

The Dear Friend Letters

By The Still Small Voice Within

Marc Ferguson



These Dear Friend letters are designed to either give you back your life or assist you to create the most wonderful life for yourself -

Dear Friend,

Let me ask you something personal.

Have you ever felt like life is happening to you...
as if you're watching events unfold from a seat you never chose?

If so, you're not broken.
You're just sitting in the audience.

Because here's the truth few people ever discover:

Your mind is not a passive observer of reality.
It's the projector.

Picture this.

Your consciousness is a cinema projector in a dark theatre.
The screen in front of you. The God field—is infinite, blank, and ready to display any version of life imaginable.

Every outcome already exists.

Success. Ease. Abundance. Love.
They're all on the shelf... waiting to be played.

What determines which film shows up?

Your beliefs are the lens.

Your emotions are the light.

And your subconscious patterns—installed quietly over years—are the reel running on repeat.

Most people never touch the machine.

They watch struggle appear on the screen and call it “reality.”

They see scarcity and assume it's permanent.

They accept the same scenes again and again... unaware they're the ones pressing play.

But here's where something remarkable happens.

When you ask yourself a question like,
“Why has it become so easy for me to attract abundance lately?”
something completely different happens behind the scenes.

Your inner system begins searching for answers.

Your attention shifts.

Your perception reorganizes.

And the moment you change what's loaded inside, everything changes.

This isn't about forcing positive thinking.

It's not years of digging through the past.

It's about adjusting the projector.

Your subconscious mind obeys whatever it's impressed with—especially in silence... especially before sleep.

Change the input, and your brain's internal filter begins scanning for proof that life works for you.

Opportunities appear.

Decisions shift.

Momentum builds.

Not slowly.

Sometimes within days.

Because when your inner broadcast changes, the outer world reorganizes itself to match.

You were never meant to watch your life.

You were meant to run the machine.

And run the machine you shall.

By simply immersing your mind's eye amid the wisdom and innermost knowledge.

Presented inside my book... *The Dear Friend Letters*.

With calm certainty,

Marc

Dear Friend,

It's best you take what I'm about to say *very* seriously.

Because if there is one secret—just one—that separates the people who get what they want from the people who only wish... this is it.

And I'm going to give it to you plainly. No mysticism. No fluff. Just the truth.

Here it is.

What you consistently hold in your mind... you move toward.

Not once in a while.

Not when you feel inspired.

But moment by moment.

Your mind is like open ground. It never stays empty. Ever.

If you don't deliberately fill it, something else will—random worries, old memories, other people's opinions, yesterday's regrets, tomorrow's fears.

And every one of those steals power from your major aim.

So here is the discipline—the simple, demanding, life-changing discipline:

Choose your one major definite purpose.

Write it down.

Then make it the default occupant of your mind.

When you're walking—bring it back.

When you're waiting—bring it back.

When your thoughts wander—bring them home again.

Fill the free space.

Stick Post-It notes where your eyes can't avoid them.
Put reminders where your attention naturally drifts.
Do whatever it takes to stop leaving the door of your mind unlocked.

Because minutes turn into hours...
Hours turn into days...
And days of unfocused thinking quietly cancel destinies.

You do have time now.
Time to choose what lives in your awareness.
Time to decide what your mind serves.

Give your attention to your chosen aim—and life has no choice but to reorganize itself around it.

I wish you strength in this new effort.

And focus.

With calm certainty,
Marc

Dear Friend,

Let me give you a simple morning formula so powerful it can quietly rewrite your entire life.

No hype.
No fluff.
Just cause and effect.

Every morning, write down 10 things you're grateful for. Not mentally. On paper. Gratitude flips a switch in your mind that stress cannot touch.

Next, read one sentence out loud that begins with these words:

"I desire with a burning passion to..."

And finish it with exactly what you want. Clear. Bold. Present tense.

Then do something most people refuse to do.

Send love—yes, love—to three people who bother you. This instantly disarms the inner resistance blocking your progress.

Now be quiet for five minutes. No phone. No thinking. Just stillness.

And finally, ask for guidance for the day... then listen.

That's it.

Here's why this works when everything else fails.

Your conscious mind evaluates these actions as meaningful. That belief is then passed to your subconscious mind... which directs your brain's Reticular Activating System.

Your R.A.S decides what opportunities you notice... and which ones you never even see.

Change the belief.

You change what your mind allows you to witness.

This isn't motivation.

It's mental mechanics.

And once you apply it consistently...

Life starts meeting you halfway.

Try it tomorrow morning.

And watch what suddenly becomes visible.

With certainty,

Marc

Dear Friend,

Let me say something most people never fully grasp:

What you're thinking will manifest.

Not maybe. Not someday. It's not if you conceive it, you can achieve it.

It's if you conceive it, it will be achieved.

The only variable is time...

And how much resistance you place in the way. That resistance shows up as doubt.

As negative self-talk.

As quiet, self-limiting stories you repeat without realizing it.

Here's the truth: your dreams didn't come from nowhere. They're aligned with your spiritual nature and the life you chose to live. When you fight them, you're not being realistic—you're creating impedance against what's meant to flow.

So what's the fastest way to raise belief?

It's simpler than you think.

Gratitude.

Not forced optimism.

Not pretending everything is perfect.

Just genuine appreciation for where you are right now.

