



By Valentino Salvato

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The Emerald Tablet

(Origin Unknown)

Translated by Sir Isaac Newton

1. Tis true without lying, certain most true.
2. That wch is below is like that wch is above that wch is above is like yt wch is below to do ye miracles of one only thing.
3. And as all things have been arose from one by ye meditation of one: so all things have their birth from this one thing by adaptation.
4. The Sun is its father, the Moon its mother,
5. The wind hath carried it in its belly, the earth its nourse.
6. The father of all perfection in ye whole world is here.
7. Its force or power is entire if it be converted into earth.
8. Separate thou ye earth from ye fire, ye subtile from the gross sweetly wth great indoustry.
9. It ascends from ye earth to ye heaven again it desends to ye earth and receives ye force of things superior inferior.
10. By this means ye shall have ye glory of ye whole world thereby all obscurity shall fly from you.
11. Its force is above all force. For it vanquishes every subtile thing penetrates every solid thing.
12. So was ye world created.
13. From this are do come admirable adaptations whereof ye means (or process) is here in this.
14. Hence I am called Hermes Trismegist, having the three parts of ye philosophy of ye whole world.
15. That wch I have said of ye operation of ye Sun is accomplished ended.

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ABOUT THE AUTHOR

Valentino Salvato (born Sept. 25, 1967 in Foggia, Italy, at 1:15am) has a BSc Honours in Financial Economics and a PGCE in Secondary Mathematics. He has worked in several different industries in Italy before becoming a Secondary Mathematics Teacher in London (UK). But, before anything else, he is an Astrologer and Coach with more than fifteen years of experience and a personal library of almost 3,000 volumes, in four different languages, on subjects like psychology, coaching, mythology, astronomy, astrology, philosophy, religions, esoterism, education, mathematics, physics, chemistry, biology, medicine, economics and finance.

He has travelled extensively throughout Europe and North America and to few countries in Africa and the Middle East. Valentino Salvato has thoroughly tested his knowledge to make sure it is workable and useful to himself and other people.

After so much and so long testing and some extraordinary results, he has decided to make some of his knowledge public at this moment in time. This is the first eBook of a series of infoproducts that will reveal the totality of Valentino Salvato's extensive knowledge of human nature and its unlimited potential and possibilities. But he is also available for private and public consultations to individuals and groups both in person and online.

He may be contacted directly through his website:

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FOREWORD

Dear Friend,

By purchasing this eBook you have set yourself up for a great surprise that will go far beyond your more optimistic expectations.

This is not a typical Goal Setting guide because I am not a typical Coach. My unique background puts me in a class of my own and you will realize this pretty soon.

My foremost purpose in writing and publishing this eBook is to provide people with the most reliable and solid framework to (re)organize their lives and to plan correctly in order to achieve maximum results and satisfaction in every area in which they are involved or should be involved.

The contents of this eBook are a summary of thousands of years of human effort to map life and give it a meaning that goes well beyond mere reproduction and death. I have been inspired by traditions and knowledge from all over the World, both ancient and modern, and I have made my own synthesis. The result of my eclectic work is ***a system with a coherent structure and a global reach that is applicable by everyone everywhere every time.*** I haven't invented anything new. I have just re-organized the existing knowledge on human nature which is unchangeable, unlike technology.

You will treasure this eBook and make it your main reference for life. You will also use it as a benchmark to evaluate the quality of any other material on the same subject in the past, present and future. In fact, the contents of this eBook are timeless and its principles eternal. Somebody may add some more details in the future but nobody will be able to rightly change its structure and what has been stated so clearly in this work.

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As you proceed with your reading, you will realize the importance and the extent of my above statements and you will agree with me beyond any shadow of a doubt.

I understand that for some topics you will have to make an act of faith at the moment but your future results will be the best evidence you will ever need to convince yourself and others.

I appreciate the current scientific method used to determine the truth and I find it useful and mostly reliable in doing its job but it is also a fact that it takes a very long time to reach its conclusions and it is applicable only to a specific set of phenomena that fit into it. Unfortunately, not everything is measurable with the current tools and not all phenomena are reproducible into a laboratory, and this is the main limitation of the current scientific method.

