



“Conspiracy Of Distraction”

7-Part Introductory Course

To Liberate Your Life

<http://www.chriscade.com/liberate-your-life/details>

by

Chris Cade

All Rights Reserved – Copyright Disclaimer

The author, Publisher, and distributor assume no responsibility for the use or misuse of the information, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this program. The information contained in this program is for informational and entertainment purposes only. It is not intended as professional advice or a recommendation to act.

Please note that much of this publication is based on personal experience and anecdotal evidence. Although the author and Publisher have made every reasonable attempt to achieve complete accuracy of the content in this guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

DISTRIBUTION RIGHTS. As long as this document is not altered in any way, you have permission to share and re-distribute it in its original PDF format. The content may not be distributed in any other way or format without express written, dated and signed permission from the author Publisher, and distributor.

Lesson #1

Charlie Brown Must Die (So You Can Live)

*M*ost of us know more about the life of Charlie Brown than we know of Gandhi, Martin Luther King, the Buddha, Abraham Lincoln, Mozart or any other personage deserving of our attention and study.

In fact, we probably have hundreds of pages of Charlie Brown stories fermenting in our heads – an unfortunate result of reading the Sunday Funnies for two or three decades of our lives.

Do you know how the World Encyclopedia of Comics describes Charlie Brown?

Are you ready for this?

The implications of this are going to rock your world...



Charlie Brown, known world-wide as "America's Lovable Loser" – not exactly a great role model.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

The World Encyclopedia of Comics says that Charlie Brown is an example of "the great American un-success story" in that he fails in almost everything he does.

Referencing two other Charlie Brown Bibles, Wikipedia further describes the bald boy as "a lovable loser, a child possessed of endless determination and hope, but who is ultimately dominated by his insecurities and a permanent case of bad luck, and is often taken advantage of by his peers."

Does that description hit home?

Sadly, most of us have been raised to be "lovable losers" in some way. We are filled with hopes and dreams, yet our own insecurities and fears prevent us from living up to our fullest potential. Even with all my successes in life, this has applied to me -- which is why I'm so passionate about helping you move past it.

Honestly, I -really- don't like to use this "L" word and the only reason I am is because it effectively illustrates this divided relationship we all have (in small or large ways) to this Charlie Brown aspect of ourselves...

The lovers of life and the losers of our massive potential.

So forgive me for saying this, but Charlie Brown is a loser. I love him dearly, and he's still a loser.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

And he's living inside your head.

The thing is, it's not just "Charlie Brown." Think about all the other Charlie Brown like stories that you have received over the years from TV, books, commercials, school and even loving family and friends.

All that input has been feeding a villain within your subconscious called the "Inner Critic."

Your Inner Critic was a subconscious "tool" you developed as a child to keep you alive. It was good when you were little -- it did its best to make sure you were accepted and loved by your family. And if couldn't get you love, it at least made sure you survived... which is why you're able to read this today.

So it had a very important and necessary purpose, but these days nobody is burping and feeding you, or changing your diaper.

And even though you no longer need your Inner Critic for survival, it is still hard at work stopping you from becoming the person you want to be... and more specifically, the incredible person you are meant to be.

You were not meant to be a Charlie Brown!

You were meant to be a hero.

Charlie Brown is not a hero.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Maybe you're not meant to be a great public figure ... but you are called to greatness of some sort. To be a hero of some capacity. Whether your hero role is big or small it is yours to discover, to fulfill and to enjoy.

But in order for you to move forward in life, without fears or insecurities, you need to silence your Inner Critic. And your Inner Critic feeds off all those Charlie Brown stories running through your head.

But here's the bigger problem...

If you try to move too far away from the Charlie Brown aspect of yourself that society has imposed upon you... your Inner Critic will put a halt to your noble efforts. It will stop you dead in your tracks.

Hundreds of readers tell me that their main obstacle to their own self-improvement isn't knowing what they need to do... they already know what to do and often how to do it. The real problems they have are the difficulties in getting started and finishing.

I'm here today to tell you that Charlie Brown is the one stopping you from achieving your goals.

