

THE AWAKENING COURSE

INSPIRED ACTION GUIDE



DR. JOE VITALE

AS FEATURED IN
"THE SECRET"

THE AWAKENING COURSE

DISCOVER THE MISSING SECRET FOR ATTRACTING
HEALTH, WEALTH, HAPPINESS AND LOVE

INSPIRED ACTION GUIDE

BY DR. JOE VITALE

TABLE OF CONTENTS

| | |
|--|-----------|
| How to Use The <i>Inspired Action Guide</i> | 2 |
| CD 1: Introduction | 3 |
| CD 2: Victimhood | 7 |
| CD 3: Empowerment | 12 |
| CD 4: Surrender | 16 |
| CD 5: Awakening | 19 |
| Products and Services | 23 |

HOW TO USE THE *INSPIRED ACTION GUIDE*

“You are the masterpiece of your own life; you are the Michelangelo of your own life. The David that you are sculpting is you.”

— Dr. Joe Vitale, star of the movies *The Secret*, *The Opus*, and *The Compass*

Welcome to Dr. Joe Vitale’s *Awakening Course*. This *Inspired Action Guide* has been created to aid you not only in attracting the life of your dreams, but also in moving beyond the Law of Attraction towards awakening to the highest level of personal transformation possible. In the *Awakening Course*, Joe takes you on a journey through the four stages of awakening. He instructs you on the pitfalls and practices of each stage, and finally into the final stage – Awakening.

No matter which of the four stages you find yourself in, the theories, practices and experiential exercises within this program will assist you in moving forward in your life with a greater sense of ease and well being. You will dispel any beliefs that may have put you in a place of victimhood, scarcity, and lack in your life, and create new practices and beliefs that will put you in a place of personal empowerment and transformation. Joe provides you with cleaning and clearing methods that can literally shift your life into one in which miracles become an ongoing occurrence.

Dr. Joe Vitale is a gifted inspirational speaker, author, spiritual marketer, and innovator in the area of human dynamics and personal transformation. He has the ability to think beyond the status quo, and has developed a compelling new program to aid you in creating the life you want. He has an ingenious way of looking at the world of opportunities from the perspective of attracting what you desire. In order to gain the full benefits of the *Awakening*

Course, take time out each day to **act** on the insights and strategies that Joe has provided for you. As you take initiative on these powerful stages of awakening, you may discover that everything you have been striving for throughout your lifetime suddenly manifests in your life.

To achieve the maximum benefits from the *Awakening Course*, listen to each CD at least twice, ideally three times, and then work on the corresponding chapter in this *Inspired Action Guide*. Listening to each CD several times allows it to sink into your subconscious mind as you make more and more discoveries each time you listen. Be sure to keep a pen and some paper handy as you listen to the *Awakening Course*, and be prepared to stop the program when you hear an idea or technique that appeals to you. Think about your idea in connection with your situation, your work, your lifestyle, and then prepare an inspired action plan.

Do not procrastinate. Start using your *Inspired Action Guide* right away. Give yourself a deadline to complete each exercise and be committed to following through. Without implementing any of the action steps that you have mapped out for yourself, the *Awakening Course* becomes nothing more than a listening exercise. In order to get the full benefits from the *Awakening Course*, make the decision here and now to **work** through it, **act** upon your insights and strategies, and achieve the kind of results in your life that you’ve never thought possible.

CD I: INTRODUCTION

*“Beliefs are the determinant of what one experiences.
There are no external causes.”*

— David Hawkins, *I: Reality and Subjectivity*

In this introductory session, Joe provides an overview of the *Awakening Course*. He takes you through his own “rags to riches” story and discusses how your fears can be catalysts to finding your greatest success. He shares insights on the phenomenon of The Law of Attraction, along with eye-opening perspectives on money, role models, and the power of your unconscious mind. He ends the program with a new definition of what “marketing” is, and starts you on your journey to discover what your greatest fears, desires and ambitions are.

1. In the introduction to the *Awakening Course*, the narrator asks several questions. Take the time to answer them now.

a. What would you dare to do if you couldn't lose?

b. What would you dare to be if you were guaranteed unconditional success?

c. What would you dare to have if there were absolutely no limits?

THE AWAKENING COURSE INSPIRED ACTION GUIDE

2. Dr. Vitale opens the *Awakening Course* by stating that where you are right now can be a painful place, but one that is temporary. Where are you right now? Write a paragraph about what's going on in your life.

