

The Inner-Power Emails

by Charles Burke

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The Inner-Power Emails

Yes, This Stuff DOES Work

About a year ago John (not his real name) began emailing me.

Normally I don't have enough time to give extended answers for every email, but John always made such open and straight-from-the-gut comments that I simply had to respond to each intriguing email he sent.

Now what intrigued me most was the fact that John didn't just keep on coming back with the same question over and over. He was actually making real efforts to take my advice (and that of other teachers) and put it to actual, practical use.

Clearly, John had already gained a fairly broad knowledge of self-help work. But he was still confused by all the seemingly conflicting methods, approaches and concepts he'd been bombarded with. He was looking for a way to separate mere techniques from principles.

If you're a teacher, you already know that it's a great feeling to see someone take something you've given them, make it their own, and start using it skillfully in their everyday life.

Watching John's progress was like that. And since we can all learn a great deal from what happened here, I've decided to share it with a broader audience. I hope you'll get as much from this series of questions and answers as John and I have.

First Email:

I am really eager to reach my goals, but nothing seems to work for me.

Could you give me one real success story where the person achieved what they were aiming for? With that story as a model, I want to take the same steps they did to create my own success.

So many teachers sell us their products, but we still don't achieve success. I believe that if some average person was able to "get it," and tell what they did, then maybe I can just follow the same steps they took and get my own results.

Please just share one story. Thank you

John was not looking for a theory or a nice-sounding presentation. He was looking for something that had already been proven in practice. This indicated that he was ready to take responsibility for his own results and was looking for a good vehicle to take him there.

Answer:

John, I'll do even better. I'll give you a way to generate your own story – within the next 10 days.

I receive emails every week from people telling me how hard they're working on their goals, how much they want success, and how intent they are on thinking positive thoughts, doing their affirmations, meditating, goals review, or whatever success method they've chosen to use. That's how they begin, but then...

They quickly follow that with tales of how things in their life are not working for them. They often reel off a long list of disappointments.

My suggestion to you is this: each day for the next ten days write down 10 things that ARE working right for you.

Now I don't mean a list that you dash off in two minutes. I mean things that really are working well for you, and you're genuinely happy about them.

I mean 50 to 100 words of happiness about each one. And keep that up for ten days.

You see, we all know that the things we think about are the things that grow and become more abundant in our lives, but we sit and do our affirmations for five or ten or twenty minutes, then we get up and spend the rest of the day concentrating on all the things that are going wrong. We worry much more than we rejoice.

I'd like to see you spend just ten days looking for things that are right... and being happy about them.

Success is a skill. Happiness is a skill. So is gratitude.

Like all skills, they must be practiced clumsily before they can be done naturally. So if you'll devote ten honest days to the practice of feeling true gratitude and happiness, I can promise you a dazzling new skill. A skill that just naturally attracts success like a magnet draws iron. Because nothing attracts good fortune and success like a joyous, grateful heart.

Now, can I promise you a firm timetable for that success? No, of course not. But I can promise you a whole new world of pleasant surprises and unexpected opportunities you've been missing up to now.

What do you say? Does this interest you?

Second Email:

I am honestly thankful that not only did you email me back, but you gave me something I hadn't even considered before.

I expect now that filling myself with grateful thoughts that are genuine is much better than sitting for 20 minutes and attempting to picture things like I've been doing for the past year.

John replies in the spirit of what I'd suggested, with a note that shows he is actively looking for things to be grateful about. Further, he is already looking ahead and imagining a successful outcome.

Answer:

Congratulations John. You've clearly got a good grip on the basic idea. Many people just don't get it – you do, so now all you need to do is use it. And use it. Again and again, day after day. Pretty soon, you'll be doing it without even thinking, just like you can drive or type or talk. It's just a skill.

Of course there may be times when the old habits of thinking, the feelings of desperation, the confusion and the despair try to sneak back in. That's normal. After all, they ARE habits. But instead of trying to break an old habit, concentrate on building a new one. That gets the job done much more quickly.

And the day you find that you can't quite remember why you used to feel so discouraged – that's the day you'll know you've really got it.

I love success stories, so I'm really eager to hear about all the things you accomplish.

Third Email:

Well Charles, I found my old habits coming back yesterday.