Gratitude lowers resistance instantly. It tells the subconscious mind, "I'm safe. I'm supported. I can receive more." And when resistance drops, progress accelerates.

You don't need more discipline.

You don't need to fix yourself.

Stop the negative narratives.
Release the limiting beliefs.
And remember who you are... and why you're here.
Once belief aligns, achievement is no longer optional.
It's inevitable.
With certainty,
Marc

Dear Friend,

Let me start with a truth so simple most people miss it completely.

Your life is not responding to your effort.
It's responding to your belief.

Right now, at this very moment, whatever you are consistently thinking...
whatever you are repeatedly saying... is quietly shaping your future. Not
symbolically. Not metaphorically. Literally.

It's not if you conceive it, you can achieve it.
It's if you conceive it, it will be achieved.

The only variable is time...
and the amount of resistance you place in the way.

Most people create resistance without realizing it.

They say things like, "I don't have enough money," or "I'm sick," or "Life is hard."
They think they're describing reality. In truth, they're prescribing tomorrow.

Because here's how the mind works.

Anything you say after the words "I am" is taken by your subconscious mind as a
direct command. It doesn't argue. It doesn't correct you. It obeys.

That command is then carried into the deepest levels of your nervous system...
influencing your physiology, your emotions, and your perception. And perception is
everything. Your brain contains a mechanism called the Reticular Activating
System. Its sole job is to decide what you notice and what you completely miss.
Opportunities don't appear because they suddenly exist. They appear because
your belief system finally allows you to see them.

That's why two people can live in the same world...
yet experience completely different lives.

So how do you raise belief without forcing it?

You don't fight yourself.
You don't fix yourself.
You remove resistance.

One of the fastest ways to do that is gratitude. Not fake positivity. Genuine appreciation for where you are right now. Gratitude tells the subconscious, “I am supported. I am safe. I can receive more.”

From there, you speak only about what you want. You act as if the future is already aligned. Not pretending — agreeing.

The most effective people on earth live this way. They don’t wait for circumstances to change before they change identity.

They understand something most never will:

Belief doesn’t change reality.

It changes what reality you’re allowed to see.

Change the words.

Change the agreement.

And life has no choice but to respond.

Once you see this...

you’ll never speak the same way again.

With calm certainty,

Marc

Dear Friend,

Let me ask you a question most people avoid because it hits too close to home.

Why do men and women cheat?

It’s not because they’re evil.

It’s not because they don’t care.

It’s because they’re searching for love... and looking in the wrong places.

Deep down, every heart is hungry to be known, accepted, and held without conditions. When that hunger isn’t met, people reach. They grasp. They cross lines they swore they never would.

Here’s the truth no one tells you plainly.

We cheat because we’re broken.

We ache because we’re separated from God.

And separation was never His plan.

That’s why God did something radical.

He sent Jesus.

Jesus didn’t come to judge you. He came to bridge the gap between you and true love. The kind of love that doesn’t disappear. The kind no person can give you— and no one can ever take away.

When that love fills your heart, the craving fades. The searching stops. You no longer need to steal love from broken places because you already have the best love there is.

And receiving it is simpler than you think.

Just say this, quietly and honestly:

“Jesus, come into my heart. Be my Lord. Give me the love I need. Make me right. Show me what true love really is.”

I promise you this.

You will never be the same.

And it will be the best decision of your life.

With certainty,

Marc

Dear Friend,

Let me give you a simple experiment that sounds almost too easy to matter.

Tonight, just before you fall asleep, say these words slowly and with feeling: “I believe something really wonderful is going to happen to me tomorrow.”

Then, when you wake up, say it again:

“I believe something wonderful is going to happen to me today.”

And all day long—under your breath, in your thoughts, whenever you remember—repeat it.

Now, I know what you’re thinking.

That sounds corny.

Good. Try it anyway.

Because here’s what will surprise you.

When you lie down to sleep tomorrow night, you’ll struggle to remember all the good things that happened. Small wins. Pleasant surprises. Moments that felt... lighter. Your life will begin to feel like a chain of positive experiences instead of a grind.

This isn’t wishful thinking. It’s mental law.

Those words shape belief. Belief instructs your subconscious mind. And your subconscious directs your brain’s Reticular Activating System—the filter that decides which opportunities you notice and which you never see.

Expect the best, and your mind starts looking for it everywhere.

By the unstoppable law of attraction, it cannot help but show up.

Try it today.

Say it now:

“I believe something wonderful is going to happen to me today.”

Then watch what your mind allows you to see.

With certainty,
Marc

Dear Friend,

Let me explain why this works when nothing else does.

The moment a person believes something is done—more than they believe it hasn't arrived—life rearranges itself. Not by force. By agreement. This is the quiet work of the Holy Ghost, moving beneath logic, beneath effort, beneath strain.

I saw this clearly with one woman who longed to have a baby.

She had done everything right. Visualizations. Affirmations. Gratitude. Yet month after month... nothing. Why? Because for a woman struggling to conceive, pregnancy carries enormous resistance. Fear. Pressure. History. And that resistance outweighed every technique she tried.

So I told her something unexpected.

“Stop visualizing getting pregnant.
Visualize holding the baby.”

I asked her to feel the weight of the child in her arms. To hear the baby's sounds. To let her heart rest in the finished work, not the struggle.

