

Star'Ceptor #9 Nov - Dec 2010

Love & Believe Strongly in your T

STAR'CEPTORS --

THE MINDSET FOR STAR 8

This newsletter is mainly for the Natureline/Bi-tron downline of Leon Froess & Alex W Fraser, consisting of tips, info, comments for the empowerment of all readers, within or outside of our Natureline/Bitron Downline should their mindset allow that step.

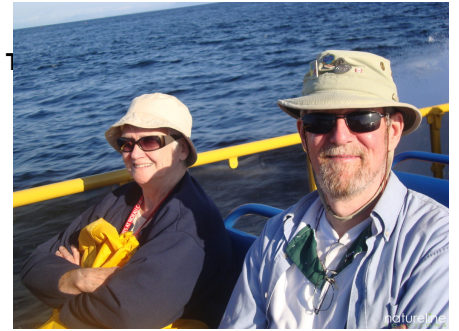


Photo at right Alex W Fraser & his wife Rhoda Ross on the whale watching Cruise July 10

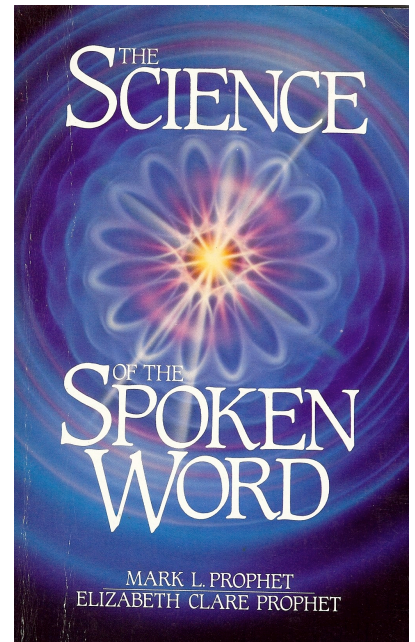
I will be making a conscious effort to wish everyone
a Merry Christmas this year ...
My way of saying that I am celebrating
the birth Of Jesus Christ.



So, I am asking my email buddies,
if you agree with me,
to please do the same.

And if you'll pass this on to

your email buddies, and so on...
maybe we can prevent one more Canadian/American
tradition from being lost in the sea of
"Political Correctness".



To One and All!!!!



**Have you Given Your Vehicle an Energy efficiency
FIX Today?**



This article titled **MINDSET FOR SUCCESS** was given by my knowledgeable friend **Leon Froess of Regina, Sask** at a Bitron Conference in April 2006. It was a potent message then and the over all message has become an incentive for my self development providing a stronger belief that Natureline/bitron has much to offer anyone with stickability. **It is also a step into developing your CORE WHY.** I wonder if the author still believes in that potency of his talk he gave more than 4 years ago.

2 What is your Purpose? **What is Your Core Belief?** Have you Fired yourself from your dream?

It has certainly assisted in making a difference in my journey. This stuff is so important, that it bears being repeated like a broken record for the benefit of all who will stop with open eyes, ears to take advantage of the underlying core message of what is possible. Starting each day with a blank sheet without any pre conceived ideas, judgements is an awesome way to begin a day's journey.

Awf

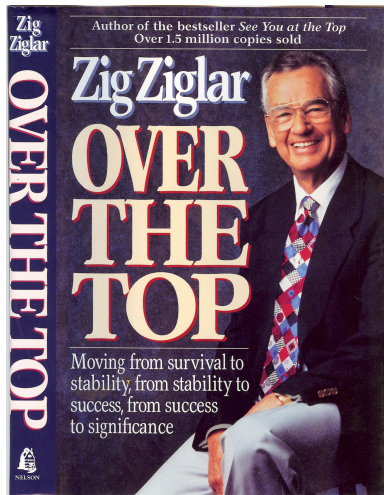
The Mindset for Success - April 2006 Bitron Conference