I am confident that one day even the “official” science will be able to validate, at least in part, what I am saying now. By then, a lot of things will be changed in this World and in its level of personal and collective consciousness. Indeed, the so much expected “*paradigm shift*” is not far away anymore.

For the time being, you can be confident you have the best framework and tools to direct your life and to get the legitimate results you wish for.

You will realize, more than ever, that you can be in charge of yourself 100% and that you can enjoy it. Personal responsibility is not a burden but a precious gift from God. It should always be promoted and supported since the early years of our life. Childhood is the best time to set up someone’s life for achievement and fulfillment, for joy and happiness and...it’s never too late to enjoy a happy childhood!!!

Indeed, to become childlike is the only way to regain your godly nature and to start doing things with joy and without any apparent effort. This is going to be your first and foremost goal from now on.

INTRODUCTION

As you know by now, I am an Astrologer and everything I say is based on a very good knowledge of this subject as well as many other subjects. In truth, every kind of human knowledge is part of Astrology.

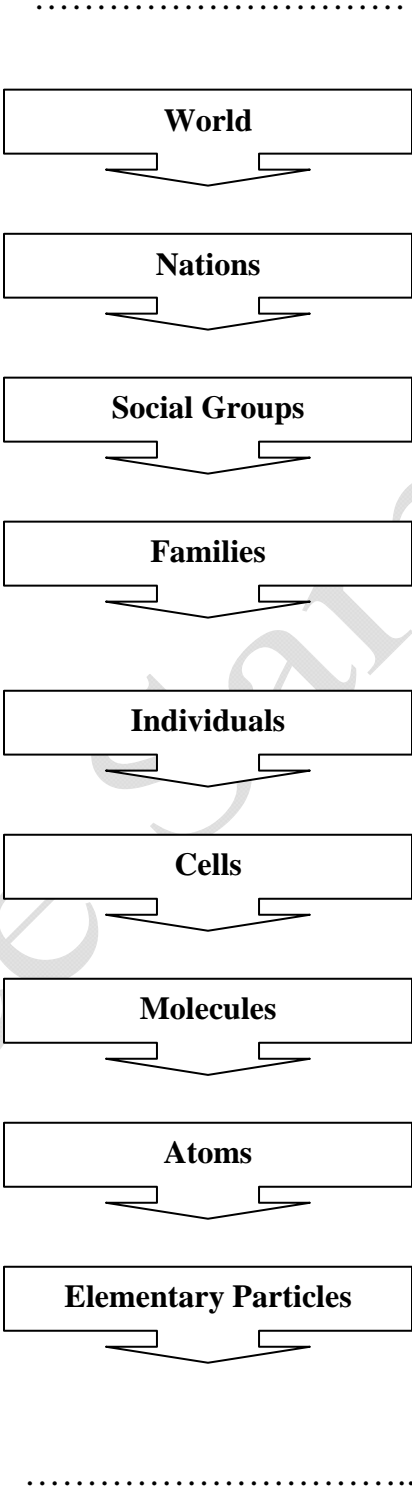
Astrology is the “*Science of Sciences*” and everything else is just deeper and more detailed knowledge of its parts. Astrology is the “*General Framework for Knowledge*” and it is thus able to show all the connections between all the different branches of human understanding. One day the “official” science itself will acknowledge this fact for good.

For instance, without considering Astrology at the moment, if we really want to get to grips with what human beings do, we need to look at it using several different *levels of analysis* at the same time. Levels of analysis, which are sometimes known as *levels of explanation*, are all about the way that we choose to study something. The following table shows some levels of explanation which we can use in analyzing the human condition:

Cultural influences
Socio-political influences
Subculture and social status
Social cognition
Social groups, family. Etc.
Interpersonal interaction
Intentions and motives
Cognition and emotion
Habits and learned associations
Genetics and evolution
Physiology
Cellular biology
Organic chemistry
Quantum physics

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We can also represent it from a slightly different viewpoint, as *levels of existence*:



From a personal development perspective, all the various tools available at the moment and that will be available in the future are also part of Astrology and they can be explained and connected to each other within its general framework:



The Spirit has absolute power over the Body; the Body over the Mind; the Mind over the Soul and the Soul over the Spirit. In fact:

1. Without the Spirit (Energy) the Body is dead;
2. Without the Body (Brain) the Mind (Thought) does not exist;
3. Without Mind (Thought) there is no Soul (Emotions/Feelings);
4. Without the Soul (Emotions/Feelings) there is no Spirit (Energy).

