



Supreme Influence: Change Your Life with the Power of the Language You Use

By Niurka

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“Supreme Influence is a way of being and communicating with purpose, poise, precision and power. It is a practice that allows you to consciously create harmonious relationships and produce successful results in every area of life.”

Transform your language, transform your life! Niurka, a former Anthony Robbins corporate trainer, and popular transformational leader and communication expert, teaches us how to increase confidence, enrich relationships, transcend fears and achieve greater success – all by choosing language wisely.

In this inspiring journey of discovery, Niurka shows us how shifting what we say and how we say it can forever alter the way we experience life and all its bounty. With practical and simple tools and techniques, this book guides us to expand our awareness, consciously direct our focus, and choose empowering thoughts and words, which ultimately will lead us all to a greater appreciation of life no matter what's happening around us. As we actively participate in uplifting our imaginings and conversations, we elevate our entire experience of reality.

On this journey, you will learn how to align your thoughts, focus, beliefs, body language, goals and vision with your purpose and authentic self. Most important, you will realize a deeper understanding of who you are and why you are here. Regardless of what you've experienced up until now, you can rapidly and often instantly transform challenges, realize your vision, *and* inspire others through your example.

“No matter what you've experienced in life,” Niurka writes, “your being is beyond any circumstance, the past, any story, or beliefs. Throughout this book, I share my own past and stories because they offer wisdom and can make a difference, but the specifics of my circumstances don't really matter. Who I Am is beyond every story. And so it is with you.”

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Editorial Review

Review

"Niurka takes you to the root (CORE) of what it means to be authentic. She sets before you a rich banquet of wise choices for manifesting your highest potential. Her artful mix of methods is a wondrous investigation into the source and importance of how to uncover your innate strength, confidence, and joy under all of life's circumstances."

--Michael Bernard Beckwith, author of *Life Visioning*

"*Supreme Influence* provides concrete guidance on how to create an exceptional life through power of language. Niurka's story and expertise offers us a road-map for our own spiritual growth and personal development. This book artfully guides us to awaken to our authentic power."

--Gabrielle Bernstein, author of *May Cause Miracles*

"With invaluable tools to draw upon to inspire mindfulness and conscious choice, Niruka's *Supreme Influence* is a down-to-earth road map for anyone on a journey of awakening into greater Truth and love...our soul's ultimate purpose for being."

--Rebecca Rosen, author of *Spirited* and *Awaken the Spirit Within*

The richest man in the world, Solomon said, "Be an influencer of influencers." The first person you have to influence is you. You hold in your hands the most powerful book, with specific tools on how-to-do-it so that you can influence yourself and all others. With this wisdom, you can have Supreme Influence and a lifestyle worthy of you."

--Mark Victor Hansen, Founder and Co-author, *Chicken Soup for the Soul* Series

"I enjoyed your book very much. I would advise people wanting to travel on the road to success to discover Supreme Influence. It will provide an excellent guide. Read the book and make the trip with someone who has the skills to help you on your journey!" -- Don Green, Executive Director, The Napoleon Hill Foundation

About the Author

NIURKA is a transformational powerhouse who inspires and empowers people to live genuinely, freely and mightily. She is a dynamic speaker and teacher whose work unites the world of business with essential wisdom of mind-body-spirit. At the age of 20 she was the #1 corporate trainer for Anthony Robbins. In 2000, she launched her company, Niurka, Inc., which offers courses and retreats with the vision of creating social transformation through inner evolution. She has shared the stage with such luminaries as Tony Robbins, Deepak Chopra, John Maxwell, Bill Phillips, Mark Victor Hansen, Denis Waitley, Bob Proctor and Jim Rohn.

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JOURNEY OF AWAKENING

You are holding this book and probably wondering?...what is Supreme Influence?

Supreme Influence is a way of being and communicating with purpose, poise, precision, and power. It is a

practice that allows you to consciously create harmonious relationships and produce successful results in every area of life.

Why is Supreme Influence important? Because we have been influenced through upbringing, society, schools, religions, media, and culture. Studies show that by the time we are 8 years old, we have had over - twenty-five thousand hours of linguistic programming. Words have been downloaded to us, imprinting our minds with ideas about who we are and what is or isn't possible. These subconsciously ingrained beliefs fuel our thoughts and drive our behaviors until we wake up!

This book is a journey of awakening to a deeper understanding of who you are and why you are here. These pages offer you wisdom and practical tools to transcend reactive tendencies so you authentically embody your magnificence. You will learn advanced communication skills to improve your business, enhance your relationships, and enrich every area of your life. You will learn how to align your thoughts, focus, beliefs, body language, words, goals, and vision with your true purpose and authentic self.

Regardless of what you've experienced up until now, you absolutely can rapidly and often instantly transform challenges, realize your vision, and inspire others through your example. Let me share a story with you about how I discovered this for myself.

WAKING UP

At age 15 I embarked on a quest for freedom, truth, and enlightenment—except back then I called it “running away from home.” I hopped on the back of a friend's motorcycle, not sure where I was going or what I would do. I just knew something had to change. I was going through a rebellious phase, resisting my parents, opposing the strict religious school I was forced to attend, and being frustrated in a world that didn't make sense to me.