Talk by Leon Froess, Regina Sask 1-866-238-1946

What is success? It is different for everyone

- **Winston Churchill** said success is going from one failure to another without loss of enthusiasm
- **Charlie Finley** said success is sweat plus sacrifice.
- **Napoleon** said success is perseverance.
- There are no definite answers but for one thing success is a feeling.
 - it is almost always tied to an achievement or a material accomplishment.
 - Think about how you felt when you accomplished something in your life
- Since success is a feeling we can choose to be successful because we can program our minds to be successful. That is what I will be talking about today.
- Quotation by **Norman Vincent Peale**: Change your thoughts and you change the world.
- We are all involved in a lifelong process to bring about success and happiness. The problem is we are not very good at directing ourselves. Most people don't even have a clear idea of what personal happiness of success would look like.
- External cues from the media, whiter teeth, more hair, less hair, etc won't get us happiness
- To be happy and successful you have to choose to be happy and successful
- It's relatively painless but you will have to change some of your most closely held beliefs and that is not something we let go of easily.
- With proper training we can experience dramatic growth in our lives
- We are all capable of so much more.
- Question - what is possible in your life? Something you could achieve if you **TRULY DESIRED** it? Truly is the key word here because it changes the answer considerably.
- You have to truly believe in something for it to be possible.
- If you are convinced something will never happen for you, you will be right.
- See it to believe it or believe it to see it.
- **Success is a choice.**
- If you are surrounded by people making \$30K per year then you will probably find a job paying \$30K per year
- If you hang around with millionaires you will likely learn how they did it, what it took and find out it isn't so tough, you can do it too.
- It is our **LIMITING** beliefs that keep us down. They limit what we will attempt and therefore limit our possibilities.

3 What is your Purpose? What is Your Core Belief? Have you Fired yourself from your dream?



- When we commit ourselves to excellence and do whatever is necessary to bring about the best in our lives, remarkable changes take place.
- You can literally change your reality.
- You get what you focus on.
- If you focus on positive things, you get positive results
- if you focus on negative things you get negative results
- You have to live with intent. Too many people go through their whole life without a specific intent or goal
- The first step is to decide on your goal or purpose .
- The second step is to take deliberate actions that to support that goal.
- People who make their intent clear are the ones who fulfill their desire.
- Make your intent crystal clear. Reaffirm it over and over. Reaffirm it

every morning and night. The more you do this the more it becomes real and it has to be real to you for it to happen.

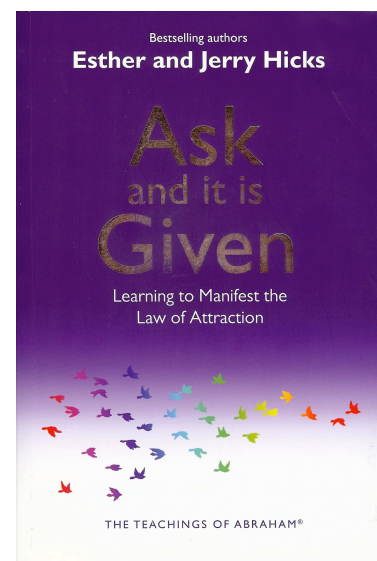
- Before you begin to change yourself for the better you must understand your desires.
 - You must face yourself and assess your reasons for wanting to change in the first place
 - Your motivations must be fully explored or they may not overcome obstacles along the way
 - It is your internal desire that will drive your actions.
- Success is spurred by a desire for positive results and knowing what you must sacrifice in order to achieve your goals.
 - You may have to give up some television to reach your goals not the other way around
- You get what you focus on
 - Focused energy creates results
 - It is the difference between activity and productivity
 - Focus helps define the way our lives evolve.
- **How Do you** see the world around you? If you see it in a negative way you will be rewarded with bad experiences, if you see it in a positive way you will be rewarded with positive experiences
- The lens through which we see the world is a lens of our own making, ground and crafted through experiences and beliefs, tragedies and triumphs. It is uniquely ours. If what we see is fuzzy or dirty the only way to alter the view through the lens is to clean it. As you change the lens, so changes your reality.
- Without goals you have no plan. Without a plan you are leaving your life to chance.
- Working hard and getting a raise is not reaching a goal
 - Goals are specific milestones that you want to reach in a certain time
 - Goals should reflect a heartfelt passion and your vision for the future.
 - Your goals should be part of an overall plan
- Visualization has been used by successful athletes, politicians, and business people.
- **Visualization ties you imagination to reality.**

