

**A N T Ó N I O
B A S T O S**

**How to
Materialize
Your
Dreams**

YOUR STEP-BY-STEP GUIDE

Index

A Note From the Author	03
Introduction	04
Goal Setting Form	05
List of Affirmations	07
Theory of Goal Setting	09
How the Mind Works	12
The Power of Subconscious Mind	12
Virus of the Mind and Memes	15
The Power of Now	17
Thought Creates Reality	19
Positive Attitude	21
How to Program Your Mind	25
Motivational Affirmations	27
Money Affirmations	29
Self Confidence Affirmations	30
Weight Loss Affirmations	31
Happiness Affirmations	32
The Universal Laws of Attraction	33
Deliberate Attraction	36
Thoughts, Feelings, Love and Emotions	39
Dream Guide	43
Goal Board	46
How to Set Goals	47
How to Choose a Career	52
Setting Life Goals	55

A Note from the Author

If you could create your ideal life what would it be?

Very often we settle for the life that others choose for us, or we accept the life that we have because we believe that this is our fate. If you believe in fate then you are accepting that you have no choice when it comes to determining your future.



I worked as an electrical engineer for an international company in the medical engineering field for thirty years where I came face to face with the laws of energy, Newton's laws of motion, Einstein's theories and quantum physics.

My life-changing moment occurred when I was introduced to Magnetic Resonance Imaging (MRI).

I witnessed how energy in the form of electro-magnetic waves emitted from our body could produce diagnostic images, so clear that it was like dissecting the human body into slices.

The amazing thing was not the final result because, after all, Computed Tomography (CT) scanners also produced cross sectional images using x-rays. The astonishing thing was that these MRI images were not produced by means of x-rays or isotopes injected into the body, but by capturing the electro-magnetic energy from the hydrogen protons in our body.

The energy being emitted from our body was changed into vivid physical images.

For me, this was proof of what Albert Einstein had stated about energy: "Energy cannot be created or destroyed, it can only be changed from one form into another".

Then I learnt that our thoughts are energy. In fact, our thoughts are electrical energy that can be measured with an EEG (electroencephalogram) machine that picks up the electrical discharges in our brain as the neurons interact.

In addition to our brain, the human heart also produces energy in the form of electromagnetic waves. The heart's electric field is about 60 times greater in amplitude than that of the brain, and our heart's magnetic field is more than 5000 times greater in strength than the field generated by the brain. So if energy can be changed from one form into another, what we think (in our brain) and believe (in our heart) can be changed into its physical equivalent.

Next I read Napoleon Hill's book "Think and Grow Rich" and it all became very clear to me. We do create our own destiny, whether we realize it or not. We are continuously attracting into our lives that which we think about and believe. In other words, we attract into our lives what we are.

This book will give you the tools needed to create own chosen destiny.

It is in fact a step by step guide to materializing your dreams.

I know that this material works because I live my life according to everything that I am about to share with you in this book.

It is all tried and tested if you like.

For those of you who need more in-depth information on the philosophy behind each of my sections, I have given you the name of the books and individuals who have inspired me.

Simply click on the underlined portion to acquire your own copy.

I have also prepared a selection of other inspirational items, relevant to this section, which you can obtain at my [eShop](#).

Have fun materializing your dreams.

[Back to the Index Page](#)

Introduction

What is a goal?

A goal is a dream with a plan!

Let me start by sharing two universal truths.

The first is a quote by Albert Einstein.

“Insanity: doing the same thing over and over again and expecting different results”.

The second statement might be a bit hard to swallow right now, but you will realize it to be true as you work through this book.

Everything that has ever happened to you, you have attracted into your life! Whether it was something good or something bad!

The first question that you need to ask yourself is this.

Are you happy with what you are currently attracting into your life?

No?

Well then you have come to the right place.

The goals that you will be setting have to be based on **your dreams** and not what you may feel other people want you to achieve. **This is all about you, only you!**

There are no restrictions to dreaming. Believe that **anything is possible** and do not limit your aspirations.

Remember this: Everything that has been produced by men and women started as a thought. It was then visualized and materialized into its physical equivalent.

Let's start.

You are going to need some paper and a pen.

[Back to the Index Page](#)

Goal Setting Form

You will start by creating a goal setting form.

On this form you will list all your current dreams as well as the reasons why you have not as yet materialized these dreams.

This is how you do it.

Take your first sheet of paper and place it in a landscape orientation.

- Draw two vertical lines to create three equally sized vertical columns.
- Label the top of the first column "MY DREAMS".
- Label the top of the second column "WHY NOT?". Do not label the third column.
- Draw a horizontal line below the labels.

Got it?

Let's go ahead and fill in the first column.

My Dreams

In this first column, list your dreams.

You know what a dream is, right? Something that you wish to achieve, have or change about yourself. It has to be your dream and you must feel passionate about it. You know, you really want it! You don't have any dreams? Let me help you.

Do you remember any situation when you felt real joy? Do you remember what you were doing, where you were and with whom? If it felt good you might wish to experience it again – that would be a dream. Write it down.

Is there anything that you wish you could have? Perhaps something material like a car, home, boat, holiday to ... or anything else. Please remember that anything is possible, there are no limitations when you listing dreams.

Is there anything that you would like to become? Perhaps a doctor, lawyer, spiritual healer, ranger, pilot, web designer or architect?

