



*Seven Steps Guaranteed to Help You
Escape the Gerbil Wheel*

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(Gerbils are mammals which belong to the rodent family having large incisor teeth that are continually growing necessitating gnawing to prevent the teeth from overgrowing. The word 'rodent' is derived from the Latin word 'rodere' which means 'to gnaw'.)

Is your inner self “gnawing” to have a better life? Read on.

Problem. You're running as fast as you can. But you're in the gerbil wheel. Your "wheel" is very well decorated, but to keep it that way, you will have to work the rest of your life. So will your spouse and you're already looking at the collateral value of your own kids. Funny thing is, you spend most of your time outside that wheel to earn the privilege of keeping it moving. Hmmm.

Solution: You must get out of the wheel, and have a "do over" in your life. (Remember when you were a kid and messed up in a game, and you were allowed at least one "do over?") Well, that's the kind of "do over" you need now.)

Good news!

**You can have as many "do overs" as you want.
You only need to decide.**

Escape IS possible. Just follow these seven steps and you'll be FREE!

Step One: Align yourself with someone farther up the food chain. Statistics show that most people will never make \$10,000 a year more than their friends. So if your friends are all in the \$100,000 range, for example, your probable highest annual income will be around \$110,000.

However, if you are surrounded by folks who are making more than a million a year, the chances are very good that you will elevate to that level in time. Why? The Law of Attraction. And what I call Group Frequency. When you are in "the frequency" of success, you will eventually match your rhythms to that frequency.

Not convinced? Read on.

Consider that your thoughts have a rhythm, a vibration if you will. Now consider that your thoughts, operating in that rhythm or vibration, go out into the universe seeking a similar or like vibration.

In *Stalking the Wild Pendulum*, Itzhak Bentov offers evidence that indeed we are in a universe of vibrations and rhythms. For example, Itzhak describes what happens if several pendulum-type grandfather clocks are placed in the same room, each of their pendulums moving out of sync with the others.

According to Itzhak, within a day or two all of the pendulums will be moving in perfect synchronicity, as though locked together. The transfer of energy brought them into alignment.

Even more fascinating, if you introduce another clock into the room, it will come into alignment within a short period of time. The rhythms of all the clocks move into a similar energy pattern, drawing the new clock into their rhythms.

A big AHA from this example is the fact that the more clocks there are in the system, the more quickly a newly introduced wayward oscillator (a new clock) will get into rhythm. (Are you remembering the hundredth monkey here?)

In another example, Itzhak takes two violins, tuned equally, putting one on a table and plucking a string on the other. The *same string* that is being played on the main violin will begin humming on the violin lying *across the room* on the table. This sympathetic resonance indicates that the string being played has its own natural frequency, what Itzhak calls self-frequency.

Now consider that you have your own "self-frequency", and that your thought vibrations will transfer through an invisible field and link with a sympathetic resonating frequency.

Think of the violins and the grandfather clocks and find the ones you wish to resonate with. Surround yourself with "higher frequency" individuals, and you will soon resonate in their field. The field of success, joy, prosperity, etc.

Step Two. As you surround yourself with these higher vibrational folks, make it a project to learn how they think so you can begin to think like them. How? Join their groups, attend their seminars, buy their books and tapes. Fill your mind with thoughts of success, freedom, joy, prosperity, and infinite opportunities.

No excuses, you've got the internet and wireless. You can listen in your car, at home, while working out, while cooking dinner, doing the laundry, before falling asleep, upon awakening. You DO have the time and resources. You just need to put yourself on the list of priorities!

As you study these higher vibrational beings, listen to their languaging and compare it to your own. Let me give you an example. Here's a fairly common phrase I heard just the other day: "You can't have everything."

However, if you listen in on the wealthy mindset, you'll hear this kind of statement: "All things are possible. I **can** have everything – I just need to figure out a plan."

Learn the language of success and change your own languaging and self-talk to match that. **Remember, your words, spoken or thought, are a command on the Universe. Choose your thoughts and your words carefully.**

Step Three. Stop trading your time for money as your only income source. Running faster on the gerbil wheel pays more, but it's still YOU that has to keep running. Should you slow down, or worse, become a sick gerbil, the wheel stops. However, once you learn to create money from multiple streams without trading your time for money, you're on the way to true independence. And, you will never need a wheel again.