You have to slay him.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

My subconscious transformation system, Liberate Your Life can help you obliterate that "lovable loser" and get him out of your head.

[Liberate Your Life](#) isn't a book. A book is the wrong medium. A book will end up on your bookshelf where it does no one any good. Your Inner Critic won't be comfortable with a book with lots of exercises. It will tell you that it's too much for you. It will tell you to go to Facebook or YouTube to distract yourself for a minute (or hour).

Instead, I'll be delivering the program over 24-weeks. One lesson a week, via email.

Each lesson will help you hack into your head and uproot the memories, experiences and stories that are limiting your life and your potential. Each week you'll receive a lesson and an exercise that you can either do mentally, on paper, on your computer, with a voice recorder or in whatever form or with whatever medium most suits your nature.

These [Liberate Your Life](#) exercises will uncover the stories that are in your head stopping you from being the person you were meant to be. They will silence your Inner Critic and allow you to move forward with unflinching determination towards your goals in life.

Life is too short to be a Charlie Brown. Whether you believe in one life or many, eternal paradise or endless rebirths, I believe on this plane or another you'll eventually have to become the hero of your own existence.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

The time to start is now.

I've broken the [Liberate Your Life](#) process down into very small pieces. Easy mountains to conquer. Your Inner Critic won't even realize what you are up to as week-by-week you make the gradual refinements to your subconscious, identifying and editing out all that Charlie Brown "programming."

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

Lesson #2

Manufacturing Unproductive Human Beings

Benjamin Franklin spent his teens as a printer's apprentice. At age 15 he was writing a weekly column for The New England Courant.

David Farragut became a mid-shipman in the United States Navy at age 9. He fought in the war of 1812 and took command of a captured British warship before he was 12.

Jacques Lusseyran, led 600 people in an underground resistance against Germany's occupation of France in World War II. He later survived two years in the Buchenwald concentration camp.

Lusseyran was completely blind and only 16.

A hundred years ago teenagers were managing farms, writing books, inventing new machines, starting families, building businesses, learning trades... while the average ADULTS today are trapped in a desperate cycle of performing jobs that zap their energy, watching

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>



Society is intentionally designed to stop you from living up to your potential.

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

TV shows that dull their minds, and buying stuff they don't need with money they don't have.

Why have we become a culture of people afraid to move forward in life? Afraid of committing to positively transform ourselves and our communities?

To be clear: I'm not criticizing us in any way.

In fact, I think criticism is what keeps us trapped in our self-created prisons. One of the key principles in my [Liberate Your Life](#) program is how we have been criticized into a state of childish paralysis.

The number one comment I receive from readers is that they have trouble getting started in any type of personal development program. Buying the programs is easy. But they can't remain focused and consistent when it comes to keeping a meditation routine, building loving relationships, growing a business, or improving their health...

Or if they do get started they become distracted or discouraged in a matter of hours or days.

The thing is...

It's not your fault.

Look at schooling for example...

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Like me, you probably spent 12+ years of your life being isolated from the real world, cloistered together with other immature children, and forced to read and recite facts and figures.

New York State's official "Teacher of the Year," John Taylor Gatto (a public school teacher for 30 years) described the public education like this:

"I had more than enough reason to think of our schools – with their long-term, cell-block-style forced confinement of both students and teachers – AS VIRTUAL FACTORIES OF CHILDISHNESS.... Is it possible that George W. Bush accidentally spoke the truth when he said he would 'leave no child behind'? Could it be that our schools are designed to make sure not one of them ever really grows up?"

In [Liberate Your Life](#) I teach that as young children we develop certain psychological traits necessary for survival, and they form within us an "Inner Critic." As a child we are dependent on others to take care of us, so we unconsciously believe that fitting in socially with our immediate family is necessary to ensure they will take care of us.

We sacrifice our own individuality, determination and willpower for the purpose of pleasing those around us.

As we get older, society has actually been designed to hijack this childish, self-sabotaging, critical nature and extend it way beyond

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

puberty. One quick glance at modern education shows how most people leave school with no leadership skills, little ability to think critically or independently, no innovation, and no determination.

