

What They Don't Want Us to Know - Trial Version

A Book for People of African Heritage

By Zhana

Another version of this ebook was published under the title:

The Key to Everything

***Money and Abundant Prosperity, Love, Success, Radiant
Health, and Having It All***

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Introduction

This book particularly addresses some of the concerns of Black people, i.e. people of African heritage. This book follows on from ***Success Strategies for Black People***.

I deliberately chose the title, "What They Don't Want Us to Know", to address the paranoia and suspicions of Black people.

Who are "They"? "They" could be white people; the government; the wealthy; the powerful; the police; "the man". Anybody you think is working against us as a race.

Of course, there are some people who don't want us to succeed, but I believe they are in the minority. And anyway, it's their problem, not ours.

I hope that by the end of this book, you will begin to see that there are no "they", there are no "us" and "them". There is only "us".

I ask that you keep an open mind, be willing to learn, and consider the possibility that the gifts I am offering you here may benefit you enormously.

I have written this book as a way to share things I have learned about how to make life more wonderful. How to have more of what we want.

- More joy and happiness.
- More peace of mind.
- More money, abundance and material goods.
- More success.
- Better, more loving relationships.
- More radiant health.
- More of the good things in life.

This ebook contains the secret, hidden knowledge which was formerly only known by the privileged few. Actually, it has been widely available for many years now. You may have come across it. If not, you may have been looking in the wrong place.

Are you waiting for someone else to solve your problem?

Do you think the things that happen in life are down to luck?

Do you think winning the lottery is the only way to achieve your financial dreams?

Do you think someone or something is going to rescue you?

The truth is that your future is in your hands.

You have unlimited power, potential and possibilities. This book can help you to realise your true potential.

This ebook is a practical guide. While I cannot guarantee your results, these methods have worked for many thousands, maybe millions of people over the course of many years. They are likely to work for you as well.

Don't just read the different chapters and think, 'That sounds interesting', or 'That's a good idea'. I have included practical exercises because these will help you to develop in ways that can be profitable for you. In order to be successful, for example, use the Law of Increase process. If you just read about it, it probably won't work for you. But if you do it, it probably will.

This book uses UK spellings throughout. So, 'visualisation' instead of 'visualization', 'realise' instead of 'realize', etc.

I trust that you will find this ebook uplifting and inspiring and educational. But more to the point, I hope you will use it to help you achieve your goals and realise your dreams.

Chapter 1

Gratitude

In order to experience a sense of having created something, it helps to develop a sense of gratitude. By cultivating gratitude, we are dwelling on our ability to create good things, things we enjoy, the things that matter.

Most of the time, we dwell on what we don't have. We dwell on our goals, the things we haven't got yet, the things we are yet to achieve. The more we dwell on what we don't have, the more we cultivate a sense of lack.

I want you to dwell on your power, your potential to achieve everything you want, create everything you want and attract your heart's desires.

You can download the ebook, *The Magic of Gratitude*, here:
<http://tinyurl.com/24q98e>

The *Gratitude* ebook contains simple, practical exercises to help you develop your sense of gratitude and abundance.

In my book ***Success Strategies for Black People***, I have included a guided visualisation to help you attract more abundance by developing your sense of gratitude. You can order your copy here:

We live in an abundant universe. We are surrounded by abundance and the universe wants to bless us with more and more abundance all the time. The universe gives to us freely. So why are so many of us experiencing lack?

It's because we dwell on the lack in our lives. We dwell on what we don't have, rather than focusing on what we have already created, what we have already attracted into our lives.

See how your level of gratitude can be affected by doing the exercises in the next chapter, the Law of Increase.

Chapter 2

The Law of Increase

The Law of Increase is a universal law. Many people have heard of the Law of Attraction, and the Law of Increase is related to it. It states that what we dwell on increases. What we focus on increases. What we concentrate on increases.

Our thoughts are like magnets.

Ever feel someone's eyes on you, turn around and notice that the person is staring at you?

We are broadcasting our thoughts all the time. We usually are not aware of this. But people pick up on our thoughts unconsciously.

The sounds we make produce a vibration. Every word we speak has its own vibration and affects us as well as those around us.

Check out your speech: is it positive? Do you say "I know I can do this" or do you say "I can't because – "?

We can always think of reasons why we can't do something. The trick is to think of reasons why we **CAN**.

Give yourself an instruction to come up with reasons why you **CAN**.

Think of an important goal, something that will make a real difference in your life. Then, every day, make up a list of ten reasons why you **CAN** achieve this goal. **IMPORTANT:** Don't try to think of new things to put on the list. That's using your conscious mind. Don't say to yourself, 'I put that yesterday, and the day before, so today I'm going to put something different'. If you do that, you're doing it **WRONG**.

It's very rarely that I use the word 'WRONG', so you know it's really important that I am saying this.

You are **NOT** trying to think of reasons why you **CAN** do this. That would be using your conscious mind. That's doing it the hard way and is likely to be much less effective.

What you are doing is giving your unconscious mind an instruction to find reasons why you **CAN**. Your unconscious mind responds to your instructions. You will surprise yourself. Your unconscious mind will co-operate and, over time, you will start to think of more and more reasons why you **CAN**.

