

CHAPTER 30

14 SECONDS

BY DOMINIC KNIGHT

“So many of our dreams at first seem Impossible, then they seem Improbable, and then when we summon the will, they soon become Inevitable.”

~ Christopher Reeve

14 seconds can literally change your life. I’ve seen it happen time and time again. And I’ve been lucky enough to be in a position to prompt that change. One of my primary goals is to make those 14 seconds happen with everyone I see. Behind those 14 seconds, however, is a great deal of training and study, as well as eternal secrets and the teachers who were willing to share the knowledge *behind* those secrets.

But let’s start with a story.

...The young man had spent hours trying to decipher the hidden message, a message that the majority of readers never could understand. But he finally did.

Looking in the mirror he stared deep into his eyes; they began to dart left and right. He then honed in on his left eye which, as legend tells us, is the gateway to the subconscious mind. He continuously reaffirmed the same message with so much emotional intensity that the protective

veener of self-doubt began to slowly crack as he gained access and control of his very mind. His heart was pounding faster as a metamorphosis was taking place; the caterpillar was turning into a butterfly and the hero potential that runs through all mankind was revealing itself through him.

This was greater than any premonition; it was reality forming in front of his very eyes. 14 seconds later, the creative motion of the universe was underway, resonating throughout all time and space, the universe organizing itself to fit the image projected from his mind's eye; people, places, circumstances were being orchestrated to realize his dreams in perfect order like a flawless symphony.

Who was he?

He was a young Chinese immigrant who had found himself on the shores of the U.S. As a child growing up in China, he had wished to become the greatest master of the martial arts on the planet just as so many others did. Now in America, immersed in the culture of watching movies, a desire was welling up inside of him, dreams of fame and wealth, maybe one day becoming a world famous Hollywood star...

But, at the time, ethnic minorities just didn't become movie stars in America. Anyone he would have shared his dreams with would have told him he was crazy. Even he thought he was totally deluded – but these insane ambitions wouldn't let go of him – the more he tried to resist, the greater the desire grew.

To prove the power destiny sometimes has over our lives, he stumbled upon a book written in 1937 – a book that detailed the amazing workings of the subconscious mind and the secrets to planting powerful seeds within it. The author, interestingly enough, planted his own powerful seed in the book – a secret indirectly contained in the writing over a hundred times in the book.

That secret was 'a law of laws' that has been used knowingly or unknowingly by every incredibly successful person throughout history. And, the author promised to any reader that discovered the secret planted in the book, that practicing this method would allow a person to literally achieve anything they wanted.

He took out a clean sheet of paper. At the very top of the page, he wrote “SECRET.” Then he followed the instructions by writing his life’s definite major purpose in a way that would influence his subconscious mind...

“I, Bruce Lee, will be the highest paid Oriental superstar in the United States. In return, I will give the most exciting performances and render the best quality in the capacity of an actor. Starting in 1970, I will achieve world fame and from then onward till the end of 1989 I will have in my possession \$10,000,000. Then I will live the way I please and achieve inner harmony and happiness.”

Although his life was tragically cut short, Bruce Lee attained all his unlikely goals – and his legend still reverberates to this very day. And this story teaches us a profound lesson – it’s what goes on inside the part of the mind that we’re not fully conscious of, ...which affects our life in the most impactful way.

PUSHING YOURSELF TO THE FRONT

As you know, the theme of this book is “Pushing to the Front.” All of us have at least casual daydreams about achieving amazing things – and most likely, you read this book to pursue large ambitions. What stops you from actually transforming those dreams into reality? What is the absolute root cause of your roadblocks? What must be addressed before any other issue in your life?

It’s your Mind.

As a decidedly unconventional therapist, I’ve devoted my professional life to employing the secrets of the subconscious mind, those same secrets that Bruce Lee once tapped into, and using those methods to cure my patients quickly and permanently – often in one single session. They don’t spend years on a couch revealing every last emotional scar from their childhoods.

They don’t have to. Let me share a few examples...

- A paralyzed girl came into my office in a wheelchair. She began moving her legs during the session. By the time she made it home, she could walk again.

- A man with no background in sales joined the UK's second-largest real estate agency – after working with me, he broke a 19 year-old sales record within 6 months.
- Another man about to do trials for a professional rowing team became the world's fastest rower that year– after just one session.

