

Books By Susan James

The Application of User Friendly Physics To the Design of our Lives



Manifesting 101 &
Beyond: Essays &
Tools for Creating

By Susan James

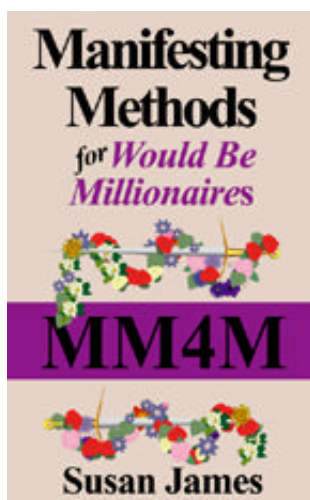
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Manifesting 102 &
Beyond: The Design
Continues

By Susan James
Vast Five Publishing

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Manifesting Methods
For Would Be
Millionaires

By Susan James
Vast Five Publishing

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Published: July 2002



The Millionaire
Maverick

By Susan James
Vast Five Publishing

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17 Seconds to Weight
Loss: The Guide

By Susan James

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About the Author

Susan James writes and speaks of the mechanics behind energy and spirit. She self coins these concepts the basics of *User Friendly Physics* to the higher level of understanding in *Immaculate Physics*.

James' underlying theme in all of her publications revolve around raising our individual illumination, and the effect we have on all of humanity, as well as our individual lives, as we do so.

The application of the *mechanics of energy* and spirit to our lives, lifestyles and businesses continues to be a quest for Susan as she offers it to all who are interested in following their potential path. She does this through her many forms of writing, including books, newsletters, courses, consulting, and speaking engagements.

User Friendly Physics assists us in having what we desire in our lives “without goofin' it up first.” Enjoy reading the selections from Susan’s current books which surround this theme.

Manifesting 101 & Beyond: Essays and Tools for Creating (by Susan James)

“Manifesting 101 & Beyond” is a collection of essays and tools for creating one's life in a dream come true format. It is using the author's own interpretation of her coined phrase **User Friendly Physics**, which is loosely described as “How to get what you want in your life to happen , without goofing it up first.”

These original essays are from the popular electronic newsletter series by the author Susan James as well as many other contributors in the field of making dreams come true. The ideas and thoughts presented here are intended to help the reader “have life their way”, as well as to bring “heaven on earth” to each one choosing this path.

This book is about directing one's thoughts on purpose while getting very clear on one's vision for their own lives. As you grow and evolve - like those who have contributed here - you will see easily how to give pure attention to your desires flowing to you, instead of you chasing them.

This newsletter series now in book form was made possible by many hearts continuing towards their own definition of happiness and dreams coming true. You will find inspiration here, you will find ideas and evidence of how to “do it, without so much “doing”.

You will understand energy.....and how to move it. You are given actual tools, instruments and exercises, and are shown how they too, show up in our families, livelihoods and work to move us toward what we really intend.

We can get there the easy way or the hard way. This book shows you the easy way!

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*end sample of
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Manifesting 102 & Beyond: The Design Continues

(From the Backcover)

Author/Consultant, Susan James continues her *User Friendly Physics* theme in the second manifesting series; *Manifesting 102 & Beyond/The Design Continues*.

We begin to understand:

How to manifest our desires with the things we can't see with our physical eyes.

We begin to see:

The difference between Kissing and the Kiss, and what it has to do with manifestation.

James says, "We have shut ourselves from the tools of the gods, when it is the fabric of momentum."

She answers the question: How do we do all of this while avoiding being whacked off our ladder to success?

In addition to the manifesting essays and tools, two games never before released are included: The Money Flow Game and The Game of Intrinsic Value.

Excerpt from: Introduction of Manifesting 102 and Beyond

Manifesting 102 & Beyond: The Design Continues takes us to the place where *Manifesting 101*(the book) left off. Merely, understanding some of the things we can not see with our physical eyes, but of which we can teach ourselves to use to design our lives by.

This information is presented in essay form inspired from the continuing weekly electronic newsletter, *Manifesting 101 & Beyond* by Susan James.

There is this line we bring ourselves to as we teach ourselves and one another how to manifest on purpose; (on purpose being the operative words); this line, is the one between holding on and letting go of a desire and intention so that it will flow to us in ease. Bringing ourselves this new understanding can make all the difference in the world in the amount of time needed for our dreams to come true. It is a fabric of momentum.