That single shift changed everything.

Within one month, she was pregnant.

Why?

Because faith is not wishing.
Faith is agreement with the end result.

The Holy Spirit does not respond to strain.
It responds to surrender.

When you move from trying to trusting, resistance dissolves. And when resistance dissolves, manifestation becomes inevitable.

This is not psychology.
It's spiritual law.

And once you understand it, you'll stop chasing outcomes...
and start receiving them.

With certainty,
Marc.

Dear Friend,

Let me paint you a picture so simple you'll never forget it.

Imagine a single drop of water falling onto a table.

One drop means nothing.

It dries. It disappears.

But keep dropping... and dropping... and dropping...

Soon the table is soaked. Then water spills onto the floor. A puddle forms. Then a pond. Then a lake. And before you realize it, you're standing in an ocean you didn't consciously choose to create.

That's exactly how thoughts work.

No single negative thought ruins a life.

But repeated thoughts accumulate.

Worry after worry.

Doubt after doubt.

Careless words spoken day after day.

And suddenly people find themselves drowning—up to their chest... over their head... paddling just to survive—wondering how life got so heavy.

Here's the part most people never understand.

You don't fall into a negative life.

You think your way into it.

Thoughts instruct belief.

Belief directs the subconscious.

And the subconscious determines what your mind allows you to see, feel, and experience.

That's why changing your life doesn't start with effort.

It starts with awareness.

When you change the thoughts you repeatedly agree with, you change the emotional climate you live in. Resistance softens. Faith rises. Gratitude drains the swamp of negativity and replaces it with solid ground.

You stop treading water.

You begin to float.

And soon, instead of being dragged under by life, you're carried forward by it.

Because when thinking changes, experience must follow.

It's not willpower.

It's accumulation.

So ask yourself honestly:

What kind of waters are you standing in right now?

And more importantly...

What drops are you choosing next?

With certainty,
Marc

Dear Friend,

Let me tell you something that quietly explains why life feels so easy for some people...
and so heavy for others.

When your subconscious mind is tuned to a negative vibration, the only energy it can attract is more of the same. Problems. Delays. Conflict. Lack. Not because life is cruel—but because like energy always attracts like energy.

But when your subconscious is tuned to a positive vibration, something remarkable happens.

You begin to attract only what's in harmony with your spiritual nature—clarity, opportunity, provision, peace. Scripture calls these gifts of the Holy Ghost. They arrive naturally, without strain.

Here's the part most people don't realize:

You and I have the conscious ability to choose the images we hold in our minds.

Thoughts are not nothing. They are waves—cosmic in nature—moving through time, space, and matter. When you think a thought, you set a vibration. And the vibration you hold determines what life sends back to you.

If you desire greater wealth, you don't chase it.
You see it coming.

You see money flowing to you from multiple sources, continuously. You hold that image consciously... and subconsciously. Because what you repeatedly see, and especially believe you'll see, you eventually receive.

You dictate what you see.

And you become what you think about all day long.

When you align with your spiritual nature—when you sing that inner song—the Holy Ghost walks with you... day and night.

And life begins to respond in kind.

With certainty,
Marc

Dear Friend,

Let me show you a way to start your day that quietly changes everything—your clarity, your confidence, your results.

It begins with how you speak to your mind.

Most people wake up rushed, scattered, already behind. Their subconscious runs the day, and they wonder why life feels disordered. But when you speak fast, clear, and with authority, something powerful happens.

Imagine beginning your day by declaring:

“Today my mind is calm.
Divine intelligence from the Holy Ghost moves through me.
His infinite wisdom directs my thoughts.
His perfect order governs my experience.”

Those aren't hopeful words.
They're commands.

You're instructing your subconscious mind to stand down... and allowing your divine spiritual nature to take the lead. The Holy Ghost—the Counsellor—begins aligning your thoughts, your timing, your decisions.

Every pause strengthens you.
Every challenge elevates you.
What is yours by divine law cannot pass you by.

When you trust that nothing in your life is accidental, resistance dissolves. Your thinking clears. Your awareness sharpens. Answers begin forming naturally in your mind.

You don't rush.
You don't strain.
You don't doubt.

Because you are listening.

And when the Holy Ghost is active within you, unseen forces are already at work—bringing peace, joy, wealth-giving ideas, and money-making opportunities into your experience.

Speak this way daily.

And watch how life begins to cooperate—effortlessly, faithfully, and on time.

With certainty,
Marc

Dear Friend,

Let me explain something that quietly governs every result you get in life.

The moment you think of something clearly, you've already flipped your brain onto a higher frequency. The very fact you can see it in your mind is proof it's available to you. Nothing appears in consciousness by accident.

Most people stop right there. They see something, want it... then doubt it.

That doubt drops their frequency—and the opportunity fades.

Here's the rule successful people live by:

You don't chase what you want.

You rise to it.

When you raise your level of consciousness to match the frequency of your desire, you begin attracting everything needed to bring it into form. Ideas. Timing. People. Resources. They show up naturally, without strain.

Because any idea held in the mind—when it's emphasized—begins to move.

Whether feared or revered, an idea doesn't sit still. It immediately starts clothing itself in the most convenient and appropriate form available. It looks for a way to express itself in the physical world.

That's why worry manifests trouble.

And faith manifests provision.

The mind doesn't care which one you choose.