Our society is producing people who are afraid to "step out of line" and live life on their own empowered terms. Our society actually discourages the qualities necessary for each and every one of us live up to our greatest potential.

Does this happen by accident? I doubt it...

In 1918, Alexander Inglis wrote, in his book Principles of Secondary Education that the education system was designed to "produce a population deliberately dumbed down and declawed in order that government might proceed unchallenged and corporations might never want for obedient labor."

In 1924, H.L. Mencken wrote in the The American Mercury:

"The aim [of compulsory schooling] is to reduce as many individuals as possible to the same safe level, to breed and train a standardized citizenry, to put out dissent and originality. That is its aim in the United States... and that is its aim everywhere else."

Yes, there's been a long-fought psychological war against your mind... to make you feel that your purpose in life is to be employed and to buy stuff. If you DARE step outside of those parameters then

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

your Inner Critic - intentionally inflated for you by society - will reprimand you severely for daring to think you are able or deserving to be anything more than what others say you can be.

You may have been subjected to ten, twenty, thirty or more years of this type of limiting conditioning.

And it can feel kind of hopeless at times...

But it's actually not. 😊

See, in order for society to have this type of influence on you it all had to be done unconsciously and subliminally.

Never out in the open...

That's why I believe that if you are willing to spend even a little time in focused, strategic, conscious effort you can "reprogram" your mind. You can identify all the experiences, stories and memories inside your head that feed your limiting, critical beliefs about yourself - and rewrite them into empowerment, success, and happiness.

My [Liberate Your Life](#) program can help you do this. If you make the bold and defying move to become a member you will receive a short lesson each week that includes an exercise for removing the bad "programming" from your mind and replacing it with stories and experiences that allow you to live as a truly free person.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

I hope you decide to become a member of this elite group of people dedicated to destroying their Inner Critic, breaking the chains of outdated and unnecessary childish fears and inhibitions -- so that you can become a more productive and empowered person, benefiting your own life, your family and your community.

Also, when I speak out against "childishness" don't think for a moment I'm against "child-like" behavior... Jesus encouraged us to be "like little children" - full of life, joy, enthusiasm, love and simplicity. By destroying your Inner Critic -- the "fearful child" that your environment has created within you (and all of us) -- you can call forth the "loving child" that is in your True Nature.

In fact, it's that loving child-like aspect of your soul that will help you realize all your "grown up" goals and desires. (You know, the secret ones in your heart that you KNOW would bring you lasting and real happiness.) But don't take my word for it... discover it for yourself. My program even comes with a [LIFETIME money back guarantee](#).

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

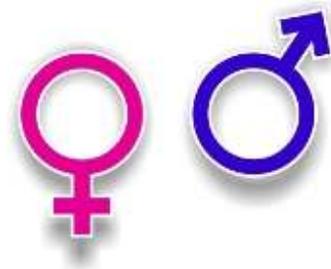
Lesson #3

Food, Sex, And Facebook

*W*hat do food, sex and Facebook have in common?

They all trigger the release of dopamine - the "feel good" hormone.

Nature has designed us so that certain actions necessary for survival produce pleasure. Food triggers dopamine because without food you'll die. Sex triggers dopamine because without sex all of humanity would cease to exist.



Your DNA is working against you.

But why does Facebook trigger dopamine?

Simply put, Facebook provides you with a constant stream of new information - in the form of messages, links, videos, photos, etc.

Same thing is true for emails, texting, television, Twitter, the 24-hours news cycle... Every little bit of new information, communication or entertainment release more and more dopamine in your brain.

It becomes very addictive...

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

And it's also very unproductive.

Why do "new things" cause dopamine to be released?

What does Facebook have to do with survival?

In reality, not much... but your DNA is unconsciously confusing the world wide web with the wild world our ancestors used to live in.

One theory is that in order for our ancestors to survive they had to be constantly on alert for three things: Predators, prey and berries. If they weren't constantly watching their environment for "new information" they'd either be eaten or go hungry.

Today, in our world of tools, technology and information, the opposite is true. An inability to become lord of your mental jungle means you will live an unfulfilling life, empty of inner and outer triumphs.

