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powered by



Rosina Cammarota

SOMETIMES YOU HAVE TO STEP BACK IN ORDER TO MOVE FORWARD

Hi, I'm Rosina Cammarota.

I have heard many stories of people displaying fear or even discomfort when facing the uncertainties of times such. Remember the teachings of Einstein and Napoleon Hill: Every adversity, every failure, every hurt brings with it the seed of an equal or greater benefit.

Throughout my journey as an Athlete, Entrepreneur, Coach and especially with Meditation, I learned that our results and the reality we experience, is much more linked to how we are inside than to external circumstances.

CEPA Mobility Care has joined Ousia Deep Coaching, a company that helps people find their essence to move forward as complete, accomplished and prosperous human beings. We want to help thousands of people reestablish their inner balance and maintain a positive mindset, thus enabling growth and high performance.

Rosina Cammarota





*"Success is the progressive realization of a worthy ideal."
Earl Nightingale*

Results in any aspect of life do not happen by chance. Success is a process that must be thoroughly understood, in which everything that happens inside a human being (emotional, subconscious field) is decisive so that s/he can put into practice his/her intellect, talents, and skills.

For many, life is an enigma, a profound mystery. And because we don't understand it, we often see ourselves as victims of circumstances, situations, people and things.

Mystery is another name for ignorance. Everything is mysterious when it is not understood. But, when we understand life, we no longer view it as mysterious.

Man is a creature in constant evolution, who displays a myriad of unlimited progress to be dealt with and conquered only through the development of his inherent powers.

The aphorism, "As a man thinketh in his heart, so is he," not only encompasses the whole being of a man, but is so broad as to reach every condition and circumstance of his life. A man is literally what he thinks, his character being the total sum of all his thoughts.

Just as the plant sprouts, and it could not exist without the seed, so every act of a man sprouts from the hidden seeds of thought, and it could not have appeared without them. This applies equally to those acts called "spontaneous" and "not premeditated" as well as those that are deliberately performed.

The act is the blossoming of thought, and joy and suffering are its fruits. In this way a man reaps the sweet or bitter fruit of his own harvest. Our thoughts shape us. What we are through thought, we forge and build. If a man's mind has evil thoughts, pain will come upon him as does the cart behind the oxen ... If he perseveres in purity of thought, joy will follow him as his own shadow - surely ... From the book "As a Man Thinketh" by James Allen

I want to share with you eight (8) concepts I studied at Mindvalley and with Bob Proctor at the Proctor Gallagher Institute and other renowned leaders of personal growth, that are part of every walk of achievement.

01

The individual's progress is largely determined by his dominant mental state.

The mind directs and dominates power throughout man's life. The prevailing mental state will regulate the action and direction of a person's forces, faculties and powers. Shaping what many call fate.

The dominant state of mind is composed of several mental attitudes that the individual adopts in relation to things, events and life in general. If your attitudes are positive and optimistic, regardless of external circumstances, your predominant mental state will correspond to a highly constructive and progressive trend.

If your dominant mental state is upwards, that is, harmonious and positive, all its forces will be directed towards constructive channels. If your mood is discordant and negative, almost all your strengths will be misdirected.

But adopting this mental attitude requires knowledge about how our mind works. How we function emotionally. How the universe works and, most importantly, how committed we are to this journey towards success.

**We do not manifest, attract or create what we want,
but everything that is in harmony with our state of mind.**



02

We will identify what you really want, but also by observing and recognizing where you are, and I am not referring to where you are physically, but where you are mentally.

What do you really want and where are you?

When your consciousness understands how to visualize what you desire from the bottom of your heart, you begin to connect, perceive and attract all the things that lead to your realization.

This simple sentence has a lot of content between the lines! It requires, first of all, that each of us understand what we really want.

What do you really want from the bottom of your heart? How do you want to live? What is your why, your purpose?

This is the starting point of a journey of self-knowledge, where each step builds the next, and where there are the rules of the game of life (unalterable natural laws) that we must know in order to realize our dreams.

The difficulty is not in what you want, it is in your current paradigm, which is responsible for the results you are having now.