It obeys emphasis.

Hold an idea long enough. Feel it deeply enough. Honor it instead of fearing it. And it must begin to take shape.

This isn't motivation.

It's mental law.

Raise your consciousness.

Stay there.

And watch how what you once imagined starts moving toward you—quietly, steadily, inevitably.

With certainty,

Marc

Dear Friend,

Let me tell you something that sounds blunt... but will set you free the moment you really hear it.

When you're not feeling good—when you're anxious, angry, drained, or discouraged—it isn't because someone did something to you.

He didn't make you angry.

She didn't upset you.

That situation didn't make you sick.

You did it to yourself.

Not on purpose. Not consciously. But by emotionally getting involved with a destructive idea and letting it live rent-free in your mind.

Here's the part no one ever teaches you.

An idea only has power when you emotionally invest in it.

The moment you disengage from a negative concept, it collapses. It cannot survive on its own. It needs your attention. Your agreement. Your energy.

Now here's the good news.

You can consciously and deliberately do the opposite.

You can choose a positive idea... and get emotionally involved with that instead.

When you do, something remarkable happens. Peace shows up. Joy rises.

Abundance starts moving. Not because you forced anything—but because you changed the idea you were feeding.

Life always follows involvement.

Get involved with fear and you'll feel trapped.

Get involved with faith and everything changes.

You don't fix your life by fighting problems.

You transform it by choosing better ideas.

Build the right idea.

Commit to it emotionally.

And watch how your entire experience begins to rearrange itself—quietly, naturally, and powerfully.

With certainty,

Marc

Dear Friend,

Let me tell you how real change actually happens—because it never arrives the way people expect.

You don't defeat old conditioning by fighting it.
You weaken it by outgrowing it.

The moment you begin impressing a bigger idea on your mind, the old patterns start losing their grip. Not overnight. Not dramatically. Quietly. Gradually. Almost without you noticing.

Every time you return to the bigger idea...
Every time you choose it over the old story...
The unwanted condition grows weaker.

And weaker.
And weaker still.

Here's the secret most people miss:

When a bigger idea becomes your one burning desire, it doesn't compete with the past—it replaces it. The mind can't hold two dominant ideas at the same time. One must give way.

So you persist. Not with strain. Not with force. But with calm certainty. You keep impressing the new idea—day after day—until it becomes familiar... natural... unquestioned.

And then something unexpected happens.

One morning you wake up and realize everything has changed.

The fear is gone.

The habit has loosened.

The struggle you carried for years simply isn't there anymore.

No drama. No announcement.

Just a quiet knowing that your life will never be the same.

That's how transformation really works.

Not by resistance...

But by replacement.

Choose the bigger idea.

Impress it persistently.

And let the old life fade—on its own.

With certainty,

Marc

Dear Friend,

Let me give you a rule so simple it feels almost irresponsible to ignore.

Never get out of bed without saying these three things.

Not to your phone.

Not to the world.

But to your spiritual self—the part of you that surrounds your body, lives beyond the brain, and quietly sets the tone for everything that follows.

These words take less than a minute.

Yet they determine whether your day unfolds in confusion... or clarity.

Here they are.

First—Gratitude.

“Thank you, God, for this new day and the opportunities it holds.”

That single sentence opens your mind to receive instead of resist.

Second—Empowerment.

“I am capable, confident, and ready to handle whatever comes my way.”

Now your subconscious mind has its marching orders.

Third—Alignment.

“I am aligned with my spiritual nature, attracting success, joy, and fulfillment.”

This last declaration is the key. It tunes your energy to your highest potential and aligns you with purpose, peace, abundance—and right timing.

When these words are spoken from your spiritual self to your subconscious mind, belief is formed. And belief invites guidance from unseen forces—governed by the quiet presence of the Holy Ghost, ever beside you.

The result?

A ripple effect you can feel.

Your awareness sharpens.

Your decisions come easier.

Opportunities seem to find you.

You don't force the day.

You enter it aligned.

Try this tomorrow morning.

And watch how life begins to cooperate—naturally, calmly, and on time.

With certainty,

Marc

Dear Friend,

Let me tell you something most people never consider... yet it explains why certain “coincidences” keep showing up in your life.

God the Holy Ghost is listening.

To every word you speak.

To every thought you quietly agree with.

And when you say something—especially a general, positive declaration about your life—the response is immediate.

“Okay,” He says. “You can have that.”

But here’s how it actually happens.

The Holy Ghost doesn’t drop things out of the sky. He begins by organizing your thinking. A flow of ideas enters your mind. A nudge to read something. To watch something. To speak to someone. To take a small action.

And suddenly you notice what feels like coincidence.

Serendipity.

Perfect timing.

In truth, your thoughts have been arranged.

All of it is guiding you—step by step—closer to the one life purpose you chose for yourself before this lifetime began. The purpose you wished for while still in Heaven... before you were born again, as Jesus said, of water and of the Spirit.

The Spirit—your true self—with the Holy Ghost beside you.

The water—the living substance of your physical body and brain.

When you align your words with good... with expectancy... with trust... the Holy Ghost figures out the “how.”

You don’t need details.

You don’t need control.

Just speak life.

What happens next may surprise you.

But it will happen.

Because nothing spoken in faith ever returns empty.