3. Joe lists several programs and books that have really helped him on his personal journey. What books and programs have most affected you on your personal journey?

4. Why do you believe you were drawn to this program? What are you hoping to get out of it?

5. Joe describes a challenging time in his life when he was homeless – and how he used inspirational books, research and personal growth to get out of the struggle. What tools have you used to get out of past difficult situations?

6. Make a list of five things that you would like to change or create in your life:

1. _____

2. _____

3. _____

4. _____

5. _____

7. Joe states that our beliefs create our reality. If we believe we have to struggle through life, what beliefs do you have about life? Do you believe you have to fight your way through life? If so, how?

8. Who do you model yourself after (parent, famous person, anyone else)? What traits do they possess that you may have replicated in your life?

9. You may hold most of your self-destructive beliefs in your subconscious mind; beliefs that you are not aware of. Do you believe that your life is being greatly affected by beliefs you're unaware of? Yes No

10. Noting the effects of the media and other environmental conditions, make a list of all of the fears that you are feeling.

11. Joe explains that some of the greatest challenges that you are facing right now can become future opportunities. Take some time to list any challenges that you are currently facing in your life.

THE AWAKENING COURSE INSPIRED ACTION GUIDE

12. Dr. Vitale describes how, very often, your greatest success, is right behind your strongest fears. Make a list of your strongest fears.

13. Joe states that we have many conscious and unconscious beliefs about money that will strongly affect how much we have in our lives. What are your conscious beliefs about money?

14. Listed below are some of the benefits that you can receive as a result of the *Awakening Course*. Note those that you would like to experience in your life:

- | | | |
|--|-----------|----------|
| a. Get out of debt | Yes _____ | No _____ |
| b. Be financially free | Yes _____ | No _____ |
| c. Better health, lose weight | Yes _____ | No _____ |
| d. Find happiness | Yes _____ | No _____ |
| e. Move up levels of awareness in life | Yes _____ | No _____ |
| f. Become more conscious | Yes _____ | No _____ |
| g. Attract a spouse or loving partner | Yes _____ | No _____ |
| h. Be happier in my life | Yes _____ | No _____ |

15. Joe suggests that you avoid judging yourself on any material desires that you have (cars, money, fancy jewelry, multiple homes). Write a list of any material desires you currently have.

16. Having gone through your Fear List (Question #10) with Joe in the ending meditation, write down any new insights or ideas you may have experienced as you reflected on those fears.

CD 2: VICTIMHOOD

“If you would like the world to be happier, healthier and wealthier, begin by contributing one happy, healthy and wealthy person to it: You.”

— Dr. Joe Vitale, star of the movies *The Secret*, *The Opus*, and *The Compass*

In this session Joe begins to take you through the Four Stages of Awakening. He opens the session informing you that many of the influences within your childhood actually program you to be under the thumb of someone else. This leads you into Stage #1: Victimhood. He then takes you through several exercises to assist you in detaching from your mind, and learning how you have been holding onto being a victim. He then takes you through additional processes in which you learned to re-state complaints and negativisms into more positive beliefs and practices. He asserts that, once you awaken to the realization that you have been feeling like a victim, you can then free yourself from victimhood and align with Stage #2.

1. Joe quotes Mandy Evans, “Confusion is that wonderful state of mind right before clarity.” In what areas in your life are you currently feeling confused?

2. Joe emphasizes that as a child you absorb and take on programming from your parents, teachers, and other influences. List any messages (positive and negative) that you received from others during your childhood.

3. What kind of programming have you received about lack and limitation?

THE AWAKENING COURSE INSPIRED ACTION GUIDE

4. Joe explains that your early programming has led you to believe that you are a victim in your life. Remember that very often you see yourself as a victim and don't know it. You might make note of what or whom you complain about in your life (the system, the government, the President, terrorists, neighbors, friends, family, economy, boss). Make a list of whom or what you currently feel victim to in your life.

5. The *Seven Key Principles* that will help you awaken to this stage, and move you forward in your life are:

- You aren't to blame, it's not your fault, but you are totally responsible for your experiences.
- You are absorbing beliefs unconsciously from the culture itself.
- You are not ruler of the earth or God, and you have more power than you realize.
- You can change your thoughts, when you are aware of them.
- You can do the impossible. You don't know your limits.
- Whatever image you add emotion to will tend to manifest.
- You can have miracles when you let go of attachment and need.