We can start from any point of the circular cycle. For instance, starting from the Mind, we can explain both the *placebo-nocebo*¹ effects and the *self-fulfilling prophecies*.

¹ Placebo = Latin for 'I will please'
Nocebo = Latin for 'I will harm'

This is a list of all the most known tools for personal development available at the moment and they all fit within the above astrological framework:

- ❖ Positive thinking
- ❖ Possibility thinking
- ❖ Positive psychology
- ❖ Visualization
- ❖ Affirmations
- ❖ Motivation/inspiration
- ❖ Subliminal reprogramming
- ❖ Autosuggestion
- ❖ Relaxation
- ❖ Breathing
- ❖ Hydration
- ❖ Sleep/Dream
- ❖ Nutrition/exercise/excretion
- ❖ Hypnosis and Self-Hypnosis
- ❖ Sound therapy
- ❖ Color therapy
- ❖ Meditation
- ❖ Faith/Prayer
- ❖ NLP
- ❖ Life Coaching/Goal setting
- ❖ Self-regulation
- ❖ Action
- ❖ Cognitive Behavioral Therapy
- ❖ Psychoanalysis
- ❖ Humanistic Psychology
- ❖ Various How To's
- ❖ Etc.

Astrology has just not been studied properly by trained scientists and they do not know its proper functioning yet. The vast majority of them even refuses to take its study into consideration, not knowing what they are really missing. Unfortunately, this is one of the consequences of strict materialism in current science. Reality, indeed, is made of Spirit, Mind and Soul as well. The Body and any other material manifestation of the real world are just one side of it but they are the only side that can be measured and controlled and scientists have decided to focus on that one only. Besides, there is an issue with the industrial application of knowledge and research funding that creates a strong bias and makes Astrology apparently not suitable for investment. What a silly mistake! The investment in Astrology is the best investment someone can possibly make and its reward is extremely high indeed!

For the time being, it is totally pointless to engage in lengthy discussions about the validity of Astrology according to the current scientific method. Let the results just speak for themselves. In the Bible it is said to “*judge the tree by its fruits*” and this remains always the best and simplest evaluation method.

But one of the purposes of this eBook is also to provide you with enough knowledge to appreciate safely and easily the complexity of the real world and our human nature. It is my personal pride, as educator, to make this material available to you in such a simple and clear format and I expect anyone with the ability to read and an average intelligence to be able to understand the contents of this work.

The present eBook on Goal Setting starts with a good introduction on Astrology which will be fully developed in a future infoproduct. But it is now important for you to understand clearly your place in the Universe and the true purpose of your life.

Understanding and appreciating the big picture, first and foremost, is the essential prerequisite for any other understanding and accomplishment. Before taking any direction in your life, it is fundamental to have a complete, although simplified, map of the territory. In this sense, the following chart gives you just that:

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Wu-Chi ("Void Circle" with no beginning and no end)
= GOD (Infinite and Eternal. No space and no time)

Wu-Chi [Chi or Ji]= Ultimate State of Nothingness

ONENESS - CHANGELESSNESS - IMMORTALITY

"Nothingness is everything"

"Your journey into nothingness is your own self-discovery"

Big-
Bang

[Tai Chi (Yin and Yang) = Supreme Ultimate]

"Chi" (or Qi) energy = Source of Movement

Tao = The Way to Wu-Chi

Space and Time

DUALITY - CHANGE - MORTALITY - REBIRTH

Nature

CYCLES

Matter (Good) and Anti-Matter (Evil)

Evolution and Involution

Construcion and Destruction

4+1 "Elements"

[The way Chi (or Qi) manifests itself in the Universe]

Fire (Plasma state = Spirit)

Earth (Solid state = Body)

Air (Gaseous state = Mind)

Water (Liquid state = Soul)