To help free your mind of these caveman tendencies, I've created Liberate Your Life: The 24-Week Subconscious Reprogramming System.

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

Lesson #4

Don't Blame Fred Flintstone

*I*n the last lesson, I explained how our caveman genes play a big factor in our inability to stay on course with any given decisions, program or lifestyle change.

But did all this lack of focus originate solely 7,000 years ago? Not at all! In fact, you only have to look back to the beginning of your life...

When you were born you were completely at the mercy of your environment and the people around you. You constantly had to look outside of yourself for survival. Your mind developed tendencies completely fixated on what type of actions would bring nurturing responses from other people -- whether it was in the form of food, shelter or a new diaper.

I need only look back at my childhood to see how so many of my actions were focused on pleasing my parents - who I was dependent on for life.



You're not a caveperson anymore, even when your subconscious mind tries to convince you otherwise

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Just like humankind -- at the beginning of its evolution -- was constantly looking outside of itself for reasons of survival... so were we all at the beginning of our own lives.

A inner conflict, however, quickly arouses because our innermost self, our True Nature, our soul -- call it what you will -- did not come on earth to live a quasi animalistic existence reacting to our surroundings.

As a helpless child, our mind developed what I call an "Inner Critic" that basically tells our True Selves to "shut up and sit down or else you're going to get us killed, ostracized, alienated, injured, wounded, starved or abandoned."

The Inner Critic is a psychological trait that existed in humankind before we learned how to use our God given powers of mind and will. Humanity eventually discovered how to create tools and plans so we can bear many more fruits from less labor (at some time in the future). Likewise, the Inner Critic is a manifestation of our helpless state as little children - frustrated by an underdeveloped body (our "tool") and brain (what allows us to "think ahead").

Most self-help and personal development programs ignore or give little attention to this primal, yet powerful, part of our subconscious. While persistent effort with any proven technique will override the Inner Critic or even eliminate it... such methods only work if your Inner Critic actually allows you to apply them in the first place.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

In most cases, people's Inner Critic is far too strong and clever to allow them to make much progress - whether you're trying to learn the piano, finish a self-help book cover to cover, or meditate regularly. Your Inner Critic loves to create an environment around you that offers endless intrusions to your progress.

Alexander Graham Bell, after inventing the telephone, refused to have one in his own study. He considered his greatest invention to be an intrusion on his real work as a scientist. Today, we have not only old fashioned telephones, we have cellphones, Skype, Instant messaging and texting. Plus, we have TV, we have YouTube, we have Twitter, we have Facebook, we have email...

When we were four, we were busy trying to please a network of family and friends probably spanning 5, 10 or 20 people (if you're Greek, then maybe 20, 40 or 60 people).

Today we are caught up trying to respond to a global communication, information and entertainment network that makes endless demands on our attention and emotions.

Our Inner Critic doesn't want us going inside... It's convinced our survival is dependent on flipping channels, buying magazines and keeping up with our Facebook feed.

Just like a little child - with a short attention span - we feel we need something to stop us from getting bored because some part of us really doesn't believe that we can make more out of our lives.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Whatever!

One of the key components of my [Liberate Your Life](#) program is that I show you how to identify exactly when your Inner Critic is dictating your life and how to knock it out. In other words, you'll be able to start discovering what you really want - not what this childish caveman mentality thinks you need (as imposed upon you by outside influences).

You'll be able to journey inside yourself and discover your real purpose on this planet, your true nature and then... express that outwardly. And trust me, your True Nature is a lot more joyous, powerful and fulfilling than the Inner Critic nature you've been stuck with since the day you were born.

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

Lesson #5

Think Back to 100 BF (Before Facebook)

*T*hink back to the world humans lived in before Facebook, before television, before radio... think how much more productive the average person was.

They'd build houses with their bare hands, weave their own clothes, raise their own livestock, farm their own land, master an instrument, memorize poetry, study scripture...

Today, with all our technology, tools and freedom... the average person could do and be so much more.

Instead, we've simply become so much more distracted.

Here's how your subconscious mind works...



