

The Secret of Nature's Alchemy: Unlock the Hidden Power within You

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The Secret of Nature's Alchemy is part of self-help book, but it is unique, the author has decrypted many valuable secrets, and traversed widely in reading and experience to gather wisdom, that, if put into daily practice, will enrich and enhance the readers' life prospects.

This book is not about story; it's about teachings, a path into realisation. However, these ancient teachings are not from, or by, any religion and they are not religion teachings. They do teach about the Universe and Universal Laws and our place in the Universe. The author hopes that this book will help people in many ways and to become free from that which create suffering. Therefore, read the book from the beginning with an open mind, see

where this takes you and maybe ask yourself a question – What would happen if I lived by these teachings? Then listen to what your intuition tells you.

There is a benevolent force that is unseen, intangible and controls all of us. This Infinite Intelligence permeates every atom of matter, follows night and day, winter with summer with each maintaining a relationship to the other. It is this Intelligence that converts our inner most desire into material forms.

There is a power flowing within you that can unveil your deepest potential. It is your birth-right—a universal right—and its only wish is for you to reach out and utilise its power. When you reach out and sincerely ask for help, it will respond. It begins to move within, through and around you, and as a result of your effort to recognise this power, you will begin to see its positive effect in your life. However, this power cannot be bought; it must be developed with strong desire and creativity.

This book reveals the knowledge and mystery of poverty and why it exists in a world full of rich abundance and addresses the issue with decisive answers by explaining fundamental laws that we all need to be aware of.

The first part of this book describes why some people are destined to be wealthy, and others have a life of struggle. Understand that wealth is within your being, it is buried within you, but you may not be aware of it because it has been clogged up and capped off – one must develop it. The second part comes with an online course that teaches you how to go in the depth of your mind to remove the root cause of your problems. Learn how to peel off layers of limiting beliefs and reprogram yourself.

Part One – Awareness of the Hidden Power Within you.

Along with our physical processes, there is a mental process - the mind. Within our subconscious depth lay infinite wisdom, power and an infinite supply which are waiting for

development and expression. The mind is the creator and shaper of conditions, and the recipient of its results. It contains within itself both the power to create illusion and to perceive reality.

In this book, you will learn how a simple belief about yourself can guide and permeate a large part of your life if not every part. The book explains much of what might be preventing you from fulfilling your potential growth and dreams as well as how we can move from a fixed mindset to an open expansive mindset.

The first part is the awareness of the hidden power within us and describes how to use our mind's power to create our reality. The author embodied many valuable secrets, which have been collected with great care from the wisdom of Ancient teachings - and if you allow these secrets into your daily practice and routine, you will see greater success in all aspects of your life. The book covers the following chapters;

Chapter 1: The Power of Meditation

Meditation is the powerful tool that helps us to control our mind. We live in busy world and over-worked, we embark on one activity after another and, as such, our minds are already planning and worrying about ‘going forward’. This situation creates a cycle of habitual doing and distraction that causes great stress and offers little peace. A great numbers of thoughts pass through our minds every day. Most of them are not invited; they are just the winds and gales of a threatening storm. And many of them are about unimportant matters, or are negative thoughts, worries, and fears of things we can’t let go. Our minds keep asking questions, comparing, analysing, chattering, arguing and commenting on everything.

These thoughts are keeping our inner peace away and torn body, mind and spirit apart and keep pulling each other. The body goes in one direction and the mind goes in another and so the soul is torn apart. Half of your being is pulled by the body and other half is pulled by

the mind. They are not in harmony; they never meet, always both go on separate pathways and this creates anguish. However meditation can bring these three in harmony. Meditation is a powerful tool of self-preservation. Yet it has been a technique that has been overlooked. In this chapter, you learn the best meditation techniques on how to transcend your mind and body.

Chapter 2: Consciousness

Consciousness is a mystery. Lots of questions remain to be answered about the nature of consciousness, and how individual consciousness differs from that of another being or from other animals. We can agree, however, that consciousness is our awareness at the present moment and that we are conscious beings. Our mind is part of our consciousness, but our consciousness goes beyond our mind. Our inner consciousness is a powerful force whose influence is felt in every aspect of our life. It is the major and most important part of who we

are, and is the main cause of our success or failure. In this chapter you will learn how consciousness is observing our thoughts and actions so that we can live according to who we are today rather than whom we were yesterday.