ETHER (= Akashic Records/Collective Unconscious)

12 Signs of the Western Tropical Zodiac and their Rulers

+ other Celestial Bodies and Astrological Variables

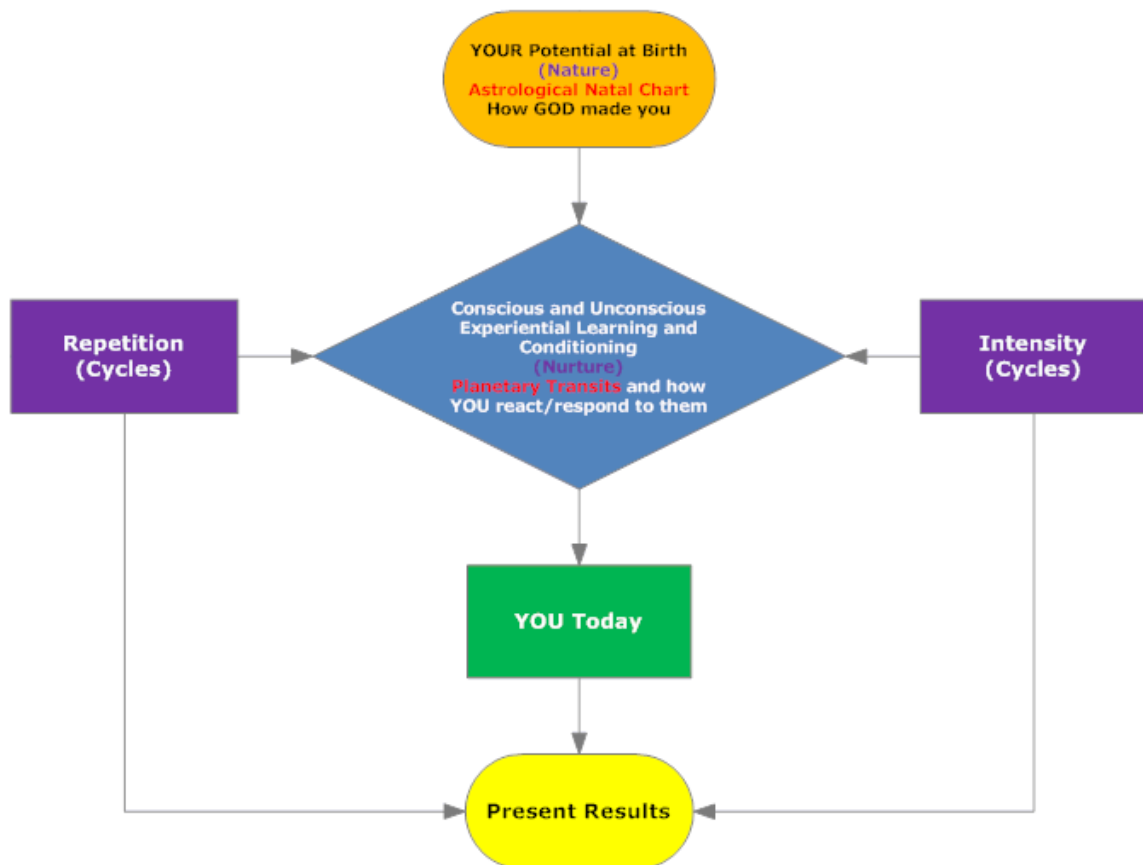
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You, as a human being, exist “below” the “above” structure and your uniqueness is given by your astrological *Natal Chart* and by the *Free Will* that God gave you when you were born. I will explain these concepts in the next few pages.

Since now, you need to realize that your personality and your life are the result of both your particular Natal Chart and your reactions/responses (i.e. choices) to external influences. Beware that just because your choices were sometimes not being made in a total state of awareness does not mean that you have no consequences for them, both negative and/or positive.