Of all the inventions in modern times, this little device has made it far too easy for people to limit their own potential.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

If the "thermostat" of your personal comfort or happiness gets too low your "Inner Critic" will kick in and kick you in the rear - telling you to start improving your life.

Today, however, that level of discomfort only happens to a rare class of people.

People like you.

Mental gladiators who do not find hours and hours of Facebook and then more hours of Judge Judy, Lost, and Sunday night football satisfying enough to completely justify their existence as a human being.

Of course, your Inner Critic - the Darth Vader of your subconscious - loves to create an environment around you that offers endless attempts at instant gratification.

It doesn't take much to make your subconscious mind feel comfortable.

Your conscious mind, your soul, your True Nature, on the other hand, all have slightly higher standards...

In my [Liberate Your Life](http://www.chriscade.com/) program I show you how to identify exactly when your Inner Critic is dictating your life by it's all-too-low standards and I teach you how to knock it out of your subconscious.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

In other words, you'll be able to start discovering what you really want. You'll be able to journey inside yourself and discover your real purpose on this planet, your True Nature and then... express that outwardly.

And trust me, your True Nature is a lot more joyous, powerful and fulfilling than the Inner Critic nature you've been stuck with since childhood.

Free your mind.

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>

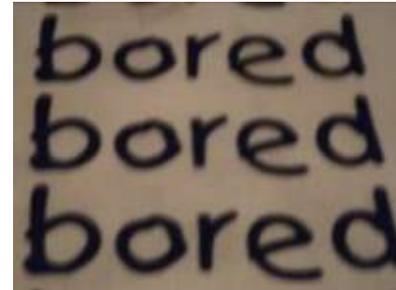


Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

Lesson #6

Do You Get Bored Easily?

“One afternoon when I was seven I complained to [my grandfather] of boredom and he batted me hard on the head, he told me that I was never to use that term in his presence again; that if I was bored it was my own fault and no one else's. The obligation to amuse and instruct myself was entirely my own, and people who didn't know that were childish people to be avoided if possible.”



Your Inner Critic will never tell you that life isn't meant to be lived this way.

That's from John Taylor Gatto's book, *Weapons of Mass Instruction* and it's good advice. But do you know who really gets bored easily? Our Inner Critic! That impatient psychological brat hardly gives us any time to make any progress in anything before it starts complaining that it's bored with our hopeless attempts at self-empowerment.

One of the Inner Critic's first lines of defense is boredom. It figures that if it can convince you that you are bored then you will give up right away. I mean, really, isn't boredom one of the scariest emotions

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

in existent? It's a pointless, empty feeling. At least if you are angry or sad - you feel alive.

Sure, yeah, I would rather be bored to tears than receiving electroshock treatment, but that's not my real point...

My real point is that a number one reason people don't make the type of progress they desire in life is because their Inner Critic makes them think they are bored and so they don't stick to "the program."

Ever hear people boast that they "don't have the patience" for something? Or that they "get bored easily"? How about how so many people worldwide think they have ADD?

Some will even state that they "have a short attention span" as if it's a badge of honor.

Others will say that they get "bored easily" as if it's a real disability that deserves special treatment from others. But there's a BIG difference between "I can't eat the mashed potatoes because I'm diabetic" and "I can't change my life because I get bored easily."

And who's telling you that you get bored easily, anyway? It's your Inner Critic! Boredom is one of its favorite tools for keeping you from keeping on.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Why is boredom so disastrous to your physical, mental and spiritual progress?

Because sustained effort and attention is critical to accomplishing any worthy task. Whether we are talking about something as simple as reading a book, or a more challenging like growing a successful business, or more inward like getting rid of wrong thought patterns - it doesn't matter what it is -- you need patient, sustained, enthusiastic effort.

What's worse... our Inner Critic intentionally surrounds us with experiences, people and gadgets that encourage a short attention span. Ringing cell phones. TV serials. Chiming inboxes. With a constant flood of instantly (yet shallowly) gratifying "fixes" how are we ever going to learn to be content with any type of purposeful activity?

So it's no wonder that when we finally decide on a program or path for transforming our life - we get bored quickly.

