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INTRODUCTION

WHAT IS THE AMAZING LIFE FORMULA?

“IF LIGHT FAILS US, WE DO NOT CONCLUDE THAT THE LAWS GOVERNING ELECTRICITY CANNOT BE DEPENDED UPON, AND IF THE LAW OF ATTRACTION SEEMS TO BE IMPERFECTLY DEMONSTRATED BY AN INEXPERIENCED OR UNINFORMED PERSON, WE ARE NOT TO CONCLUDE THAT THE GREATEST AND MOST INFALLIBLE LAW UPON WHICH THE ENTIRE SYSTEM OF CREATION DEPENDS HAS BEEN SUSPENDED. WE SHOULD RATHER CONCLUDE THAT A LITTLE MORE UNDERSTANDING OF THE LAW IS REQUIRED.” CHARLES HAANEL, THE MASTER KEY SYSTEM 12-21 P.139

WHO THIS COURSE IS FOR

You have an understanding of the Law of Attraction, and the principles behind it. You’ve seen The Secret, or What the Bleep do We Know. It makes sense to you on an intuitive level, but you haven’t been able to get it to work.



Yet.

Well, baby, it’s time to show you how.

No fluff. No woo-woo theories. I’ve got science to show you.



HOW I DISCOVERED THIS FORMULA

When I was a teenager, I changed my identity and disappeared. I have not seen my biological relatives for more than half of my life.

I've kept this secret for years - mostly out of habit, by now. As this course will make clear, **changing habits** - it's the key to changing your life.

It doesn't mean it's easy.

I left my home, my family, my friends, and everything I knew, because I was trapped in toxic habits. All of my thoughts were negative. The best way for me to stop living a life I didn't want, was to create a better life, and go live it.

That's what I did.

Nowadays, my name is Caelan Huntress.



I went from living on the streets to running a successful web design business in tropical paradise.

I remember the mindset I had when everything was going wrong in my life. It was

almost...seductive, the way I would allow my emotions to plunge into despair. So many things had gone wrong in my life, I carried the burden and the pain of having an abusive childhood as the major component of my identity.



So I left it behind. My identity, the burden of being wronged, everything.

The funny thing about a habit, though, is that it sticks with you. My negative mindset didn't stay where I left the rest of my life. It came with me, and I had to fight against it, and tame it, in order to improve my station in life.

Over the last decade, I've seen how we can manifest more problems in our life by focusing on our problems. I've also seen the dramatic turnarounds that can happen with our lives, when we stop thinking about what's wrong.

My life has steadily improved as I studied, and implemented, the techniques and exercises laid out in this course.

Three years ago, I noticed my mindset slipping back to a negative state, and my life was beginning to stink again. I was stuck in a good job that I hated. If you've ever bought car insurance, you know what a boring and tedious process that is. Imagine doing that every day, working 60+ hours a week, hardly able to see your newborn children, and you've got a fairly good picture of why I was unhappy.

I changed my life completely, once again. I left the rain of Portland, Oregon for the sunshine in Costa Rica. I shed the mindset I had when I was younger, the mindset that resulted in me living out of my car when I graduated high school. I've compared these mindsets to see how they differ.

If anyone had told me that someday, I would be living in Tropical Paradise doing work that I loved, surrounded by loving and happy family members, I could have easily disbelieved it; except, someone *was* telling me that, all the time. Every hour, of every day,



it was me.

I was consciously communicating with my subconscious. I found out how I could:

- Bypass all of my mental roadblocks
- Visualize my ideal life
- Use my subconscious mind to manifest it

Unfortunately, there was someone else telling me that there was **no possible way** I could do this.

Once again, it was me.

So, I **chose** which thoughts to think. And by choosing my thoughts, I gave my subconscious the fuel it needed to make an Amazing Life.

Making a choice like this, overcoming years of ingrained habits, does not come easily. It takes sustained and consistent effort. It takes regular mental exercises. It takes a **formula**.

I've developed the Amazing Life Formula to help others maximize their own potential, and live the life they were meant to live.

REQUIREMENTS FOR THIS COURSE:

- computer and email
- internet connection
- mp3 player
- headphones
- access to a printer
- dedicated time to spend on the exercises



WHAT TO DO WHEN YOUR LIFE STINKS

First, admit that it stinks. Allow the stink that is your life to no longer be justified by external circumstances, and don't feel trapped by it forever - just allow it to stink. Fighting against the state of life you have is exhausting; don't fight against it.

Then, consider the fact that within a short period of time, your life could be **completely**, 100% different than it is right now.



Forever.

You could be living someone else's life.

If that scares you, my friend, then you are **not ready** to leave the stench that is your life.

See, we manifest all the time. We are co-creators in this universe. (This isn't just woo-woo; we'll get into the science behind this in Module 2.) And this life you are living, it is **your** life, because you **wanted** it this way.

You may not know why you wanted specific aspects of your life to be the way they are; and most likely, you are not *consciously* manifesting the parts of your life that you do not like. But you are still manifesting them, whether you like it or not; whether you know it or not.

