drives all of the behavior. That's what we talked about on the whole call tonight. If the person thinks they are separate from something, if they think they need to do something, if they think they need to apply LOA toward something, the origin thought is they don't have it. So seek what your thought beneath your actions are. Seek the energy that is driving your actions and your behavior. Underneath that is going to be origin your thought. Enough, not enough.

That is usually what it is based on. Having enough love, not having enough love. Money, no money. Secure, not secure. And there are ***polarities*** there that reside at that level and that is where the origin thought comes in. That is the single most important thought. All of the other ones are just going to be like window dressings so to speak. All those other thoughts you think, including putting on techniques on top of it, like certain ones that I of talked about, like LOA, etc.. If your origin thought is "I don't have it, and I need it and I want it, and you start doing techniques and you try to attracting stuff, if your origin thought

does not shift in anyway, even if you “get” some stuff, you will still be left with the same feeling underneath because that creates an attractor field within you, that “Origin Thought” creates that field within you.

So we're going to close up shop now. So thank you everybody for coming on the call tonight and Mahalo to all of you. The Ultra Manifesting course is now open.

And in the meantime I will send that a few more articles and I will post the audio of this clip tonight of our review meeting. So all of you have a wonderful evening and the rest of your week as well.

Thank you...

Mahalo and Aloha. God Bless.

**[To reserve your spot in the “Ultra-Manifesting” Course, click here.](#)**

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