Chapter 3: The Gold Mine: The power of our Mind

There is a gold mine within you from which you can extract everything you need. The secret is the miracle working power found in our subconscious mind, the last place that most of us would seek it. Subconscious is a hidden mind that exists within you. Its function is to store and retrieve data and to ensure that you respond exactly the way you are programmed and it attract circumstances and situations that match the images you have within you.

This power is flowing within us that can unveil our deepest potential and it is available to all. The power of thought is one of the greatest paths to discovery. Your thoughts

pass from your conscious mind to your subconscious mind and from your subconscious mind to Universal Mind, which in turn influences your actions. But consider how much we know or understand about our mind and how little we are unable to control it. In this chapter, you will learn how to contact, develop and release the hidden power of your subconscious mind. You will also learn and understand how you can use this power to create your reality in every department of your life.

Chapter 4: The power of Paradigm Shift

Paradigm refers to a road map; and as we know a map encompasses certain aspects of a territory. If you got a wrong map, you end up at the wrong place. Similar so, if you have a positive attitude but your paradigm (the way you perceive, understand and interpret the world) is orientated wrongly, is much like having a wrong map that takes you to a different destination than that you had planned.

Paradigms are powerful because they create the lens through which we perceive the world. They can be harmful as much as useful, they can create limitations. They can become self-fulfilling prophecies, because if you think you are good at something, you will be good at that something. Conversely, if you think you are poorly at school, you will do poorly. To shift paradigms, you must be willing to go back to the starting point. The paradigm shift is the "wow or a-ha" experience associated with understanding some aspect of the world in a bolt of illumination. In this chapter you learn why changing your paradigm is the key to success.

Chapter 5: How is Your Financial Blueprint formed?

The need to earn, make or save money is the most important objective behind any of the jobs or businesses we undertake. However, some people have a problem keeping or

saving money even if they are considered well above the poverty line, while others seem to achieve the life they desire without troubling about finance.

Every new born child is a clean slate. Then our societies fill in the blank space with information. Part of this information concerns money and our attitude towards it. This forms our ‘money blueprint’ and is embedded in the subconscious mind. This conditioning informs our whole approach to money and attitude to wealth, and can become an automatic response if we don’t undo the learning. It is the blueprint more than anything that will determine your financial destiny. Therefore if you want to change, you have to know how you are conditioned. It is probably not your fault these beliefs exist in your mind; but it is absolutely your responsibility to take steps to remove them. In this chapter you will learn how to identify how your money blueprint is formed.

Chapter 6: Why Poverty is a disease of the mind?

The reason why there is still poverty in a world of such rich abundance is that many people still do not understand this fundamental law of life. They do not yet realise that they must vibrate to attract and what they vibrate they consistently attract. The great task and challenge is to discover the laws of nature which we find appropriate to ourselves.

There is no compromise between poverty and wealth, the two roads that lead to wealth and poverty travel opposite directions. If you want to be wealthy, you have to take the right road and not accept circumstances that lead towards poverty. However, if you spend your time thinking of poverty that is what you vibrate to the universe and that will be what you get poverty. Conditions are thought made and fear of poverty is the condition's state of mind.

This state of mind brings more poverty because it can destroy your chances of achievement. If you change your thought process; you will change your condition.

Poverty is a universal problem, just like anger, hunger, love, or jealousy. We don't say, today I feel European, African, American or Christian anger. There is no religion jealousy or hunger, neither Western or Eastern or African poverty. Poverty is poverty, it is a universal problem. Therefore, all these need to be solved in a universal way.

It is obvious that hand-outs and traditional aid are not good enough to solve the problem of poverty and its entanglements. So far, what we have been doing is covering up the symptoms of poverty; we have to tackle the root cause to remove those tumours from people's minds. End poverty seeks to equip the poor to free themselves from poverty in a holistic approach and shift their old paradigms to new paradigms. Because of all the years of

hand-outs, there are those who are trapped in poverty, causing them to rely continually on others to solve their problems.

