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|  |  | No of Pages | Word  Count | To Be done |
|  | Why I Wrote This e-book |  |  |  |
| **Chapt 1** | **Our Relationship to the Universe** |  |  |  |
|  | What is the Mystic Law? | 2.0 | 781 | rewrite |
|  | Relationship Between Us & the Cosmos |  | 855 | first draft |
| **Chapt 2** | **How the Mind Creates** |  |  | first draft |
|  | Do you Know Why Your Thoughts are So Important? |  |  |  |
|  | Our thoughts Influence Everything |  |  |  |
|  | How to Use Your Mind When Trying to Achieve a Goal |  |  |  |
|  | Using the Conscious and Subconscious Minds With Purpose |  |  |  |
| **Chapt 3** | **Obstacles** |  |  |  |
|  | The Dragon Gate | 2.5 | 753 | rewrite |
|  | Look Again at Obstacles. They Aren’t What You Think | 2.5 | 817 | rewrite |
|  | The Spiritual Struggle | 3.5 | 869 | rewrite |
|  | Obstacles; Problem or Opportunity? | 3.5 | 1139 | rewrite |
|  | Obstacles Nourish Growth | 2.0 | 965 | rewrite |
| **Chapt 4** | **How to Set Goals for Best Effect** |  |  |  |
|  | Why do I Need to Set A Goal? | 1.5 | 437 | tweak |
|  | Kansai Recommendations for Goal Setting | 1.5 |  | rewrite |
|  | Challenge Yourself! Set A Drop Dead Date For Your Goal | 3.0 | 770 | Review, rewrite? |
|  | Are You Setting a Positive or Negative Goal? | 3. | 814 | review |
|  | Set the Goal & Leave Strategizing to the Universe | 3.5 |  | tweak |
|  | Stalled/ Is Your Goal Just an Hope or Have You Made a Decision? | 2.5 |  |  |
|  | Can’t chant for a Goal? | 2.5 | 796 | rewrite |
|  | How to Chant when Unclear About a Goal? | 2.5 |  | rewrite |
|  | How Do You Chant About Complex goals? |  |  |  |
|  | How is Faith Different from Control? | 1,5 |  | rewrite |
|  | Why is My goal Taking so Long? (1) | 1.5 |  |  |
|  | Why is My Goal Taking so Long? (2) | 1.5 |  |  |
| **Chapt 5** | **What Am I Projecting to the Universe?** |  |  |  |
|  | **State of your practice** |  |  |  |
|  | Am I Chanting for a Goal While Having an Inconsistent Practice? Proj. not serious |  |  |  |
|  | How to Establish a Consistent Practice |  |  |  |
|  |  |  |  |  |
|  | Resistant? Forcing Yourself to Chant? |  |  |  |
|  | Are You focusing On problems or the End Goal | 2.0 |  | Review, rewrite? |
|  | Are You chanting with Faith or Trying to Force Results? | 2.o |  | rewrite |
|  | Chanting with Mixed Feelings or a Determination? | 2.5 |  | Rewrite? |
|  | Are You  Chanting while Feeling Results Are Controlled by Outside Forces | 4.5 |  | rewrite |
|  | Do You Know How Reservations Can Impact Achieving a Goal? | 2.5 |  | rewrite |
|  | Chanting with Hope or a Decision? | 2. |  | Possible ax sine is under goal setting |
| **Chapt 6** | **Are You Taking “Action?** |  |  |  |
|  | Chanting + Action Leads to Success |  |  |  |
|  | Action Manifests Our Goals in Daily Life |  |  |  |
|  | Chanting Isn’t Magic |  |  |  |
| **Chapt 7** | **Resistance to Change** |  |  |  |
|  | Resistance to change | 6 | 1486 |  |
|  | What is Resistance and Why Does it Exist? |  |  |  |
|  | Do You Stop Chanting After Achieving a Goal? |  |  |  |
|  | How Do You Resist Change? |  |  |  |
|  | No Overwhelming Circumstances but Resisting Moving Forward? | 2.5 | 485 |  |
|  | **Limited Thinking** |  |  |  |
|  | How Can I change My Limited Thinking? |  | 1608 |  |
|  | How to Unlock Your Mental Limits |  |  |  |
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| **Chapt 8** | **Changing Karma** |  |  |  |
|  | Changing Karma |  |  | rewrite |
|  | Difficult Family Karma/ How to change It. |  | 962 |  |
|  | Chanting for Benefit or to Change Karma? |  | 509 |  |
|  | Internal Cause/External Effect |  |  |  |
| **Chapt 9** | **Warning Signs** |  |  |  |
|  | **Fears** |  |  |  |
|  | Do You Know Why You shouldn’t Focus on Your Fears? |  |  |  |
|  | Handling Fears |  |  |  |
|  | Conquer your Fears, Find Courage |  |  |  |
|  | **Doubts** |  |  |  |
|  | Doubt; A Crisis of Belief | 1.5 |  |  |
|  | The fog of Illusion | 1.5 |  |  |
|  | Doubt: Problem or Opportunity? | 1.0 |  |  |
|  | **Negative Thinking** |  |  |  |
|  | How Can I Change My Negative Thinking**?** |  |  |  |
|  | **Complacency** |  |  |  |
|  | Surprising News: complacency is the “Biggest Threat to Buddhist Practice |  |  |  |
|  | How Can We Recognize Complacency? | 2.5 |  |  |
|  | **Subtle Hindrances** |  |  |  |
|  | There Are Ten Internal Hindrances to Buddhist Practice |  |  |  |
|  | External Hindrances to Buddhist Practice |  |  |  |
|  | Busyness |  |  |  |
| **Chapt 10** | **The Importance of the Mind of Faith** |  |  |  |
|  | How to Recognize if You’ve Fallen into Fundamental Darkness |  |  |  |
|  | How to Forge Your Mind of Faith |  |  |  |
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