

DO THE MATH

Multiply your way to a happier life



S t e v e K a d e R

Do The Math

Multiply Your Way to Happiness
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Introduction

Do the math and multiply your way to happiness. I know that this may sound a little like “What?” Let me preface this by saying that the method that I am about to describe to you will sound really very simple. I will provide you with some information and you will probably say, “Wow, is it really that easy?” My answer to you is “Yes, it is.” Later on, I will make mention of “negative comments.” When I refer to a negative comment, I am talking about a comment, a look, a gesture, or any type of negative vibe. And conversely, a positive comment is anything with a positive vibe to it. It’s all about the numbers. It’s all

about the Math. That being said. The mind works in mysterious ways. The way that it processes information is really amazing. Once you learn how the mind works, then you can manipulate it. I will show you how you can do it. All that you have to do is follow the instructions, do your math, and then create the life that you want.

Chapter 1:

How We Think

It is a well-known fact that our default thinking is mostly negative in nature. Now, when I say *negative*, I simply mean *not positive*. For example, when our minds are either in the future OR in the past and not in the present, then that is negative. Why? Because life only happens in the now. When we are constantly in the future or in the past, then we are not really living. This way of thinking we have learned from our parents. However, It is not our parent's fault. It is not even our grandparent's fault. This habit of unconsciously embracing negative

thought patterns goes way back several generations. It goes back to the cave-man days. You see, In the cave-man days, there was a different frame of mind. They were concentrated on their reality which was obviously differently than the reality of present day. They weren't concentrated on positive or happy thoughts. Nor, were they aware of the benefits of incorporating these type of thoughts into their mindset.

So, we can't blame them. That's just how the dynamic was, back then. As a society, we can break the current pattern and create a default thinking pattern that is more of a positive nature.

Chapter 2: How We Learn

Learning is something that we do on a constant basis. From the beginning, we learn through trial-and-error. Starting out as sperm, a lot try to make it but only one does. As we learn to walk and talk, we do this through trying and failing. Most of what we do on a daily basis is done on an unconscious level. Let me give you an example, when you shower, brush your teeth, pull your car out of your garage, you most likely do it the exact same way, every time. Think about it. When you get out of the shower and dry yourself off, how do you do it?

That is how our mind is programmed to learn things, through repetition. We Learn thru repetition, let me say that again, we learn thru repetition.

Chapter 3: Your Night Mind

Your mind is much more active at night than it is during the day. That may surprise you, but it's the truth. Why? Let me explain. There are a few things that happen, while you sleep at night. Your body's organ systems are replenished in a systematic fashion. And your mind compartmentalizes all of the thoughts that it had during the day. You have between 20,000 and 100,000 thoughts on a daily basis. It selectively discards thoughts that are of a neutral nature and keeps the ones that are positive or negative. This is said to be where dreams come from. Then it puts all

of those remaining thoughts into the *folders* of your mind. There are several folders, in your mind.

There are folders with positives and negatives. There are folders for each representational system, each of your five senses. These folders contain a lot the negative and positive thoughts that you've experienced, through the use of your senses.

Chapter 4: Do Your Math

It is a known fact that, by the time we are 5 or 6 years old, that we have our basic belief system that we will have for the rest of our lives. Can you believe that? So, think about it. By the time your 6 you may have heard about 25,000 negative comments. How can we cancel out those negative thoughts, you ask?

Let me tell you about John. He is a 20 year-old man who grew up in a somewhat negative household. Every evening, at 6pm, John's entire family would eat dinner, together. This was the time for them to

discuss what had happened at work, school, football practice, etc.

John would hear an average of 10 negative comments, during the course of the evening. This was a constant every evening, until John moved out the day after his 20th birthday. Are you ready to see how this works? Alright, here we go. There are 365 days in a year. Multiply that, by 20. Then take that number and multiply by the number of negative number of comments. Ten, in this case. So, according to my calculations, that's 73,000 negative comments. How do you cancel out Seventy-three thousand negative comments? By exposing yourself to 73,001 positive

comments. I know what you may be thinking, “Can it really be that simple?” Yes, it can. Here’s how it works. Ok, you have a 5-second **positive comment** that you hear 12 times, in a minute. Multiply that by 60 and then, by the amount of hours you sleep. Long story short, IF you listen to that 5-second positive comment for eight hours; you will have heard it 5,760 times during the course of one evening. Imagine if you listened to that for a full calendar month. That would be 178,560 5-second positive comments.