I can't take credit for these amazing stories – I just showed them how to release what was already inside of them.

My unique blend of hypnotherapy and other subconscious disciplines (such as NLP (Neuro-Linguistic Programming) and TFT (Thought Field Therapy) allows me to zero in on the subconscious issue and fix it – just as easily as Lasik eye surgery can correct someone's vision.

That, in turn, has enabled me to help people from all walks of life – everyone from company CEOs and Hollywood personalities to everyday people. You can be at the highest level or lowest level of society – and still endure fears and phobias that continually prevent you from having a full and happy life. It's really all about removing what currently holds you back and developing a belief system that you will succeed.

I am fortunate enough to have developed my expertise over the past decade to the point where I have one of the highest success rates in the world when it comes to my working with people. Fears that we have learned throughout life are all developed relatively quickly– but they can be equally as fast to overcome with the right methods.

As a matter of fact, it can be as fast as...14 seconds.

THE SECRET TECHNIQUE THAT CHANGES LIVES

How does someone who thinks they can't walk suddenly get on their feet? How does someone who has never sold before suddenly break records with their salesmanship?

The answer – it can take only 14 seconds of a concentrated emotion to be the catalyst to change or develop any desired behavior – this took me over a decade to discover!

When I first started studying personal development, I decided to learn directly under Dr. Richard Bandler, co-creator of NLP. My studies con-

tinued through a decade of research, distilling the wisdom of over 500 books on the topic of success, as well as dissecting the knowledge of the world's leading thinkers past and present, I found the same message, the same golden thread running through every book on success. It was simply one message; it's all in the mind and the mind is the only thing that we have 100% control over if we know how.

To learn more about the workings of the subconscious mind, I dived into the works of Dr. Milton Erickson, the forefather of clinical hypnotherapy. Erickson excelled at the power of indirect suggestion – and through this technique, he would cure the so-called “incurable.” On a smaller scale, he could cause people to pass him the salt at the dinner table without even asking for it – or cause people to arrive at his house at a designated time, again, without him specifically instructing them.

Erickson never documented this technique – instead it was observed and loosely written about by students of Erickson. I learned it, tried it, and, to my astonishment – it worked!

But at this stage I needed more, I wanted to learn how to powerfully influence my own mind and push myself to the front as a way of realizing my own dreams. Whilst on a seminar in Switzerland; the leader of our group mentioned that he had uncovered in the unpublished manuscripts of the late Napoleon Hill the following passage; “*14 seconds of concentrated thought is the equivalent of 2000 hours of work.*” – meaning that if you can focus on a desire for those 14 seconds in a uniquely concentrated manner, the frequency of that concentrated thought will continue to vibrate even when you are distracted by other things in your life.

Now that may sound esoteric – but modern science has shown us today that 5 minutes of a heightened emotion can reside in your nervous system for up to 6 hours. So could it not be true that a concentrated thought imbued with positive emotion would continue to reside within you, even after you've resumed your normal day-to-day life? I began to test this to see if it would actually work, to put all this knowledge together and work on improving every one of my techniques.

Things began to look more like wizardry than science – and the astonishing came to seem like the norm.

The techniques I have now developed involve a four-dimensional vi-

sualization tool that takes you directly to where you store your belief systems in your subconscious mind. Which means you have direct access to the “script” that literally runs the way you think.

Much like altering the code of a computer, this allows you to make incredible changes to the way you approach your everyday life – and, as a therapist, it gives me the ability to influence the minds of others, through indirect suggestion, in a manner that they can’t detect.

Three more examples...

- A professional fighter trapped in bed, due to severe internal damage to his legs, was told he would never be able to do anything athletic again. Within 3 months, he became a national martial arts champion.
- An eating disorder that plagued a woman for over 35 years suddenly vanished.
- A woman who couldn’t leave the house without severe panic attacks now comes and goes with ease.

These aren’t extraordinary people that experience these miracles. Whatever you personally feel is holding you back from ultimate success can also be vanquished. The resources are already within you for positive transformation – they just need to be unleashed and harnessed to take you to great heights. Every one of us can experience this growth and ultimately change the course of this planet, one person at a time. It all starts with belief and knowledge.