I'm sure you know that you have the capacity to accomplish much more than you are doing. So why can't you? Because knowing or believing on conscious, intellectual levels is not enough. The results do not come from the intellect. It is necessary to believe in deep levels, in the subconscious where our beliefs and values are, the image of ourselves, the fears ... It is in the emotional field that magic happens. It is by integrating thoughts, feelings and actions, that we begin to walk towards our dream. Living and demonstrating this "I believe" in every decision and thought.

Take time to reflect on where you are in every aspect of life, and where you would like to be:

Where am I?

Where do I want to be?

Achievement

Money

Health

Family

Spirituality

Social Life

Charity

Philanthropy

etc.

03

How do we know if we are on the right track?

Thomas Edison said, "I know that this world is governed by infinite intelligence. Everything that surrounds us - everything that exists - proves that there are endless laws behind it. There is no denying that fact. It is mathematical in its precision".

Bob Proctor, mentions Werner von Braun, considered by many to be the father of the space program. Von Braun said that "the natural laws of this universe are so precise, that we have no difficulty in building a spaceship, sending people to the moon and we can time the landing with a precision of a fraction of a second".

The point is that in most cases we do not relate the functioning of the whole, with the functioning of our life. Many times we even consider that things happen by chance, with no relation whatsoever between what is happening inside us and what we are experiencing as manifested reality.

Let us look at our results, and look at those with which we are not satisfied. Now if we analyse what we think and feel about them, I am sure that thoughts and emotions will be predominantly negative. And we may think that these thoughts and emotions are negative because of the results, but in fact it is quite the opposite. The reality is a consequence of the mental-emotional state.

But it is not a question of making statements or thinking positively. The change is much more profound. We need to take ourselves seriously in our desires, give ourselves the chance to dream, believe and achieve. And we must start to act consistently with all of this!



04

Is your mental model obsolete?

Regardless of what has happened in your life, regardless of the current circumstance, if your results are not happening satisfactorily or if terrible things are still present in your emotional, there is a 3-step technique, presented by Michael Beckwith, which helps to reprogram your mind and your expectation:

- 1) We need to accept the current situation, whatever has happened. We need to recognize that we are in this situation and accept it in order to make the best decision.
- 2) We need to learn. What lesson should we learn? Let us take the time to learn everything that needs to be learned.
- 3) Forgive and let go of everything else. Forgiveness to ourselves and others is very powerful! Indeed one of the most liberating actions. One of the most effective ways to raise our awareness and get out of the unwanted situation is forgiveness.

Once these 3 steps are done, we are in a position to decide how we are going to think about the current situation and how we are going to move towards our dream, now free, creating the most appropriate path, without guilt, without hurt. With this we will automatically be in positive tune, with the ability to connect with positive and elevated thoughts, thus affecting the interpretation of life and the decisions to be made.



05

The decision is yours, the responsibility too.

There is a skill that, in an instant, can change any scenario or situation for you. It has the potential to improve almost any personal or professional situation in which you can find yourself ... and it can literally push you on a path of incredible success.

Such a magical mental skill is called DECISION.

Decisions, or the lack of them, determine the failure or success of many careers and companies.

Decisions don't just affect your income. Your entire life is dominated by that power. Your mental and physical health, your family's well-being, your social life, the type of relationships you develop. It all depends on your ability to make solid decisions.

The biggest stone on the path you will find while making important decisions in your life is circumstance. We let circumstances get us out of our way when we should be doing our best. More than any other factor, it is circumstance that destroys dreams and ends goals. How many times have you not caught yourself thinking: "I wanted to do or have this, but I can't because ..."? What comes after the "because" is the circumstance. Circumstance can cause your life to deviate, but never let it stop you from making important decisions.

George Bernard Shaw said: "People are always blaming circumstances for what they are. I don't believe in circumstances. Those who do well in this world are those who go out looking for the circumstance they desire and, if they cannot find them, they create it".

Responsibility is a choice. It is like the key to freedom. Your future can be everything that you have ever dreamed of and more. You have the talent and the tools to experience a beautiful day after another.