My day off is Thursday, and it is usually my worst day. I try not to think of it like that, but that's usually what happens. I want the day to myself, so I can do all my odd chores, but as usual, I helped my elderly father do some important (to him) jobs.

I was in a poor mood as my day off frittered away, but at the end, my father was so grateful and happy that he had gotten some big tasks done. He kept thanking me, and right then, the bad mood left me and I found myself with a different energy.

I know that with any particular kind of energy, I WILL attract more of the same things, whether it is good things or things I am trying to rid myself of.

At the end, my day was a success, even if it was my father who got the joy and relief.

Plain-talk – John doesn't excuse his lapse into resentful thinking. He tells exactly what happened to him, describes his emotional reaction, and his frustration. But... he then lays out the positive lesson he learned from an apparently "negative" experience. He's already learning to take bad things and turn them into good things.

Answer:

That's a big realization, John, that other people's good day also counts on our own tally sheet – especially when it's those we love.

And you got some practice looking for the good in the day, rather than letting yourself get swept along by the current of habitual thinking.

That's good. Now tomorrow, play the game of seeing if you can catch the positive content a little quicker. Pretty soon it turns into a game – something like Eye Spy Something Good.

Then the next day, see if you can further reduce the time before you realize that negative habits are at work. It's funny, but as soon as we become aware of what's happening, at that very instant, we suddenly have the power to change things.

In fact, this is how we build new habits. Not by battling and breaking the old one, but by installing a new one that rides on top of what's already there. Eventually, the old habit automatically triggers the new habit and the old one simply disappears. Great going.

Fourth Email:

I've been doing the gratitude exercise that you recommended, and I hope my dreams will start coming true.

I have always believed that there are simple, logical steps for getting from Point A to Point B, for reaching my goals or desires.

And it seems like anybody who gets results in their life – whether it's a crappy experience, or it's one of joy or romance or satisfaction – in all cases, they're using the same method. Only the result varies, and that result depends only on what they're feeding into their minds.

So even if it is unconscious, there must be a “Step 1 to Step 4” or whatever it takes.

John is beginning to actively search for correlations between his actions and his results. He's paying special attention to his thinking now because he's found it has an effect, and he can learn to control it.

Answer:

I'm happy to hear that you're still building up your "gratitude muscles."

There are just so many good things happening all the time, but we tend to dismiss the good stuff and stop noticing it.

You know the old saying, "No news is good news?" Well, most people live the opposite – "good news is no news" – and they ignore all the great things that are working well in their lives. As we pay more attention to the good, however, we're given more good to pay attention to.

Fifth Email:

If you could recommend only one method for getting faster results, what would it be? I'm tired of the lame old "just think and it will come".

Again, he gets straight to the point. John asks for the one key ingredient, the one thing that seems to be missing from most positive-thinking, self-help advice. He has tried many of them, found that something is missing and wants to know what to do about it.

Answer:

The most powerful thing you can work on is learning to feel that you deserve to have what you want.

The truth is, "deserve" is utterly irrelevant to anything. We don't NEED to deserve, because simply by being born, we can have what we ask for. It's built into the system, and it's our birthright.

But most of us grow up believing that we have to deserve before we can have, and that very belief gets in the way of our having what's ours by right.

Probably the biggest problem for the greatest number of people is this one thing – they don't feel like they can have the good things, so they sabotage themselves, or life seems to take away the successes they do achieve. And the best, fastest, most effective way to work on this is probably to do energy work. Among these is the EFT method.

Go to <http://www.emofree.com> and get the free 80-page manual that explains how to do the EFT procedure. It's a quick read, and within 5 or 10 minutes you can memorize the simple routine. Then use it. And use it. And use it.

A lady who teaches how to use the EFT method specifically for prosperity and achievement is Dr. Carol Look. Her newsletters give clear scripts to use with the EFT procedure. Those are at <http://www.CarolLook.com/newsletterdirectory>

You might also look at <http://www.BradYates.net>. Brad is top notch.

Another alternative method that is, if possible, even simpler is the TAT system. It's taught by Tapas Fleming. Her system has a lot in common with the EFT method featured at the first site. You can find Tapas' website at <http://www.unstressforsuccess.com>

Tapas also sells a set of 4 videotapes (over 4 hours) for just \$40, which is incredibly inexpensive for what you get.