How do we chase or allow abundance? Which one works the best? Which one will bring us our dreams for life and lifestyle change the fastest, or which one will keep it just beyond our reach?

Once we really see, what we have been dusting under the rug, we again add more momentum to our envisioned success in all areas of our lives, including relationships, money, health, business, livelihood and lifestyle. How do I know? I Live It!

How do we do all of this while avoiding those 2X4's that can come up and whack us off of our ladder to success. What do we need to know about those experiences, from a **User Friendly Physics** application, and how can we miss them the next time, so that there is no next time?

What about our Potential? Could it be we have a Potential Path where the people, the events, the circumstances are just waiting for us to get out of our own way, to get on with it, so that they can bring us what we say we want? Do you know anything about your own Potential Path?

Included also at the end of this book are two games never before released. *The Money Flow Game & The Game of Intrinsic Value*.

These are the only games to date I have not released, simply because these came to me in a part of my life, when I was transitioning from old work energy, into new livelihood energy. They are more personal than the others, and just as affective.

For someone such as myself, and anyone who is choosing to allow their gifts and talents to be how sweet money, and other grand forms of abundance show up in our lives, you will find these two games helpful and insightful, and they will move you forward.

As Always, nothing, no thing, is an accident; and for whatever has brought your eyes to these pages, I do hope you pay attention, follow and honor what is shown to you. It may just be your next step in your dreams coming true and your prayers being answered.

It was and continues to be so for me. (sj)

Also Included:

Setting Dates for Intentions & Desires (Do they Help or Hinder Manifesting?)

And

The Money Flow Game & The Game of Intrinsic Value

(Never before released games that helped me move from old work energy to my writing/livelihood energy.)

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Manifesting 102 & Beyond: The Design Continues (by Susan James) Paperback and Ebook

Excerpt

I get lots of great questions as folks, including me, teach ourselves how to create our lives by design. One of the many topics comes in as to how to or if to set dates for manifesting.

I have used the following generic Q&A to offer for your consideration:

Question:

How do I put a time limit on my asking? Do I just write something like:
By January 1st of the New Year, I will be a famous Author, earning \$300,000.00.

Excerpt

The Money Flow Game & The Game of Intrinsic Value
Background of How These Games Were Born:

I hit a place of transition as I was doing more and more writing. I knew this is what I came to do, but I was hanging on to the what ifs in regard to money.

Could I keep my current standard of living up, plus expand it to where I intended to go? Could I do this through my writing and not need another source of income?

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Manifesting Methods for Would Be Millionaires

(by Susan James)

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Preface

What this Book is NOT About:

- A. Financial Methods for Attaining Wealth.
- B. Psyche 101 and Business & Marketing 101 Methods for Attaining Wealth.
- C. Positive Mental Attitudes For Attaining Wealth
- D. Goal Setting

What This Book IS About:

A. The Application of The Mechanics of Energy & Spirit towards Multimillionaire Status.

B. This book goes behind the scenes of many great self-empowerment concepts and explains the Mechanics of Energy at Work behind the ideas.

There is a Physics, a simple, easy, useable physics behind every great concept and idea; This *user friendly physics* is now being made available to the masses.

C. Manifesting Methods for Would Be Millionaires takes the plan that many writers have given us over many years, and dissects the parts, so that we understand the workings of the energy, like the ingredients of a recipe.

D. There is a Mechanics behind our ideas and inspirations, that can be explained, understood, and implemented, just like a car instruction manual provided with a car.

E. And with that information moving into our experience through the pureness of knowing, this then leads to the evidence appearing within our physical lives. We've been

doing much of it backwards, and making it harder than it need be & its time for the 360 in the other direction !

F. The cliché of being born without an Instruction Manual is no longer the Truth !

My Personal Objectives for this Writing:

1. For me to have fun doing something that I am good at.
2. To move my energy stream to a higher level.
3. To draw to me through this experience the matching of my intentions, both for my physical and non-physical life.
4. To continue the general theme of most of my writing, which is how to create heaven on earth, while expanding Consciousness for the One and the many.
5. To write this information so that it appeals on many levels, to the personality that sits in front of the souls gentle nudge to understand the more.

Introduction

Most self-empowerment books for attaining success and wealth usually have these keywords as the main themes of achieving wealth and or millionaire status.

Focus, sub-conscious, desire, goals, self-worth, making list of goals, positive mental attitude, belief, faith, and passion for what you do.

Although, these are great well meaning words and guidelines, there is a huge piece of the puzzle missing. That what this book is about.