Do you believe that ...

| | | |
|---|-----------|----------|
| You are responsible for your experiences? | Yes _____ | No _____ |
| You are absorbing unconscious beliefs from the culture? | Yes _____ | No _____ |
| You have great power? | Yes _____ | No _____ |
| You can change your thoughts? | Yes _____ | No _____ |
| You can do the impossible? | Yes _____ | No _____ |
| You will manifest whatever image you add emotion to? | Yes _____ | No _____ |
| You can have miracles when you let go of attachment? | Yes _____ | No _____ |

6. Joe clarifies that there is a difference between being a victim to a certain circumstance or experience in your life, as compared to having a "victim consciousness." You may have had difficult experiences happen to you in your life, however you don't hold onto them and remain powerless over them throughout your life. It is important that you understand the difference. Do you understand it? If so, write it down in your words. If not, re-listen to the *Victimhood* session so that you do.

7. Quoting Mandy Evans, Joe states, "It's not what happened to you that matters, it's what you determined it meant that is important." Recall a struggling experience that made you feel like a victim. Reflecting on the situation, can you now find something good that came of it?

8. Einstein said, "The significant problems we have cannot be solved at the same level of thinking with which we created them." What does this quote mean to you? Write about an example from your own life in which you tried to solve a problem with the same mindset you used to create it.

9. Joe encourages you to find the humor and/or positive that comes from every event in your life. When you get to the point where you can laugh about it, you are in a good place. Next time you find yourself in a challenging place, see if you can find a positive in it. Try this exercise, and make any notes based on your experience.

10. Joe introduces you to Will Bowen's book, *A Complaint Free World*. He issued you a challenge – to not voice a complaint for a minimum of 30 days. Go at least one day without complaining. Write about your progress, pitfalls or new awakenings. Then try Joe's 30-day, complaint-free challenge. Be sure to note your insights.

THE AWAKENING COURSE INSPIRED ACTION GUIDE

11. When you catch yourself starting to complain, stop and state the opposite intention. If you receive a bill, you might catch yourself wanting to complain about it. Pause, and turn it into what you want. Therefore, instead of complaining, "I don't have enough money to pay this bill," you might state, "I intend to have more than enough money to pay this bill and all my other bills."
-
-
-

| <u>12. Initial Word or Phrase</u> | <u>You Could Change To</u> |
|-----------------------------------|----------------------------|
| Problems | Opportunities |
| I have to | I get to |
| Setback | Challenge |
| Enemy | Friend |
| Tormentor | Teacher |
| Pain | A signal |
| I demand | I would appreciate |
| I have a complaint | I have a request |
| I am struggling | I am on a journey |
| You did this | I created this |

Transform your vocabulary with the list above. Write down any changes that you feel or experience.

13. Joe speaks of the Marva Collins way and how she started a new school system where she LOVED all the children. She rewarded them when they were right instead of condemning them when they were wrong. The results were incredible. Joe also discussed Win Wenger and his higher learning techniques that state, "You get more of whatever you focus on." Both models were built on the principle that, "whatever you focus on will expand." Now, write at least three positive things that you would like to focus on and make note of how they expand.

1. _____
2. _____
3. _____

14. List all of your strengths and positive traits. Focus on them, take an inventory of them, and really honor yourself.

15. Re-visit the list of circumstances (from question #4 of this session) in which you have been feeling victim to. Choose one of the items on the list, and then look at it with a little bit of detachment. Then have a dialogue with it and ask if it did, in fact, have a meaning, and what that meaning is? What might have been the positive reason behind it? Write out any insights that you may have had after the dialogue. Be sure to journal on each and every insight, shift, and miracle that occurs as you continue through this process. Try this with each item on your list.

CD 3: EMPOWERMENT

*“If you don’t know you can’t, you can.
If you don’t know you can, you can’t.”*

— Gene Landrum, Ph.D., author, *The Superman Syndrome*

Empowerment is introduced in this session. Joe opens this session discussing the Law of Attraction and *The Secret*. He then speaks of how you can attract anything you want into your life by following the five steps he outlines in his bestselling book *The Attractor Factor*. He takes you through each of the five steps and provides you with insights on how to apply them to clear anything that might get in your way. He ends this session discussing the power that gratitude will have in your life.

