

# How To Get What You Want

J.F. Pardi

There are two simple techniques that I use and recommend. These two are what I have found to be the most powerful. The first technique is all that you need but the second is too powerful to leave out. You may use them separately or in harmony, the latter being preferable. This book will take you to the very root of the problem and show you how to do anything. We will do this now.

## Technique One

The first step is to tell you an incredible truth about our universe.

*You can achieve anything that you want.*

This is not a shaky, feel-good half-truth that may or may not be true. This is a fact. You know that deep down, no matter how hard something is, that it is absolutely possible to achieve anything. The very fact that you are reading this is proof that on some level, you believe this. And once you truly believe that you can do something, you do it.

The reason we haven't done yet what we've wanted to do is because we don't really believe, on some level, that we can do it. Or we believe that it is just too hard to do, and not really worth it. So now, the real question is: How do I do something that I don't yet believe that I can do? Before I reveal it to you, let's put some thought into what it is that you want to do.

If you could do anything in life right now, regardless of how hard it may seem, what would you do? Write it down. This can be anything. I will guide you through this with an example. For my example, I will say that I want to start a successful clothing importing business.

Now, write down what is stopping you from doing this one thing. In my example, my list would look something like this.

I have no experience in the clothing or importing business.  
I do not have the time to start a business.  
I do not have the money to start a business.  
Now is not the right time in the market to be starting an importing business.  
I have no formal education, let alone business training.  
I do not know anything about licenses, employees, overhead, or corporations.  
Maybe nobody would do business with me.

Your list may look similar to this. What we will do now is very important. We will now transfer these items from their CONTENT into our BELIEFS about them. Here is what I mean. My first item is lack of experience. I will now transfer what I believe about my lack of experience. I will now write: I believe that I cannot open a business without experience. This is the time to be perfectly honest with yourself. Write down what you truly believe about what is stopping you from going forward. Here is what my next list may look like.

I believe that I cannot open a business without experience.  
I believe that it takes a tremendous amount of time to start a business.  
I believe that it takes a lot of money to make a lot of money.  
I believe that I have to put this off until everything seems right.  
I believe that I have to have a college or business degree to be successful.  
I believe that it is difficult to find out about incorporating a business and learning  
it's laws.  
I believe that I am not smart enough or friendly enough to line up buyers and  
sellers.

Take your time with this list. Be very honest with yourself. Make it as long, as short, as detailed, or as simple as it needs to be.

There is now something that you need to know about these thoughts and beliefs. They are put into our mind and our conscious to HELP us, not to defeat us. Our world is an incredibly friendly place, but most of us do not realize it. We truly deserve to have all of the great things in life and our mind actually WANTS us to have them. And just as we should not pick at a scab that is trying to heal us, we should not interfere with our mind, which is actually trying to give us what we want.

How many times have you tried to ignore or attack these thoughts and beliefs when they have come up in the past? Where has that really ever gotten you? Instead, we are going to do something that we have never been taught to do with these so-called "negative" beliefs. We will embrace them. We will simply become aware of them in their entirety, and embrace them. How do we do this? Simple. Select one or all of the beliefs on your list, and put them in your mind's eye. Now, embrace them in the present moment. Feel them in your mind, in your chest, in your body. Feel if your face is tense, notice your posture, listen to the sounds in the room. Simply embrace them. If you feel pain or discomfort, that is okay. That is there to help you too. Embrace it, feel it. Do this for as long as you want and with as much attention as you can. As you do this, you may find yourself judging your thoughts, or these ideas. Try not to judge them. Embrace them. In fact, embrace your judgment of them. Stare right at them. Feel them.

I cannot fully explain to you in words how you will feel while, and after, you do this. Afterwards, you will see your problems differently. Many times your problems will dissolve immediately and completely. With practice you will get good enough at this to the point where you will encounter a brief roadblock, you will embrace it, and it will release itself, all within just a few moments.

It is natural to ask after you read this: What should I do then? Should I go back and try to solve, or do, all of the things on the first list, one by one? Should I make affirmations? Should I eat something? Should I take a nap?

I will simply tell you to just wake up to the present moment and do what comes naturally to you. You will see why when you do this. Many times you will dive directly into what

you wanted to do. Sometimes you will realize that you never really wanted to do what you thought you wanted to do in the first place. You may find out that you want to do something much different. And better. Sometimes you'll want to do something that you have never even considered before. Do not worry about forcing yourself to do anything. If you feel after you've done this that you still don't know what to do, then simply embrace that feeling.

