



"No Monsters Allowed"

Forensic Mantra by The Forensic Networker Ramin Mesgarlou!

Walking by my Great One's bedroom last weekend I noticed a sign on his door. The sign said, "No Monsters Allowed". So I questioned him about it and I guess at age 6 many kids in school are talking about monsters so Cyrus is starting to be AWARE of them. He explained that sometimes he hears things in his bedroom when he is sleeping in the dark. He is right because it's a water front condo and the wind noise can be monstrous at times. The Great and his super mommy came up with a solution to his fear and that is to make a sign "No Monsters Allowed" and place it on his door so monsters cannot enter his bedroom and it worked PERFECTLY.

What is the point here? Well we all know that monsters don't exist but it is a reality to a child. We all went through it until we became old enough to not let monster thoughts consume our mind ... or did we? The reality is for vast majority of population; the monster (negative) thoughts are a reality in their daily lives. It consumes them to a point of disfunctionality. They are so afraid to step out of their comfort zone that they go through life trying to SUSTAIN their diminishing lifestyle (due to inflation). In fact the NEGATIVE thoughts are solely responsible for our lack of PROGRESS.

Negative thoughts stop you from ... -Not letting your competing commitments take over your life, -Stop you from making that next business call because you fear THE NO, -Talk to that next hot shot candidate because you feel inadequate to offer this successful person something of value that can further enhance their lives, -Afraid to take steps that can help your business and life in general because you are afraid of "what if it doesn't work", -Afraid of sitting down and write a list because if you did write a list then you need to call them -And most of all; negative thoughts stop you from taking some time to write down your "Promise list" because you are afraid you can't achieve it. That the success stories you keep seeing in front of your eyes can't be a reality for you. I can go on and on so tell me did you ever let lose of that "monster"? The writing is on the wall and you live it daily.

F.E.A.R – False Evidence Appearing Real

So why don't you borrow my Great Ones

"no monsters allowed" mindset and shut out the "False Evidence Appearing real". The sign worked

for my 6 year old and it will work for you. BUT you must PAY ATTENTION to how The Great did it,

- 1- He first DECIDED,
- 2- He then WROTE IT DOWN,
- 3- He then POSTED IT WHERE HE SEES IT EVERY MINUTE because if he doesn't see the new message daily, the very next night or even minute the monsters will return. He made a DECISION to



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not allow the monsters in to his bedroom again. Why don't you do the same? Have your own **"no-monsters allowed"** sign somewhere you can see it often like your smart phones screen so it can be discrete. Why don't you post your "Promise list" where you and your family can see it every night before bed and when you wake up the next day.

Simple right? So why don't you just DO IT? Its because the monster thoughts scare you to think outside the dark space you are in. Here is a secret, come closer, closer, closerrrrr, the minute you declare to the world what you desire and not desire IN WRITING, the light appears in your dark space so start writing your Promise list , start now. So why did the "No Monster Allowed " sign worked so well for my Great one?

Delete Delete Delete

Anthony Robins as part of his in debt research in human psyche found out those certain words (delete) resonates with our conscious and subconscious mind and when those words are used the mind responds.

With regards to negative thoughts, scientist have discovered that when you have negative thoughts use the word DELETE three times and the mind moves on to another thought. Now much like everything else when you first try it, it lasts a few seconds but with practice it last a few minutes than hours and than days and than its gone. It's a muscle that you need to work on every time a negative thought comes to your mind. So whether it is "Delete Delete Delete" or "NO Monsters Allowed", or anything else that your mind resonates with, declare to the world in writing what you desire and not desire and look at it daily and you will change your mindset and in doing so change your life.

So **"no monsters allowed"** ... Declare it now so you can function again in your full capacity.