1. Joe opens this program describing the *The Secret*, the Law of Attraction and how we are all responsible for what happens to us. Write out your current understanding of the Law of Attraction and how it works.

2. Here are the five steps you need to follow to attract what you want in your life:

- 1) Make note of what you don't want.
- 2) Transform #1 by declaring your intention – what you do want.
- 3) Get clear of any negativity and limiting beliefs that may be stopping you.
- 4) Nevillize your goal by visualizing the end result and really feeling it.
- 5) Let go while taking “inspired” action.

Go through the steps above. Have you ever worked an intention through the five steps and achieved success? If so, write about it. If not, go to the next action step to create your new intention using the steps.

3. Imagine something you'd like to attract into your life right now (perhaps a car, a relationship, better health, a house). If you are struggling to find something, you might take note of something you've been complaining about lately. Turn that negative into a strong intention statement, i.e. "I intend to have a beautiful house." Then note if any obstacles or negative thoughts come up. If you experience any, write them down.

4. Go through Step 4, and visualize your goal. Find an imagery experience that is at the end result of the attraction. See and feel yourself in a situation where you've already attracted it to you. Write about your feelings and what you saw.

5. Now you must go through the final step and let go of your attachment to your goal. Then you will find that you will get little suggestions and nudges from within you to take actions. These will often come through your unconscious into your conscious mind. Trust and know that they will take you in the direction of where you want to go. Be sure to write about any insights you receive after you've taken these actions.

THE AWAKENING COURSE INSPIRED ACTION GUIDE

6. Joe dares you to do something worthy. He shares examples of people who are legally blind and yet see. Autistic children who go on to graduate university. Similarly he challenges you to do something big. List every big idea you have. Do not stop yourself or edit out anything. Give yourself total permission to get out of your box and allow yourself grand expressions of manifestation.

7. Another way to attract what you want is to feel gratitude. Make a list of the people, things, and experiences that you are grateful for, no matter how large or small.

8. Write down any inventive ideas you have.

9. Become a belief detective. Catch yourself when you make any negative statements like, "This always happens to me, I'll never have money, or men or women are always like this." Then ask yourself why you have that negative belief. Investigate where that negative belief may have been introduced into your psyche (perhaps messages from your parents, teachers, mentors). You can then reflect on whether that belief is serving you. If not, let it go. If you continue to believe the evidence against the belief, question it and ask yourself how it serves you.

10. Dr. Vitale used to think, "The more money I spend, the less money I have." He questioned it, and changed that statement to, "The more money I spend, the more money I receive." Since making that small shift, he has noted ongoing wondrous change in his financial situation. Try making this shift. Or if you already have, create a similar shift in another challenging area of your life, and note any related changes.

11. Do a final inventory of what you are grateful for in your life. Continue to add to your list.

12. It is time to manifest something big in your life. Go back to the "Dare Something Worthy" list (question #6), and select one item. Then use it during the visualization exercise that Joe will walk you through on the CD. Note any ideas or insights you have.

CD 4: SURRENDER

“I’m completely satisfied, I just want more!”

— Britta Alexandra aka Miss Bootzie

In this session Joe introduces you to **Surrender**, Stage 3 of the *Awakening Course*. He opens this session with a description of the miraculous work of Dr. Hew Len and the Self-Identity Ho’oponopono Process – taking you through the four phrases, and explaining the power and reasoning behind this powerful cleaning technique. By claiming complete responsibility for everything in your life, and cleaning all that you come in contact with, you are able to move past the empowerment stage to a place where you are consciously co-creating with the Divine.

1. **Dr. Hew Len suggested to Joe that all that he had done to heal the patients of the Hospital for the Criminally Insane in Hawaii, was to clear and clean himself, not the patients. Based on the Self-Identity Ho’oponopono Process, you have co-created everything in your life and therefore need to clean the emotions around it. Have you had any experiences that you struggle to believe you created? If so, list them.**

2. **The four phrases that Dr. Hew Len suggests you say to clean and clear issues are:**

- 1) I’m sorry.
- 2) Please forgive me.
- 3) I love you.
- 4) Thank you.

Try using this cleaning technique on something in your life. Are there any steps that feel uncomfortable to you? If so, try cleaning around that discomfort, and make note of any insights or feelings that arise.