Human Development: Basic Scheme

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The difference between “*Conscious*”, “*Subconscious*” and “*Superconscious*” is well known by many in these days. Below I am just giving you a simple and brief description of them:

a) The **Conscious** distinguishes between “reality” and imagination, between past, present and future. It is “analytical” (logical) and voluntary and its functioning requires effort. The Conscious Mind can recognize differences and similarities, it has a limited memory and it works only when you are awake. The Conscious can process information at a speed of approx 40 bits/sec. This is the main sequence of how it works:

1. Goal/purpose/mission
2. Focus/attention
3. Selection
4. Perception (5 senses with their physical and psychological limits)
5. Association (with past information)
6. Evaluation (what does it mean to me? Pain or Pleasure?)
7. Decision

b) The **Subconscious** does not distinguish between “reality” and vivid imagination and between past, present and future. Everything is NOW. The Subconscious is timeless and spaceless. Its effects are automatic involuntary habits/reactions (no effort). The Subconscious works in a “reactive” (illogical) way, on a stimulus-response basis (conditioned reflexes). It records every experience in every detail (all details are “associated” at every moment in time - A=B=C=etc. at that specific moment - and linked to each other without any discrimination based on differences and similarities. Then they are stored into an unlimited memory), even when you are “unconscious” (e.g. your mother womb, birth, “imprinting”, faint, sleep, anesthesia, etc.) and it produces effects every time there is a new “trigger”, like an hypnotic command. It works 24/7 like a “record-playback” mechanism on autopilot. The Subconscious can process information at a speed of approx 40 million bits/sec. Its main functions are:

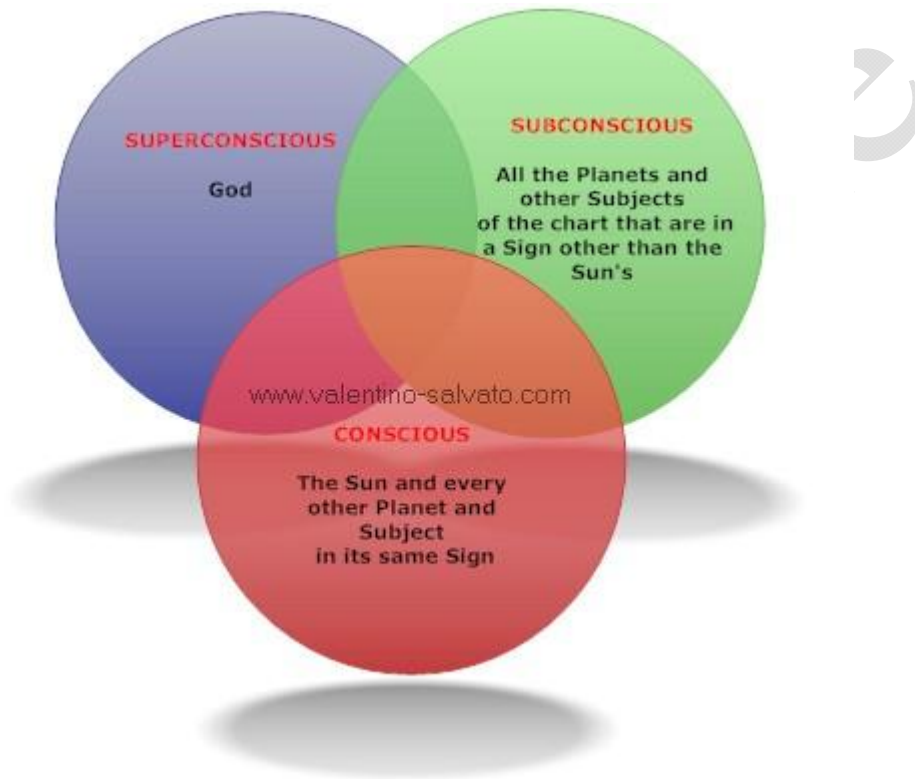
1. Life management (bodily functions);
2. Collecting, processing, sorting/storing, retrieving and acting on information;
3. Mental and psychosomatic illnesses (negative) – worst enemy;

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4. Solving problems and resolving conflicts (positive) – best friend.

c) The **Superconscious** is simply God (the “Wu-Chi” in Taoism).

In astrological terms, Conscious, Subconscious and Superconscious can be represented in the following chart:



I will explain in the next chapter what is an astrological Natal Chart and the meaning of all its main components (Signs, Planets, Houses and other important variables).