Then it will be time to do another list – of ways, methods, strategies you can use to achieve your goal. Again, do this every day. Don't say 'That won't work', 'That's not practical', or 'That's stupid'. If you do that, you are doing it WRONG (There's that word again).

Let your imagination have free rein. It doesn't matter how fanciful or far-fetched your ideas are. Put them down on paper. You will come up with more and more strategies and methods, and some of them will work. You will be able to put the more practical ideas into action to achieve your goals.

You can do a similar process with gratitude. Every day, write a list of things you are grateful for in your life. They can be small things or big things. Never censor yourself when writing your lists. If something pops into your head, put it down on paper.

Oprah Winfrey keeps a gratitude diary. Every day, she writes down things she is grateful for. And look at the spectacular success she has achieved in her life. You, too, have the potential to achieve unlimited success.

Chapter 3

Achieving Success

In order to be successful, we need to feel that we are creating positive things in our lives. We are achieving our goals, creating what we want for ourselves and in the world around us, and contributing to others.

Many people are financially successful but still don't feel successful. Their lives are empty. They buy more and more, spend more and more, perhaps they are drinking heavily or using drugs. People who work in the City (London's financial district) go out in the evening after work and spend copious amounts of money on alcohol in order to impress others – their colleagues, their competitors, their clients, and sometimes the press. But this spending doesn't make them feel good inside. The happiness and fun it brings are short-lived unless one is using one's money to do good in the world, to benefit oneself and others.

We need to feel successful deep down inside. Only then will we be able to create success in our lives.

The truth is that we are already successful. In order to really feel successful and be successful, we need to acknowledge the successes we have already achieved.

Say, for example, you have been working at Internet marketing for years. This is a common story. You may be spending lots of time and money on buying courses, attending seminars or webinars, and reading and listening to what the gurus have to say. But you still haven't made much money, if any. You may not be covering your expenses. More money is going out than coming in.

Part of your journey is to acknowledge that, even though you have yet to achieve your goals, you already are successful.

I'm willing to bet that, when you were born, you knew nothing about Internet marketing. I'd put money on it. You knew nothing about:

- ◆ Search Engine Optimisation (SEO)
- ◆ keywords
- ◆ how to build a website
- ◆ how to write articles
- ◆ publishing ebooks

You didn't know how to read or write. You didn't know how to spell. You couldn't even turn on a computer!

Acquiring knowledge and skills is a series of major successes and achievements. Remember how you felt when you put up your first website or produced your first ebook. Remember that sense of accomplishment!

Remember when you first learned to walk – when you took your first independent steps!

You are probably taking a lot of your successes and achievements for granted now. But only when we acknowledge our successes, and really own them, do we see that they are Steps to Success.

The way to achieve greater success is to build on our past and present successes. That's the only way to do it. Success does not come out of the sky. Most of us were not born into the Royal Family. Our parents are probably not pop stars, football heroes or NBA stars.

When we start to acknowledge and own the fact that we have the stuff of greatness within us, when we start to acknowledge and own that we are already expressing our greatness every day, that's when we can start to build towards greater and greater success, accomplishment and achievement.

In order to achieve our goals, we need to implement a three-stage process:

- ◆ Overcoming blocks and obstacles
- ◆ Manifesting abundance
- ◆ Opening to the universe.

I will say more about all of these in later chapters, beginning with the next chapter, Overcoming Limiting Thoughts and Beliefs.

Chapter 4

Overcoming Limiting Thoughts and Beliefs

In order to overcome, remove and transform blocks and obstacles that are keeping us from achieving our goals, we need to overcome and transform our limiting thoughts and beliefs. It's as simple as that. Simple, but not easy.

I used to teach courses in which I got people to do a "Success Process" which involved listing their successes and positive qualities. I guaranteed people would feel more positive about themselves, and be more aware of their successes, within six weeks.

I found that people were very resistant to this process. They would say 'I started listing my successes but I stopped after three days'.

Some would say they didn't continue with the process because they 'didn't want to become big-headed'.

The truth is more complicated than this, however. We are often unwilling to own and acknowledge our own successes.

Perhaps we fear hurting others, or we fear others' disapproval.

Often, we have a 'comfort zone' and we are afraid to go beyond it. Perhaps you have a 'comfort zone' around money – you are afraid to earn more than a certain amount. You may be anxious about earning more than your parents did, or fear their disapproval. Carol Look talks about this in her writings about using EFT (Emotional Freedom Technique) for success. To get a free eBook by Carol Look on **Money, Abundance and Success**, email: efthealing@getresponse.com

For her ebook on **Attracting Money and Abundance**, visit: <http://tinyurl.com/fq56m>

To learn more about EFT, and to download the free EFT manual, visit: <http://tinyurl.com/25xco5>

Our resistances to attracting money, and an abundance of other good things such as love, success, etc., can be very strong. They are often deeply buried. See the chapter on Going Deep for more information about this.

People of African heritage often have specific negative thoughts and beliefs which hold us back. For example:

- I can't because of racism
- Black people can't achieve.