With certainty,

Marc

Dear Friend,

If you're carrying pain in your body... or a heaviness in your mind... read this slowly.

There is one thing you should never do again before sleep.

Never go to bed without speaking to the Holy Ghost beside your spiritual self.

Because while you sleep, your subconscious mind goes to work. And the subconscious governs every cell in your body and brain.

Here is the simple instruction.

Before sleep—and again upon waking—say quietly and with feeling:

“My body is a vessel of health, harmony, and balance.
Every cell in my body is healing, regenerating, and thriving.”

When spoken in faith, these words are not poetry.
They are direction.

As you listen daily to the Breath of God soundtrack—both in sound and in silence—gentle vibrations move through your system. Your nervous system settles. Your mind clears. Your inner order begins to restore itself.

The Holy Ghost works through belief, rhythm, and repetition.
Your subconscious receives the message.
Your brain carries out the instruction.

You are not forcing healing.
You are allowing alignment.

Night after night...
Day after day...

Vitality rises from within.
Balance returns.
Peace replaces strain.

This is not strain-based effort.
This is cooperation with divine order.

Say the words.
Listen.
Rest.

And let what was designed to heal... begin doing what it knows how to do best.

With certainty,
Marc

Dear Friend,

Let me be blunt for a moment—because this may be the most important thing you hear today.

You do not know how much future you've got.

The past?

It's gone. Finished. Unreachable.

Some reading this have been through divorces.

Some through bankruptcies.

Some through losses so painful they still echo at night.

And here's the truth no one tells you plainly enough:

What's gone is gone.

There is absolutely nothing you can do about what happened then.

But here's the part that should stop you cold.

Every minute you spend replaying the past...

you are spending the only currency you truly own—this moment.

The sand never stops running.

Right now is all you've got. And when you use now to relive then, you do something dangerous without realizing it...

You guarantee the future will look exactly like the past.

Because thought becomes pattern.

Pattern becomes habit.

Habit becomes destiny.

The moment you stop feeding yesterday...

today becomes free.

And when today becomes free, the future finally has room to change.

You don't need to fix the past.

You don't need to understand it.

You don't need to relive it one more time.

You only need to withdraw your attention from it.

Do that—and something remarkable happens.

Life starts responding to who you are now...

not who you were.

And from that moment on, the future no longer repeats.

It rebuilds.

With certainty,

Marc

Dear Friend,

Let me show you a truth so quiet, so overlooked, that it explains why some lives unfold with meaning... while others feel endlessly searching.

There is a psychological phenomenon called the Tetris Effect. It says that whatever you look at last thing at night imprints on your subconscious more deeply than anything else. Your mind carries it into sleep... and brings it forward into the next day.

But here's the deeper truth.

It isn't the image alone that transforms a life.
It's the belief awakened at the spiritual level.

There are two sacred windows every day—when you are falling asleep and when you are waking up. Science calls them hypnagogic and hypnopompic. In these moments, you've loosened your attachment to the thinking brain and are aware from your eternal spiritual nature.

This is when the soul remembers.

Long before habits.

Long before fear.

You wished a life purpose for yourself while still in Heaven. And your soul has never forgotten it.

That's why a handwritten card placed beside your bed is so powerful. Write your big idea—your burning desire—in vivid detail. Use a curving blue ink border. Make it beautiful. Make it feel sacred. Let it describe the life purpose you chose.

Make it the last thing you see at night.

The first thing you see in the morning.

Then, before sleep and upon waking, repeat the words quietly in your mind. As you listen to your Breath of God soundtrack, thoughts and ideas will rise—guidance forming effortlessly.

You are not forcing a future.

You are remembering one.

And when belief aligns with what your soul already knows...

Life stops resisting.

It begins cooperating—naturally, gently, inevitably.

Day by day, your outer world rearranges itself...

to match the purpose you chose in Heaven's waiting room.

With certainty,

Marc

Dear Friend,

Let me tell you about a method so simple... so uncomfortable... that almost no one ever tries it.

And that's exactly why it works.

Go into the silence.

Not for five minutes.

Not while checking your phone.

Not while "sort of" thinking.

I mean sit quietly—alone—for 30 to 60 minutes.

Most people in modern society have never done this once in their entire lives. Yet I'll say this plainly:

This method works. Every time.

Any problem.

Any challenge.

Any decision.

Any goal you want to accomplish.

Here's what happens.

At first your mind will race. Lists. Worries. Noise. That's normal. Let it run.

Then somewhere around 25 to 30 minutes, something remarkable happens.

Your mind goes completely clear.

And when it does... a flow of ideas begins to rise. You'll feel energy welling up inside you. Not forced. Not strained. Alive.

Then—wham.

The exact answer you need appears. Not early. Not late. Precisely on time.

Not because you figured it out...

but because you finally stopped interfering.

This is the "still small voice" people talk about but rarely hear—because they never sit long enough for the noise to die.

Silence is not empty.

It's instruction waiting to be received.

If you want clarity... direction... and solutions that feel inevitable instead of stressful...

Stop asking harder questions.

Start listening.

Go into the silence.

And let the answer come to you.

With certainty,
Marc

Dear Friend,

Let me ask you a question most people never slow down long enough to consider:
Who are you becoming... right now?

Because whether you realize it or not, you are becoming something—every single day.

Here's the method the great teachers all agreed on. Every one of them. Across centuries. Across cultures.