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At this point, I want to give you an example of the differences between *Yin* and *Yang* as applied, in particular, to *Tai Chi Chuan* movements. *Tai Chi Chuan* is a soft internal martial art and one of its aims is to harmonize the Yin and Yang energies within your body. This is a fundamental accomplishment to improve health and longevity, among other things.

YIN <i>(Night/Moon/Female/Mother/Soul/Water: cold, dark, wet)</i>	YANG <i>(Day/Sun/Male/Father/Spirit/Fire: hot, bright, dry)</i>
Passive	Active
Empty	Full
Pull	Push
Retreat/Backward	Advance/Forward
Inhale	Exhale
Lower	Raise
Bottom	Up
Left	Right
Counterclockwise	Clockwise
Open	Close
Drawing in Energy	Discharging Energy
Bend	Straight
Contract	Expand
Supportive	Dominant
Inner/Inward	Outer/Outward
Soft	Hard
Store	Release
Yielding	Firm
Sink Down	Rise Up
Taker	Giver
Light	Heavy
Near	Far

At the end of this introduction I also want to clarify the relationship between Astrology and Religion.

For the main Eastern Religions (Buddhism, Hinduism and Taoism) the relationship with Astrology is not an issue at all, since they are strictly interrelated. The Indian and Chinese “astrologies” are quite different from each other and from the Western “astrologies” but there are some common fundamental principles that are integral part of the Astrology presented to you in this eBook. After more than fifteen years of study and practice, I have created my own tested and perfectly working version of modern Astrology which takes into account and integrates elements from every school of Astrology ever existed. I have thus created a new coherent astrological framework that works for everybody anywhere at any time.

As for the other Religions, there has been a controversial relationship over the centuries, especially with Judaism and Christianity. The main matter of contention has always been the astrological claim to predict the future, and rightly so. So let me clarify this point once and for all:

*ASTROLOGY CANNOT PREDICT THE
FUTURE OF ANY HUMAN BEING.*

God gave us all the great gift of Free Will and we can always make a choice. We are the only people responsible for our lives and our future and, depending on the choices we make, God will deliver His feedback to us through the *Universal Laws of Astrology* (see next chapter) and, sometimes, directly.

St. Thomas Aquinas, the greatest Christian theologian ever, was a fervent believer and supporter of Astrology. His main work, *Summa Teologica*, is full of references to Astrology and his personal interpretation of it.

Both the Old and the New Testament of the Bible are also full of astrological references but this can be the subject of an entire separate book and it is not my intention to treat this subject here now.

There is a two-way relationship between Heaven and Earth, the *microcosm-macrocosm relationship*, and we are right at the centre of it without being necessarily at the centre of the Universe or even our own Galaxy.

Astrology is the book that God wrote in the sky for each one of us to discover. Its structure is known but the contents of its chapters are for us to write.

Because of Free Will and all the different choices we make every day, it is practically impossible for any astrologer to predict someone's future. What an astrologer can realistically do is to show that, given certain choices, there are certain "*windows of opportunity*" at certain times for someone to reap the deserved fruits. Whether this happens or not, obviously, will depend exclusively on the behavior of that individual.

For mundane events the circumstances are slightly different. For instance, it is much easier for a good astrologer to predict the outcomes of Government's policies in a given country and globally. This is because the political decision process is much slower and the policies are mainly known to the public. They don't change every day like for individuals!

In this respect, a good astrologer can provide a great service to any political leader that is willing to do the right things and, indeed, some do so without making it public. Now, more than ever before, astrological knowledge has reached a very high level of maturity and sophistication and it is possible to guarantee its results.

Everything that happens in life (the *outer game*) is the reflection of what happens inside (the *inner game*) and therefore there are mainly *two ways to change what you don't like*:

- 1) Change *from the inside-out*, which requires a lot of *self-knowledge*;
- 2) Change *from the outside-in*, which requires a lot of *action*.

Obviously, the best way forward is a combination of the two.

Astrology is the best tool to know yourself and your inner game while Coaching has the right tools to help you to take action. Together they are an unbeatable team that leads you towards success in every area of your life!!!

So, before looking at Goal Setting, let's have a closer look at Astrology first...