Val Van de Wall wrote: "When a person takes responsibility for his own life and the results he gets, he stops blaming others for the consequences. Since it is not possible to change others, blaming them is inappropriate. Blaming others causes the person to be imprisoned in a prison that he built. When responsibility is assumed, guilt is eliminated and you are free to grow"

Here is a wonderful statement you can connect to every evening or every morning:

I am responsible for my life ... For my feelings ...

For my personal growth ...

And for all the results I get ...

06

Think, imagine, feel, and manifest

As my mentor, Bob Proctor, says; "everything is created twice, first in the mind, then in the material world." We all want something we haven't yet achieved, it's our nature, so let's practice!

You must be able to see yourself, with your inner eye, already in possession of the good you desire. Visualize yourself living this reality. Observe what you feel. Be proud and grateful to have succeeded. It's not about thinking that you'll win it in the future, you have to feel in that place now.

See yourself, in your mind, already in possession of the good you desire. Did you know that this is how Olympic athletes work?

I have used this technique many times, since I was 16, when I attended the Silva Mind Control training (Silva Method).

So, I ask you for the next four or five minutes, sit back, relax and visualize yourself in possession of the good or situation you desire.

07

Count your blessings, be thankful and always appreciate.

Gratitude, as well as knowing how to appreciate and extract the good from EVERYTHING, is a habit! And this gesture brings us many benefits

The practice of gratitude has physiological effects, and makes our brain understand that we deserve more.

When we feel grateful we are connecting with good things and, therefore, reliving this vibe. As a result, we enter a loop of creating more good things.

The habit of appreciating makes us grow permanently, it is the exercise of educating our mind to seek the good in everything, always.

And it is through this habit that we can grow, because only then will we know how to use each challenge as a step towards success.

You must have some reference or reminder of situations that seemed to be the end, but have become a new beginning, because someone was able to see the opportunity in the middle of chaos.

08

Persistence, willpower and discipline are more important than circumstances.

Willpower and desire, when properly combined, form an irresistible pair. Successful people have willpower, which they combine with persistence and apply it in achieving their goals. Many people, however, give up at the first sign of difficulty and annoyance, sometimes even before trying. But those who persist, regardless of anything, are the ones who reach the top!

History is full of examples, some famous are: Ford, Carnegie, Rockefeller and Edison...

Some recent and closer examples are Usain Bolt and Michael Phelps. If we look at their dedication, there is no doubt that willpower and persistence were major factors in their success.

There is no substitute for persistence! It cannot be supplanted by any other quality!

And sometimes it seems that there is some hidden mechanism that prevents anyone from enjoying great achievements without passing the test of persistence.

We can say that persistence is a state of mind and therefore can be cultivated. Like any state of mind, persistence is based on defined causes, among which are described below:

- Definition of purpose. Knowing what you want and understanding why is perhaps the first and most important, to overcome many difficulties.
- Desire. It is relatively easy to acquire and maintain persistence in the pursuit of the object of intense desire.
- Self-confidence. Belief in one's own ability to carry out a plan encourages the person to persistently follow it.
- Definition of plans. Organized plans, even if weak and totally unfeasible, encourage persistence. It doesn't matter if we can't see all the way, walk as far as possible and from there we can see better.
- Cooperation. Being supportive, understanding and cooperating harmoniously with others tends to develop persistence.
- Preview. The habit of concentrating thought and visualizing the realization of the dream creates this reality.

08

- Habit. Persistence is the direct result of habit. The mind absorbs and becomes part of the day-to-day experiences it feeds on. Fear, the worst of all enemies, must be understood and transformed into trust.
- Good for everyone. Make sure that your desire fits within the larger plane, the evolution of the Human Being, the well-being of all and contribution to the planet.

You can literally learn how to make your wildest dreams come true.

Sign up for 8/Infinite and recognize the greatness that exists within you. You have unlimited resources of potential and capacity waiting to be developed.

CEPA Mobility Care and OUSIA offer one (1) free webinar for you, your team, and your family to have access to the best tools to build a mindset and heartset that will strengthen you internally, bringing self-knowledge, serenity and the possibility of successful fulfillment.

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