In fact, I'd wager that one of the best ways to know that you are involved in a life-changing activity is if you become easily distracted. If, when it comes time to focus on personal development, little things that you'd normally would want to avoid - like cleaning the toilet or getting a haircut - suddenly become top priority.

That's when you know you are on the road to massive positive change.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

You must realize that your Inner Critic is one clever psychological opponent. Beating your Inner Critic isn't simply a matter of getting stronger and trying harder. It's not like if you lift weights every day and you just keep on getting stronger and stronger until eventually you can lift anything.

Battling your Inner Critic is more similar to playing a sport like soccer. Simply showing up and kicking the ball harder and running faster isn't going to make you a winner. You have to be able to respond appropriately to the tactics the other team puts into play.

That's why I created [Liberate Your Life](#). I've been battling my Inner Critic for some time and I've figured out its game plan.

Some of my Inner Critic's tactics are the same as yours. Some of them are very different. That's why in [Liberate Your Life](#) I start by showing you how to become aware of exactly what your Inner Critic is up to. What's its *modi operandi*? How it is acting out on the battlefield of your subconscious mind? In which areas of your life is most controlling?

In this 24 week program I take you into the arena with your Inner Critic and show how to face it one-on-one. ([Click here for the full course outline](#))

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Don't think you're up to challenge? Sure you are! After all, your own subconscious created your Inner Critic. It's not like it's some dark force from some nether land. What you created you can destroy.

But before you can destroy it you must get close enough to it. You have to know what type of weapons it's using against you. Weapons like boredom, impatience and lack of focus. Stealth psychological weapons like these are what keep you marching to all those discouraging orders it whispers to you from the puppet government of your subconscious mind.

Liberate your mind! Liberate your life! Usurp the Inner Critic!

Click The Link Below And Join Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

Lesson #7

To Get What You Want Stop Idealizing It!

A while back I posted on Facebook
the following thought of mine:

*"If you want to manifest your heart's
desires, stop idealizing them. The
more you idealize anything, the
more you separate yourself from it."*



***Focusing on the pot of gold
is actually what keeps you
from ever getting it.***

After posting that, I got a LOT of
comments from people who wanted me to clarify what I meant. Some
people were confused... after all, "how can we get what we want if
we don't idealize it?" some people wondered.

And my good friend Jody wrote, "I can't help but idealize
enlightenment ;-)"

I wrote myself a note that when the time was right, I'd finally speak
further on the topic... and that time has come. Let's start with a few
definitions of the word "idealize..."

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

- ✔ "Exalted to an ideal perfection or excellence"
- ✔ "A portrayal of something as ideal"
- ✔ "To regard something as ideal"
- ✔ "Something that exists only as an idea"

When I read those definitions, a few things really stand out to me. The first three definitions point to an image of perfection... they suggest that there is always "something better" we can aspire to. That idea can be both helpful and hurtful in our path of personal development.

It can be helpful when we use it as a POINTER to look inwards at why we feel something is misaligned... it can help us inquire within ourselves about how we are not integrated with the True nature of who we are.

However, it can also be VERY detrimental to your development. The negative element of that is the Inner Critic who suggests "the grass is always greener on the other side," and if you've ever actually gone over the metaphorical fence, you've probably discovered that isn't always true.

When we continue to believe there's always something better than what we have, we get stuck in a LACK mentality.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

Think about that for a moment.

We're not usually consciously aware of this, but it's very simple. The sheer premise that what you have is not good enough is LACK. And if you've been studying the Law of Attraction, then you'll quickly put it together that associating with a sense of lack is the quickest way to AVOID getting what you want and staying stuck where you are.

So at the very least, by idealizing what you want (whether it's financial abundance, the perfect relationship, the big house, or even enlightenment), what you're really doing is moving into LACK and separating yourself from the very thing you want.

Now let's look at the last definition, which I find particularly interesting...

"Something that exists only as an idea."

Taking this one step further, that means that whatever we idealize DOES NOT EXIST except in our minds... except as an idea. Since YOU exist and the idea does not exist, you are by definition separating yourself from the very thing you want!