They say “*we are what we eat.*” We are also what we think. Therefore, it is not only what we eat that’s killing us, but also what is eating us; what is in our minds. And poverty is the mother of all diseases. In this chapter, you will learn the fundamental causes of the situation you are in and if that situation is not the one you desire, you will learn how to find your way out.

Chapter 7: The power of forgiveness

Often people ruin their health by draining the cup of bitterness to the dregs. If we allow toxicity to build in the core of our being, resentment will grow and it is like a huge wall we cannot see over, and a barrier between ourselves and love. Holding onto grudges and

nursing negative emotions from past grievances actively makes the situation worse for the wronged party. In the end, it eats away at you emotionally and physically.

Resentment is a mental fever which burns up the wholesome energies of the mind, and taking offence is a form of moral sickness which saps the healthy flow of kindness and goodwill. We should seek to be delivered from its trap. While revenge, is a virus which eats into the very vitals of the mind, and poisons the entire spiritual being. Like someone said that holding a grudge does not make you strong; it makes you bitter. By the same token, forgiving someone does not make you weak; it sets you free.

The questions are, why we keep painful memories, which keep us imprisoned, completely painful to maintain, most work against what we really want and preventing us from moving on.

Just like energy wave moving, the energy that comes to you must also keep moving but if the energy blocked and stay in one place because there is no other place for it to go because you won't let it. You are holding into the grunge and this packet of cycling energy stored in your energetic centre and all the past energy you have collected over your life are stored there. And this can cause you physical and emotional harm. Learn why is important to let go the past.

Chapter 8: The Universe and the Universal Laws

The Universe is the library of frequencies (or energy), wealth, untapped knowledge, wisdom and all abundances and is the home of infinite and all possibilities. And we are part of this pure energy.

Out of this Energy came Nature's Universal building blocks, out of which she built every material thing in the universe including mankind, and every type of animal and plant and vegetable life. And by a process which only Nature can understand, energy is translated into matter. This energy is available to mankind by thinking.

Scientists are now confirming what mystics, seers, philosophers and occultists have been telling us for thousands of years: we are not separate entities but part of one large whole soup. Modern physics now sees the universe as a vast, inseparable web of dynamic activity. Everything in the universe affects everything else. In this chapter you will learn some of Universal Laws that govern our lives and how to align with them.

Chapter 9: Use the power of your thoughts to create your reality

We have the secret power found in our subconscious mind. Your thoughts create your reality, but to be a vibrational match for your desire you must call up feelings inside of you. If you are in vibrational harmony with your desires, it will manifest. In this chapter you will learn how to contact your subconscious mind, the gold mine which contains everything needed to live a life of abundance and how to make your environment ready to receive your desires.

Chapter 10: How to communicate with the Universe?

The universal laws do not reject our requests, but in order to be granted what we request, we have to be in tune with the universe, we have to speak the language that the universe understands. We must change our mind to receive what we request and put forth the effort to get it. We send what we vibrate, and we receive what we feel and vibrate. In this

chapter, you will understand how the law of attraction works and the language the universe understand.

Chapter 11: Plant your Seeds

This is the process of creating mental images, the application of which is very important. In this process, you use the power of your thought's to intentionally imagine, create and attract to yourself that which you wish to experience in your life. In this chapter, you will learn the techniques that are documented by ancient figures to create your reality.

PART TWO:

Mind Development Tools: Learn how to peel off layers that are blocking your success

Reprogramming the subconscious mind can be a bit challenging, you have to come out of your comfort zone and dedicate yourself to your goals. Your life is a printout of the program. Sometimes your conscious mind is reaching to something you desire, but the undercurrent belief implies that it will not happen and/or something in your programming is holding it at bay. The fact is, once you have the limiting belief or a negative paradigm about something, no matter what you do, how hard you try, eventually your thoughts, feelings and behaviour will match this programming. It will then be unlikely that you will achieve the results you want simply because your hidden inner beliefs are sabotaging and suffocating your conscious desires and goals. Those limiting beliefs are hiding deep down within your subconscious mind and they are not in alignment with your desires at all. This course will

help you reprogram your subconscious mind. Whatever situation you are in, you are not stuck, you can learn to get out of your current situation and be where you want to be by choice not by chance.

Free - Lesson 1: Let go of the past – Heal your Emotional wound

First thing first, we begin with letting go of issues from the past that hurt you the most. You have to shed the emotional wounds from the past in the same way that a snake sheds its skin all at once.