These three websites represent the absolutely fastest ways I have found to dissolve old mental blocks. Best of all, they don't involve massive amounts of time, nor the re-experiencing of old trauma, nor any other struggle.

Try one of these, and I think you may find some amazing releases happening with surprisingly little effort.

** Note: none of the links above are affiliate links **

Sixth Email:

What about visualization? I have come to understand how the law of attraction works from our feelings. Do we need to sit in the cross-legged lotus position? It's not comfortable, and I don't really like it. Plus, the kids keep running through and interrupting so often that I just have to stop. At other times, when I close my eyes, I fall asleep. What do YOU do to achieve your desires?

Teachers often place a great deal of emphasis on how to sit, how to light incense, what to wear, etc. But those are all basically ceremonial and outward directed things. John wants to know how to get results, sensing instinctively that body position is secondary.

Answer:

If people were only able to do visualization and meditation when seated in the lotus posture, I'd be totally out of luck. Haven't been able to twist my legs into that configuration since I was eight or nine years old.

Fortunately, it's not what you do with your legs, but what you do with your mind that's important.

I often use what I call "walking meditations." Of course, it's important to spend time being physically still while you concentrate your mind on one point, whatever that one point may be. But some people (including me) find that it's also effective sometimes to concentrate the mind while the body is moving rhythmically, such as while walking.

I find this method useful for keeping habitual thoughts busy with simple physical actions while my real thinking is deliberately focused on one subject. I find this much more effective, for example, when I want to work on a creative project.

On the other hand, when sitting to meditate, if you find yourself falling asleep, try adjusting a few things. Do shorter sessions, but twice as often. You might also try choosing only one sharply focused idea or task to attend to while you're doing your inner work. Concentrate on that one thing, and be a little aggressive (persistent) in pursuing your thoughts and feelings with respect to that one point.

In addition, please don't lose sight of the fact that if you're falling asleep, it could mean you're basically bored with what you're working on. Try finding things to work on that interest you enough to keep you awake.

Seventh Email:

I'm puzzled. I've noticed that often I only get things through visualizing when I declare what I want in an angry or forceful way. Trying to use emotions of thankfulness or happiness never seems to work very well.

I've read many times that intense emotion speeds up the process. Have our past thoughts been piled onto us so heavily that negative emotions are the only things that can chip through to our inner mind?

Having closely observed his past experiences, John has made note of what produces results and what doesn't. But he also seems to understand that just getting results is not the only (nor even the most important) consideration. He wants to do things in a way that won't come back to bite him later.

Answer:

Outstanding question! It's absolutely true that intense negative emotions can seem to produce results more quickly. That's because inner work always responds very promptly to emotion and intensity.

Emotion and intensity, yes. But be aware that every emotion leaves its footprints in your inner work. And it marks indelibly the results you receive. It's the raw materials your results are made from.

It may seem that anger and bitter resentment are working more powerfully than the positive emotions... (can you say "Come to the dark side of the force, Luke".)

But that's only because we have had years more practice generating the negative emotions. This means we've gotten really good at firing up and firing off in response to a situation we don't like. We've become so expert at anger or resentment, that we don't even consider other choices. We just do what's easiest for us.

But it IS possible to learn how to generate truly strong positive emotions. Gratitude, joy, love. Done properly, these can be just as enormously moving and intense as their opposite counterparts, plus they "bring," they don't "take away." So their results are far easier to live with.

If we try to take a shortcut and use what we're already expert at – the negatives – the results will always be filled with more of the same emotions. And if your life is already filled with anger, frustration and resentment, do you really want more?

Let's say you're in the kitchen cooking. The only spice on your rack is chili powder. No salt, no pepper, no oregano, no vanilla. You could stop and run down to the corner store for some more spices, but you figure that'd just take too much effort: "I can do it faster with what I've already got handy."

Yes, you can do that, and everything on your table is going to be chili-flavored. That might be okay for the beans. But what about the tossed salad, the spaghetti, the garlic toast, the flan and the apple cobbler?

The whole point of doing inner work is to change to something that's going to be more comfortable and pleasing, not just getting fast results. That's the difference between long-term thinking versus short-term. Diligence versus laziness. Above all, patience IS a virtue.

