

MIND MOVIES:

How to Make Your Own to Reach Any Goal Faster!

What Are Mind Movies?

Mind Movies are short videos you create with simple software. They will have pictures, music, and words you choose in order to create the right messages you wish to focus on.

Why Use Mind Movies?

What you focus upon will appear more often in your life. Therefore, in order to bring more of what you want into your life, you must be able to visualize it, feel it, and most importantly know what it is! The constant repetition of viewing your most important messages and goals combined with the emotions of music and visuals will catapult you to your goals faster than normal.

How Do I Use Mind Movies?

Simply choose your mind movie and at least two or more sessions each day to relax in comfort as you view your short video creation on your computer or wherever else you want to download it.

How Do I Create a Mind Movie?

The basic steps to creating your own personalized mind movies involve using a free software program, like Windows Movie Maker that probably came with your computer, and uploading pictures, music, and the text with messages you've created for yourself. It's that simple!

Where to get all the software, pictures, & music and create your text to insert, plus all the details on how to do it are listed in the ***Step by Step Instructions***.

Can I View Some Sample Movies?

Absolutely! Here are six free movies already done for you as an example. Or feel free to use them if they suit your purposes. (You'll have to enter your email, then they'll send you to a download page. Plus there's a video to explain the concept further.) <http://mindmovies.com/vid1-4/?14224>

Here are some professionally done movies to inspire more creativity in you:
<http://tinyurl.com/TTWDegrees> & <http://tinyurl.com/strangesecret>

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How Do I Get Started?

You have several options.

- You can follow the Step by Step Instructions below to make your own.
- You can go to the Mind Movies link <http://mindmovies.com/vid1-4/?14224> and use their program to create your movie.
- You can hire someone to make a movie for you.

Just choose one option and GO DO IT! It can change your life! ;-)

Step by Step Instructions:

1. Locate Windows Movie Maker or other existing movie making software on your computer. If you don't have any programs, you can download one for free at: <http://download.cnet.com/windows/> or by doing an online search for "movie software download." If you have Windows XP, you can get a free download here: <http://www.microsoft.com/windowsxp/downloads/updates/moviemaker2.msp>
2. Write out the words you want to focus on. Keep them in short phrases so they can quickly be read flashing across the screen. Write them in present tense, as if it was a current reality you were experiencing. You can type them into a PowerPoint program and turn them into a jpeg (picture file) which you can then import into your movie making software program. Or you can use the "add text" function of your movie maker, if there is one.
3. Open the program and begin by locating pictures that match the text you've chosen and give you the visualizations and feelings to go along with your goals. You can do a search on the internet for your subject matter. There are lots of free pictures you can use for you private use. There are also some inexpensive royalty-free pictures you can use on various image sites. You may even have many of them already in your own picture files or in your clip art file (many photos are included there). Vibrant colors and great shots will help you capture the strong emotional feeling with a quick glance.
Some sites for images include:
www.pdphoto.com
www.photobucket.com
www.whatatoppix.com
www.picasa.com
www.shutterfly.com

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You can also search the internet for other sites by images or themes, topics, titles or subject matter.

4. Add in an audio track to match the length of your movie and you're almost done! Places to get royalty-free music include:
www.musicbakery.com
www.freeplaymusic.com
www.musicoasis.com
Plus you can also search online for other sources just by doing a search for "royalty-free music."
5. Finally, add your title page and your credits page. Especially if you are going to upload your video to YouTube, you'll want to be sure all your photos and music are legally used and you give them the proper credit.
6. Watch your movie at least twice a day, preferably morning and evening.
7. Inspire yourself and your friends! Share what you're doing with them.
8. ***Live the life of your dreams! Take action every day toward your goals!***

For more encouragement, tips & tools to keep you on track and moving faster toward your goals, visit www.Real-Life-Institute.com for regular updates.

Be sure to sign up for the email list for your free monthly ezine with breaking news and great tools, ideas, inspiration, and opportunities for you!