

FREE SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

**DAY
04**



'90 DAY CHARGE'

(OCTOBER 4 - S2 MODULE 1)



BASED ON THE
'MVP'
MILLIONAIRE
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE
ESPECIALLY FOR YOU AT Great Personal Expense

S2 SUCCESS SYSTEM OF THE
EMPOWERED MILLIONAIRE INSTITUTE

90 DAY CHARGE - DAY 04



S2

EMPOWERED
MILLIONAIRE
MASTERY

(Sunday Module)

CONCEIVED & DEVELOPED
BY JAMES LEE VALENTINE

(90 DAY CHARGE - ABRIDGED VERSION)
S2 EMPOWERED MILLIONAIRE MASTERY
7-DAY REVOLUTIONARY WINNING DISCIPLINES SUCCESS SYSTEM

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EMPOWERED MILLIONAIRE SATISFACTION GUARANTEE

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*This is a special
abridged version of the
S2 Module 1
for participants of the
90 DAY CHARGE.
The full length version
totals over 30 pages
and is available
exclusively for
participants of the
MVP20"! program.*



BE STILL

Empowered Millionaire Mastery

Be Still

SUNDAY

Today I will master the
Winning Discipline of...

*Being in solitude with
the sounds of silence
every day.*

EMPOWERED MILLIONAIRE CREED – PRINCIPLE # 1

Today I am still and have gratitude for my blessings.



BE STILL

TODAY I WILL MASTER THE WINNING DISCIPLINE OF . . .
BEING IN SOLITUDE WITH THE SOUNDS OF SILENCE
EVERY DAY.

*“The more powerful and original a mind, the more it will
incline towards the religion of solitude.”*

ALDOUS HUXLEY

Henry David Thoreau placed his pen down and stood up. From the sun-drenched porch of his forest shack, he gazed upon the silence of his surroundings. “This is the spot I love above all others on earth,” he whispered to no one in particular. Here, in the stillness and solitude of Walden Woods, a man could live as purely as nature intended, intentionally foregoing all but the most essential needs and leaving behind the commotion of modern life. Nestled in tranquility, living close to nature, here was a special place where he could contemplate his purpose in life. Sitting down again, he reached for his notebook and read the last sentence he had written: “The mass of men lead lives of quiet desperation.”

The sun shimmered on the nearby pond. Often, as they came to drink from its pure waters, the forest animals would stand watching him, wide-eyed and friendly. All about him were the soft, gentle sounds of nature. Thoreau wrote in his notebook: “I am convinced from experience that to maintain oneself on this earth is not a hardship but a pastime, if we will live simply and wisely. Most of the luxuries, and many of the so-called comforts of life, are not only not indispensable, but positive hindrances to the elevation of mankind.”



Henry David Thoreau loved nature. Every sight and sound in the forest had meaning for him. He knew the birds by their calls, the animals by their tracks and the butterflies by their iridescent wings. He was at home in Walden Woods, at home and completely happy. In Concord Town, where he was living before making his decision to move to Walden Woods, he had led a stifled life. After graduating from Harvard University and after doing some rather uncongenial occupations, he decided that his mission in life was to study, think and write. For these enjoyable occupations, he had no peacefulness in the cluttered lodging house in Concord, no seclusion, no opportunity for tranquility at all.

In Concord, Thoreau saw people squandering the most precious substance of their lives in pursuit of material gains, feverishly piling up property and possessions, enslaving themselves at the cost of things that really counted. He abhorred the idea of being poured into a fixed mould, of being forced to do what others thought right and proper instead of what he himself wished. Thoreau did not intend to let his life slip by without ever having lived. He decided to do something about it.

The world's wisest men, he reflected, the great thinkers and philosophers of the past in all parts of the world, had lived lives of solitude and simplicity. He would take his cue from them. He would live in Walden Woods away from the problems, involvements and artifices of civilization. There in the peace and solitude of the woods, living close to nature, he would improve his soul's estate, learn to think and write clearly, and perhaps come closer to an understanding of life and to the basic but elusive truths that give it meaning.

Simplicity and quiet fueled his soul. This was the quintessential message of Henry David Thoreau's writing, and it came through periods of deep reflection. Though he lived two centuries ago, his message is still relevant today. He tells us: "Don't waste the years struggling for things that are unimportant. Don't burden yourself with possessions. Keep your needs and wants simple, and enjoy what



you have. Simplify! Don't fritter away your life on non-essentials. Don't enslave yourselves for luxuries you can do without. Don't destroy your peace of mind by looking back, worrying about the past. Live in the present, enjoy the present. Simplify!"¹

¹ *Henry David Thoreau* adapted from writings by V. Sundaram

Ultimate Financial Empowerment Begins With Solitude

Be still! From today, *every day* I shall take time to be in solitude. If I truly desire to live an extraordinary life, hunger to achieve my most wondrous ambitions, and yearn to cultivate a prodigious appetite to experience all of the wonders nature has to offer, I need to take the time to be at peace. I need to enjoy periods of utter tranquility and serenity. Li Po, one of the foremost poets of pre-modern China, said: "You ask why I make my home in the mountain forest, and I smile, and am silent, and even my soul remains quiet."