First, sit down.

Let your body relax—completely.

Then begin to see yourself the way you want to be. Not someday. Not “hopefully.”

See how you live. How you move. How you speak. How you feel inside your own life.

Make the picture vivid.

Now here's where almost everyone stops—but you won't.

Take that picture and write it out in the present tense:

“I am so happy now that I see myself living this way...”

Describe it. Carefully. Clearly.

Then read it.

And read it again.

And again.

Carry it with you. Let it become familiar.

At first, it may feel like fantasy. It may even feel like a lie.

That's fine.

Because repetition creates belief.

And belief creates identity.

And identity shapes destiny.

Laugh if you want—but this is the one truth the greatest minds in history agreed on:

We become what we think about.

Read it often enough...

and something subtle happens.

The resistance fades.
The picture feels natural.
And one day you realize—you're no longer imagining it.
You're living it.
With certainty,
Marc

Dear Friend,

Let me give you a warning most people never hear—until it shows up in their sleep.

Every serious thought you think...
every "I'll get this" or "I'll do that" idea...
demands expression in the physical world.

That's the law.

These thoughts don't politely disappear if you ignore them. They persist. They look for a way out.

And if you don't act on them while awake, they will find another doorway.

Sleep.

That's why so many people dream restlessly. Why old scenes replay. Why confusion shows up at night. Why some dreams repeat again and again like a broken record.

Unexpressed thought becomes subconscious pressure.

And when those thoughts are tangled with the past?
They don't just show up as dreams.

They show up as nightmares.

Here's the solution—and it's simpler than you think.

You must become the conscious watch person at the door of your subconscious mind.

Choose your thoughts deliberately. Approve only those ideas you are willing to act on. Release the rest.

Because thoughts backed by intention must move somewhere.
Into action...
or into sleep.

Guard the doorway, and your mind becomes calm.
Ignore it, and your nights become crowded.

This is why disciplined thinkers live with clarity...
and careless thinkers relive yesterday over and over again.

Your future is shaped by what you allow to stay.

So watch your thoughts carefully.

Because every one of them is trying to become real—
one way or another.

With calm certainty, Marc

Dear Friend,

There is something crucial about forgiveness that almost no one explains properly
—and until you understand it, freedom remains incomplete.

It is essential to forgive those who, in your eyes alone, hurt you. Whether the
wound was physical, emotional, spoken, or silent. Not to excuse what happened—
but to end its power.

Here's why.

When you hold onto resentment, your subconscious mind keeps the event alive.
The body remembers. The heart stays tight. The ledger remains open.

But forgiveness does something far deeper than personal relief.

When you forgive, you impress upon your subconscious mind a liberating truth:
This was not my fault.

At that moment, the ledger is wiped clean. You feel it in your chest. You breathe
freely again. Your sense of self returns—no longer encumbered.

But here is the part most people never realize.

Through the act of forgiveness, you are also clearing their subconscious.

By forgiving, you silently explain to the Holy Ghost—present and active in you and
in them—that no true harm is allowed to persist. The guilt carried by the one who
hurt you, the “bully” so to speak, is released at a subconscious level.

The cycle ends on both sides.

Their guilt dissolves.

Your burden lifts.

The emotional charge collapses.

This is not psychology alone.

This is spiritual law in motion.

Forgiveness restores inner order—yours and theirs.

You don't forgive to excuse wrongdoing.

You forgive to end suffering.

And when both subconscious minds are cleared by the same divine Presence...
Peace becomes inevitable.
That's not weakness.
That is authority.
With calm certainty,
Marc

Dear Friend,

Let me ask you something—and be honest with yourself.

Where did you learn your ideas about money?

Because whatever you believe about wealth right now... is being written directly into your subconscious mind—whether you meant to write it there or not.

Here's the shift that changes everything.

The moment you accept this truth:

God is the source of your supply.

Not your job.

Not the market.

Not other people.

God.

When that idea takes root, something remarkable happens. You stop chasing money—and money starts finding you.

This is not theory. This is spiritual law.

When you consciously impress your subconscious with the idea of God's wealth, your inner resistance dissolves. You stop blocking supply. You stop struggling. You stop tightening up inside.

And you begin to allow.

Say this—and mean it:

God is the source of my supply.

All my needs are met at every moment of time and point of space.

God's wealth flows freely, joyously, and ceaselessly into my experience.

I give thanks for God's riches forever circulating in my life.

These are not empty words.

Your subconscious mind accepts them as instruction.

And once the subconscious accepts an idea, it must express it. Through ideas. Through opportunities. Through actions that feel natural instead of forced.

You'll notice thoughts coming to you—money-making ideas you didn't strain for.
Encounters that feel timely. Doors opening without struggle.

Because supply is not something you earn.

It's something you align with.

Gratitude seals the circuit. Thanksgiving keeps the flow open. Resistance collapses
in the presence of faith.

This is why those who understand spiritual wealth never panic... never hoard...
never fear tomorrow.

They know the source cannot run dry.

Write this idea into your subconscious daily. Morning and night. Calmly.
Confidently.

And watch what happens when you stop trying to get money...

...and start allowing God's wealth to circulate through you—exactly as it was
designed to do.

With calm certainty,
Marc

Dear Friend,

Let me explain something most people sense... but never quite understand.