4 What is your Purpose? What is Your Core Belief? Have you Fired yourself from your dream?

- Use visualization to project yourself in the desirable situation you want to achieve.
 - See and feel yourself getting and enjoying whatever your heart desires in the present tense as if it is occurring right now. Not a dream, not a wish but a full size image from your imagination made so authentic that it feels real.
- First determine what you want to visualize
 - Find a quiet spot where you can take a deep breath, relax and concentrate inwards.
 - Spend several minutes with your imagined reality.
 - If used intermittently, visualization can be a pleasant diversion like daydreaming
 - When practiced vividly and daily without exception it acts as a powerful tool drawing you towards the achievement of any goal.
 - Repetition is the key.
- Use affirmations to help you achieve your desires
- Affirmations are words and phrases that support your goal and prevent negative thoughts from undercutting your progress.
- Keep affirmations simple and to the point.
- By repeating simple statements to yourself or out loud you are underscoring in your subconscious mind that this is a desirable outcome.
- Start each day with a positive affirmation
- When you do accomplish a goal take the time to enjoy your success. Don't immediately rush off to the next goal. The trick is not to be content but to feel successful.
- To understand why fortune or misfortune is happening to you in any area of your life, you need only to look within.
- We only use a small fraction of our brain power. The subconscious mind is where our unlimited power lies.
- Hunches, intuition, an idea that comes out of the blue are all from the subconscious mind.
- If we regularly and repeatedly feed our subconscious mind our heartfelt passion, thoughts, desire, purpose we will change our physical reality to whatever we want.
- It doesn't happen easily and takes a concerted effort from your conscious and subconscious mind.
- The subconscious mind cannot evaluate as the conscious mind does.
- The subconscious mind will accept any passionately felt thought or belief. Whatever you press on it, good or bad, positive or negative, true or false.
- Whether you know it or not, your intensely felt thoughts and beliefs are the seeds that you are planting in your head, it is what your subconscious mind will respond to.
- If you truly believe you are always unlucky then your subconscious mind will seek out circumstances to provide proof that you are unlucky and in the end it will be beaming with pride on a job well done. It will say this is what is important to him and what he believes in so I gave him what he wanted.
- Positive energy/people
- Negative energy/people

- Negative people are using their minds to focus more consistently on negative thoughts and images.
- It is easier to see what is wrong in the world than to see what is right.
- Don't let negativity, fear or day to day annoyances overrun your positive mindset
- Reserve a special place in your conscious mind for thoughts of health, wealth, hope and freedom.
- What I've been talking about is a means of changing your life from the inside out.
- Crossing your fingers and hoping for a better life pretty much guarantees you won't get it.
- You have to change the way you think first before your circumstances will change.
- Quotation by **Norman Vincent Peale**: Change your thoughts and you change the world. ,
- Money bank, \$1 for every positive thought, -\$1 for every negative thought
- More careful of your thoughts, already happening but worth a lot more than \$1
- Your subconscious mind is always there full of wisdom and info and ready and willing to help but you have to learn when it is offering opportunity.
- The subconscious mind communicates through concepts, emotion and feeling.
- The most obvious way we communicate with our subconscious mind is through intuition
- We all have beliefs that we are sure about. They are etched into our subconscious mind.
- Some of them are very limiting beliefs that we got from a very early age and it takes work to recognize and change them.
- So look for 1 or 2 of the most damaging or limiting beliefs you have and write out a new positive belief to replace the old one .
- Then focus on the new belief 5 minutes every day and repeat and reaffirm it.
- Consider the possibilities the new belief offers. Make it real.
- It is not even necessary to believe it is true at first, but repetition is important

Helen Keller: Life is either a daring adventure or nothing.



The above leads into determining

YOUR CORE WHY!

90% of new businesses fail the first year.

And 90% of the rest fail in the next 4 years. That's tough!

You're excited. You Start. A thousand things go wrong. You want to quit a thousand times.

Most people just quit.