What you will discover when you do this is Truth. Wisdom. Here is an example of what may happen. When you embrace the idea that you believe that you need to have a college degree or business schooling to be successful, you will discover a truth that you may have forgotten or that you will later become aware of. You may discover that there are many successful businessmen who have not even finished high school, let alone college. You may also realize that there are many people out there with advanced degrees who are not successful at all. Then you will see your situation from a clearer perspective. I cannot tell you exactly which truth you will personally discover or how you will come to discover it. But I can tell you that this is exactly the way to get to the root of your problems and to find the truth in any situation you face. Once you discover the truth about the situation, the "doing" part will just come naturally. I'm sure that you have heard the saying: "Be. Do. Have." Well, that is exactly right. This technique shows you how to Be. The Do and Have take care of themselves.

As you do this, you may also find that you no longer think in terms of the content list. Your new lists will automatically come to you in the form of beliefs, or premises. You may decide to no longer even use a list. Your list may come to you in other forms. The structure of these principles does not matter. What matters is that in one way or another, you embrace your current thoughts and beliefs, knowing that they are there to help you. Embrace any so-called negative, whether it be anger, sadness, fear, depression. Those feelings are all there to help you see something that you are not currently seeing.

Here is a short list of common beliefs that are not true unless you want them to be.

- I believe that I am much too old to change my ways now.
- I believe that the world is in terrible shape and we are in big trouble.
- I believe that being happy right now is not possible.
- I believe that I do not deserve to have lots of money.
- I believe that I must have downs in order to enjoy the ups.
- I believe that it is hard to get in shape.
- I believe that finding true love is difficult.
- I believe that keeping a meaningful relationship is difficult.
- I believe that other people must like me.
- I believe that there is only so much wealth to go around.
- I believe that I need drama in my life to be happy.
- I believe that money is the root of all evil.
- I believe that I need to find a mate to complete me.
- I believe that I need to smoke to calm me down.
- I believe that the world is a hard and unfriendly place.

## Technique Two

This is a technique that also works very well, though is much greater when combined with the first. Again, the important parts here are less about procedure and more about the principles being used.

This powerful method of getting what you want is simply holding a mental picture of what you want in your mind, also known as visualization. Using the same business example, for instance, what I will do is simply close my eyes and develop a picture of myself perhaps in front of a computer looking over good sales numbers. I am comfortable and relaxed, and I also look out of my beachfront house's window at a boat that I will be on later in the afternoon. I would concentrate on this image, or any other image, for as long as I want and with as much attention as I can give. After I am satisfied with my image, I again wake up to the present moment and feel my body, the air, the sounds, the smells around me, confident that as I continue to stay awake in the present moment, my image will eventually come true.

You will notice, again with practice, that as you become more attentive to your images and to the present moment, your images will unfold with a sometimes shocking degree of accuracy and speed. Experience teaches that going back to one mental image several times tends to speed along the process. This is again a very powerful method of getting what you want, and this will of course be as truthful to you as you believe it to be.

A common theme among many of the most successful techniques is the power of the present moment. There are few things as powerful as the human mind in harmony with the present moment. If I had to offer only one sentence to you to free yourself, it would be:

Always stay in the present moment.

## A Comparison of Techniques

Many traditional and popular methods of trying to get what you want simply are not effective, or as effective. Here are a few of the more common ones.

Giving advice. Be wary when anybody tells you what to do on the outside. Even the best intentioned advice gives little real help. If you are struggling with an internal or unseen belief that you not understand, all of the talk and all of the advice in the world will not help you.

Just do it. This is probably one of the most popular and simple methods of getting what you want. This is a call to action that in fact has tremendous validity. In many cases,

"just do it" works. The problem with this slogan is that it tends to accompany premises that are very harmful. One such premise is: I believe that life should be a series of hard fights. Many "just do it" people live a very hard and dramatic life, even as they get the things they want. Just do it needs to accompany a method of dealing with unsound premises as they come forward.

Positive thinking. This is basically a method that tries to turn your "negative" thoughts into "positive" ones. Changing your thoughts on your own puts you on a very slippery slope. This is because your mind is always trying to help you. If you continue to take these natural healing thoughts and twist them into something else, your mind will continue to try to help you by throwing out even more "negative" thoughts, and often at a much faster pace. This is essentially putting you in a frustrating circle that you will not know how to get out of by simply thinking positively. You tend to get in trouble when you tell yourself which thoughts are good and which thoughts are bad. One unsound premise associated with positive thinking is: I believe that I need to constantly juggle my thoughts around in order to be successful. Another is: I believe that I have to think about happiness in order to be happy.

Psychiatry. Many who seek the advice of professionals also tend to be hung up on certain premises. One may be: I believe that I need another person to guide me to happiness. Another may be: I believe that finding happiness has to be a long, dramatic, and financially expensive process. Of course there is nothing wrong with trying to improve yourself with the help of others, but you do not need anybody.