Now, let me ask you, how long would it take for you to remove those negative comments from your mind?

Chapter 5: Create Your Message

Now, this is how you put it all together. I will take you through my method in a step-by-step process. As we've said earlier, it's all about the numbers. It's all about the Math. That being said, you have to consider what you want to create in your life. You have to figure out the message that you want to *flood* your mind with. Let me give you an example.

IF you have a problem with a lack of Confidence, your message could be "YOU are confident, in all areas of your life." This is what you do.

* IF you have a laptop, then you could use it to record your voice

onto, by the use of the voice-recorder. Then, you set up your laptop so that it plays on a looping continuous fashion. If you use a PC, you will do this through the use of your Windows Media Player.

* IF you have a voice recorder, simply speak into the recorder and either E-mail it OR transfer it to your laptop.

* IF you don't have a laptop, then speak your message into the voice recorder on your phone. Then you can download a free *Looping* app for your phone.

Now, here's the trick. Whether you use your phone OR computer, set the volume so that you can hear it in the background. Don't make it so loud that it prevents you from

sleeping. Set the volume so that it is barely audible. As we've stated earlier, your mind is much more active at night than it is during the day. In the course of one evening of sleep, you will hear this 5 second message 5,760 times. This is how it begins. Can you imagine if you listen to THIS 5-second message OR another, for only one month straight. That equates to 178,560 positives, that you will flood your mind with, on a monthly basis.

Chapter 6: Stick to the Plan

Now that you have the plan, you have to stick to it. Bottom line is that the more you hear the messages, the more ingrained they will be in your mind. The beauty of this is that you can create whichever message you want. Obviously, the length of the message will dictate how many times you flood your brain, nightly. Whether it is a 5 second or 10 second message, within a few days your mindset will start to change. AND you will notice that you will begin to live up to your message, in your waking state. Now, your mind will slowly transform and your

waking state will eventually match whichever message you have chosen for yourself. The beauty of this is that you can alter your message to suite your mindset goals.

Chapter 7: Step-by-step Recap

This is a step-by-step recap of how you can use this system. I have broken it down for you.

Step #1 Simply create the message that you would like to have integrated into your mindset. Be very specific about what you want to manifest, in your life. This is very important, though. Be careful, IF you want to stop procrastinating, don't use the word procrastinate in your message. Don't say "stop procrastinating." Instead you could say "be assertive." OR "You are assertive."

Step #2 Record your message. You can use your laptop, a voice-recorder or your telephone.

Step #3 Set up your “transformation station” near your bed.

Using either your phone, a voice-recorder, or your laptop, adjust the volume so that it is barely audible in the background as you sleep. Press play and *flood* your mind.

Step #4 Stick to the plan, because the more you flood your mind, the more your mindset will change. It would be easy to do it for awhile and then quit. But, IF you want to make permanent changes then you have to keep your eye on the prize.

The true beauty of this system is that you can alter your message(s) to fit your needs. The message can be however long you want it to be. As earlier stated, be very careful about the message that you flood your mind with. You do not want to inadvertently give a negative message to your brain.

Chapter 8: In Closing

I told you that this idea was elementary, right? It is very simple and will work for you, if you implement it correctly.

Remember what we said earlier? We learn through repetition. AND the brain is more active at night, than it is during the day. So, we flood your brain with a tailor-made message. Then, you listen to your message, on a nightly basis. The opportunity to manifest your reality and the mindset that you want, is now available to you. IF you follow this system, it is only a matter of time before changes are made.

About the Author

Steve is a published author and accomplished speaker. His first publication, **Womenology101**, is a relationship-based book and is available on Barnes and Noble. Steve is also a Certified Clinical-Hypnotherapist and holds several additional certifications in the Hypnosis, Mindcare field. He has been on several TV/Radio shows speaking on relationships and how to alter your mindset for success. During his 9 year US Army career, he specialized in Criminal Psychology and learned about the intricate workings of the mind. Steve is very excited about sharing this information with the world.