What's Missing?

The ingredients of each one of those words is made up of something. "Some Thing".

What you are about to read and discover are the secret ingredients contained in each one of those words.

As you see and understand the secret ingredients, just by pure association with that knowing, you begin to expand into your millionaire essence.

And what is millionaire essence? You are about to find that out, as well !

You are about to embrace how your millionaire status is able to flow to you.

The Rules? There are none. But you do need to ***Pay Attention!***

And with this we move into the secrets of the Ancients as told to the many who are ready to hear.

The Branches

1

Know this: You can not be a millionaire, if you are worrying about getting your bills paid, or putting gas in the car.

Know this: You can not be a millionaire if you are a person who is purposely unkind to others.

Know this: You can not be a millionaire if you are constantly concerned about your health or a bad back.

Summary: You can not be a millionaire, if you are thinking, and talking about not having enough money to take care of your life, and if you are in an unpleasant state of mind with other people, and or you are constantly talking about how bad you feel or how sick you are.

2

Your question or query might now be; “well, I am none of those things !”

Possibly you are a person who is not concerned about money for day to day living, and quite possibly you are nice and generous with other people, and you are in good health in general .

So why aren't You a Millionaire then, based on the previous words?

That's part of the secret ingredients. You have not yet discovered the force that you have. And if you had discovered it you have not been using it or you have not been using it properly. If you had, then this book would not have popped into your experience.

Together you and I will break this down into various components of energy. Levels of energy. You have to see and understand the mechanics of this millionaire quest. You can not jump from not a millionaire this moment and be one the next. If you could do that, you would have done it already, and again, this book would not have landed in your life.

Note: The Lottery aside, and of course that could happen. But lots of folks who win lotteries, don't have the secret knowledge, to either keep the money or to be happy while

they have it. They unknowingly invite many other issues into their lives, that take away from the fun of the money. It's like weight loss. If you lose it without using some of the ingredients told here, then most likely you will gain it back and you most likely were unhappy in the process, which is one of the reasons you will automatically gain the weight back.

This is about you having your millionaire status flow to you and you being happy, and keeping your financial resources the way you want them to be.

3

I'm going to save us both some time and make some assumptions about you.

You want to be a millionaire, because it gives you more choices. It helps to take your mind off of frustrating things like robbing Peter to pay Paul.

Being a Millionaire would give you freedom. Freedom for what? Well, Freedom to be who you want to be, when you want to be it.

So let's assume at least that much. That you have some spiritual inner sense about this.

I will also assume that you are okay about having lots of money, and that it's not a *sin* to have lots of money.

If you have a thing about that, then there are plenty of books to help you through that. This book is not that. This book is about A Force. This book is about the mechanics that you don't know about nor use. It's about ease in manifesting the financial resources you want.

End of Sample
Manifesting Methods for Would Be Millionaires

sj

The Millionaire Maverick

From The Back Cover

Susan James brings her popular User Friendly Physics theme to
Hank Ramsan, The Millionaire Maverick.

Theme

Hank made everyone Millionaires who learned to use his Magic Wall. This enraged the powers that controlled the world's banks because hidden secrets were revealed and lifestyles threatened, as the world's money systems crumbled.

Only one person could save Hank from the peril he had created, only she didn't love him anymore.

From Chapter One

Hank Ramsan, blonde, friendly and handsome. Many called him Handsome Hank, or HH for short. In all of Hank's 36 years, he hadn't let his looks deter him and used them in moments to his benefit, especially now. This time he was engaging in dangerous territory which involved changing the world's money system and possible retribution.

The powerful forces who seemed to be in control of the world's purse strings would not be happy.

Would he succeed? And if so, how?

Hank Ramsan, blonde, friendly and handsome. Many called him Handsome Hank or HH for short. In all of Hank's 36 years, he hadn't let his looks deter him and used them in moments to his benefit, especially now. This time he was engaging in dangerous territory which involved changing the world's money system and possible retribution.

Setting out to remedy how commerce and the world's populace had been conditioned to operate, Hank's agenda was to change it all. The powerful forces which seemed to be in control of the world's purse strings would not be happy. Hank had no idea what was before him.

Hank knew a powerful group controlled the Federal Reserve. It was owned and controlled by those who had their own best interests at heart, regardless of the affects on the various populations and societies of the world.

A new understanding of how things really worked would change it all; an event whose time had come. Hank often reasoned that he was the bearer of the gift to provide that change, no matter the cost.

