



The **7** minute mental workout
that guarantees
results



Take control of
your life **Instantly**

Don't predict your
future **Create It**

How to guarantee
progress & **Results**
every 24 hours

MindSwitch
by Fraser J. Hay
Method





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Individuals from over 31 countries around the world, have benefited from the *Mindswitch*™ method, and now it's your turn.

I'd like you to think about this for a minute then, take a deep breath, approach the rest of this Call with an open-minded scepticism, and ensure you practice the *Mindswitch*™ method that is about to be revealed to you...

Not only will you be able to prove to yourself instantly that it does work

...You will simply be amazed by the results.

You're about to discover the *Mindswitch*™ method, which will change your life forever! Best of all it **only requires approximately 7 minutes to perform the exercises**, I am about to reveal to you.

...and it is no coincidence or "accident" that you are reading this. You have chosen to read this because you probably want to create the lifestyle, income, career, or life that you want...

Or you are in search of the answers to life, the nature of reality, intuition, spirituality, fate or destiny, and enlightenment...? Or you are simply at a crossroads, ready to make a choice, to bring forth new positive experiences into your life... Consciously or subconsciously, you are searching. Right now, today, in your life you are searching for something. And I think, I might be able to help.

Let me introduce myself....

My name is Fraser Hay, I'm 36, and been involved in direct marketing for the last 15 years.

I had always had a desire of being wealthy and dreamed of running my own business one day. My parents didn't share that dream and encouraged me to go to College, further my qualifications and get a "good job". For my first 8 years I spent time and money I couldn't afford to lose on trying different things, testing various business approaches, and I failed at a few things, and both my parents and in-laws regularly asked me to give up on the dream and to get a "proper job".

But my philosophy has always been do what I want to do, do it well, and the results will be proportionate to the time and effort put in. (And the mental fall back, at the back of my mind was – you may not always get the job that you want, but you'll always get the job that you need.) J.O.B. Just over broke.

Then in 1996 I made a decision. I chose to change the way I did things.

Results started happening..

I chose to become a student and study **proven scientific and spiritual evidence, tools and how-to information that had turned ordinary people into creators of their own financial world and masters of their own destiny** and in less than 2 years, I built up a 240,000 database with customers in 13 countries, and won several awards including Shell Livewire Scottish and Uk businessman of the year, Royal bank of Scotland and PSYBT businessman of the year, and had some excellent press coverage in the Times, Guardian, Daily Mail, Sunday Times, Sun, including several television and radio stations.





Having successfully sold the company, I continued my studies and built up another business with some of my corporate clients including many leading European brands such as Lycos, Btopenworld, Tiscali, Easyspace to name but a few. All of this was possible, thanks to the **Mindswitch™** method, and now you too, can generate permanent positive results in all areas of your life by following the simple exercises contained in this book, and best of all it takes less than 7 minutes to put it into practice, and to start generating results.

S CCESS won't happen without " U "

Thoughts of success, courage, power, inspiration, will replace negative thoughts of doubt, failure, despair, lack, or limitation. You will begin to see life in a new light, and will become filled with confidence, passion and energy thanks to this disarmingly simple success system. You can and do have the ability to create whatever you want in your life, and the **Mindswitch™** method will guide you through these truths **in ways you can prove to yourself**. When our simple techniques, systems, principles and applications are fully understood, their effect will be seen to be marvellous. But such results cannot be secured without proper application, diligence, and concentration. The **Mindswitch™** method strengthens the will and reasoning powers, and teaches the cultivation and best uses of imagination, desire, the emotions and intuition.

But first, decide what you want to achieve...

I would also like to introduce you to our advanced product; **Pocket Mentor™** which will enable you to achieve all you desire. Choose right now to read and apply the techniques I share with you and learn to make a difference in your life today. It doesn't matter what business, you are currently in, what you are currently selling, or what you do for a living, you must first master the elementary **Mindswitch™** method I introduce you to here, and the advanced techniques in the "my mentor" system, to help you succeed in the business of your choice. You will have adequate time to assimilate and practice the concepts and techniques contained inside. You are able to test and apply our systems, concepts, techniques and exercises **NOW**, and generate permanent positive results almost immediately, by putting it all into practice. It doesn't even matter whether you own, manage, or work in an existing business or whether you have a high school, college or University education.

The **Mindswitch™** method is the "**Key**" to activating your mind and taking control of your life. You'll only need to spend approximately **7 minutes to put these life changing exercises to the test, to manifest permanent positive results in all areas of your life**. You already have the power -- you just need to be shown how to use it. And best of all the results are guaranteed.