This is how the Holy Ghost works in your life to bring you to the goal you've
written—by hand—on paper.

I begin quietly.

I gift you access to knowledge you didn't study for.

Thoughts appear in your mind's eye.

Ideas surface.

Intuitive nudges arrive without effort.

You think they're "yours."

They are—but they're also guided.

I lead you to click on something that catches your interest. One article. One video.
One sentence that stays with you. The modern world has made my work easier—
you can learn, absorb, and move on quickly to the next step I've prepared.

Then I help you decide.

Not loudly.

Not forcefully.

But clearly.

As you walk... drive... ride... or rest your eyes from the screen, the change of pace gives Me room to speak again. Observations spark insights. Stillness invites understanding. Motivation rises naturally.

Sometimes, I arrange meetings.

A stranger sits beside you. A casual conversation unfolds. And just as Jesus said, “When two or more are gathered in My name, I am there.”

I speak wisdom through their words.

You hear exactly what you needed.

This is how goals are fulfilled—not by strain, but by sequence.

Click. Learn. Pause. Act. Meet. Decide.

Step by step, I quicken the journey.

Stay attentive.

I am always speaking.

With calm certainty,

Marc

Dear Friend,

Jesus once said something so simple... yet so profound... that most people hear it but never truly see it.

“I am the way, the truth, and the life.”

Here’s what He meant.

Your life is like moving through a great building—many floors, many doors. You go up one flight of stairs. Down two. Up again. You open doors, meet people, try paths, chase answers.

And sometimes—miraculously—you walk into a room where connection happens. Insight. Help. Meaning. Just as He said:

“Where two or more are gathered in my name, I shall be there.”

But here’s the hard truth most never admit.

Without His guidance—without the way and the truth of the Holy Ghost and the Father—you can spend years opening doors that lead nowhere.

You go upstairs. Blank wall.

Downstairs. Another blank wall.

Door after door. Effort after effort.

Busy. Exhausted. Still stuck.

Same floors. Same building. Same confusion.

Until one day... you open the right door.

And suddenly everything changes.

Because when you follow Him, the doors no longer open to walls. They open to rooms. To people. To purpose. To life itself.

Not by force.

Not by luck.

But by guidance.

This is why trying harder doesn't work.

And why searching without direction leads nowhere.

The way is not a method.

The truth is not an argument.

The life is not a reward.

It's a relationship.

And when you walk with Him—step by step—the building finally makes sense.

Every door has meaning.

Every meeting has purpose.

Every path leads somewhere real.

That's not religion.

That's direction.

With calm certainty,

Marc

Dear Friend,

Let me show you a mistake almost everyone makes when they want change.

They're vague.

They hope.

They wish.

They say, "Something better... someday."

That doesn't work.

If you want your life to move, you must be clear.

Crystal clear.

Here's the simple discipline that opens the gate.

Sit down for five minutes. That's it. No phone. No noise. No effort.

Decide exactly what you want.

Then see it as already true.

Feel it in your body.

Taste it in your mouth.

Hear it in your ears.

Immerse yourself completely—five minutes, longer if you can.

And then—this is the key—give gratitude.

Not hope.

Not begging.

Thanksgiving.

When you do this, something precise happens inside you.

Your brain shifts.

You move from fear to trust.

Fear contracts. Trust opens. Fear blocks. Trust allows.

That shift is the gateway.

Because nothing meaningful is created from fear. Fear only repeats the past. Trust creates the future.

When you visualize with feeling and seal it with gratitude, your nervous system relaxes. Your subconscious receives instruction. Resistance dissolves.

You're no longer asking if it can happen.

You're acting as if it already has.

And that's when life responds.

Not because you forced it...

but because you aligned with it.

Five minutes.

Clarity.

Feeling.

Gratitude.

Do this daily—and you'll notice something quietly astonishing.

Life begins cooperating.

Doors open without strain.

Ideas arrive without stress.

Progress feels natural.

This isn't imagination.

It's instruction.

And once you move from fear into trust...

change stops being difficult.

It becomes inevitable.

With calm certainty,

Marc

Dear Friend,

There is a quiet practice—simple, private, and deliberate—that many have turned to at moments when life felt immovable, when change seemed needed not just in circumstance, but at the level of the self.

It begins with stillness.

And it begins with the mirror.

When you look calmly into your own eyes while making a gentle declaration, the mind holds two truths at once: who you appear to be now, and who you are consciously choosing to become. The brain does not resist this meeting. It listens. In that listening, new pathways begin to form—not through force, but through familiarity.

This practice is best done twice each day: upon waking and before sleep. At these times, the conscious mind is relaxed, the inner critic quiet. The doorway to the subconscious is naturally open.

Stand before the mirror. See your eyes clearly. Take three slow, grounding breaths (Inhale to the count of 4, hold for the count of 7, and exhale to the count of 8). Hold your gaze—not with judgment, but with recognition. You are meeting the deepest part of yourself.

Now choose a single statement that reflects what you are ready to welcome.

If it is provision you seek, you may say:

Money flows to me with ease and abundance.

If it is healing, you may say:

Every cell in my body is alive with harmony and well-being.

If it is confidence or clarity, you may say:

I am capable, grounded, and guided in all that I do.

Speak your chosen statement out loud, three times, simply and calmly—as one would state an obvious truth. Then stop speaking.