Rubbing his hands through his thick blonde hair, Hank prepared for nightly sleep. Having a moment of remembering the days when he used to lie down next to the girl he cared for the most. Those days were behind him and he quickly brushed it aside, fully knowing he had lots in his life to do and someday, he would not sleep alone.

As a writer, Hank had written many books all along the theme of his own methods of design of his life. He had labeled it "User Friendly Physics," UFP for short. He was now ready to take this to an important next step; show it in evidence to the world.

Teaching the world how to become Millionaires in ease is what he wanted. He wanted the world to know how sweet the word money actually was and not the enemy sometimes it's made out to be. Lack of money seemed to kill the true meaning of the word and its spirit along with it.

Noble were his intentions, relieving humanity of disease, poverty, and lack, as they relate to money. It was however, Hank's investigative nature that always moved his passion for life forward. This was no different from any other goal he set out to accomplish and in which he always succeeded. He felt the timing was near for this goal to take form.

As was Hank's personal ritual, each night before going to sleep, he always asked for information to come to him in his dreams. Ironical even to him, he would use this information gathering system for service to others and to fulfill his drive and ambition. However, as good as his system was, he would never ask for information as it related to finding 'the right girl.'

Sometimes he would wonder why he didn't pursue another intimate relationship using this method, but as always brushed the notions quickly aside. This night as he gently fell asleep he asked to be shown how to manifest millions of dollars in ease. Hank chose this in order that the world could ease the stuck money band that seemed to keep the earth's populous in a vacuum of lack.

Hank was convinced that only a powerful few were really designing the world's rules around money and how it was to be created and used. He was out to change those rules, if not destroy them altogether.

Knowing too personally how not having enough money can affect someone's life, health and dreams, Hank now knew how to create his own life in ease and on purpose. This gave him a passion for taking it to the world in a way that all would pay attention. He

knew the subject of money, more so than gold or silver, would gather much interest. Creating Millionaires out of thin air was his point and his quest.

What Hank did not know were the repercussions from the people around the world who actually control the money system. They would not be happy with someone finding the secret pill, the magic bullet, of how to create money in ease. It has always been there, Hank was about to uncover it all and tell the world, possibly to his demise.

2

A pattern for years, Hank kept a clipboard and pen by his bed to jot down moments that would come to him during the night. He always expected information to be given. What he didn't expect this night was to be given a dream of "Aladdin's Lamp" and "Ali Baba and the Cave of Thieves."

In almost unreadable script, Hank wrote down the titles of the Ancient Persian Fables as he woke during the night. He had some knowledge of Persian Fables containing ancient truth and wisdom. The stories were familiar, but this was something different.

Excitement filled him the next morning. The early part of Hank's day was to be spent in the local library. Off he goes, coffee in hand, his favorite worn torn Levi'sTM, his favorite soft leather boots, and his alma mater, University of Virginia sweatshirt. The same one that compliments his golden tossed hair and sparkling blue eyes. Hank was on a mission!

As if his dream was not perplexing enough even for someone like himself, who very much believes in dreams, inspirations and their symbolism, more bewilderment showed at the library.

Hank zeroed in on the children's section of the library, assuming there was a Walt DisneyTM book about 'Aladdin's Lamp.' A simple story he could study for its separate parts, was the version he needed. Searching the computer, jotting down many titles, Hank in his impatience, asked the librarian if she wouldn't mind simply showing him to the section where many of the titles were located.

There they were, he and the librarian, looking on the many shelves for specific stand-alone titles of "Aladdin's Lamp" and "Ali Baba and the Cave of Thieves." Then it happened. All by itself, all of its own volition the book fell out onto the floor. It was one entire volume containing, many Persian fables, including the two he was seeking. The librarian and Hank just looked at one another. Hank knew in that moment, that not only his life, but that of many others was about to change.

Filled with continued enthusiasm and excitement, Hank rushed back to his writers loft. The writers loft, that no one who personally knew Hank understood his motives, and always badgering him as to why he seemed to live there. It was Hank's passion and will for what moved in his veins that kept him happy in his writers loft. That is until now.

Jumping into his black truck in the library parking lot, the vehicle he had dreamed of, Hank was on his way. This truck was the one he bought with a piece of paper, like he did his very first car as he was graduating from college. In college he didn't understand how the car showed up that way, he didn't care. Now he does, and he is showing others.