3. **Continuously say all four phrases or even just the phrase, “I love you” throughout your day. Make note of anything you feel.**

4. Dr. Vitale says, "The difference between ego intentions and Divine intentions are that ego intentions are "comparison-winner" driven and come from your head, whereas Divine intentions begin with an intuitive nudge felt in the heart and are "passion-enthusiasm" driven." List two intentions (ego-driven and Divinely-driven). Take note of how they feel and how the world responds to each. Note any awakenings or insights you receive.

5. You cannot predict your next thought. Thoughts bubble up from your unconscious mind. Take a moment and simply watch your thoughts come and go. Write them out. Then reflect on how you are not those thoughts and how they move through you. If the thoughts are negative, clear them through the Ho'oponopono process.

6. Have you ever noticed that whenever there's a problem in your life, you are always there? You took part in the creation of it. So you must take the thoughts and feelings you have around it and give it to the Divine. You do this by re-stating, "I'm sorry, please forgive me, I love you, thank you." Write down all the things that annoy you and then do the clearing exercise on them.

7. Whatever happens in your life is not your fault, but it is your responsibility. Reflect on previous circumstances or issues that you have deemed as "your fault." Do the cleaning exercise on the guilt that you feel around it. Write about your experience.

8. Joe describes a special prayer that says, "not my will, but thine be done." Try to start praying with the phrase, "not my will, but thine be done." Note how you feel. Write down any insights or awakenings you receive.

THE AWAKENING COURSE INSPIRED ACTION GUIDE

9. Whenever Joe or other successful business people had concerns or objections on their minds, they would simply clean them. Make a list of any business desires, concerns or challenges you have. After writing the list, take time to do the cleaning process with each and note any shifts that occur.

10. List anything that you are currently worried about. Do the cleaning process on each item.

11. Make a list of things you are trying to “control” in your life. Include on this list doing a physical and emotional check up when you are tense, and noting the circumstances that surround that tension/fear. List those as “control” items as well.

12. Go through the clearing process with Joe on each of the items you listed in question #11. Note anything related to each issue and clear on it for the next 30 days.

Item of concern:

Item of concern:

Item of concern:

CD 5: AWAKENING

"You unconsciously demand all your experiences, and you deliver to others the experiences they subconsciously request."

— Susan Shumsky, *Miracle Prayer*

Stage 4: Awakening is introduced in this session. Joe opens this session emphasizing that you are not your body, thoughts, or feelings. You are simply experiencing them. He further explains that you are the witness and the Divine that has chosen to come to this world in human form. And from there, he prepares you for the Awakening stage.

1. Dr. Vitale describes your natural state as a blank whiteboard open to the messages of the Divine. It is here, you can experience a *satori* moment; one in which you merge with all beings and experience a oneness in which you realize that you are God. You are not THE God, but you become one with the Divine when you awaken. The best way to prepare for a *satori* or awakening experience is to meditate. Make time to detach from your thoughts, feelings and body. Meditate for 10 to 20 minutes twice a day. Do you currently meditate? If not, why not? Write out any blocks that you may have around meditating and do some cleaning on those thoughts or perceptions.

2. Do you practice any of the three ways that Joe suggests you use to prepare for awakening?

- | | | | | |
|--------------------------------------|-----|-------|----|-------|
| a. Meditating | Yes | _____ | No | _____ |
| b. Being a mystic in the marketplace | Yes | _____ | No | _____ |
| c. Living in the present moment | Yes | _____ | No | _____ |

3. Are you aware of any fears when you consider meditating? If so, list them below and clean on each of those fears.

4. As you meditate, take note of your thoughts as they enter your head. Go behind the thoughts to the blank whiteboard; the witness-self. Take some time to witness your mind and write about what you experience.

THE AWAKENING COURSE INSPIRED ACTION GUIDE

5. As you proceed throughout your day, practice being a mystic in the marketplace. As you do your daily chores, concentrate on being separate from your body, thoughts and feelings. Write about any insights or awakenings you experience.

6. Write an expression of gratitude for all the joys in your life.

7. Be happy right now. The incessant chasing of worldly “things” is an illusion that can keep you preoccupied and distracted from present moment happiness. Do an inventory of your life and write a list of those “things” that you are constantly chasing, believing that by acquiring them you will find happiness.