- I can't because white people won't let me.
- I can't because white people have always exploited our people.
- White people will never buy from me.
- Black people won't buy from me.
- The Black community does not support Black businesses.

No doubt you can think of others yourself.

No doubt you can also think of plenty of evidence to support these negative thoughts and beliefs.

In my experience, negative thoughts work against us and positive thoughts work for us – whether we believe them or not.

When you give your unconscious mind the instruction to think of all the reasons why you WILL succeed at achieving your goals, it will help you find all the evidence you need. Review Chapter 2, “The Law of Increase”, for more on this.

In my book, ***Success Strategies for Black People***, I write about a process you can use along with EFT for discovering and changing your negative thoughts and beliefs about money, time, health, love, success – and any area of your life you want to change. For more information and to order a copy, visit www.blacksuccess1.com

Our negative beliefs and thoughts, and our positive ones, are usually bound up with our emotions. The ‘Changing Negatives to Positives’ process works great with EFT. This combination is a highly effective way to change our beliefs, improve our results, and change our lives for the better. To learn more about EFT, and to download the free EFT manual, visit: <http://tinyurl.com/25xco5>

Another way to discover our limiting beliefs which may be holding us back is by using the **Belief Buster** kit. The ***Money Belief Buster*** ebook contains a list of many common negative thoughts and beliefs which you may have. These thoughts and beliefs are blocks and obstacles which are stopping you from getting what you want. For this free ebook, visit: <http://tinyurl.com/yv78rl>

Chapter 5

Learning from Positive Examples

As the old saying goes, if you want to hide something from a Black person, put it in a book.

I am banking on the old saying being untrue. I am banking on your having the intelligence, common sense and wit to want to learn from others' examples. The examples of those who went before us.

We can learn so much from those who achieved their goals, some of whom overcame tremendous obstacles in order to do so. We can learn so much from their courage, their ingenuity, their creativity, their persistence and determination.

For information about Black achievers and their successes, order my book ***Black Success Stories Volume 1***:

<http://www.blacksuccess1.com/blacksuccessstories.htm>

You will also be interested in ***10 Golden Keys to the Mindset of Black Millionaire Entrepreneurs***, by Bro. Bedford, author of *Conversations with Black Millionaires*. You can download this free ebook from: <http://tinyurl.com/24of2g>

You will also want to order my free ***More Black Success*** ebooks:

<http://www.black-success.com/moreblacksuccess.htm>

I urge you to have the courage and confidence to order these titles, learn from them, be inspired by them, and use your knowledge to help you achieve your goals.

This is the end of ***What They Don't Want Us to Know – Trial Version***.

The full version will contain additional material including:

- ◆ Going Deep
- ◆ Overcoming Racism
- ◆ Steps to Success
- ◆ How to have wonderfully supportive and nourishing relationships – both business and personal
- ◆ Radiant Health and Healing
- ◆ Beautiful, Healthy Hair and Skin
- ◆ Rid Your Body of Toxins

- ◆ Trusting Your Inner Wisdom
- ◆ Manifesting What You Want
- ◆ Opening to the Universe
- ◆ The Key to Everything.

The full version will be available soon. To reserve your copy, contact: info@blacksuccess1.com

You may also want to read some of my articles:

Manifesting Your Heart's Desires
Why Affirmations Don't Work
Do You Think Like a Success?

You can read all these and more at:

<http://groups.msn.com/NurtureSuccess/articles.msnw>

For ongoing support and advice, and for information about courses, workshops and radio broadcasts, join Nurture Success for free at <http://groups.msn.com/NurtureSuccess>

About the Author

My work focuses on the healing of humanity and our planet, with a particular focus on the healing of the people of the African continent and Diaspora. Individual and collective healing. Physical, mental and emotional healing. Healing our families and our communities. To that aim, I have written several books including *Black Success Stories* and *Success Strategies for Black People*, and I edit the *More Black Success* free ebooks. I also lead workshops to support the healing of our communities, the healing of our history, the healing of the legacy of enslavement and the Maafa.

To do this work, I draw on ancient traditions as well as modern methods.

By healing our past, we can move forward into the future we deserve.

I am experienced in metaphysics and traditional Afrikan American ritual, as well as Spiritual Response Therapy (SRT) and Creative Communication.

Creative Communication (also known as Nonviolent Communication/NVC) is the single most effective method I have found for developing self-love, self-worth and a positive self-image. To read more about it, visit:

<http://ancestralenergies.blogspot.com/2006/12/healing-our-relationships.html>

I recently wrote the choreopoem "Harriet" which celebrates the lives of Harriet Jacobs (author of *Incidents in the Lives of a Slave Girl*) and Harriet Tubman.

I have studied the lives and work of many successful people of African heritage, and this inspires my own work.

You can order ***Black Success Stories*** www.blacksuccess1.com

I have written ***Success Strategies for Black People*** and ***Black Success Stories*** as part of my ongoing commitment to global prosperity and global peace.

For ongoing support and advice, and for information about courses, workshops and radio broadcasts, join Nurture Success for free at
<http://groups.msn.com/NurtureSuccess>