This is one of the most important changes you can make to get out of the gerbil wheel. Investigate and research those who are succeeding with multiple income streams. Then learn how to implement that into your life. The best multiple income streams are "passive income." That means, once set in motion, the income keeps producing. Without YOU trading huge chunks of your time to make it happen.

Ultimately, make it your goal to set up income streams that require very little of your time and that continue to build on themselves. Don't know what they are?

"To earn more, you have to learn more." Invest in yourself. Learn. Get online. Sign up for free teleseminars with folks who are in the millionaire or multi-millionaire club. Many of the teleseminars are taped and made available online within a few days. Again, most of them are free. **Just listening to these folks puts you in their frequency.**

Step Four. Stop trying to be the best of what you are not – a gerbil. Even if you win, you're still a gerbil. In fact, don't try to be anything. Learn to become the best you that you can be. There is only one you. Figure out who that is, then nurture and enhance the unique being that you are.

You and only you can leave a fingerprint on the Universe that is uniquely yours. Figure out what that is, and share it. If you don't know where to begin, try taking the passion test. (For a free copy of the test, [email me](#) and I'll send it asap.) Then really begin asking yourself what your true passion is – there's your first clue to the soul life you are meant to live. Or, contact me for a FREE 15 minute consultation and we'll give you clarity.

"Life is not the question. Life is the answer. You are the question."
Barbara Sher

Step Five. Think outside the wheel. Step back and take a hard look at your life. Do an inventory. Here are some questions to get you started:

Is my life on autopilot? Or am I going somewhere? The right somewhere?
Do I have more than one income stream?
Do I love what I'm doing? If not, why am I doing it?
Have I settled in any area of my life? If so, what belief caused that?
If I were to die today would I have regrets? What would they be?
Am I using my God given talents to their fullest? If not, why not?
If I won the lotto tomorrow and netted \$7 million, what would I do?

Step 6. Now view the individuals who are not in the gerbil wheel. What are they doing? Study them. Do an inventory of what their lives look like. Include their values, character, behaviors, relationships, accomplishments, trials and triumphs. Then pattern what fits with your values, interests and passions. Here are some questions to get you started.

What belief systems and values do I need to embrace to live this successfully?
How can I start now? What one thing can I do today & every day to begin?
Do I believe I deserve ultimate success? If not, why not?
How do I change limiting thoughts and belief systems? Who can help?*

What character traits do these individuals have?
Where do I need to improve on my own character and honor?
What educational books, tapes, seminars, or groups can I expose myself to?

Step Seven. Remember, you are NOT alone. Open your connection to the Source of All That Is. Call on that Divine Source to be your business and personal partner. Ask for the Divine Will of your life to be revealed, then surrender to that. Learn to listen to your "Inner Wisdom," your intuition, your soul. Make your choices from that place, rather than from the realm of logic. The majority of happy, successful people do not surrender to logic. They partner with the Divine.

Continue to ask yourself this question: "Is this the highest and best life I could live if I were living my Divine destiny?"

Your Inner Wisdom will guide you – thought by thought – action by action – choice by choice. CHOOSE the best life possible – for you – for all mankind.

Need help identifying your passions & unique gifts? Or cleansing limiting thoughts and beliefs? Many very successful people have made it a personal project to undo their limiting beliefs and thoughts. Joe Vitale, NY Times Best Selling Author and internet millionaire, says that he spent a very long time with a coach to help him uncover and release his limiting beliefs. It is clear from the life he is living and the prosperity he is enjoying, that his project paid off.

Dan Kennedy, world-renowned marketing expert, did not enjoy his great success until he "re-engineered" his self esteem. How? By choosing new thoughts and cleansing the limiting ones. He used the psycho-cybernetics program – a program which helps you reframe your thoughts - to do that.

Your author Montana Gray (that'd be me) has trained in several methodologies to cleanse limiting beliefs and impress positive ones on the subconscious mind. My mission is to provide information that empowers each of us to live our highest and most joyful lives.

I am also a writer, third generation psychic, speaker, certified hypnotist, and personal growth trainer. I invite you to identify your unique gifts and talents, remove your blocks, and choose a life filled with joy.

"It's never too late to be the person you were meant to be."

Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

Visit <http://www.givingyourideaavoice.com> and <http://www.guruofchange.com> for FREE motivational information and free e-courses to help you develop your mindset for living the soul-filled life you were meant to live.