If you feel yourself being tempted to go for the easy results, just remember that this will always drag you back into the same old circle. Can I assume that you really want better than what you're stuck with now?

If your positive emotions are not yet strong enough to bring noticeable results, that doesn't mean they don't work. It just means you need to find ways to train yourself in cranking up the intensity of your positives.

One way to do this is to use what NLP calls "sub-modalities." You imagine a positive scene that you want to happen for you. Then, as you're imagining it, you also imagine that you have a big knob that lets you turn up the lights in that scene. Another knob will move the scene closer, so you can "see" it better, or reach out and touch it. Still other knobs will crank up the intensity of the emotions associated with the scene.

That's one way, and it's excellent. In fact, it has proven extremely successful over the years for many people. One thing – don't just do it once and figure that's enough. This is like learning to play the piano or to skate.

You practice it over and over, gradually developing real control over your mental and emotional processes till it becomes a strong, repeatable skill.

On the subject of modalities and sub-modalities, it may also be that your primary mode of processing is through your feelings and physical senses, rather than visualizing.

There are three primary modes. One is the visual, and some people do most of their thought processing in the visual pathways. The second main mode is hearing, or auditory. The third is called "kinesthetic." This is a fancy word meaning that some people process their thinking in terms of senses, feelings and emotions. I tend to be a mix of auditory and kinesthetic, so that's what I concentrate on with my inner work.

I don't know if kinesthetic is your primary mode, but if it is, you'd find it easier to deal in emotions and physical tactile experiences than in visualizing with images. Your primary mode always produces the most power for you – at least until you train the other modes to become stronger.

This is all developed into a highly useful set of techniques in NLP.

Another very powerful technique that I've mentioned before is EFT. If you'll go to Gary Craig's website at <http://www.EmoFree.com> you'll find a free 80-page manual that tells you exactly how to dissolve away negative emotions, mental blocks, resistances to prosperity and success, and any negative thing that has been riding you. Also spend some time browsing his website. EFT uses a simple process of tapping on a few acupuncture points to dissolve energy that has "clumped up" and stopped flowing properly.

Very, VERY powerful stuff. This is the most effective way I've ever found of tunneling through the old blockages to the inner mind. Best of all, it's generally permanent.

Eighth Email:

Quantum Physics

In the last email you mentioned how negative emotions appear to kickstart our thoughts into quick manifestations. Since then, I've gotten intrigued by quantum physics, and I'm excited.

Culturally, we seem to think the future is like turning a page, but it's not like that.

I've come to realize that whatever I want already exists right now. I think of this as faith. I've been putting this idea to use by simply calling these already-existing things to me. This feels so much more solid and real than using affirmations and then just hoping something will pop up somehow.

This is not a question as such. In this note, John is sharing what he has found effective, and is indirectly requesting feedback.

Answer:

It sounds like you're starting to enjoy the process. I believe you've 'got' it. The whole thing, when we're doing it effectively, will feel a lot like play.

Ninth Email:

In your article about inner resistance I found something interesting.

I tend to always stay calm and collected, and my blood pressure and cholesterol are normal. But I never knew I was so NEGATIVE!

It's strange – today's music reeks of negativity but the singers rake in megabucks. Meanwhile, I'm a relatively positive and mild mannered person but I struggle so. How can that be?

I think we are all so negative that hearing a negative story in a song or seeing it in a film triggers our feelings, and this switches us over to negative automatically. At that point, we stop trying to be positive, which we are not accustomed to.

Since our daily environment is always triggering our negative attitudes, trying to keep a positive mind feels like climbing a mountain.

So instead of working so hard on visualizing, I decided to look at all my little victories in life, write them down, and just reflect on

them. The more time I spend with them, the better I feel. This helps me build up good feelings and make them stronger. Then I can pull them out any time I need and switch over to good feelings. Without having good, strong positive feelings ready to use, visualizing is just... work.

John points out the disparity between the success of negative or unlikable people and people who try to stay positive and basically “be nice.” He’s not yet sure how the negative guys manage to succeed so well, but he’s also discovered a way to actively tune his mind and keep control of it despite negativity in his surroundings. He’s finding practical tools.