He had recently taken a piece of paper to his local banker. The paper showed Hank's success as a writer being rewarded, and the bank lent him the money based on the strength of that paper. Hank also used his own "User Friendly Physics" to produce that piece of paper. These same physics were about to take him to death's door.

Previous to that point, Hank had not wanted to borrow money, and was waiting on the right circumstance to bring him the cash. That perspective changed when he read a book about 'The Disney Brothers, Walt and Roy.' The logic was, as they too did not want to build their business on borrowed money, that if they could make back each month more than the installment payment called for, then it was a good business decision to borrow the money. That was good enough for Hank.

While getting in his truck, Hank is noticed by two girls walking up the library sidewalk. He doesn't notice them noticing him. Hank is deliriously absorbed in what is before him. Nothing new, not noticing others noticing him. What he also didn't notice was someone else was watching Hank, and it had little to do with physical attraction.

Hank had reached the place in his heart that he no longer needed another person to make him happy. This was quite a great place to be based on the previous turmoil he had brought himself and others in previous relationships. Asking for happiness, on a continuous basis had brought him just that, he was grateful. Physical yearnings for someone intimate always presented themselves, however he had his own methods of relief from that.

Hank's writers loft was located in a second story warehouse. It was similar to the loft in the movie "Flash Dance™" occupied by the main character. This writers loft was a bit more comfortable than the one portrayed on screen, and contained a most important element in Hank's life; his famous blue leather chair and ottoman. This leather chair was that thick, deep, soft leather. Not the leather that one may question if it was vinyl or not. This was the real thing. This piece of furniture had traveled everywhere with Hank. No matter what or where he called home, that chair went with him.

This was Hank's chair of dreaming, writing, and intending, over his life. His personally designed power naps took place there. Often he thinks back fondly, to the times his

girlfriend of long ago used to have her Chinese dinners on a tray from that chair. Those days of intimacy with another, in this moment seemed far away, for this now was a man with a new mission.

5

Arriving back at his writer's loft, the first order of business was to make a fresh pot of coffee. Hank was well known for his coffee habit which whenever he was invited anywhere was always known to ask, usually before hello; "Got any coffee?" If you were an old friend of Hank's then you always had coffee. If you were a new friend of Hank's you would quickly learn to have coffee.

With coffee and his two fables of Persian wisdom, Hank threw off his boots and plopped into his favorite blue leather chair. He was eager to find what was before him.

Hours had passed, and Hank dozed off into a lazy nap. A dream ensued which startled him awake. He then realized the danger he was about to set upon. It mattered not. He was doing this, no matter what.

Hank realized he had to find the quickest and easiest way to introduce his plan to change how the world operated around the subject of money. The Internet was part of his solution. He often reasoned he could travel around the world with his fingertips, until the time came where he would need to physically travel with his concepts.

First, he needed an idea, an inspiration. Just as he was about to use some of his "User Friendly Physics" to help bring him this new idea, there was a sudden loud bang on the door. Something or someone had crashed into it.

Hank peered out his window to the parking lot, but didn't see a car and he wasn't expecting anyone. As he opened the door, a chill ran up his spine. Stuck deep into the wooden door was a huge saber with a note attached. He slams the door shut out of a moment of haunting fear, then slowly opens it to reach for the note.

***End sample of
The Millionaire Maverick***

17 Seconds to Weight Loss/The Guide

by Susan James

Preface

How does 17 Seconds change your weight? What Power is there in 17 Seconds of moving pure energy, and how do you do that? Find out what it means for your weight loss to come to you instead of you chasing it. Learn how to move and form energy instead of tactics of willpower and discipline.

It is easier than we have been taught. We have been doing this weight loss thing backwards !

17 Seconds to Weight Loss, The Guide, boasts 72 Chapters on re- designing your image, while further explaining the Power of Intention to help your desires come true.

James through her own co-founded health and fitness centers and developer of Foodstyle 1&2, a one-one-one coaching program, has helped many in the weight loss arena as well as Manifesting other areas of their lives, through energy principles, which James calls User Friendly Physics.

Included by the Author who has published & written other offerings on Manifesting, and Weight Loss remains a Size 9 after hitting 196 pounds: 2 Week Boost, originally designed as a focus and intent project for Internet participants; Foodstyle 1 & 2; How to Use Vinegar in Weight Loss, and other aspects on re-designing your life from body image to Livelihood aspirations.

