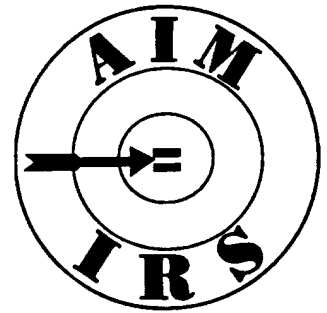


Mental Bench Press

08.19.09

Transformation



**RE-DEFINE "CHANGE" AS "TRANSFORMATION"
AND SEE YOUR SUCCESSES MULTIPLY
by Mark Victor Hansen**

Everything is in a constant state of movement. Inanimate objects aren't really inanimate. Even the walls around you are moving. They are just vibrating at such a rapid speed they appear to be solid.

Nothing stays the same. And fear of change is not going to do you any good. It only holds you back from "possibility."

Think about that for a second...if you are concentrating on your fear of change, and hoping everything stays as it is (your job, your marriage, your children, your finances), how can you be a joyful part of the transformation to a higher state of existence?

You can't.

Change is like to surfing. You can't just paddle into life, stand still and expect to stay on top of your board. The waves of change will knock you off and drag you under. You have to shift on your surfboard, bend your knees and balance yourself, depending on which way the waves take you.

Some people even think changes are fun!

You are where you are because you want to be there. If you want to be somewhere else, you'll need to change.

-- **Mark Victor Hansen**

James E. Kent II

Strengthen your mind and you'll have a powerfully fulfilling life.

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