Let me help you achieve what you really want

Think hard on what you really want, for your thoughts have unlimited power, and science has proven that the physical world is actually a collection of energy that arranges itself according to your thoughts. Ever wondered why some people seem to attract success, power, wealth, attainment, with very little conscious effort; and how others fail altogether to reach their ambitions, desires and ideals? You can and do have the ability to create whatever you want in your life, and **Mindswitch™** method will guide you through these truths **in ways you can prove to yourself** and enable you to immediately begin to start being, doing or having whatever you want.

*"I have been able to apply the **Mindswitch™** method to many areas of my personal and business life, and have been amazed by the results in such a short time frame. Amazing."*





Many people are simply living their life on auto-pilot.

So before I go any further, let me share a very simple technique with you - one that will give you an example of how you can “take control of your life” and turn your life around. I'm not talking about just creating a few good things. But being able to turn your life around completely -180-degrees. It all starts with taking control....You start by taking control by recognising how your mind works and thinks differently than you do.

This is a very simple but hugely overlooked statement. So prepare yourself, for your first exercise.

The mind and you are different. You have the ability to think. Your mind also thinks. It thinks entirely differently than you do. You do not use it to think. Your mind thinks only in terms of “wins”. Winning is anything you decide to do and then do it or anything you decide not to do and don't do it. **One of the simplest techniques to make progress in your daily life is to make a list of things to be done & as you complete each task, tick each item off the list and reinforce each “win” in your mind.**

Most people are so afraid of making a decision that they live their lives in a form of torment as to what will happen next. **People are living the majority of their lives on automatic pilot with little or no awareness of what they are doing.** This may be a shocking statement. However, This is very important to realize. Everything that you have been taking for granted, or doing on automatic, can now be turned into a win that your mind will totally support you in accomplishing.

Try this simple exercise – PART I

Try this simple exercise to experience your own mind, as applied to things you would like to have in your life now. **You will need to write, so get a pen and paper now.**

On a clean sheet of A4 paper, draw a line down the centre. On the left-hand side, make a list of everything that you can think of that you are unhappy about. Include everything you possibly can. Nothing is too small or trivial to go on this list. Do not worry about the right hand side. After you have completed the left-hand side, the right side will practically take care of itself. Just to help you along, here are some things that could appear on your list:

1. **Anything that is unpaid, and they should be listed individually.**
2. **Anything that is broken, or needs to be repaired.**
3. **Anything involving relationships.**
4. **Any type of job dissatisfaction.**
5. **Any thing else, that you have been unable to stop thinking about.**
6. **Whatever you might be afraid is going to happen, or not happen.**

These are merely suggestions. If you would like, do not even refer to them.

But this is your opportunity right now, to come off automatic pilot, and to put your life into gear. By writing your list, you are making the conscious decision to start re-programming your mind. You are just starting a very simple, but very powerful process that will enable you to fully acknowledge your present circumstances, and enable you to make the conscious decision to start bringing forth new positive permanent results into your life - today.

You have it within you to write your own list. **Before you go any further, go ahead and do your list.** When you are finished, you will be ready to turn the page, and hear about the right-hand side.

Do not turn the page, until you've completed the exercise above





Try this simple exercise – PART II

Now that you have completed your list on the left side, you are ready to do the right-hand side. I will give you some guidelines:

1. Anything that is listed as being unpaid on the left-hand side, should be listed as having been paid, on the right-hand side. This can make you feel wonderful.
2. Anything that is listed as broken, or in need of repair, on the left-hand side, should be listed as having been repaired, on the right-hand side.
3. Any relationship difficulties on the left-hand side, should be listed as having been settled, or mended, on the right-hand side.
4. Any type of job dissatisfaction, on the left-hand side, should be listed as having been taken care of, on the right-hand side.
5. Anything that you are unable to stop thinking about, on the left-hand side, should be listed as having been resolved, on the right-hand side.
6. Anything you are afraid might happen, or not, on the left-hand side, should be listed in the most positive way, on the right-hand side.

Once again, these are only guidelines. You have it within you to do the right-hand side very well. The only thing to keep in mind is that the right-hand side should be directly relevant to the left-hand side. For example, a bill not paid is not handled on the right-hand side by writing down that you have an abundance of money. That means nothing to your mind, and that is what you are attempting to satisfy by doing all of this. Plenty of anything means absolutely nothing to your mind. YOUR MIND DEALS ONLY IN SPECIFICS. That sentence should be indelibly marked within you. You should write it down and look at it every day. Your mind will punish you terribly if you do not follow just that one idea. With that said, it is now time for you to do your right-hand side. **Begin.**

Try this simple exercise – PART III

Now that you have completed the right-hand side, simply go ahead and fold your paper on the line that you originally drew down the centre. Then, tear the paper in half on that line. Take the left-hand side, wad it up into a ball, and throw it away. Keep the right-hand side, and just look at it. How you feel right now will depend upon how much your mind has accepted what you have written. At the very least, you should feel a sense of relief.