EMPOWERED MILLIONAIRE INSIGHT

Solitude is the audience-chamber of God.

With these wise words reverberating in my soul, I shall develop the winning discipline of frequently being alone in silence, to experience moments of solitude and to generate feelings of inner peace and calm. I know that, literally, I am what my thoughts make me, and my thoughts are what build my inner world and direct my destiny. Therefore, I require daily periods of tranquility just to be able to listen to my mind. Moments of silent contemplation and undisturbed deep thought are required — *every day* — for me to establish inner reserves of emotional strength.

During my daily periods of peace and quiet, I shall learn to avoid all sources of external noise and commotion. I shall turn off the radio, unplug the television, get away from people in general, and shut out all forms of unnecessary disturbance. Only in this way can



BE STILL

I truly achieve serenity and be able to communicate with my mind and my soul on a much more intense level than I am used to.

Franz Kafka, the literary giant, said these poignant words with regard to the higher learning that will be available to me once I enjoy focused periods of solitude: “You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait; just learn to become quiet, and still, and solitary. The world will freely offer itself to you to be unmasked. It has no choice; it will roll in ecstasy at your feet.”

As the great Einstein once said, reflecting on solitude: “As regards intellectual work, it remains a fact, indeed, that great decisions in the realms of thought and momentous discoveries and solutions of problems are only possible to an individual working in solitude.”

EMPOWERED MILLIONAIRE INSIGHT

*Creative relaxation is the process by which
miracles begin to move mountains.*

I shall begin my journey to ultimate financial empowerment by being still. I shall hush the outer world so that my inner world may bring me sight. This *in-sight* is what I seek, yet I cannot have it while am so deeply concerned with the commotion of my outer reality. I shall seek, therefore, to go within myself as much as possible — at least once daily. Also, I must forever remember this timeless maxim: *If I do not go within, I go without.* What a profound truth!

A renowned master of Buddhist philosophy said this regarding the power of solitude even while busy: “When one is standing, walking, doing something, one should constantly concentrate one’s mind on the act and the doing of it, not on one’s relation to the act or its character or value. One should simply practice concentration of the mind on the act itself, understanding it to be an expedient means for attaining tranquility of mind, realization, insight and wisdom.”



Creativity Through Tranquility

Deepak Chopra once said that creative relaxation is not about mind-control, affirmations, chanting of mantras or concentrating on candle flames for hours. He said that it is an expansive, mind-blowing, playful inner experience of an alert witnessing consciousness. He said that it happens through inner stillness and silence only. These are the passageways that open the doors to this infinite inner world.

There are three elements essential in designing an environment conducive to creativity. The first is in knowing my *purpose*, the second is in my *preparation* of harmonious surroundings, and the third is in my *performance* of a creative relaxation exercise every day:

1. Knowing my purpose.
2. Preparing harmonious surroundings.
3. Performing a daily creative relaxation exercise.

1. Knowing My Purpose

Discovering my life's purpose, my driving reason for striving to attain success and fulfillment, through the hectic routines of home and career is not easy. The constant noise of daily living drowns the voice of my spirit. Life, with its seemingly endless procession of activities and clamor, can oftentimes appear to have little purpose, to serve no apparent end. Most people create precious little time for regular reflection. However, through habitual periods of solitude and contemplation, I can journey beneath the surface to know not with my mind but with my heart.

Oftentimes, as I turn toward solitude and contemplation, my purpose for living becomes more apparent. Habitually, on a daily basis, I need to give myself time to be quiet and let my silent spirit catch up with my boisterous physical life. I need quiet time to listen to the still, small voice within my soul. How can I hear my true



BE STILL

calling if I do not create the time to listen? If I do not have a daily period of serenity, my intuition, which is the powerhouse that creates awareness of my life's purpose, will surely rust from lack of use.

EMPOWERED MILLIONAIRE INSIGHT

Everything in the universe has a purpose. Indeed, the invisible intelligence that flows through everything in a purposeful fashion is also flowing through me.