We struggling with grief, guilt, or shame and find it hard to move on from the past. Little do we know that attachments are the reasons why we suffer. Those feelings of pain, anger, and resentment hold us back, blocking us from moving on. It is often referred to as emotional wounds, or trapped emotional energy or pain body all refer to one thing.

We've heard of the ever so known phrase "*time is the best healer*" - but **is** this really true? Emotional wound is energy trapped in your body and this energy/pain needs more than time to heal. The energy merely subsides with time but doesn't actually disappear. One may this after years of supressing such anguish, only to find themselves responding to something that allowed for such emotions to resurface. Therefore it is important to deal with these emotional wounds from the root course; otherwise they can resurface from time to time. In this lesson you will be guided step by step through audio recordings. You will come to face the cause of your pain and learn how to let go of it.

Free - Lesson 2: Mind operation: Learn how to become an observer of your thought

The mind's power is one of the strongest and most useful power's human beings possess. When used wisely, it can be the most powerful human device on earth. Use it wrongly however and it can be quite destructive.

The second lesson is to learn how to meditate. Meditation is not a religion, anyone can meditate. It is a way of learning and listening to your soul. You don't have to assume anything beforehand nor do you have to be familiar with the practice. In this lesson you learn how to meditate, and learn to become an observer of your own thoughts. Learn how to use your breath to close the bridge between the conscious and subconscious mind.

Lesson 3: Identify your limiting believes

Misfortunes are simply an imbalance in the natural harmony when we are living trapped in limiting and disempowered cycles. If you have been trying to create a change in your life but continue to experience a blockage or set back, chances are you may have limiting beliefs that blocking your goals

Limiting beliefs are paradigms that have formed in your mind. Limiting beliefs such as: feeling unworthy of wealth or unattractive are thought patterns that are inherent in your subconscious mind. They lead you to think, feel and behave in a way that matches this pattern. If you have assumed those statements to be true, its means you have subconsciously allowed them to hinder any progress you may have at success in different aspects of your life. The law of the mind to success is to “believe” - things are only true if you believe them to be. For as long as you keep limiting factors in charge of your life, then your chances to achieving

your goals and objectives will also be hindered. They are just like a brick wall in front of you. They are limiting your ability to achieve your goals and objectives. In this lesson, you will learn how to identify those inherent thought patterns and how to become aware of your limiting believes and how to tackle and eliminate them one by one.

Lesson 4: Learn how to reprogram your current believes:

Once you have identified and are fully aware of your limiting believes. You will come to learn the perfect time to communicate with your subconscious mind directly and how to restore your current beliefs one by one.

Lesson 5: Mental rehearsal

Even though this program develops the “Mind Development Tool System” for mental rehearsal; reading and listening will not bring about the results you may have in mind. This requires more effort - the kind of effort which so few are willing to put forth, the kind of effort that will bring the result you desire. One may have spent 30 -40 years of their lives building up negative conditions as a direct results of their negative thought patterns, one can't thus realistically expect to see them melt away as a results of 15 – 45 minutes of the right thinking – effort, repetition and believe is required to achieve this change.

This exercise consists of making an application of knowledge - knowledge however cannot apply itself, one must make the application consistently. Abundance will not drop onto your lap. It is the application of the knowledge that will bring about the materialisation of your desires by the natural law of transference.

Do this for yourself

Release this infinite intelligent within you and let it expand. Become aware of the knowledge and the power you have through thought. “Much like darkness start to disappear when light appears, same ignorance start to disappear when knowledge of one’s reality begins to emerge”. We can choose to follow the road map which will keep us on the road to a life of prosperity, we have free will; we can either apply the knowledge or slam the door—the choice is in our hands.

We all have gifts and they are meant to be used and shared in our lives. Life is too precious to leave your song unsung, and your book unwritten. Whatever you do, don’t waste your gift, stand up for your dreams and sing your song, dances your dance and write your story.

The book reveals the knowledge; you can find it on www.askthesecretkey.com or go to Amazon. Find the book, apply the knowledge and change your life.

Love yourself enough to do this, Unlock the hidden power inside you!

May all your wishes be fulfilled!