Chapter titles included: Sabotage (answers the question as to why when you begin everything seems to get in your way) My Own Story, The KEY to Your Success , The Mechanics of Spirit, What to Eat, What to Cook (Just Tell Me!), Your Work-Livelihood, Follow Your Heart, It's Outrageous to Some, Needles or Noodles, The Mechanics of Re-Designing Your Life, How I Have Re-Designed My Life , What Mechanics Did I Use and How, Passionate Asking, Solutions You Know Not Of and MORE !

Why, just a choice and decision adds momentum to your image desire and how to ride that !

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Introduction

Most likely you have never read a weight loss guide like this one. I will tell you in the beginning, that this is more about energy and the application of Spirit than anything else.

There is a new energy gift that we are being given from Spirit as we enter into the next millennium and we have a conscious choice to use it in our lives, as well as in our overall intention for body image and health. You can use this application of the new energy to bring to you, your desired body image. You no longer have to chase after it in frustration. It is within this new energy that you can verbalize your intentions and they are heard on a "cellular level" and the changes become automatic for you.

In the event you are still with me after reading the above paragraphs, then you are in for the easiest approach to weight loss that you may have ever experienced. The only hard part is you believing that it is so.

Weight Loss and Body Image has nothing to do with the food that you eat or that you do not eat.

It has to do with energy, and how you move and form this energy. It has to do with how your spiritual self will automatically help you achieve your desired weight and place of health.

Energy becomes the automatic action based on how you move it. It transforms your body automatically. But, you have to understand why it is so, and then use it as a tool.

How do I know this? I've done it. I did it from 196 pounds to a consistent size 9. Consistent, meaning...no, yo-yo. I lost it....and it stayed off, and it always stays off ! And, I eat whatever I choose !

The main topics further discussed within this guide to help you in your intention are:

A. 17 Seconds to Weight Loss- How does 17 seconds change your weight? What power is there in 17 Seconds of moving pure energy, and how do you do that?

B. Intention and Decision: The Power, that simply you making a decision about your Body Image begins to automatically create it for you, almost like magic !

C. Synchronicity: How showing intent within your desired body image automatically brings you the events and circumstances on the inside and outside of your body to accomplish your goal.

D. The further understanding of the New Energy and the gift that God/Universe/Angels/Guides have given us to create the body image that we choose.

Therefore, it is within the new understanding that you and I move forward to accomplish your goal.

Also Included: 2 Week Boost, originally designed as a focus and intent project for internet participants. Foodstyle 1 & 2; How to use Vinegar in Weight Loss, and many other aspects on re-designing your life from body image to Livelihood aspirations.

CHAPTER 1

Sabotage

I am often asked: Why is it when I start down this road of weight loss, that I seem to sabotage myself in some way? Why is it I tend to eat more? Why is it that everything seems to happen to get in the way of my success ?

Here is your answer: And once you understand this, and apply it, you will be able to put this behind you.

This is the old self worth stuff. When you make an intention or new choice for your life, you in some way are setting out to take care of YOURSELF. You are choosing to do and be something that YOU desire. It is then, and this precise point that if you have any "self worth" issues, they will pop up for you to address in some form.

So what? What does self worth have to do with weight loss anyway? Self Worth has everything to do with everything ! It has to do with how God & The Universe bring you your hearts desires, but if your self worth is out of whack....the good stuff including your desired body image, can't seem to find its way towards you.

We have been taught, others first...before ME. That has turned into a belief system held within us and as we begin to pay attention to ourselves we begin challenging that belief system, and it shows readily in our body image intentions and decisions.

We have been taught, that selfish is a bad word. But the rubber meets the road here. None of us, not you not me, can love anyone else , in the true meaning of Love and care unless we first love ourselves. (That is "scripturally" based. Just look for it, if you feel that you need to do that. Scripturally based as in all of the world's religions).

So for YOU to begin to take care of your own heart.....your own hearts desire of changing your body image, your ego does not know what to do with it. So it rebels. And it rebels in ways that we may describe as "self defeating" and sabotaging our very efforts to improve ourselves.

When you begin loving yourself more, you begin to set the ego/self on the shelf, and allow your SELF, your loving self, your higher self to take over, and it begins to take over with Love. This can all come to you easily and gently. Just ASK.

ASK? Who do you ask? This depends.

One other main point about this weight loss and self worth issue, before we get into more specifics.

This weight loss intention of yours has been given to you as a tool, as an opportunity to find love within yourself , for yourself. Be thankful that this is the tool, the instrument, and not something else. If you are not yet ready to begin recognizing this for yourself, you may have a little trouble catching on, but if you just are not sure, but are willing to tread softly to see how you can do this, then you will open up your world to much more than your desired body image.