So, I scribbled a runaway note, stabbed it onto a dartboard, and disappeared into the night. At the time I felt like I didn't belong, as though my parents and others surrounding me didn't see me, hear me, or care to understand. I kept asking myself, How did I get on this planet? I felt trapped. Alone. I didn't understand the world I was living in and felt powerless to change it. I suppose I only saw two options back then: fight or flight. After years of disagreeing and arguing—I left.

What brought me to that point? I was raised by conservative Cuban parents in Miami. I went to Catholic school and partook of confession, communion, rosaries, and penance. I sold doughnuts at Sunday morning service. I was told what was right and wrong, good and bad, moral and immoral. If my intuition led me in a different direction than the rules, I wasn't allowed to follow it.

Then, when I was 12, a traumatic event shook my family. My parents changed religion and radically changed the rules. I felt ambushed. We stopped celebrating holidays. We went to church up to three times a week. By 13 I was in a new school that didn't allow listening to rock 'n' roll music or dancing. I remember sneaking in Bon Jovi cassettes and paying the consequences in detention hall, where I was made to write countless dictionary definitions (a “punishment” that gave me glimpses of the power of words). Shorts were banned, even during physical education class, and replaced with Smurf-blue culottes. I had never heard of “culottes,” and soon learned it was a divided skirt ending just below the knee. I hated playing soccer in those culottes. Actually, I hated my life. I felt confused and controlled. It didn't make sense that my parents' new way would be right and everyone else in the world following a different path would burn in hell for all eternity. I was craving answers to some major questions: Who am I? What is my purpose? Why am I here? I was yearning to know myself, to understand my place in the world, in the cosmos. I was longing to know God, to

feel God, to understand the truth about God.

For three years I plotted my escape. Several times I packed my schoolbag with a few possessions and hid it in my bedroom closet, only to chicken out. Eventually pain outweighed fear. I could no longer follow rules and traditions without understanding their source and reason. I felt like a volcano on the brink of eruption. The angst manifested in my body as strange ailments doctors couldn't diagnose, including an engorged lower lip and a stiff neck that caused me to hunch to one side like a prettier version of the Elephant Man. I had nothing to look forward to, but right then "nothing" sounded a lot better than the "something" I was experiencing. I had to get out.

After leaving home, I skipped school and spent the next few weeks bouncing from place to place. With no skills or experience, just sheer determination, I acted older to get jobs. I sold gym memberships and credit card machines, hawked knives door-to-door, and worked one gig at an eclectic clothing boutique called "Ouch," which sounded like I felt, for \$4 an hour in cash. I ate budget meals: 33¢-a-box mac 'n' cheese; a cup of noodles for variety. Eventually I rented a room with no furniture and saved for a futon and a TV, which turned out to have only one channel—poltergeist static.

By the time I was 16, I had officially dropped out of high school, my best friend had died, I had been raped, and I felt awful about myself and my life. Not knowing what to do, I decided to go back home. My dad was grateful; he even gave me his older red Honda Prelude. But soon home life grew disharmonious. My parents and I didn't understand how to communicate without getting upset. One day I had an argument with my mom and left the house. When I returned the next day, my books and clothes were in a bag on the front porch waiting for the donation truck pickup, and my bedroom was painted a different color. I knew deep down we all loved one another. I yearned for a way to create understanding and bridge worlds.

Once again I left home. I was grateful for my little red Prelude, which I parked across the street from the airport to watch the planes take off, pretending I was journeying to a far-off exotic land. I didn't realize it then, but watching those planes soar into the sky sparked my search for who I would become. I began visualizing myself living free and traveling the world. I saw myself riding a camel at sunrise by the Great Pyramids in Egypt. I saw myself swimming with wild dolphins in the sea. I saw pictures in my mind of the life I wanted. Feeling a surge of energy, I declared, "I will find a way to do what I want to do!" Then something inside me snapped. It felt as if my soul cracked open, unleashing a fierce resolve to find answers, feel peace, and discover a way to create a magnificent life. Beyond the chaos, I had a silent knowing that my life had a purpose—I was destined for more. I made a decision. Something had to change??.?.?and I had to change it.

My resolve created a sense of personal power and direction. Yet I had no idea what to do next. Throughout the day I recited a mantra I had read in the Bible: Ask and you shall receive, seek and you shall find, knock and the door shall open. I spoke these words passionately, believing an answer would come. And in a flash one did, in the form of a thought: Go back to school and study business. I followed this inner guidance. Before my peers graduated from high school, I had earned my high school equivalency certificate. By 17 I had enrolled in community college. I stopped watching TV and listening to the radio and let go of "friendships" that held me back. The desire for something better was so intense that I severed ties with my former life and dove into new environments—ones demanding more of me than I ever believed I had.