8. Another practice that will assist you in staying “in the moment” is to note your inner dialogue. When someone is speaking to you, note if you are focusing completely on them and what they’re conveying. If not, you are most likely focusing on the next thing you’re going to say. Try to listen in the moment throughout the day and make note of any insights you gain by practicing this exercise.

9. Joe says you must live in the moment. Do you have a home or office filled with stuff? If so, take the time to clean it out or de-clutter. This will help you let go, be more in the present, and literally create space for new experiences. Write about any insights you gain when de-cluttering.

10. Do a personal inventory of moments in which you've felt "awakened." Perhaps you had a glimpse of bliss or deep-felt peace. Make a list of these moments or experiences, and know that as you commit to your own personal growth, you will continue to experience them in your life.

11. Joe suggests that you ask great spiritual masters for assistance in reaching the satori state or to help you surrender to your highest self. Write about anything you feel or experience in doing this practice.

12. Dr. Vitale recommends using a meditation log. Meditate at least 5-10 minutes daily for at least 21 days.

- Day 1 Date: _____ Yes ___ No ___
- Day 2 Date: _____ Yes ___ No ___
- Day 3 Date: _____ Yes ___ No ___
- Day 4 Date: _____ Yes ___ No ___
- Day 5 Date: _____ Yes ___ No ___
- Day 6 Date: _____ Yes ___ No ___
- Day 7 Date: _____ Yes ___ No ___
- Day 8 Date: _____ Yes ___ No ___
- Day 9 Date: _____ Yes ___ No ___
- Day 10 Date: _____ Yes ___ No ___
- Day 11 Date: _____ Yes ___ No ___
- Day 12 Date: _____ Yes ___ No ___
- Day 13 Date: _____ Yes ___ No ___
- Day 14 Date: _____ Yes ___ No ___
- Day 15 Date: _____ Yes ___ No ___
- Day 16 Date: _____ Yes ___ No ___
- Day 17 Date: _____ Yes ___ No ___
- Day 18 Date: _____ Yes ___ No ___
- Day 19 Date: _____ Yes ___ No ___
- Day 20 Date: _____ Yes ___ No ___
- Day 21 Date: _____ Yes ___ No ___

THE AWAKENING COURSE INSPIRED ACTION GUIDE

13. Be sure to journal any insights, or ideas that you may receive. Give yourself permission for greater creative expression, in whatever form it wishes to communicate. And finally, remember to express gratitude.

Day 1: Today I experienced _____

Day 2: Today I experienced _____

Day 3: Today I experienced _____

Day 4: Today I experienced _____

Day 5: Today I experienced _____

Day 6: Today I experienced _____

Day 7: Today I experienced _____

Day 8: Today I experienced _____

Day 9: Today I experienced _____

Day 10: Today I experienced _____

Day 11: Today I experienced _____

Day 12: Today I experienced _____

Day 13: Today I experienced _____

Day 14: Today I experienced _____

Day 15: Today I experienced _____

Day 16: Today I experienced _____

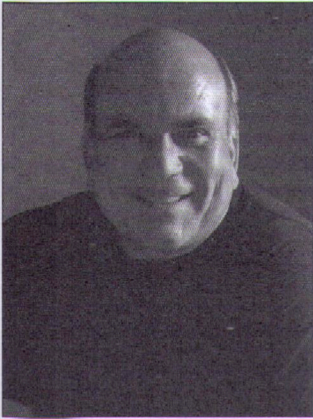
Day 17: Today I experienced _____

Day 18: Today I experienced _____

Day 19: Today I experienced _____

Day 20: Today I experienced _____

Day 21: Today I experienced _____



Dr. Joe Vitale

Bestselling author Dr. Joe Vitale, is known as the world's only "spiritual" marketer.

Combining his unique, one-of-a-kind charismatic/inspirational style, and exclusive five-step "attraction" system, Joe has successfully coached thousands of people, through his seminars, books, DVDs, webinars, and TV/radio appearances, on the Law of Attraction. Thousands of testimonials from all over the world prove Joe's 5-step method for attracting wealth, health, love,

and happiness work. His system has helped countless people become millionaires and find happiness. Joe's system is so effective, he was asked to star in the world-famous movie "The Secret," as well as co-author the book.

Joe Vitale developed his 5-step system when he went from literally being homeless, living on the streets of Dallas, to becoming one of the most prolific writers and entrepreneurs. Now he is financially independent living the life most only dream about. His life's mission is to help others to do the same.