A New YOU !

CHAPTER 4

Two Things toDo to Be Your Desired Body Image

1. Talk Out Loud

2. Write it Down

Both of these elements fall under "energy work". You must be willing to do energy work to move energy in your favor to bring you your desired body image. This is how you begin creating your new body.

Your Intention , your decision is your catalyst for action. There is help automatically for you on a cellular level by stating your intention outloud and writing about it often.

Thought moves energy: in order for you to physically write something down, it first is a thought, and your thoughts have the power of rockets. Where do you "think" your thoughts actually come from? Where do you "think" your desires actually come from?

They are the divinity within you letting you know what you are capable of...if you will only trust and believe.

The tricky part, where your "work" is.....is that once you state an intention about something you begin to create it. The Universe helps you in this. But, if you change your mind, and say or think, oh it will never happen, because of this or that or the other.....then that too is an intention that you sent in the form of a rocket to the Universe. And the U then goes to work to bring you that. So you state your intentions and don't change your mind.

This is what verbalizing outloud to your own cellular makeup is about. It helps you to change your belief around your past experience with weight and body control. The

throat is the area of manifestation, which further means, you have to verbalize out loud !

Writing down your desires is like attaching your heart to your soul through your handwriting. Your soul, your higher self wants nothing more than what will make you happy. And you communicate this desire through verbalizing and writing.

This is how the Law of Attraction works. You intend, and you do not change your mind, and the Universe/God has to bring it to you. It is how the Law works whether you consciously work with it or not.

It works in your life anyway. You through your intent are simply directing the energy. This is simply another form of affirmative prayer . A prayer is an intention. Think about it.

Stating out loud your desires for your body image along with writing it down, helps you to "catch" yourself when you are thinking *about what you do not want*, as in "this won't work, or I've never been able to lose weight". These 2 simple exercises done DAILY on a consistent basis, help you to catch your self mis-creating your body.

I have done this....It works, and it is simple ! Much simpler than what you are used to putting yourself through regarding weight loss.

The one thing this ALL depends on is this: How important is your intention to YOU ?

CHAPTER 8

Mid-Summary Technique: How To's

1. Identify What You Want For Your Body Image. (Noticing what you do not want, helps you do that)

Let's look at what you do not want for your body and life as it relates to how you look physically.

You are tired of saying *No, thanks, I don't want to go*, when really you do. You and your self conscious state of how you look with unwanted pounds, is affecting your *going places*.

Maybe, you would be more outgoing and attract new folks into your life, that would add to the fabric and experience of your days. But you are too uncomfortable with your size, so this again limits your experience.

You know you have natural gifts and abilities.....that possibly you could have your own business, or perhaps your skills make you very marketable in the marketplace. You

could advance yourself professionally...but you don't....why, well you know, its the weight thing.

Maybe you are a parent, and although your size does not matter to your kids.....you think that it does, and it affects your relationship with them and their friends and how you interact in their lives.

Have we spent enough time on what you do not want?

Let me throw in one of my own. I owned a ski boat....I hated using it and entertaining with it, because I felt so bad about myself. When I look back at pictures, I was Huge, and very uncomfortable, you could tell, I was not happy. I wore long t-shirts, and cut-off sweat pants, while others wore cute bathing suits....

Ok, now we've spent enough time on what neither of us want. So, lets talk about what you could possibly want for your body and your life.

Maybe you would like to say *Yes, I'd love to go! I'll be right there !* To be spontaneous without flipping over what can you wear so that no- one will notice what you look like.

To be open to all types of new opportunities and relationships, simply because you are "open" due to your comfort level within yourself.

To be able to express yourself creatively, with your talents and gifts ,that others find joy in noticing about you, and tell you so ! You are special, but you did not see it before, because you were always pre-occupied with how you look or feel about how you look.

To be able to wear Levi's and tuck your shirt in, and look great ! (That was one of mine, did and done!)

To be able to wear long t-shirts over your jeans and you look very slender, instead of covering up the bulges. (Done that one too !)

To be able to sit with some of your friends and not feel like the lumpy one....and pulling and tugging at your clothes.

To be able to freely laugh and feel wonderful, simply because you do and you are !

Ok, now.....as you read that, how many 17 Second increments did you spend, pondering how it would feel to realize your desired body image. How did you feel thinking about how good it felt ! That is where you need to keep your thoughts in order to attract your body image to you.

