

## USER'S GUIDE -To guarantee success with the MC-OYL Method

How would you like to solve all your problems? Most of us are scared to do it. They want to listen to other people tell them what to do. Successful people in life have learned to manage control of their life. Anyone can be successful. It's so easy, that I offer it for free, to help you get past your ego's resistance.

The principles behind this are so sound, that I can safely say that anyone who you think is successful in their life is practicing some form of these 6 parts of the Method. That's what I want you to do. **PRACTICE SOME FORM OF THESE 6 PARTS CONSISTENTLY, AND YOU WILL HAVE MIRACLES SHOW UP IN YOUR LIFE LIKE YOU NEVER BELIEVED POSSIBLE.** You will be managing control of your life. The only requirement is that you are consistent, and don't talk yourself out of doing it. You will fail many times. I still fail many times. But I am a strong confident person when I do, so it doesn't knock me off my game. You will never be successful at overcoming your problems if you don't strengthen yourself first. With my MC-OYL Method, you now know what areas will reveal what you need to work on. You will now have the confidence to do what you think is necessary, without searching for some guru who you think has all the answers for you.

No excuse you can give is valid. There is nothing you are doing that is more important, and never will be. Change being a victim of yourself and others to being the cause for your own greatness, based on your definition, in your own way, for your own benefit.

Once you are practicing actively, you will be able to share this and make a living doing so, joining my profit-making company.

To me, making a living helping people using the best possible method I know of, is the highest form of gratitude I can have in my life. I hope you will join me, and that becomes true for you too.

If this is so easy, why isn't everyone doing it?

The problem is that we are taught to look outside of ourselves for happiness. As we grow up, we aspire for things like money, fame, friends, a house, car, family, etc. For me, I wasn't good enough to get married unless I became a CPA (certified public accountant), because then I would be good enough for someone. After becoming a CPA and working in my own accounting practice, I wanted a \$12,000 Rolex watch, because surely that would mean I was successful. As each of the 40 years went by in my successful practice as a CPA, I made more money and felt successful, but still wondered why I felt something was missing. I wondered why such a smart guy, who graduated with honors, and went on to obtain more licenses and degrees, was still looking for that next thing to make me happy. There was always something missing. I had to make myself better to get the next thing. Not an enjoyable way to live your life, is it? I suspect, at best, you are doing the same.

I thought that's what people did. You spend your life learning different self-improvement techniques so you can get better, get more "stuff" and make less mistakes, thereby making life easier, so when you retire (at whatever age), life becomes easier. **BOY WAS I WRONG.**

I did the EST training, the Course in Miracles, I became an NLP (neuro linguistic programming) practitioner, and then on to NLP master practitioner. I spend countless hours on courses and seminars bettering myself. Finally, a couple of years ago, I started noticing philosophers, scientists, psychologists, past and present, mentioning ways to change yourself to better cope with your world. I investigated this

more deeply and saw that no one was focusing on how we are supposed to accomplish this. It was very frustrating as I started and stopped various techniques for ways to think, and exercise programs. Most were contained in courses I've taken and books I've read. I suffered from lack of time, support from like thinkers, and not knowing how the brain handles this. I've read two textbooks on the ego, plus NLP textbooks called "the user's manual for the brain", and although it spoke of these methods, didn't make it user friendly enough for me to adopt what was necessary for me to manage my life better. After much trial and error, I have concluded the following.

The trick is, that the better you are at accepting yourself and the world around you, thereby creating confidence, the better you will be at solving problems you perceive that you have. Ultimately, you don't want the external things, they will come as needed. What we all want is to be o.k, and not let things get the best of us. We want to know that we, and others we care about, are safe, healthy, and happy. When we are confident in our own resourcefulness, money, clients, people, and all kinds of things we want will come to us as needed. The goal is to seek inner strength, security, and what you decide is right for you in your life.

We are individuals and have the right to live our lives the way we want to. I think that our families, society, the media, etc. dictates to us how we should think about right and wrong. We get so mixed up about basic things like how to eat, how to behave in public, how to handle money, sex, etc. Things that as a society we already know about yet gets lost in practice. We have lost our trust in our own thinking. In fact, most of the time we think we are thinking, we are just repeating something we heard or read and acting like it is our own thoughts and ideas.

