Bob Proctor’s Golden Nuggets:
Words of Wisdom and 3 Key Strategies to Change your Paradigm

Bob’s Key Inspirational Quotes:

“The key to life is to permit beauty to shine through you… This is possible because spirit is always for expansion and fuller expression of our perfection.”

“We are becoming more and more aware of who we are, what we are, and our relationship to the whole scheme of things… Your film is phenomenal in creating that awareness… your film provokes people to really begin to think.”

Bob’s Key Words of Wisdom:

What the real problem is with human beings: People don’t think! They think they’re thinking but it’s really just mental activity without true thinking. The KEY to real thinking is to observe your results!

How paradigms are formed and how they are changed: Paradigms are formed through the constant repetition of an idea or behavior. We have both good paradigms and bad ones. Most of our paradigms are formed sub-consciously as children. Paradigms change in either one of two ways: 1) a powerful emotional impact like 9-11 or a diagnosis, or 2) by constant repetition of a new idea.

The purpose of goals: The purpose of goals is to grow, not to get. If a goal is logical, it is not worth trying to achieve. A worthy goal must come from deep within and must inspire us to stretch, to reach and to break out of our shell. An example of a worthy goal is sending a rocket to the moon!

Bob’s Key Strategies for changing your results

Strategy #1: 1) Study and observe your results. 2) Understand that letting go of the old is not an easy thing to do. 3) Begin doing the opposite of what you have previously been doing and 4) Get support from a mentor or a group. For example, choose to feel good about yourself vs your habit of feeling bad about who you are. Recruit your friends or a mentor to help you stay on track with your newly forming habit.

Strategy #2: 1) Sit down, totally relax and think about what you’re grateful for, 2) then write out this phrase: “I Am so happy and grateful that I am becoming aware of the perfection within me.” Actually write this out and then sit back quietly and read all 100 lines out loud. 3) Believe, in advance of any results, that things will change!

Strategy #3: 1) Watch Sacred Journey of the Heart every day for a year. (Really! That’s what Bob said!) 2) Write out the last chapter of As A Man Thinketh for 90 days in a row.

Do any of the above and your life will change based on the repetition of a new thought or idea alters our consciousness.