As a writer, Joe Vitale has written many bestsellers on the Law of Attraction including...

The Key: The Missing Secret for Attracting Anything You Want
The Attractor Factor: 5 Easy Steps for Creating Wealth (or anything else)

Life's Missing Instruction Manual: The Guidebook You Should Have Been Given at Birth.

Zero Limits: The Secret Hawaiian System for Wealth, Health, Peace, and More

Spiritual Marketing: A Proven 5-Step Formula for Easily Creating Wealth from the Inside Out

How to Attain Your Desires: How to Live Life And Love It

How to Attain Your Desires by Letting Your Subconscious Mind Work for You

Adventures Within: Confessions of an Inner-World Journalist

The Seven Lost Secrets of Success

Your Internet Cash Machine: The Insider's Guide to Making Big Money, Fast!

Hypnotic Writing: How to Seduce and Persuade Customers With Only Your Words

Buying Trances: A New Psychology of Sales and Marketing

Meet and Grow Rich: How to Easily Create and Operate Your Own "Mastermind" Group for Health, Wealth, and More

There's a Customer Born Every Minute: P.T. Barnum's Secrets to Business Success

The E-Code: 32 Internet Superstars Reveal 47 Ways to Make Money Online Almost Instantly

The Greatest Money-Making Secret in History!

Cyber Writing: How to Promote Your Product or Service Online (Without Being Flamed)

The A.M.A. Complete Guide to Small Business Advertising

At Your Command: The Famous Mystic's Universal Recipe for Guaranteed Success in Any Situation

The Successful Coach: Insider Secrets to Becoming a Top Coach

Joe also is the founder of the *Miracles Coaching* program (www.miraclescoaching.com). This is the only program dedicated to teaching thousands of people, through one-on-one coaching, how to use the Law of Attraction to create miracles in their lives.

Joe has also starred in and produced CD/DVD programs including...

The Awakening Course

The Awakened Millionaire

The Awakened Relationship

The Missing Secret Home Study Course: How to Use The Law of Attraction to Easily Attract What You Want... Every Time

The Missing Secret: Lecture Series Volume 1&2

The Subliminal Manifestation Series -- Forgiveness and Love

The Subliminal Manifestation Series -- Fear-Less: Transcend and Break Through Fear

The Subliminal Manifestation Series -- Attracting Wealth: Magnetizing Your Unconscious Mind for Prosperity

The Attractor Factor Blueprint Essential DVD Study Course

The Beyond Manifestation Spiritual Growth System

Money Beyond Belief

How to Attract A New Car

Joe Vitale is a much sought-after public speaker, speaking to thousands of people annually at prestigious events including the Learning Annex expo and the National Speaker's Association among other large-scale events.

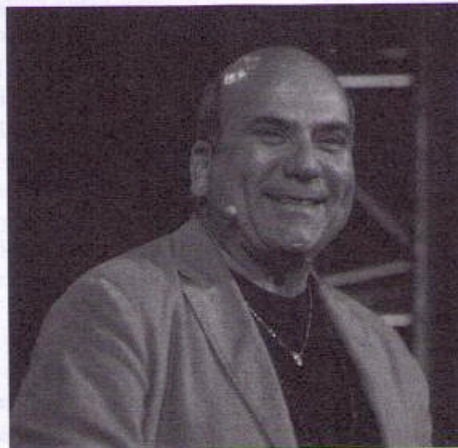
He's also one of the most sought-after media interviews. His most recent interviews include, *Larry King Live*, *The Big Idea With Donny Deutsch*, *Extra TV*, and *Newsweek* magazine.

Joe's website address is www.joevitale.com. Here, Joe presents all his products/services, speaking schedule, and links to his blog sites. Readers can also sign up for his complimentary newsletter called "News You Can Use" at <http://www.joevitale.com/hypnotic-newsletter.html>.

Joe Vitale is also a passionate philanthropist and humanitarian, working with many private and public organizations.

For general information on Joe Vitale or to schedule an interview, please contact his personal assistant Suzanne Burns at 1-512-278-1610, or you may e-mail her at Suzanne@mrfire.com.

For all marketing, product development, and partnership requests, please contact Peter Wink, Vice President, Marketing & Product Development, at 1-847-985-1321, or you may e-mail him at peter@mrfire.com.



www.JoeVitale.com

ATTRACT MIRACLES!