I began making conscious choices, aiming far beyond the standards of my past and saying to myself: Whatever you feed grows and whatever you starve dies. Investing in books became more important than buying food or clothes. James Redfield's novel *The Celestine Prophecy* gave me hope; it spoke to my inner knowledge that all things are connected and divine serendipity surrounds us when we have awareness to see

it. Dale Carnegie's *How to Win Friends and Influence People* inspired me to become a person of influence. I wanted to influence my parents, create understanding, and bridge worlds without selling out. I practiced what I learned, and soon my parents and I were listening instead of reacting. I realized I could communicate to get agreement instead of resistance. Before turning 18, I moved back into my parents' home.

More important than influencing others, I began influencing myself. My life became a laboratory. Reading those books awakened me to the Supreme power language had to influence my thinking and transform circumstance. "The Bible was right," I thought. "We do create with words!" I stopped complaining. I stopped blaming my parents. I stopped talking about what was "wrong." Instead I listened, opened my heart, pictured what I wanted, and spoke about it as if it were happening now. And that affirmative language worked! In my first few semesters at school I earned straight A's, won academic awards, and even got a scholarship. I became the student body president of the largest community college in the United States. My physiology shifted too. I was standing taller, breathing deeper, and feeling greater potency. I was seeing myself from a new perspective, one of love and appreciation.

A few months before finishing community college, I answered a newspaper ad for a part-time job. The interview was in a hotel. As I pulled up to the valet driving my mom's blue Monte Carlo, the car died right there in front of the hotel. Embarrassed, I walked in to my interview and saw something I had never seen before. One thousand excited people had also showed up in the room where my "interview" was to take place. At the head of the room, the woman onstage was wearing a white suit and jeweled ornamentation. Captivated by her presentation, I fell hook, line, and sinker for a pyramid scheme. I saw the glamour and success I thought I wanted so badly that I invested all my energy, my savings, and my credit card limit. The government shut down the company. By age 18 I was shuffling close to \$40,000 in debt and my car was full of unsold water filters and vitamins.

Often the experiences that challenge us the most are the ones that harbor the greatest gifts. This challenge introduced me to the book that became my greatest mentor: *The Law of Success* by Napoleon Hill. "In every adversity lies the seed of equal or greater opportunity," Hill wrote. I devoured this text with a pen, highlighter, and journal in hand. I searched for the opportunities buried beneath my challenges. I wanted freedom, and at that time the only way I could imagine realizing it was through money. With certainty and focused intensity, I wrote down my first goal, or as Hill puts it, my "definite chief aim." I declared: "I earn \$100,000 or more per year."

By age 20 I achieved my declaration. I made my first \$100,000 per year while traveling the country as the top corporate trainer for Anthony Robbins (the world-renowned transformational teacher and motivational guru). By 24 I was traveling the world, riding camels by the Great Pyramids, and swimming with wild dolphins in the Red Sea, just as I imagined that day at the airport. I had proof that my external reality would shift when my internal and external communication shifted. Rapidly my whole life improved—my attitude, my relationships, my finances, my eating habits, my wardrobe, my living situation, my confidence, and my peace of mind. I was learning, achieving goals, doing what I loved, and feeling free!

I used my focus and language to change my life. I realized I had been raised and influenced to think, speak, and perceive the world in certain predictable ways, and although several of these beliefs served me well, many of them did not. Now I could choose beliefs that worked and contemplate, challenge, and ultimately transform those that didn't. I noticed times when constricting beliefs surfaced, but because I was aware of them, I was no longer held captive! I could ask, "Hmm, is this really true? Where did this belief come from?" Through my own experience, I understood that I could direct my focus, choose my language, and empower myself, no matter what! I wasn't a victim of circumstance. I had the power to transform my life! I had Supreme Influence.

That's my story. Well, part of it. What's yours? Why are you here? If you could consciously create anything in your life, what would it be? What is most important to you? What do you really want? Is it freedom? Happiness? Fulfilling work that produces prosperity? Do you want intimacy, a powerful partnership, juicy sacred love, or all of the above? Do you want to transform a recurring problem? Stop settling for less than what you are capable of? Do you want to feel lean, healthy, and energized? Be the most tuned-in, amazing parent to your beautiful child? Build your dream home or sacred sanctuary? Travel the world? What are you inspired to create? If you had a magic wand and could wave it to manifest your heart's desire instantly, what would you call forth? What if you knew that right now you have the power to summon and embody all these experiences and more? With Supreme Influence, you can!

When your thoughts, focus, physiology, expressions, language, beliefs, goals, and vision flow through your Supreme Self, you have power! And I don't mean power over any person or thing. I mean real power. The kind of power that needs nothing because it knows it has all. This is ultimate freedom, the kind that comes with living a genuine life, the freedom to be your true self and to make choices without fear. This power and freedom are the fruits of living in your Supreme Influence. Here you see with enlightened eyes, speak with a wise tongue, and embody your authentic self. Here you live genuinely, freely, and mightily.

Users Review

From reader reviews:

Angel Garcia:

Supreme Influence: Change Your Life with the Power of the Language You Use can be one of your starter books that are good idea. We all recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to set every word into satisfaction arrangement in writing Supreme Influence: Change Your Life with the Power of the Language You Use but doesn't forget the main stage, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information may drawn you into fresh stage of crucial imagining.

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