Remain in silence for three to four minutes. Let thoughts rise and pass without resistance. Do not try to make anything happen. In this silence, the subconscious begins its quiet work—absorbing, reorganizing, aligning.

When the silence feels complete, say inwardly:

Thank you. It is done.

Then return to your day. Say nothing to anyone about what you have done. Allow the Holy Ghost within—the ever-present guide—to arrange thoughts, encounters, and actions naturally, until one day you notice, without strain or effort, that something has shifted.

Like all true change, this work unfolds not through willpower, but through trust. Not through noise, but through silence.

And not through becoming someone new,
but through remembering your true spiritual self.

With calm certainty,
Marc

Dear Friend,

It's best you take what I'm about to say very seriously.

Because if there is one secret—just one—that separates the people who quietly reshape their lives from those who only hope... this is it.

And I'm going to give it to you plainly.

What you consistently hold in your mind—especially in silence—becomes your direction.

Your mind was never meant to carry the weight of the world alone.

When thought outruns breath, we scatter.

When breath slows, the mind follows.

This is why every great teacher, across every age, agreed on one point:

We become what we think about—

but more precisely, what we allow to occupy the free space of our awareness.

Your mind never rests empty.

If you don't consciously fill it, it fills itself—with yesterday's regrets, other people's voices, old wounds, fear masquerading as realism.

That is why random thinking is so dangerous.

It quietly hijacks the future.

So here is the discipline—the simple, demanding, life-altering discipline:

Choose your one major definite purpose.

Write it down—in your own handwriting.

Then return to it again and again until it becomes the most familiar thought you own.

When you wake—before the world enters—bring it to mind.

When you lie down—while the subconscious door is open—return to it.

When your attention drifts, gently bring it back.

Do not strain.

Do not rush.

Let breath lead thought.

Sit in silence if you can. Twenty... thirty minutes.

At first your mind will resist. Then—without warning—it will clear.

And when it clears, ideas arrive. Guidance arrives. Answers appear whole.

This is not imagination.

This is alignment.

In that stillness, something else is present.

Call it intuition. Call it conscience. Call it the Holy Ghost beside your true Self.

It does not shout. It guides—through thoughts, through timing, through meetings that feel strangely arranged.

Forgive as well.

Forgive parents. Forgive others. Forgive yourself.

Not for them—but to clear the ledger of the subconscious, where weight slows motion and guilt blocks flow.

Place reminders where your eyes can't avoid them.

A handwritten card. A vision board. A quiet phrase repeated daily.

Let rhythm and repetition calm the inner waters.

Because minutes become hours...

Hours become days...

And days of focused awareness reorganize a life without force.

You do have time now.

Time to decide what occupies your inner space.

Time to stop defending the small self and begin listening to the deeper one.

Give your attention to your chosen aim.

Enter the silence.

Let breath steady the mind.

And life—without drama, without struggle—will move to meet you.

With calm certainty,

Marc

Dear Friend,

Picture this for a moment.

A man stands alone in the middle of his house.

Curtains drawn.

Dead silent.

He doesn't move.

Not a muscle.

From the outside, he looks calm.

Inside?

It's chaos.

His mind is racing.

He's visualizing success.

Concentrating harder and harder... hoping the answer will unlock if he just thinks long enough.

Days pass.

Nothing changes.

He hasn't moved—literally or metaphorically.

He is stuck.

Not because he lacks intelligence.

Because he's doing what most people do...

Trying to solve life using thought alone.

Here's the part that might surprise you:

Research in learning and performance consistently shows something fascinating...

The brain changes differently when the body is involved.

In one well-known type of experiment, one group physically practiced a skill—moving, touching, hearing feedback.

Another group only imagined practicing.

At first?

Their brain activity looked similar.

But later?

The physical group retained the gains.

The mental-only effort faded—like writing in disappearing ink.

Why?

Because movement tells the body, "This is real—lock it in."

Action pours the concrete.

Thinking alone often sketches plans in sand.

You and I do this every day.

We imagine the better version of ourselves...

But without action, the brain files it away as "temporary."

Here's the truth most people never hear:

Intelligence is kinetic.

Movement fuels clarity.

Even small actions—writing by hand, shifting posture, walking while thinking—can sharpen attention and motivation.

When you move, chemistry changes.

Energy rises.

Noise quiets.

The circuit turns back on.

When you freeze in overthinking?

That circuit can stall.

So don't force your mind.

Engage your body.

Stand up.

Take one small step.

Write one sentence.

Change your posture.

Act—however imperfectly.

Because the people who reshape their lives aren't just brilliant thinkers.

They are movers.

They step.

They try.

They build.

And each tiny action tells the brain:

“Make this permanent.”

If you remember nothing else from this letter, remember this:

Don't wait for certainty before you move.

Move—and clarity will meet you halfway.

Your next breakthrough may not come from another hour of thinking...

But from the smallest physical step you take today.

With calm certainty,

Marc

“P.S” For the easy solution to any dilemma you might be facing. Please read my free PDF e-Book titled “Gain Inner Peace” and all other free works like it. Or simply cut a long story short and listen to Breath of God daily to change everything in no time with patience and the helpful guidance of God in the form of the Holy Ghost ever present beside your spiritual self. If you would like a paperback copy of this e-Book, please go to Amazon.com

Bye for now and God bless you from Marc

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