The process of idealization forces us to live either in the past or future... not in our present. And again if there's one thing we've learned from the Law of Attraction, it's that being PRESENT and in a

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

positive emotional and spiritual state is how we attract what we want in our lives.

Therefore, it stands to reason that if we WANT something, the best way we can get it is to not idealize it. Rather than see your idealized goal as something you don't have (i.e. as separate from you), it's important to let go of the idealization.

It's important to let go of what the goal "means" to you... To let go of how this "one thing will change your life forever..." and to let go of the belief that all your dreams will come true "some day."

So how do you do this?

1. Next time you find yourself wishing for something better, remember to change your focus. Instead of focusing on what you don't have (what you are idealizing), instead tune into your heart and focus on what you have that you are grateful for.

2. Remember that whatever you idealize is an IDEA that does not yet exist.

Instead, focus on BECOMING in alignment with things that do exist... with what is REAL in your life. #1 points to this, and you can do it by practicing being present.

All that exists, quite literally, is in the present moment. That's the space in which you manifest all that you want... because it's no

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

longer your mind projecting into the future its "ideal" wants, but rather, in the present moment your heart and soul will speak to you and tell you what IT truly wants to be happy.

(and the heart and mind are not always in agreement)

3. I highly recommend some form of meditation.

And while some meditations are more effective for specific purposes than other meditations, generally speaking as long as you're devoting some time each day to meditation you will manifest MUCH FASTER AND MORE EFFECTIVELY than if you are not meditating.

(In [Liberate Your Life](#), you will learn 2 different meditations you can use to manifest your hearts wishes more easily and effectively)

4. Practice some sort of physical movement each day.

Physical movement - whether it's exercise, Tai Chi or Yoga, or simply playing with kids - will bring you into the present moment and immediately raise your energetic vibration. It pulls you out of the "lack" mentality of idealizing your wants and desires, and instead brings you instantly into what is true in the moment.

See, what most people don't realize is that our bodies know MUCH more about manifesting than our minds do.

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

This is partly due to the fact that the heart is such a powerful magnetic force... in fact, [according to this report](#) from the Institute of Heartmath, the heart is 5000 times more electromagnetic than the brain.

And modern science is just now beginning to explore what sages have known for centuries: That the heart has its own intelligence center capable of providing us important information and making purposeful and effective decisions.

The other reason our bodies are important for manifestation is because they ARE the vehicle by which we manifest. Without a body, we couldn't manifest here as humans on earth. Sounds kind of silly when you think of it that way, but really - if you don't take care of this body, if you don't LIVE in it and use it... how can you expect it to manifest amazing things in your life?

So to get what you want, stop making it sound so super amazing - like it'll solve your problems and make things better. What you want is here and now, just waiting to be discovered within yourself.

YOU already are the gift you've been wanting to receive all your life.

Click The Link Below And Join Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



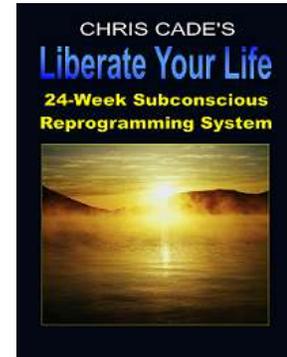
Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

What Is Liberate Your Life?

*I*ntroducing the subconscious

reprogramming system created by personal transformational teacher, Chris Cade.



It is a 24-week course that teaches you how to transmute the negative subconscious memories, stories and experiences that are currently dictating your life, your beliefs and your view of the world.

Each week you receive a new lesson and mental exercise to complete. These unique exercises replace limiting thought patterns with empowering stories that allow you to live directly from your innermost being.

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

About The Author

Chris Cade calls himself a reluctant hero.



He is a second-degree black belt and martial arts Champion who has swum with wild dolphins and tested software to find the bugs.

His journey – leaving a six-figure income and corporate life with Hitachi and Adobe for a spiritual one – has rewarded this visionary with the most popular spiritual story site on the internet.

A graduate of The Monroe Institute's Gateway Voyage program, and a student of the Diamond Approach, Chris is a spiritual teacher, lecturer, and father to his son, Quantum.



Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

What People Are Saying About Liberate Your Life

<http://www.chriscade.com/liberate-your-life/details>

“Brilliantly expressed material”

"I just finished my [first lesson](#) in the [Liberate Your Life](#) program. Brilliantly expressed material. So very compelling. Something tells me I am going to fall in love with learning and live in great anticipation of each lesson for the next 24 weeks. Life as I know it has already begun changing for the best!"

—Mary Cate O'Malley,
San Diego, California, USA

“A Jump In My Spiritual And Personal Growth”

Hi Chris: I would like to send my gratitude to you for the [Liberate Your Life](#) course. For many months I was not taking the time for growth and it took its toll by leading to unhappiness and total exhaustion. There were many negatives slipping into my life that I felt I had no control over. I hurt spiritually, emotionally and physically.

Getting in touch with you at your website was the first step which has lead to a jump in my spiritual and personal growth I had been longing for. Growth, whether personal or spiritual, should be done on a daily

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

basis, either by learning new ways or just mediating. It is a hunger in my soul and if I do not feed it, it gets cranky and I attract negatives into my life as a sign from my higher self. It did not take long for all the negatives to turn into positives because I started on a spiritual and personal development way of life again.

Again, thank you for reaching out and helping those who want... to live happier and fulfilled lives.

To anyone who has not gotten [this course](#), you should seriously think about it since I am only in Lesson 2. Take all the help you can get!"

*—Nicole P.
New Brunswick, Canada*

“The Break-Through I Am Looking For”

Overall I have found the first 4 lessons and the bonus lessons of help in my quest for simple peace in my head and therefore my life. The concept of the Inner Critic, for me, could be the break-through I am looking for in that I feel it is the greatest of all hindrances to peace of mind. So that being said I am looking forward to the lessons that are in store. The first 4 have certainly been thought provoking and I hope the following lessons will continue to bring me closer to being able to challenge and deal with the Critic effectively - now that I am aware of it. Many kind regards and best wishes.

—Anne Flynn

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com/>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

“I Can Already See The Shift”

I did the exercise in [lesson one](#) quickly and easily and then I started on the work on [affirmations](#) and that's taking a lot more thought. It's not hard but it is taking work and concentration. I can already see the shift in my thinking.

—Susan Mazzanti

“A Great Way To Start The Week”

I have just finished printing out Lesson 4 of [Liberate Your Life](#), and I want to let you know how much I am enjoying the programme, and how much I appreciate it.

Each [lesson](#) appears in my in-box on Sunday evening, and I work through it on Monday morning. It feels like such a great way to start the week, and the bonus lessons have been a wonderful surprise. I am printing each lesson out to keep them all together as a book. This way I know I will be able to refer to it as often as I want to (which is not always the case with my computer!)

Thank you for doing this Chris, and keep up the good work.

Sending you my very best wishes.

—Julie B.
United Kingdom

Get more free personal transformation ebooks and resources like this by going to:
<http://www.chriscade.com>

“Conspiracy of Distraction”
A 7-Part Introductory Course to Liberate Your Life by Chris Cade

“Moving Forward With Great Speed”

Chris,

The first four [lessons](#) have brought out many new ways of looking at my patterns and limited beliefs. By being more aware of some of the conflicts and creating my climax I have allowed myself to break many of the repetitive patterns I have lived with for years. I am big on mantras and affirmations and was great having another view at the words we choose to create our affirmations. This was a great reminder for me...

In the last four weeks I have made some giant moves forward in finally listening to where I want to be and better yet I am stronger in my commitment to who I am and have let go of relationships that have kept me held back for many years.

Facing the truth is hard sometimes but I have finally been able to face some of the difficult ones and am moving forward with great speed and becoming aware of how much joy life has to offer...

Thank you so much for sharing this great lesson with all of us...

—April

Click The Link Below To Learn More About Liberate Your Life:

<http://www.chriscade.com/liberate-your-life/details>



Get more free personal transformation ebooks and resources like this by going to:

<http://www.chriscade.com/>