You need a strong enough reason to do it. Then if
WHAT you're doing doesn't work, you'll figure out
Some other way, But if you're at all wishy-washy,
You're a goner.

First thing we Need To Do is help you figure out your "WHY"

A nailed "WHY" can save your life.

6 What is your Purpose? What is Your Core Belief? Have you Fired yourself from your dream?

Most people have a huge problem when they decide to improve their situation in life. The problem is one or more of the people closest to you will NOT want to see you succeed.

There are people in your life who will be threatened when you make a passionate push to success. They will complain and criticize and try to suck the life out of you.

Why? Because Misery loves company. Their Life is a mess!

Your best option is to get rid of them. Next is to have an AMAZING "WHY", nuclear holocaust, or the criticism of a "loved" one.

So why is it critical you do This Business? And why is it critical that you succeed?

How To Get "Staying Power"

People always tell their goals.

Fine! You need Goals.

But your "Why" is a big, big, big reason that will keep you going!

What do you Really want? What situation in life do you want to get out of so it never, ever, Ever happens again?

It's not goals, It's not money, either.

"Why is never money.

It's about who YOU really are.

Your driving factor must be WAY more than money.

It's something you want... or something you want to get away from. Better yet, BOTH. If your WHY is a 70% and you come up against an obstacle that's a 72% you're gone. You'll drop out, disappear.

But when your "WHY" is a 99.9%, then you're here to STAY and be successful!

Why are you on this planet? In one form or another, you are here to change lives, touch lives, and help people. What were you meant to do?

A new business is always a Risk. People risk to avoid pain, or to achieve pleasure. Let me give you some questions may help you find your WHY.

What gets you REALLY excited?

How many hours do you work?

What do you LOVE about your job?

What do you Hate about your job?

What do you do with your free time?

If you had two months vacation and all the money you wanted, what would you do?

How do you like the people you work with?

What problems scares you to death that more money could solve?

What problem would go away if you had more money?

If you had all the time in the world to do anything you wanted, what would you do?

Other than money, what are you looking for?

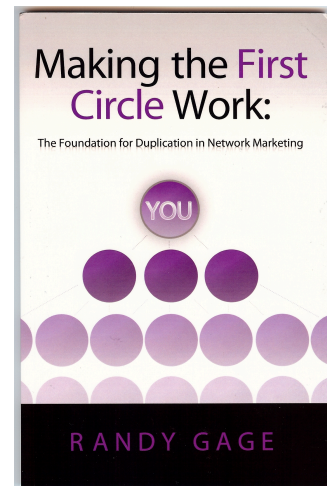
I realize that many husbands and fathers rarely or never get the chance to do the things they want with their families because of the demands on their time from simply earning a living. Or, they don't have the money.

For me, the rewards of MLM has allowed me to build the relationships I cherish.

You have to go from your head to your heart.

You'll hear me say this a lot. Network Marketing is NOT a sales business. It's not a thinking business.

7 What is your Purpose? What is Your Core Belief? Have you Fired yourself from your dream?



Star'Ceptor #9 Nov - Dec 2010 Love & Believe Strongly in your Thought, that becomes your reality
It's a LISTENING BUSINESS! It's a TEACHING/MENTORING BUSINESS.

I want to mentor & coach people to success. Not My success. YOURS! Your success is a beautiful thing to me. If I can help you create success, then my future takes care of itself.

Figure out your own "WHY". Write it down. Test it mentally. (Will it keep you going in VERY tough times?)

More tips to help you pinpoint your WHY:

What does your family mean to you?

What do you want for your own personal growth?

What you want to accomplish in your lifetime?

What scares you to death?

What would it mean to you to help others change their lives?

What really excites you in life?

What REALLY makes you angry about your life?

What would you like to give the people you love most?

What really, gets you emotional?

It's Critical. You Need a Strong, written "WHY" to stick around long enough to be successful in this business.

Listen

If I can help you be successful... help you harness your demons and decide to pay the price.. then I'll feel pretty good about myself.

I hate to see someone who quits.

Make sure your WHY is a 99.9 percenter.

What motivates you to get up off the couch? What gets you to turn the TV off? What would motivate you to call someone who has asked for information on your business?