Medicine. Medical technology is at an unprecedented level of effectiveness; however, medicine cannot change human nature and human beliefs. Our mind is still the greatest source available to us in giving us what we want. People who seek psychological help through medication may be under premises such as: I believe that I need to take pills in order to be fixed and happy. Another is: I believe that I am not capable of properly healing myself. This is NOT a recommendation to stop taking your medications. Remember, this is not about telling you what to do on the outside. Honestly embrace your feelings and beliefs about your health and you may become very surprised at what happens to you naturally.

## Conclusion

Wholeheartedly follow these techniques and you will truly get what you want. I close now, and wish you the very, very best, because that is exactly what you deserve.

While it is true that this is all that you need, due to the fact that we tend to make things much harder than they really are, there are some frequently asked questions about the material.

## Frequently Asked Questions

**I came to learn how to stop an addiction. I don't understand. I still have a craving for alcohol/tobacco/food. Do I stop doing those things and embrace the feelings that I get?**

Again, I am not telling you what to do on the outside. If, after you embrace your thoughts and feelings about your addiction, you still have a desire to smoke, then by all means, light up. But here is what you do. If your thoughts try to make you feel guilty or tell you that you are being irresponsible simply be aware of them and embrace them. And when you put the cigarette to your mouth, feel the smoke in your lungs, be attentive to your thoughts, feel the nervousness in your body. Feel the air around you. Stay in the present moment. Do this again and again if it doesn't work right away. It will work.

**I am already doing what I want to do. I just want to be better at it. How does this help me?**

If that is your case then you simply should just concentrate more on the present moment. For example, if you are trying to get much better results during a workout, notice how your mind wanders while you are lifting weights. Focus completely on the muscles that you are working. "Feel the burn" as they say it. But really feel it. If you are listening to your headsets or thinking about the pretty girl next to you, are you really concentrating on your muscles? Do you ever wonder why there are some people who spend only minutes working out and look much better than people who spend hours a day struggling? The quality of their workout is much better, even if it is shorter.

To improve your quality, stay in the present moment. A part of me wants to try and explain in detail why this works, but you won't understand it until you just try it for yourself. I will simply say that this is exactly how you develop discipline. Discipline is a word you will hear repeated over and over among the most successful people. Just remember that discipline does not have to be associated with being hard or negative.

Always stay in the present moment.

**If this really works, why doesn't everybody do it?**

There tends to be a tremendous amount of doubt associated with simplicity. Most of us have been conditioned to believe that success, and life, is complicated. We want to believe that for something to be worthwhile, it has to be dramatic and difficult so that we

can appreciate the rewards more. Again, that is only true if you want it to be. I for one was tired of feeling that things were difficult when they were not.

Notice people that have been taught early in life to be successful. They may not have struggled with these principles when it comes to money, but many of them are still unhappy. They still struggle, but with something else. That is because they still believe that life has to be hard. Why do you think most lottery winners say they were better off without the money? Because their beliefs about money and life have not changed. They have struggled before the money and they will continue to struggle after the money if their premises do not change.

**What if this is just not working for me? Am I doing something wrong or am I just not right for this?**

Everybody is right for this. This works for everybody. If this is not working for you, perhaps maybe you are anticipating particular results. Drop any preconceived notions of what Truth you think you will find. A Truth is something that you will know when you see it. Remember, if you already saw it, you wouldn't be struggling with it. And if it does not come to you instantly, that is okay. Be patient. It works.

Another reason this may not be working is because you are just not being honest with yourself. When you develop your content and belief lists, you are not looking deeply enough at your thoughts and beliefs or you are not being truthful enough. If that is the case, this will not work as well for you.

**This seems like a lot of work.**

This may seem like a lot of work, but is it really? What you were doing before was a lot of work. And not only were you not helping yourself, you were probably becoming more tired and worn and frustrated. Embrace the belief that you feel that this has to be hard. I struggled for a long time with these ideas, but with all of those other techniques. And the truth of the matter is that if I truly did not want all of that drama, I could have just dropped it right then and there, at the very beginning.

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This ebook may undergo changes. The principles and techniques will NOT change, however, sometimes a minor wording change or an additional frequently asked question can make a positive difference. If you would like an entire updated copy, click [xHERE](#).  
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That is all that you need to know to get anything that you want. If there was an exact thing that you had in your mind to do and wish to pursue it, then by all means, do it. Live your dreams. I hope that I have helped you and I wish you the very best of luck.

However, not everybody is exactly sure what they want to do or how they will go about pursuing what they want. Or, like I mentioned earlier, maybe you are now open to opportunities even greater than what you first thought possible.

