

## Mack Newton on. . . PROGRAMMING FOR SUCCESS

You become what you think about. Everything you are or ever will become is a result of the content of your mind. To change your reality, you must change your beliefs about yourself. Seven basic laws come into play here:

**The law of belief:** Whatever you believe with feeling becomes your reality. . . . **The law of expectations:** What you expect with confidence becomes your own self-fulfilling prophecy. . . . **The law of attraction:** You inevitably attract into your life the people and circumstances that harmonize with your dominant thoughts. . . . **The law of concentration:** If you want something to grow in your life, you must concentrate on it until it becomes your reality. . . . **The law of substitution:** If you wish to have positive rather than negative experiences, you must keep your conscious mind focused on positive circumstances. . . . **The law of repetition:** If you wish to form positive habit patterns, you must practice positive behaviors. . . . **The law of relaxation:** In all mental work, effort defeats itself—the more you relax and confidently believe that what you want will come into your life, the more rapidly it will appear.

You may need to develop new patterns of thinking about yourself. Here are several methods you can use to accelerate this process of personal development. The best time to use these methods is early in the morning, because your subconscious mind is more amenable to programming then. Use the techniques of autogenic conditioning, which is to achieve a state of deep relaxation, then affirm your goals and form a clear mental image of what you wish to achieve.

### 1 Affirm

Use affirmations such as *I like myself, I am responsible, I feel terrific, I am decisive*. Repeating these affirmations over and over with belief and enthusiasm drives them deep into the subconscious.

### 3 Act as if

you are already the person you would like to be, with the characteristics or attributes you would like to have. Carry yourself as though you have self-confidence, enthusiasm, power and vitality, and within a few minutes you'll actually have the feelings that are consistent with that action. You can act or pretend yourself into feeling the way you want to feel, and then it becomes a reality.

### 2 Visualize

Form a clear, precise, vivid, mental picture of what you want to be, have, or do, and hold that image in your mind. See yourself as though you already had the characteristics and attributes that you want. Visualize the outcome exactly the way you want it.

Here's four additional techniques you can use for deep programming at a subconscious level.

#### Written-programming

**1** Write your goals in specific and precise language and do so as often as possible

#### Quick-programming

**2** Whenever you think of any upcoming event of importance, flash a clear mental image on your mind's screen of yourself completely relaxed and in control of that situation.

#### Sports-programming

**3** Athletes go through their entire sports routine mentally before they do it physically. See yourself going through every step of an event exactly as you would like to do it in reality.

#### Standard-programming

**4** Write your goals in the form of present-tense, personal, positive affirmations. Relax your conscious mind, then read and repeat your goals three to five times. Form a clear image of yourself as you experience the benefits of attaining your goal.



If you've been in the studio lately, you've seen Mack's two new assistants

Nikki Wooldridge (on the right) has a managerial and accounting background and came to work for Newton Fitness three months ago.

Lisa Pena you may recognize from the self-defense segment of the Power Hour. She's been working out with Mack for a year and loves the atmosphere and challenge of her new job.

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Mack recently addressed the winter organizational meeting of the Chicago Cubs, including the General Manager, Club President, and all the scouts and managers.

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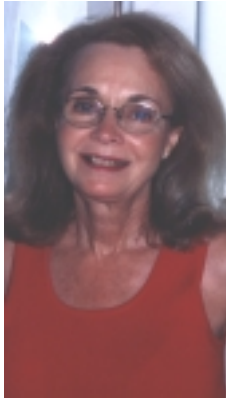
Mack Newton's conditioning program will become a part of the Flagstaff school system. Videotapes of Mack with two workout classes, one with athletes, and one with regular students, will be used to implement the program in classes.

Mack has just signed with COX9 to do a 1/2 hour workout show which will run Monday through Friday mornings and repeat in the evening.

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The next "I Will Fight Back" self-defense class is scheduled for Saturday, November 4. Call Lisa to sign up.

# Walking Away A Winner



Bonnie Shcolnik first limped into Mack's studio after her rheumatologist suggested she see an orthopedic surgeon for a hip replacement. Pain from her osteo-arthritis was severe. "I was on a double dose of Celebrex and was also taking Tylenol for arthritis, as well as sleeping on heating pads," says Bonnie.

A friend had worked with Mack before and after hip replacement surgery, and so Bonnie decided to give it a try.

A mere month in Mack's studio worked a miracle. After X-rays, the surgeon said she wouldn't need a hip replacement immediately. Pain was so much less that she was able to completely eliminate the Celebrex and Tylenol and now takes only a joint repair supplement recommended by the surgeon. She has continued to work out and, after a second set of X-rays, the surgeon informed her that she had such increased mobility in the hip that there was no longer a need for surgery.

Although Bonnie was not in the program for weight loss, she lost eight pounds and found that "my body re-shaped itself" to a trim 114 pounds. She ate according to the 3-2 diet because she found it was very compatible with what she already knew nutritionally. "I had already eliminated wheat, sugar and dairy from my diet because I knew those could trigger arthritic symptoms."

As a psychologist, Bonnie was also impressed with Mack's attitude and mental approach to the workouts. "Mack takes a wonderful holistic approach," she says. "I've been through two Masters Programs and one Ph.D. program and I've never met anyone as interesting and knowledgeable as Mack. He's a fountain of knowledge and a very special person."



Two new 13-year-old students have joined Taekwon-Do. They are Michael Binder and Leland Doyle.

Don't forget all the services that are available at Newton Fitness:

- Conditioning Rehabilitation**
- Weight Loss Self-Defense**
- Taekwon-Do**
- Massage**



## CHRISTMAS PARTY DEC 15!

Santa and Mrs. Claus and the elves will attend again, as well as an adopted family. The dinner will be potluck. Contact Lisa at 602-957-6492 to find out what food to bring and what gifts are needed for the family.

**Every moment is enormous and it is all we have.**

—Natalie Goldberg

Discover how to make all your moments count in **The Path to Power** by Mack Newton with Michele St. George



Mack Newton has issued a challenge to businesses and organizations to sponsor a free city-wide self defense class for up to 5,000 women. Sponsors will provide lunches, t-shirts, and the rental of a large venue such as at Phoenix Civic Plaza. Mack Newton will provide the instructors. "Let's put an end to mere lip service on ending domestic violence and rape," says Mack.

## POWER HOURS

**COX TV Channel 9**  
8 PM Wednesday  
Repeats Sat 12 Noon



**Check out NTKD Fitness on the Web!**  
<http://www.macknewton.com>

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3243-A E. Indian School Rd.  
Phoenix AZ 85018  
Tel: (602) 957-6492