Until you are ready to let go of everything you dislike about your life, you will not be ready to leave it. Don't be surprised when you're surprised by what you're holding on to.



YOU ARE LIVING YOUR IDEAL LIFE RIGHT NOW.

Affirmations are an integral part of this program - we will get into the reasons why in Module 3. When you see breaks in the program like this one, stop what you're doing, and take an action:

ACTION BREAK: SAY THIS AFFIRMATION, OUT LOUD, FIVE TIMES.

"I AM LIVING MY IDEAL LIFE RIGHT NOW."

Taking action is *important*. It is, quite simply, the **biggest** reason why some people get nowhere with their lives (and with the Law of Attraction), because they are lazy. Thinking big thoughts only gets you so far. You must act to effect real change.



So, let's try this again:

ACTION BREAK: SAY THIS AFFIRMATION, OUT LOUD, FIVE TIMES.

"I AM LIVING MY IDEAL LIFE RIGHT NOW."

If, for any reason, you don't like your life, then change your ideals.

Because this life? It IS your ideal life. Based on the terminology we will be using throughout this course, you are, in fact living your own amazing life, right

now. you have manifested this very life that you have because, for whatever reason, this is exactly where you want to be most.

"Back up, back up," you're thinking, *"I didn't manifest all these problems!"*



Yes, you did. Sorry to break it to you, there is nobody else responsible for your current set of circumstances except you.

Taking that responsibility, and owning it, is an absolute **prerequisite** for moving forward with this work. If you don't believe you have the power to **accidentally** manifest all this crap that your life has become, then how could you possibly **intentionally** activate a better version of your life?



Own your mistakes. Everything wrong with your life right now is directly because of your manifestation of the situation.

My turning point came when I stopped blaming my parents for being the ones who made me the way I was. They may have been the ones to beat me, but I was the one who chose to define myself...as someone who was beaten. Like any choice, you can always change your mind.

The good news is, most times, we humans are just too lazy about using our brains. We accidentally manifest our worries, instead of our dreams.

In this course I will show you, step by step, why that happens, and show you, step by step, how to change it for the better.

“The student who learns that power comes from within, that he is weak only because he has depended on help from outside, and who unhesitatingly throws himself on his own thought, instantly rights himself, stands erect, assumes a dominant attitude, and works miracles.” Charles Haanel, The Master Key System--Foreword P.viii



A 2-MONTH EXPERIMENT

Take this on as an experiment. Like in a science class, when you are trying to test a hypothesis, you would not question every assumption given in the experiment. If you are testing the speed of two different objects falling, to see if the difference in their mass makes a difference in the time it takes



them to hit the ground, you don't question gravity during the experiment. You need to accept some underlying assumptions in order to test a specific question.

Your question is: can you keep your mind happy and grateful for a sustained period of time?

Can you make an amazing life?

If you take a few statements as fact, you will be able to pursue this experiment. Question these assumptions throughout the experiment, though, and you will end in failure.

It's only two months. Believe in this formula for two months, and at the end of that time, you can decide whether or not to keep your new mindset.



BE PATIENT WITH YOURSELF

These things take time. Especially if you are undoing some long term subconscious paradigms, you are not going to change your life right away. This is a learning process. It may take a few months, a few years, or a few decades. If you abandon this work before you see any progress, you will be losing your best possible life, in favor of a pessimistic outlook.

A plant needs to dig roots for a long time before it ever sprouts above the surface. We will be digging your roots for a couple of months. This course is 2 months long so that you can allow yourself time for germination. For slow growth.





INSTRUCTIONS FOR MODULE 1

If you've gotten this introductory PDF as a free download, you can purchase the full Amazing Life Formula [at this link](#).

As you go through this PDF, if you are viewing on a computer, you can click on certain images in order to open website pages. Connect with us on social media here:



(Would you like nifty clickable PDFs like this? [I make them for clients](#), too.)

If you've just purchased this program, you will receive Module 1 in four days. During that time, I want you to arrange your affairs such that you can take an hour of time to download, read, and if you like, print the worksheets included in that module.

Set the space for your interaction with this material. Make a cup of tea, or go out to your favorite cafe. Clear your mind and your schedule of distractions. Devote yourself to your own improvement.

Then, try the exercise on the following worksheets.

Remember, you must **ACT** if you want this formula to work. Don't just skim the worksheets. **ACT**.

**ACTION BREAK:
DO WORKSHEET 1.
RIGHT NOW.**



WORKSHEET 1

POWER MANIFESTATION EXERCISE

Write down a goal you have in your life. Something you would like to accomplish within the next 12 months.

Now, write down a list of 5 feelings you will have from attaining this goal, on the left side of this list.

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On the right, write down a memory for each when you did feel that feeling.

Now, take a few deep breaths, and walk down memory lane. Spend three breaths in your first memory, three breaths in your second, and on down the list. When you are finished feeling all of these emotions, look back at your goal, and feel these emotions while thinking about your goal.

Hold this for ten breaths.