OVERCOMING “NO”

What is it that causes people to approach life in a negative and fearful way?

Well, think back to when you were six years old and try to remember what that felt like. You probably thought you could be anything you wanted to be – an astronaut, a pop star, even the President. Nothing felt out of reach. But, as you continued on your life journey, suddenly you regularly heard phrases that cut you off from that feeling of absolute freedom; phrases like, ...“No, you can’t,” ...“Be realistic,” and ...“You’ll never be able to do that.”

In fact, some studies have shown that by the time you reach 18, you’ve

been told NO over 180,000 times. Now *that's* powerful conditioning – and it's a big reason that only 5% of people really make it financially and emotionally in life.

We all need to learn to reverse those “No's” – and lose our fear of failure.

Think back again to when you were a child – and the times you were afraid of imaginary monsters or other scary things that weren't real. At some point, as you were growing up, you trained your mind to realize these things weren't real and you didn't need to be scared of them. That's the *exact same mechanism* that can still be utilized as an adult.

Unfortunately, as already noted, we can also be trained to think *negatively* as we attain adulthood. If you grow up in a state of freeform anxiety and depression, you will likely carry that with you no matter how wonderful your external circumstances might be. For example, a research study looked at people who were big lottery winners. Those that were depressed and anxious were briefly happy after winning the money, ...and then simply returned to their previous negative state.

This is because the brain has an incredible ability to ruminate, to hold on to emotions and to familiar patterns of thinking. It's not that naturally happy people don't get depressed – it's just that they don't hold on to it. They shorten its duration as much as they can, then they go back to pursuing happiness. That's how their mind is *trained*.

Unhappy people go through much the opposite; they've taught their brains to react negatively to life and happiness for them is always very fleeting. As I already noted, science now shows us that a person who is in a state of extreme emotion for just 5 minutes will keep that emotion in their nervous system for *over 6 hours*.

But that ability to “train your brain” and hold on to emotions, can also be worked to your advantage. If you can prolong a thought long enough even as an adult, it can become automatic in your central-nervous system – and that's the secret behind my 14 second approach.

In the years of working with patients harbouring anxieties, fears and phobias, as well as those who wanted to enhance their ability to perform, *every single time without exception* I have discovered that their difficulties stem from a behavior which the individuals themselves have rein-

forced. They simply tell themselves the same story over and over. When that story finally changes, and is reinforced into something positive, then the internal as well as external behavior changes very quickly.

PUTTING YOUR MIND POWER TO WORK FOR YOU

Learning how to influence yourself to take action in your life may just be the single most important skill that there is. It's the starting point for any sort of accomplishment in your personal or professional life.

Imagine if you could triumph over everything that makes you hesitate or stop along the road to success. You could possibly develop the body of your dreams, create an empire, have the most incredible relationships, exude confidence and instill it in others and learn virtually anything you wanted to.

It's not just a matter of knowing what has to be done to create those kinds of changes in your life. That knowledge is all out there and easily obtainable. You can go online and literally access any of it.

No, the stumbling block is in the lack of ability to *apply* that knowledge. The critical fact to know about yourself – about *any* of us – is that 95% of our behavior is subconscious. That means you are using the other conscious 5% of your willpower to override that other 95%. Obviously, the odds are incredibly stacked against you if your subconscious balks at something your conscious mind thinks it wants to achieve.

What I have discovered is that there are very real ways of entering the doorway to the unlimited potential of your subconscious mind. When you step through that gateway – you can make things happen!

While there is hardly enough room here to fully explain how you can change your subconscious programming, I can offer four important steps towards finding the change you desire in your life.

- 1. Begin by fully understanding your past and releasing it.** Forgive anyone that has ever harmed you and most importantly, forgive and love yourself. Close the door tightly on the past and only revisit it to gain insights and lessons. If you do not learn from past errors, those cycles will continue in your life until you do learn and apply the lessons from them.