End of sample

17 Seconds to Wt.Loss/The Guide

***THE MAGIC WALL:
Introduction
Copyright Susan James/Vast Five***

1. The Magic Wall came about due to my research and dissection of the Aladdin's Lamp Fable and Ali Baba and the Cave of Thieves. Both Persian Fables which are known to contain Ancient Truth and Wisdoms.
2. I have two focuses on My Magic Wall:
 - A. Livelihood Intentions
 - B. Lifestyle Intentions
3. I have Pictures/photos of both lifestyle and livelihood Intentions on Blue Posterboard, on the Back of My Office Door.
4. I have inspirations/tasks/projects.....things to be done listed on the Wall next to my Magic Wall/Door...also very colorful.
5. I also stated as an intention: that Everything on My MagicWall Comes true.
6. My Magic Wall is My Aladdin's Lamp.
7. Why does this work? Because, I understand the Mechanics of Imagination; Which leads to knowledge, which leads to experience.

***30 DAY SECRET MAGIC WALL PLAN
Copyright/SusanJames/VastFive***

OVERALL INTENTION: Being Spirit

Mastering Myself (keeping my feet forward), which shows up in my livelihood and lifestyle experiences.

SPECIFIC INTENT:

Purposely Apply Focus (which is emotion applied on Purpose) to my Magic Wall and all that appears there.

WHAT DOES MY SOUL WANT?

My Soul wants to evolve. It evolves thru my physical self manifesting desires. Therefore: My Soul Leads the way to my Magic Wall Manifestations.

I DO/BE MY MAGIC WALL BY:

- Feeling what I choose and intend
- By Knowing my Imagination becomes my Experience.
- I focus on what has given me life: The Imagination of My Soul
- Nothing...stands...NO-THING, stands in the way of me and my imagination.
- I stay in my imagination and notice when I am not there.

The Mind of My Soul is MY Imagination: I STAY THERE !

I figured out a way to be here, but “not” be here. Where ever I Am, I pretend I’m not there.

(Both of these statements came to me, when I was asking:
Help me Switch it around. Where my fantasy becomes realty.)

ACTION: Read the stuff I have placed on Magic Wall once every day in the morning. When reading know longer feels good, then simply just look at the Wall for a few moments.

Love Susan

The Sword of Three's 3-3-3-3
An Exercise in Purenness of Thought
(by Susan James)

(The Sword= the Pen. Repeating a thought pattern in 3's helps establish new conditioning in the brain, therefore giving over to automatic behaviors. This is how we have life flow to us, instead of us chasing it in struggle and frustration. Simply begin with your own Sword in the Stone)

1. With your dominant hand write a one sentence affirmation or prayer of something you want.
2. Write it 3 times.
3. Then write it 3 times with your non-dominant hand.
4. Write it 3 times with your dominant hand.
5. Write it 3 times with your non-dominant hand.

Total: 12 lines written: 4X3

Then.....Read your statements outloud,
And.....Check them off, as you read them outloud.

What does this do ? It *makes* you focus for concentrated powerful seconds at a time, especially as you use your non-dominant hand.

This is a different degree of focus vs typing or keyboarding, because we tend to have the keys automatically flowing, as we think the words, and they appear on the computer screen.

However, as we write with a writing instrument, crayon, pen, pencil, we have to actually focus from our eyes, mind and heart for the words to appear on the paper. The concentration is even more focused which then fits the power of pure awareness in the now moment. (ie nothing distracts us, and we have to apply a different degree of concentration for the words to appear on a piece of paper from the pen versus keyboarding and computer screen.

.....

Some Examples: (and of course create your own!)

I am Abundance.
I am Healthy, Wealthy and Free.
I Live my Hearts Desire.
I am Love Energy.
I Am that I Am.
I Love My Life.

I am Happy and Joy Filled !
Abundance is Mine.
I am Source.
I am Success.

I am a size 9.
I am healthy , wealthy and free.

Freedom is mine !
I Own my new _____
I Love My New _____
I AM Spirit.
I AM an Absolutely Sweet Intangible Channel

(The Sword of Three's/An Exercise in Purenness of Thought/Copyright2001-03/SusanJames/VastFive) Developed Originally for: Manifesting 101,102,103 Self Study Course by Susan James)

End of Susan James Book Sampler

Susan James

User Friendly Physics to Immaculate Physics

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Creating w/Light Energy

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