How Motivated are YOU?

Write Down Your WHY! If you won't pay that small price, then we can not help you.

Write the 3 biggest reasons you MUST be successful. This is real life. If you can't do it immediately, then sit there with that blank paper in front of you until you can.

If you don't do this you'll quit so fast, it'll make your head spin.

NO Why? NO HOPE!

90% of the people who start a business will never write down their reasons. So if you do, it's a very good indicator.

So Write Your Reasons. And Make Them GOOD!

Only you know if they're good enough for. So write three, then think some more. Flush them out. Make them bigger.

Work on them until you say, "Holy Mackerel!!!! This is it!"

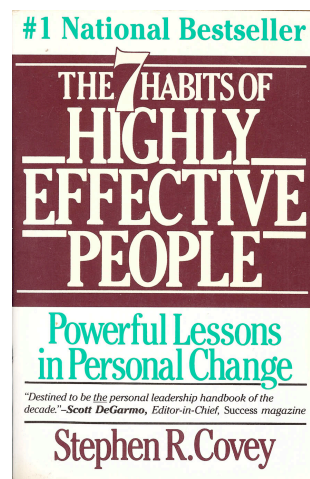
Then you're really in business!

By James & Beverly Buckner

From a recent e mail I received after our MLM Cruise from a person we met on the Cruise [Trace & Niels Authors <newbiestomillions@gmail.com>](mailto:newbiestomillions@gmail.com)

Hi! It was nice to have met you at the MLM cruise.

8 What is your Purpose? What is Your Core Belief? Have you Fired yourself from your dream?



If you recall...we are the guys from Sweden and Cincinnati Ohio who are writing a book about top network marketers and what is their formula for success.

We have found out...after talking with 12 MLMers - most of whom earn 7 figures a year that there are 4 common things that successful network marketers know or do that unsuccessful MLMers don't.

You know a lot of these things already but we thought it will be good to share these with you over the coming weeks. We will share these 4 things through stories that these successful MLMers openly shared with us.

The first "secret" is having a strong "Why". Keith McEachern says it best ***"You have to have a "Why" that makes you cry."***

What is your "Why?"

Travis and Summer's "Why" is providing a better life for their family and leaving a legacy. They went so low in their finances that at one point they did not have the money to pay for the electric and gas bills.

Dakota Rea's story is about love and heartbreak which morphed into a Mission to change the world one Gen Y'er at a time.

Keith's story of going to prison and his "Why" of not allowing his family to go hungry was indeed a "Why" that made him cry...

and these "Why's" made these people great network marketers. These "Why's" enabled them to persist when others quit.

What about you? What is your "Why" that makes you cry?

Thanks and next week...I will share with you Part 2.

Trace Trajano (from Cincinnati Ohio) and Niels Christensen (Sweden)

**P.S. Our book is coming out Feb. 14, 2011 on Amazon. We're excited and overwhelmed by this project.
Looking forward to your support!**

So what Do You Desire!

What Are You Asking For?

To Your Success, Thank you for being you.

Take care and god Bless

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MERRY CHRISTMAS AND A VERY HAPPY & PROSPER- OUS NEW YEAR OF 2011



I
THINK
THAT WE
SHALL ALWAYS

SEE GOD'S GIFTS
UNDER OUR CHRISTMAS TREE;
YOU CANNOT TOUCH THEM WITH
YOUR HAND, YET THEY ARE THERE AT
YOUR COMMAND

THERE'S JOY AND FAITH AND HOPE
RENEWED; THERE'S LAUGHTER FOR A HAPPY
MOOD; THERE'S GRATITUDE FOR EACH NEW DAY;
A TIME TO THINK, A TIME TO PRAY.

THE CHRIST IDEA WITH HOLY LIGHT SHINES
CLEAR

TO MAKE YOUR PATHWAY BRIGHT.
THESE THINGS ARE YOURS IF YOU CAN SEE

GOD'S GIFTS UPON
YOUR
CHRISTMAS
TREE



All The Best
Alex W Fraser, Rhoda Ross
Courtenay, BC, Dec 10
Your Bitron Product Suppliers