Answer:

You are obviously catching on very well now. Your comment that without the strong feeling, visualizing is only work – that's utterly true. And only a person who has gone beyond the "work" phase and experienced the joy would be able to know that. Clearly, you're going in the right direction.

We see rappers, singers, actors, celebrities and cultural leaders of all kinds projecting great negativity at times, and for that, they are given heaps and mounds and piles of money. They are made famous, rich and powerful.

This only means they've found a way to deliver what people want and are willing to pay good money for. But it doesn't mean that the product they deliver is GOOD for the people buying it. Look at drug dealers. They can be hugely wealthy, and their product is in high demand. There are few things, however, that are more negative or harmful for people.

Still, the singers, rappers, actors, sports figures, all appear to be highly valued by our society. Yes, even the drug dealers, in a sneaky, back-street kind of way.

If we take a closer look at the lives of these "successes," we can see that they're battling with many of the same problems everybody else faces.

Personal insecurity, fears, wrecked marriages, addictions to drinking, drugs, gambling or sex.

The Japanese have a common saying – "This is this and that is that" – meaning that we must look carefully at things and make sure we don't connect things that are totally unrelated.

If a singer or actor can feel deserving of huge amounts of money and professional recognition, that means they'll get a lot of money and success.

But it doesn't mean anything about their ability to get happiness, loving relationships or peace of mind. Each of those is a separate matter that has to be dealt with on its own. Success is a narrow-spectrum thing. Very specific. We can have great success in one area of our life and still be totally messed up in other areas.

It sounds like you've mastered many of your "unpredictable" emotions, and that's a useful ability. But it doesn't automatically transfer over to money matters, or anything else.

Unless... as you're doing now, you have begun listing your past successes (any and every success counts, no matter what size), and are reviewing them. This is an important success-building step. Vastly important. You're training yourself to generate the "I am a success" mindset at will.

You're literally CREATING confidence.

Once you have that skill built up, you can unleash it on any new situation you want. In any unexpected, discouraging or threatening experience, no matter what category it's in, you can consciously switch ON your awareness of yourself as a success. There's tremendous power in consciously managing your attitude toward yourself. It's a huge resource.

Great step in the right direction!

Tenth Email:

I'm always reading about tapping into inner joy, or inner wealth. It is always there, they say. The way our outer life is, that is an illusion we've created. Is there a certain specific way we can tap into this infinite inner source?

John's question is a bit vague, but he's starting to free himself from the traditional notion that the world "out there" is more real than what's in his head. Now he's seeking specifics for using his inner resources to change the outer world around him.

Answer:

At the risk of seeming flippant, it's really just about as simple as it sounds. You think intently about the kind of mental state you want to cultivate.

And you keep on thinking about it. You practice it till it becomes easy to trigger the emotion or mental state you want to have. It's a lot like building muscles, but you're doing it in your mind. Just as with body building, you keep on lifting so that it gets easier and easier.

You keep lifting the weights repeatedly.

With mental exercises, you practice triggering a mental state you want to become easily triggered.

However, it's important to note that it's impossible to practice a mental state while at the same time thinking how hard it is to do, or how out-of-reach it seems. While working, we must also actively expect a positive outcome. At first, it's a lot like deliberately throwing doubts out the window every time they come creeping up on us.

We really are good at recreating our emotions at will, but we don't give ourselves enough credit.

For example, we've all practiced the negative emotions like anger so much that we can simply think of our last argument and the anger just surges right up, almost instantly. Now, that's skill. And it's that degree of skill you want to develop with joy, with gratitude, with love.

But it doesn't come automatically. It takes practice. It takes work. It takes a lot of repetition at first because you're building a skill. It's necessary to consciously select pictures and experiences that trigger positive surges of emotion within us. Think of kittens playing, or a baby laughing, or the last really inspiring movie you watched. Grab those emotions, keep them right at hand, ready to use in your daily experience.

This gives you more choices than merely waiting for your emotions to be triggered by outside events. You start to take charge of what's going on within yourself.

Once you have that skill built up, then anytime you want to tap into and use a mental state, it's there, ready for you to trigger it consciously and apply it to your life.

Eleventh Email:

I've found that having a connection with somebody who has already gone through what I face, and knows what I go through every day dramatically reduces my doubt about whether I will achieve my goals.