There is a lot of evidence to support the idea that if you think for yourself and gain confidence in yourself as you progress, that you have a better chance of succeeding at your life, than trying to find the right answer from someone else. Dwell on this. If you don't believe this, do the research, so you do believe it, or you will never succeed with the MC-OYL Method. If you give up on yourself, and don't believe you can ever manage control of your life, no matter what you do, please seek professional help. That is a good positive thing, not something bad or negative. Knowing when to seek professional help, whether it's an MD, DDS, car mechanic, etc. is crucial to your happy existence.

What I am offering you, is a way to get past your stopping points, starting small, making yourself aware of how you spend each day in your life. As you become aware of how you relate to each of the 6 parts of the Method, it will open you up to your awareness of various problems you have. Sometimes awareness is curative, and you need not look for a solution. Other times awareness over time will solve any issues you have. Sometimes thinking or meditating on issues will cure it. Sometimes looking it up on the web, downloading free info will help. Sometimes talking to people will help. Sometimes buying a book or course will help. Sometimes buying a professional's time or care will help.

My videos will assist you in exploring what is right for you. That's it. That's the Method. You seek balance of the 6 parts, and as you gain confidence you add and subtract things you take on to better yourself. If you fail at something, instead of thinking that you are a failure, you continue to think that you are a great confident person, who in this instance, failed. Then you revert to how you were before you tried this thing. It will become clearer as I get more specific

Watch the videos on the 1-6 items.

Self-talk affirmations

Focus

End of day notes

Confidence

Accepting yourself

Creating your day

You find the place where you are at in each one. Then you focus on maintaining that level. What you do is increase or decrease the amount of action you take in each area, until you feel very comfortable in doing each one on a consistent basis.

Self-talk Affirmations -you start with one or more of the parts, and over time you keep adjusting what you say and how many so that you meet the goal of doing them. When you don't do them, you get to ask yourself why, and deal with your excuses. It's in the video.

Focus – you start by focusing on each part of your day, while you are doing that part. You don't daydream about when it is over or distract yourself. Be fully engaged in it. You seek an amount of focus that you can be consistent with. It's in the video.

End of day notes – you write down what you can do, pick the time of day, etc. The goal is to find a way to be consistent and not quit. Watch the video.

Confidence – each day think about it, search for what people write about on it, read books on it. It's in the video, watch it.

Accepting yourself – this is the key to being effective in solving issues. Search the internet. I once bought a course on this. Find one you like and start small.

Creating your day – You will write down what you must do, and what you want to do, and be aware of how well you follow it, until you can do it consistently. Watch the video.

Successfully using the Method - is finding a level in each of the 6 items that you can do consistently. Once you find it, it's not over. As each day or week goes by, we change. The level you operate at gets adjusted ongoingly. It is not static. Sometimes some parts remain static until you decide to adjust it. For example, sometimes I don't do my affirmations. I skip days. I change them and they work for a while, and then I give up. I have two self-talk affirmations that I use throughout the day. "I am resourceful" and "I am happy for the world and accept it as it is". Maybe I'm too lazy to use this more effectively so I keep it at the two. I used to judge myself for it. It took me too years to be effective at this Method. I had to learn that the process is what makes it successful, and not how far along I progress. I call myself an 80%'er, because I feel like I am only 80% good at this. However, 80% is enough to make me very successful in managing control of my life. I continue to seek a greater %, but there is no % place to get to. If you don't give up, and keep attending to each of the 6 methods, you will have miracles in your life at such a great level that putting it into words would not do it any justice. Imagine being able to manage control so you don't let other people and your own limiting beliefs control you. Some people say, "If you are not controlling your life, someone or something else is". How sad for us. I want to live my life my

way, and not based on beliefs I picked up as a kid, or is being dictated to me by other people. I trust that you feel the same way.