Your mind just wants the facts, so that it can deal with them. The interesting thing is that what you wrote on the right-hand side, was accepted as fact by your mind. Your mind accepted the right-hand side of your list as being fact. That is how fabulous this exercise is. Your mind then goes to work to come up with a way to have the right-hand side of your list be true in "the real world". Your mind actually accepted the separation of the real world from your own "mental" universe, just by that line that you drew down the centre of your paper. Is that incredible, or what? This is a list that you should read, think and do, at least once a day, for the next 7 days.

"Before purchasing the **Mindswitch™ method** I had read many of the well known classics of personal growth like: Think and Grow Rich (Napoleon Hill), The Power of Positive Thinking (Norman Vincent Peale) and The Magic of Thinking Big (David J. Schwartz). However I found none so fundamentally to the point and enlightening as the **Mindswitch™ method**. I immediately liked the **Mindswitch™ method** over all the others because it was "INSTANT". By the time you have completed the 3rd exercise, you WILL understand how to use your power within to improve your life permanently. Those looking for the one THING to provide the key to making their life a success... this is it."

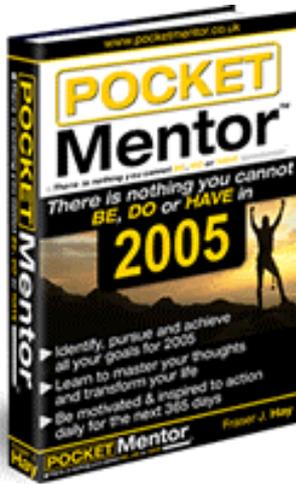
Do not proceed, until you've completed the exercises above





Congratulations. Today is the first day of the rest of your life

In other words, if you completed the exercises on the previous pages and continue to write a daily list of tasks to be done, then your future success with the **Mindswitch™ method** is now guaranteed & I mean **GUARANTEED**. Your mind needs to be reminded that you have finally taken control of your life. The more you do it, the easier it becomes. Little things, that used to nag at you, now go on your list, instead. You will get very good at this, in an amazingly short time. Update your list every morning, and last thing at night.



Having successfully mastered our elementary **Mindswitch™ method**, you are now mentally prepared for some of the incredible results you are guaranteed to achieve with the advanced techniques and exercises in **Pocket Mentor™**; our unique diary based self improvement and achievement system.

Pocket Mentor™ is a unique diary based self improvement and achievement system that **GUARANTEES** to find your answers to the questions in your life. Each of us walks a different path. What works for someone else may not work for you. Pocket mentor guides you to find and walk the **path that's best for you**.

With **Pocket Mentor™** You'll discover exciting new answers to "Where am I in my life?" and "What do I want?". The more you know your true self, the more you experience health, abundance, fulfilment and joy. If you can't quickly and confidently answer these questions, then take an exciting journey over the next 12 months to discover who you really are, & achieve what you want.

With **Pocket Mentor™**, you get daily inspirational and motivational support. If you hope to grow significantly, you must be prepared to give consistent attention to what you want to change until the change is complete. Pocket mentor has motivational affirmations, inspirational anecdotes, checklists and exercises all integrated into one very powerful, proven, cost effective system.

Pocket Mentor™ increases our awareness of who we are. As we move through life on auto-pilot. We live by habit, reacting unconsciously to people and events around us. Learn to take control of your life, shape your destiny for the year ahead, and achieve the results you choose to manifest in your life.

The results with our highly acclaimed **Pocket Mentor™** system can be measured in your health, your spiritual life, your personal relationships, and in many other areas. All you need to get EVERYTHING out of life you EVER wanted (health, wealth, happiness, and so much more) is found within this unique system.

Pocket Mentor™, the UK's fastest selling self improvement and achievement system enables you to discover how making subtle changes in the way you think, and plan and act in social and commercial settings can dramatically transform your income, your personal power and your long term prosperity.

There's one final point I'd like to emphasise.

It's very important I think. There is simply **nothing you cannot be, do or have**. Throughout your life, you have been taught all kinds of things. You were taught how to walk, how to read, how to write, etc. But **no one ever taught you how to use the Power of Your Mind and Subconscious mind to really achieve the goals you have dreamt about – until now.** **Pocket Mentor™**, our unique diary based self improvement and achievement system is the "Key" to helping you identify, pursue and achieve your goals for the year ahead. You'll only need to spend a few minutes a day. You already have the power – and you've just been shown how to use it. It's now time, to take a quantum leap towards achieving the goals you have now set, with the **Mindswitch™ method** and actually achieving them with our unique and proven self improvement and achievement system; the **Pocket Mentor™**.

...For more information about **Pocket Mentor™**, please visit www.pocketmentor.co.uk

Regards

Fraser J. Hay