Below are some vehicles to get you where you want to go. There is a belief among many that most get-rich or self-improvement opportunities are scams. People that believe such things tend to be people who have no real intention of succeeding and usually do not follow through on what it is they start. I do not argue with the fact that there are scams out there, but many advertised systems are legitimate. I will even take it a step further by telling you a Truth right now that you may not yet believe. *You can make money off of anything.* I walk around every day and see money and opportunity *everywhere*. You will notice that in many systems they will refer to other systems and tell you why they don't work. Well, that is wrong much of the time. They either tell you that because they truly believe it or because they believe that it is good marketing to do so.

Now, while this is all true, it is also true that some systems *are* more powerful than others. I have taken the time and found some of the most powerful systems available. I have scoured websites, sales pages, search engines, forums, etc. to make sure these products deliver. I have personally used these systems or have gotten testimonials from people who have. I have contacted authors and asked them specific questions about their systems and then went back and asked customers if what I was told was accurate. And these are only some of the things that I have done. Now of course you can go elsewhere and do all of this for yourself, but I urge you to at least look through these systems before you do. You may save yourself a tremendous amount of time and money (do NOT spend tens of thousands of dollars on franchises or anything like that until you look these over).

You will also notice that some of the systems I recommend overlap and cover a lot of the same ground as the others. I am fully aware of this. Even though I may personally feel that one system is much better than another, I will still leave others in. I do this because you may be completely different from me and one system or author may rub you the wrong way while another may be exactly what you are looking for.

With all of this in mind, I will not recommend a system that I think is at all questionable or overly complicated. This section will be updated as well as I find new and/or better opportunities. If you have not already, download the latest updated version [xHERE](#).

Lastly, and most importantly, please remember what I told you. *Success does not have to be hard*. You can do *any* of these. And even though these systems were designed by successful people in their fields, even some of *them* will hint to you that parts are difficult. Question those beliefs.

## Wealth

[xEBOOK](#)- How to create your own ebook. The ebook you are reading was created by using this information (and don't be fooled, yours can look much nicer than mine) It covers everything. Great product.

[xJERK](#)- Internet marketing. *This* guy is a character. Get past the obvious and look at the content. Highly recommended product.

[xAFFILIATE](#)- Gives you a lot of what you will need and you can start quickly. Another highly recommended one.

[xPHOTOGRAPHY](#)- Not as big of a money maker as the others, but I added this one for its unique freelance opportunity.

[xCLEANING](#)- Office cleaning. One of the best systems I have found on the topic.

[xMOWING](#)- Lawn care business. Equipment, higher efficiency, landing accounts, billing, advertising, legal, insurance, much more.

[xGAMING](#)- Video game tester. Surely most of us have wondered about this one at one time or another.

[xAUCTIONS](#)- Seized vehicle auctions. There are many incredible deals out there. See for yourself.

[xBROKER](#)- Wholesale broker. Very different. Check it out for yourself.

[xLAZY](#)- Notice how many of these are internet related? Hint, hint.

## Business Services

[xINCORPORATING](#)- A guide that reveals the different corporate and tax structures. Learn the advantages and disadvantages of each. A huge time saver.

[xRECORDS](#)- Public court records finder.

## Sports/Exercise

[xBODYBUILDING](#)- Weight loss and strength building. Good product from somebody who is definitely qualified to teach.

[xSKINNY](#)- Muscle gain targeted more towards skinny men and women.

[xGOLF](#)- Improve your swing. Simplicity *works*. Check out the testimonials.

[xSOCCER](#)- Complete guide to soccer conditioning.

[xJUMP](#)- Double your vertical leap. This one is a little pricey but you'll know why when you see the guarantee.

## Relationships

[xMEN](#)- For women. Understanding men and getting what you both want.

[xWOMEN](#)- For men. Attracting women and getting what you both want.

## Leisure/Other

[xBASS](#)- Bass fishing. Seasoned professionals' secrets and techniques.

[xGUITAR](#)- Learn to play the guitar. If I had any interest in playing, this is where I would start.

[xPIANO](#)- Learn to play the piano. Same makers of guitar.

[xLANGUAGE](#)- Learn to speak any language. Don't buy another language course until after you check this out.

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I am currently accepting testimonials and questions about this material. Relevant questions will appear in updated versions of this ebook under the FAQ section. Please understand if I do not get back to you with a personal response. I will try, but I have other things in life that I pursue and I am sometimes gone for weeks at a time.

Testimonials will be posted somewhere on my website [www.pardipages.com](http://www.pardipages.com), but I will probably put them up all at once. Testimonials can be about anything and can be something that is minor or very large. I can't promise to put them all up on the site, but I'd love to hear them anyway.

To send me a question or testimonial, email me at [support@pardipages.com](mailto:support@pardipages.com).

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