With Joe Vitale, star of "The Secret"

What do you want to attract in your life?

Do you want more money, a new car or home, a trim body, to find your soulmate, less stress, a fulfilling career, or to become happier? Now you can.

Hundreds have joined Dr. Joe Vitale's *Miracles Coaching Program* to attract...

- Wealth!
- Relationships!
- Cars!
- Homes!
- Happiness
- Better health!


And much more!

How did they do it? They all learned a step-by-step, simple-to-follow process for attracting whatever they wanted in their life.

And so can you.

To learn more about Dr. Joe Vitale's *Miracles Coaching Program* go to...

www.MiraclesCoaching.com



THE AWAKENING COURSE

DR. JOE VITALE

CD #1 – INTRODUCTION

1. Introduction / There Is Another Way
2. My Life On The Streets
3. Move Forward Through The Four Stages of Awakening
4. The Basics of Awakening and Beyond
5. Why Some Things Are Happening In Your Life
6. “Efforting” Your Way Through Life
7. Clearing Yourself of Limiting Beliefs
8. Practical Tools and Meditations
9. Being Free From Fear
10. List Your “Fears”
11. The Power of Your Unconscious Mind
12. Why You Need to Face Your Fears
13. Abundance and Money Is Good
14. Program Summary and Meditation
15. End of Session

CD #2 – VICTIMHOOD

1. Being a Victim
2. Seven Key Points For Becoming Empowered
3. Who Do You Blame?
4. The Victim Mentality
5. You Have A Choice
6. Memories and Their Meanings
7. Complaining and Setting Intentions
8. Workbook and Relaxation Exercises
9. End of Session

CD #3 – EMPOWERMENT

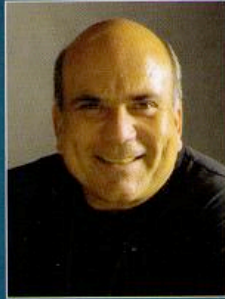
1. Introduction / 5-Step Attractor Factor Process
2. Imagining and Setting Intentions
3. Dare Something Worthy
4. How You Clear Your Beliefs
5. Kirk and The Power of Gratitude
6. Becoming a Belief Detective
7. Writing a Gratitude List
8. Introduction to Relaxation Exercise
9. “What Would You Dare?” Exercise
10. End of Session

CD #4 – SURRENDER

1. Introduction to Surrendering / Dr. Len Story
2. Cleaning the Unconscious Mind
3. Taking Responsibility for Everything
4. Asking for Assistance / Giving Up Control
5. Not My Will But Thine Be Done
6. A Powerful and Practical Tool
7. Letting Go Of Worry
8. Workbook Exercise
9. The Clearing Process
10. End of Session

CD #5 – AWAKENING

1. Introduction to Awakening / The Whiteboard
2. How to Prepare Yourself For Awakening
3. Be Happy Right Now
4. Your Inner Dialogue
5. Detachment & Projecting
6. Losing Your Training Wheels
7. Workbook Exercise
8. End of *Awakening Course*



Bestselling author and star of the movie *The Secret*, Dr. Joe Vitale has successfully coached thousands of people through his seminars, books, DVDs, webinars, Podcasts, and TV/radio appearances, on the Law of Attraction and personal transformation. His proven systems have helped countless people attract miracles and find happiness.

Dr. Joe Vitale is the author of many bestselling books and personal development programs including *The Key*, *The Attractor Factor*, *Zero Limits*, *Life's Missing Instruction Manual*, *Adventures Within*, *The Seven Lost Secrets of Success*, *The Awakening Course*, *The Awakened Millionaire*, *The Awakened Relationship*, and *The Missing Secret*, to name a few.

He is also the founder of the “**Miracles Coaching**” program (www.miraclescoaching.com). This is the only program dedicated to teaching thousands of people, through one-on-one coaching, how to use the Law of Attraction to create miracles in their lives. His main website is located at www.joevitale.com.

www.AwakeningCourse.com

Executive Producer: Peter Wink
Workbook Producer: Theresa Marbach
Editors: Suzanne Burns & Peter Wink
Workbook Design: Ted Angel

Item # ACWBK
© Copyright 2008. Hypnotic Marketing, Inc.
Austin, TX • 1-512-278-1610
www.joevitale.com