Often now, when I wake up each morning, I feel inspired.

And I have found that rejection is not really what it appears to be. Life is about feelings and experiences, so it is not possible to be rejected by what we want. It is not just the "thing" we want, it is the pleasure we get from it.

We don't have to buy pleasure. Instead, we can just go ahead and feel, right now, what it is like to have what we want, or to be what we aspire to.

The law of attraction takes those thoughts and feelings, and whatever we want comes and finds us.

How wonderful! Now I can laugh at fears of being rejected or not getting what I want. Whatever I feel, I own. The actual "thing" may not be in my hands, but it already exists, and it is already mine.

Again, thank you for answering my questions, and for not telling me to "just think it and it comes".

This is not a question. It's a statement of John's realizations. Notice how much more confidently he states his ideas in this email. He's much more sure of things now. He's not even asking for feedback. Just saying thanks.

Answer:

You're absolutely right. "Just think it and it comes" is not enough.

Remember that "thinking it" is our hand on the steering wheel.

But the engine beneath the hood (or bonnet for our Brit friends) is our feelings and emotions. That engine has got to be switched on and running before we'll get ANYWHERE. We really do need to train both our thoughts AND our emotions before they will work together and work powerfully for us.

Twelfth Email:

Remember how I used to complain so much that I wasn't getting what I wanted? Well, I learned and am still learning how to align my feelings with each thought, and I tell you, the results are AMAZING!!

Because feelings accelerate the thought or intention, I know how to rapidly bring out a result in my favor. THIS IS GREAT!!

Finally, I feel like I'm on top of the world! I had it all backwards, believing that our feelings were the RESULT of a situation, when in fact, our feelings connected to a thought, CAUSE the situation... GOOD OR BAD!!

Now I know how to use this principle CORRECTLY to obtain all good desires! I no longer have to read all these discouraging responses on the discussion forums or get ignored. I can now slowly but surely visualize and affirm the right way.

Is this a great progress report or what? John has clearly changed, and so has the world he's living in. Yes, this stuff DOES work.

Answer:

Thanks for the terrific update on how you're doing, John. And I'm absolutely delighted for you. You're right – it's always US causing things to happen in our lives. Your experience is a perfect example of what a person can achieve with persistence.

————— **END OF EMAILS** —————

John's Case Was Unique and It Was Also Universal

Can you see why I found John's emails so interesting? But the ideas laid out here are not just for John.

If you'll take these same concepts and suggestions and apply them, you'll find exciting new changes appearing in your life also. That's just the way things work. Think a certain way and you get results that match the thinking. Change the thinking, and the results change.

But please note that, as John said, this is not "just think it and it comes." You need to master more than your thinking. It's crucial that you also begin mastering the feelings and emotions that run through you.

If you fail to master your feelings, you'll find them running off in all directions and dragging your thoughts along with them.

So give this a try, and do write out your daily list of the 10 things that are working right for you – things you can be genuinely grateful for or glad about.

But if you find that your life is so wretched that you can't find a single good thing to rejoice over, frankly you're not being honest with yourself.

Look again, and this time stop insisting on your right to be angry or to feel sorry for yourself. Sure, you have the right, but there ARE better things, and you can have them. However, you'll have to reach out and take them. They won't come and drag you away to happiness against your will.

Do your list. Do it every day, and watch your life utterly change. You CAN nurture joy, but it takes some concentrated effort.

Think of it this way. Gloom is a dark swamp in a deep, narrow valley. Happiness and Joy dwell on a hilltop. Nobody coasts up a hill. Put forth the effort to climb the hill (even if it seems slow going), and you WILL build wonderful new thinking and mood managing skills. You'll find yourself taking charge of yourself, and the results of your living will change.

END

SYNCHRONICITY SECRETS

Why “Luck” Has Nothing to Do with Luck

Opportunity Hates House Calls. You're wasting your time if you're sitting around waiting for opportunity to knock. That's not the way opportunity (and success) work. They don't do cold calls. They won't come door-knocking, offering to adopt you. And only a very few people - 3% to 5% - really understand this fact.

This is the same 3% to 5%, by the way, who consistently rack up major successes in life.



[Learn The Synchronicity Secrets](#)

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