To keep my intuition flowing smooth, fueling my mission in life, I must practice the discipline of *Powerizing* on a daily basis. The more regular the *Powerizing* exercises are performed, the more I can delve into the core of who I truly am. Slowly my real purpose for living emerges with crystal clarity. Hearing my true calling requires frequent silence. Solitude is, for many, a strenuous exercise because they are not used to listening to their soul speak to them. However, *Powerizing* can help me to appreciate my entire life pattern. It is simply a process of being quiet and communicating with my spirit on a consistent basis.

2. Preparing Harmonious Surroundings

A key facet of preparing harmonious surroundings is controlling what happens in the moments after waking. This is the most crucial part of the day in terms of establishing a positive energy flow for the hours ahead. Empowered Millionaires always wake early, raring to go, fully alert and looking forward to the new day ahead. Upon waking, peace and quiet should ensue — this means no radio or television or unnecessary chatter or commotion — and potent thoughts should be mentally repeated to instill a feeling of power within, such as: *I am healthy, strong and full of energy . . . and this is a sensational new day!*

Second, is selecting a place for solitude. To be a healthy, creative human being, I must have the opportunity to be in a natural space in



which sights, sounds and smells are invigorating to my spirit, making me receptive to creative ideas and positive impulses. A good example is a garden setting, with luscious green grass, intoxicating blooms and relaxing fresh breezes. If no garden is readily available, I should improvise, perhaps walking to a nearby park or creating a garden-like ambiance somewhere in my home. A final option, if natural environs are truly out of reach, is to stand or sit in front of a window, preferably facing the powerful rays of the sunrise.

EMPOWERED MILLIONAIRE INSIGHT

It is vital to select my surroundings with great care, because environment is the mental feeding ground out of which the food that goes into my mind is extracted.

Third, I shall prepare myself mentally through deep breathing exercises. Just breathing rhythmically, while listening to the sounds of nature, can super-charge me to feel like I have the power to manifest whatever it is I desire. Most people breathe unconsciously twenty-four hours a day and, as a result, suffer from all kinds of stress-related ailments. Just by consciously controlling my breathing for a short period every morning, and again during the evening, I can regulate my breath until it becomes smooth and regular and the energy-laden oxygen more readily nourishes my system.

These are the harmonious surroundings I shall design for my periods of creative relaxation — waking early and being quiet; having a place for solitude; breathing deeply — and utilize on a daily basis to create balance in my life. With this ‘power boost’ to my system every day, there is no need to be concerned that my spirit may become distorted in the hustle and bustle of the modern world. My creativity will be heightened with this habitual dose of creative intoxication, so my soul can never be stifled by the stresses and strains that cause spiritual discord. To keep my spirit in harmony with the world, I shall make good use of my harmonious surroundings every day.



3. Performing A Daily Creative Relaxation Exercise

The most direct method of keeping my spirit in harmony and balance is through any form of meditation. But meditation is not the only way. Any activity in which pure joy is felt, or in which I am lost so completely that time passes without conscious awareness, is one in which harmony will prevail. This can happen whilst exercising or singing or dancing or making love or communing with nature.

EMPOWERED MILLIONAIRE INSIGHT

*When we live in harmony with ourselves,
we live in harmony with the universe.*

However, in seeking physical, mental and spiritual harmony, some form of meditation — or creative relaxation exercise — needs to be performed every day for perfect balance to ensue. *Powerizing* is the recommended practice for Empowered Millionaires. As *Powerizing* consists of the most potent creative relaxation exercises for awakening my intuition and uncovering my ultimate purpose in life, I should never let a day pass without performing this discipline.

Powerizing

How do I *Powerize*? First, I shall wake up early. Ideal is when the sun is just rising, as the sun's rays have enormous positive energy. Then, before I get involved in any of my regular daily routines, I shall go to my creative environment, be peaceful and quiet, and begin breathing deeply. I shall then focus on my purpose — I shall picture myself moving through this day in alignment with my life's mission, following a grand and wondrous plan for my life. Just as an architect would first design a blueprint before constructing the building, so must I have a master-plan for creating my supreme existence. I shall utilize my daily *Powerizing* procedure as the time to visualize the successful realization of all that my blueprint represents.



This is an abridged version
of the *S2 Sunday Module*.

The full module, which totals over thirty
pages, is available exclusively with the
one-year *MVP20* "!" program.

Dear Empowered Millionaire,

*The most important lesson I want you to gain from this
DAY 4 of the '90 DAY CHARGE' is this statement:*

Solitude is the audience-chamber of God.

*The world's wisest men, the great thinkers and philosophers
of the past in all parts of the world, lived lives of solitude
and simplicity. BEING STILL is the first of seven lessons
that will be shared with you during this S2 course.*

*Your partner in wealth creation,
James.*



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