2. **Focus on the things you are most grateful for in your life.** Concentrate on your happiest moments, amplify them by making the pictures bigger and brighter in your mind's eye and relive the experiences. Have “present moment awareness” and enjoy every precious second of life, and be grateful for the wonderful future that awaits you.
3. **Change your story into a story of success.** When you constantly transmit thoughts of happiness, you will see evidence of it all around you and your mind will only look for the positive in every scenario. Then, as your nervous system is bathed in love and happiness, within a very short period of time this will become the dominant pathway of your mind and body; your mind will automatically generate the chemicals that will produce within you generalized feelings of well-being.
4. **Transmit thoughts about your goals and future in a duration of concentrated thought for 14 seconds;** *Concentrated thought* means literally ‘hallucinating’ the outcome you wish to achieve and engaging all your senses in a spirit of harmony. You must then move these positive images to the location of where your beliefs are stored (we all store images in different geographical locations). Now the key is to hold on to that feeling and transmit it until it becomes a belief. Your mind will continue to work through this process if you keep doing this. Eventually, you will not even have to think about the goal – your mind will be transmitting this frequency automatically!

You may not be able to attain the rapid and amazing results I do in my practice right away – and it will definitely take you more than 14 seconds to learn – but when you begin to incorporate and learn these methods, you too will begin to use them successfully in your life.

Just know that there is often a very good reason the rich keep getting richer and the poor keep getting poorer. It has to do with what we've been trained to believe and to do (or to *not* do).

Overcoming that training is the ultimate game-changer – and an objective that I am excited to be able to accomplish. As I progress with my practice, I hope to reveal much more of what I have learned through

my journey and share it with everyone all over the world. It's the kind of knowledge that the world urgently needs.

For now, I hope that *your* journey is one that you can enjoy with a sense of adventure and excitement. Without a doubt, people only ever excel at something that is in their hearts. Bill Gates loves computers; Mohammed Ali loved boxing – look at the common denominator – *love*.

Love is the most powerful creative force in this universe. Elvis Presley, Michael Jackson and Bruce Lee, all legends in their own time, all reached the pinnacles of their success in the areas that they loved.

Use it wisely and you can't help but *push yourself to the front*.



ABOUT DOMINIC

Celebrity Therapist Dominic Knight is one of the UK's most recognised and highly credited Clinical Hypnotherapists and NLP Master Practitioners, providing relief to those suffering from life-altering conditions.

Knight's now famous Harley Street clinic has treated a vast number of extreme phobias to crippling addictions. He has helped hundreds of people each year to put their lives back on track and return to the normality that so many take for granted.

With a career that continues to grow, Dominic's achievements have earned him coveted appearances on FOX, CBS as well as ABC and national press coverage in The Times & The Gaurdian. Knight has also assisted Channel 4's BAFTA award winning **Embarrassing Bodies** team, curing a chronic agoraphobic woman of her life consuming fear.

Aside from his achievements within the world of media, Knight is heavily involved with the performance enhancement of professional athletes and executives inside of The Metropolitan Police, IBM, JP Morgan, HSBC, Royal Bank of Scotland, The Royal College of Surgeons, and key individuals inside the entertainment industry.

Determined to work to the best of his ability, Dominic has read over four hundred books and studies continuously to expand his knowledge of how to remove fears and addictions and also the art of getting the best out of people, helping them to realize their innate potential.

Whether his challenge is to cure panic attacks, fear of public speaking, eating disorders or simply enhance human potential, Dominic offers the highest level of help and understanding possible, providing a cure to some of the most complex and unimaginable psychological conditions.

Dominic's Achievements: Licensed Master Practitioner of NLP and Hypnotherapy, Licensed Trainer of NLP and Hypnotherapy, Recognized by The General Hypnotherapy Register (GHR), Validated by The General Hypnotherapy Standards Council (GHSC)

Interesting cases, in record time after a 1hr 30min session:

1. Turned a former anorexic to catwalk model
2. A young man with no sales background breaks a 19-year record inside of 6 months
3. A rower becomes the worlds fastest rower that year, after only one session
4. Chronic agoraphobic of 30 years cured
5. Theatrical Actress lands lead role

6. An Injured martial artist becomes a champion when 3 months earlier doctors said he would never be able to train again.
7. Paralyzed from the waist down for the past 6 months a girl comes in a wheel chair, during the session her leg begins to move, by the time she reaches home she is walking.
8. 7 year old boy overcomes fear of flying