Is there something that you would like to change about yourself? Stop smoking, lose some weight, stop biting your nails or became more confident?

Get the idea? No limitations. Write it down.

Why Not?

You have listed your dreams in the first column. In the second column and adjacent to each dream you are going to write down the reason why you have not yet achieved that dream. Your excuses, the “because...”, “but...” or “if only”.

Look at my Goal Setting Form in the next page where I have listed four examples. We will be using these four examples throughout this section on setting smart goals.

Let us take the first one.

Dream: I want to become a doctor.

Why Not?: Because it's going to be too difficult to become a doctor.

So you want to be a doctor (this is your dream) but in your mind it is going to be too difficult (your excuse) so you have not done it.

Let us use another example.

Dream: I would love to be more self-confident.

Why not?: Everyone puts down my ideas and I continuously doubt my choices.

You come with ideas for something that you are passionate about but you do not follow through because other people criticize your choices, so you give up.

Do you get the idea?

Go ahead and complete your “Goal Setting Form” with your dreams.

MY DREAMS	WHY NOT?	
I want to become a doctor	It's going to be too difficult	
I want a new car	I can't afford it.	
I would love to be more self confident	Everyone puts down my ideas and I continuously doubt my choices	
I would like to lose weight	I have tried everything but nothing works	

[Back to the Index Page](#)

List of Affirmations

Now that you have listed your dreams, the next step is for you to get into a positive frame of mind.

A good starting point is for you to look at your life, right now, and make a list of everything that you are grateful for.

Use the second piece of paper to make this list which will become your list of affirmations.

Start by writing, "I am grateful for ..." at the top of the page.

Go ahead and start listing everything in your life, right now, that you feel grateful for. The word feel is important. Not sure what you are grateful for?

We are so conditioned to focus on what is lacking in our lives that we need to build our feelings of gratitude for what we already have.

Let me start by asking you a few questions.

You are reading this page, are you not? This means that you have sight.

If you are not reading this page but are listening to it via voice interface software, you have hearing. You may even be listening to some music while you reading this book.

Are you using your keyboard, mouse or touch screen?

Can you feel it in your hand?

What about your two other senses, smell and taste? You get the idea.

You start with the basic stuff, the five senses.

Your list of affirmations might start like my example below.

I am grateful for ...

- Having the use of my five senses
- Having a roof over my head
- Having food to eat
- Having a bed to sleep in
- ...
- Who I am

Now look around you.

Do you have someone special in your life?

A pet perhaps?

You may also be grateful to have a job, even if it is not your dream job.

Do you have friends?

What about your family?

Do you have a place to live?

Is the computer that you are using yours?

What about feelings? Is there a place that when you visit gives you that happy feeling?

Is there someone that when you are in their company makes you happy?

Do you enjoy movies?

You see, I am encouraging you to think of anything in your life, right now, that you may be grateful for.

This exercise is about you creating a visual reminder of everything in your life that you are grateful for, no matter how small.

Start paying attention to anything that gives you that feeling of joy. When you feel the joy release your gratitude to the universe. As you will see when you go through the segment on the “The Universal Laws of Attraction”, the universe will respond by giving you more and more stuff to be grateful for.

These moments of bliss will grow to hours of extreme happiness then to days and eventually you will become used to only seeing the good around you.

You will be adding more statements to your List of Affirmations when you get to the section on “How to Set Goals”. For now keep your List of Affirmations aside next to your Goal Setting Form.

Your list of affirmations will become one of the tools that you will be using each morning.

[Back to the Index Page](#)

Theory of Goal Setting

In order to start manifesting your dreams, you are going to need a plan which will map out in detail your route to your chosen final destinations.

Each dream and its associated plan will become a goal.

"The biggest adventure you can ever take is to live the life of your dreams" said Oprah Winfrey

Why is goal setting important?

My theory of goal setting is this. If you choose to manifest your dreams, you need a plan which defines in detail your route to your chosen final destination.

A dream with a plan becomes a goal.

A goal is a detailed flight plan which will guide you towards accomplishing your desires. How else would you know how to get there?

Without a plan your dreams will never take off and will remain just aspirations.

Just as a pilot needs to create a flight plan before he is given his take off clearance. He needs to know where he is going, what airports are available on the way in case he has an emergency, his fuel load, how long it is going to take him and what route to follow in order to get to his destination.



And just like a flight, you will encounter some turbulence along the way that may temporarily set you off course.

No problem. Go back to your flight plan and you will be back on course.

Each goal that you will set will be a flight plan to help you materialize each dream.

The inevitable knocks that you will experience along the way is the flight turbulence.

So, when you hit that turbulence that sets you temporary off course come back to your flight plan and it will remind you what is important to you and why.

Goal setting is all about what **you** and **you alone** have chosen as important to manifest into **your** life.

Your commitment to your goals must be total and that is why a goal must be something that you really desire. Because if you tackle it with passion your commitment will be total.

Here are some other opinions on the theory of goal setting. You will recognize the names.

"Obstacles are those frightful things you see when you take your eyes off your goal" – Henry Ford

"Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action" – Napoleon Hill

"Real, constructive mental power lies in the creative thought that shapes your destiny, and your hour-by-hour mental conduct produces power for change in your life. Develop a train of thought on which to ride. The nobility of your life as well as your happiness depends upon the direction in which that train of thought is going" – Laurence J. Peter

Click on the logo to order the book.