I also struggled at my end of day notes and realized that often I forget and must do it in the morning. I am still attempting to do it at night. I know there is some inner problem I have yet to face here. Maybe it's what I have in the evening that is part of creating my day. I created a part of my day, that says when I get home from work, to check my trading, take certain vitamins, and do my end of day notes. I'm still trying to see why this is not something I look forward to enough to be consistent. I say this because I don't want you to let your failures stop you. That is what you and I did in the past. I have several videos that go over stopping points to help you stay on track. Getting past stopping points is almost always the key to any successful thing we attempt to accomplish.

The videos will explain in explicit detail, what to do. During this critical time, critical because this is where people who are not committed tend to give up, you start accepting yourself more. When you learn to accept the good and the bad things about yourself, you will gain more confidence. These parts are designed to show you where you need help, so you can wait for your continued awareness to cure it, or actively seek help. When you are having trouble doing all 6, and you will have, it is what you do because of it that determines your success.

Do not judge yourself. It is only your active participation that matters, and not how successful you are at each of the parts. The more successful you are at each part will reveal more of your issues. Revealing too much too quickly will become overwhelming. They will show up on their own, at the right rate and intensity, as you continue to "not avoid" your practice of the 6 parts. I am only at maybe 80% and still working at maintaining this approx. level, as I continue to stay on track.

Here is a good example. When I started yoga, the benefits were small. As I continued, I could stretch more, but not run better, or even lose weight. My expectations were not met so I did it off and on. Now that I am in my 60's I know that I don't have a choice. I must stretch my back and other areas or as I continue to get older, I will be hunched over and stiff and not able to do my runs. If I didn't let my expectations stop me, I would now, after years of doing it, be a very flexible person.

Here's another good example. If you want to exercise and you keep finding excuses, one effective solution is to start small and build over time. Yet most of us don't do it. That's how I learned to run marathons. The thought originally of running 4 miles was something, to me, that only athletes do. Now, even when out of shape, my normal runs are 4 miles. Starting small with the right coaching does the trick on most any accomplishment. This is true for dieting, relationships, and most everything. So how come I knew this for many years, and you probably did too, and yet we don't do it. There are many different reasons, as each of us have the ones that affect us most. "Winners never quit, and quitters never win" applies here.

The goal here is to not give up. That was what I discovered. I kept failing at stock trading, growing my accounting practice large, exercising at the level I wanted, and having very supportive relationships. Now, mostly being aware of and focused on the 6 parts, and reading a few books on confidence and the ego, I am very successful at ALL the above. So much so, that it's now time for me to trust my resourcefulness enough to go forward with my dream activity. That is "to help people manage control of

their life, and for me and anyone else who wants to join me, become financially independent by sharing this. For many years I was too scared, and full of excuses to do this.

I'm telling you; it may be hard or easy to change the way we have been programmed throughout our lives, but when you are changing it you no longer wonder as much about if you are doing the right thing, what method is the best to follow, or is there something missing in my life. Am I a good or a bad person? What things matter and don't matter. You become clear on where you stand on issues, so you don't waste time and energy obsessing on them.

Over time I will post many videos on how you should approach solving issues. They will be all free. The profit-making company will charge for more in-depth videos. You can make money as people you share this with, and you, purchase these videos.

Start now. Right now. I caution you to start small on each of the 6 parts, doing very little so you will feel proud that you have continued and not gave up. Over time, you will see the benefits. Do not rush them or you will feel dissatisfied when they don't come as soon as you expect. Every day, examine where you are at with each one. No judgment. Just do it. Each time you approach it, fix what you are not doing. Change the time frame, the intensity. Change what you want so that you are considering each one at what ever interval of time you think is appropriate. Then over time, you continue to do it, and as you are motivated, make whatever changes you want. Incorporate that into your 6 parts. If it throws you off track, back up and cancel the change or do it less or more slowly.

The goal with the program is to make positive changes in your life, but only if you can stay on course with doing the 6 parts. They create the "foundation" for you to live out of. That strong foundation is your security blanket. If something throws you off track, revert to the strength of your foundation. This way you never feel weak or like a failure when something doesn't go your way. Instead, you are a strong confident person who loves yourself, who has failed in making a particular change. See the difference? Let's get started. Watch the 6 part videos.