OBSERVATION

Challenge your perception Change your Life

The Immutable Laws of Being

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Observation - Challenge Your Perception Change Your Life - The Immutable Laws of Existence

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Challenge your perception Change your Life - The Immutable Laws of Existence

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Observation

When it comes to personal growth we often ignore the truth around us. In fact, personal development can’t take place without such consciousness. You can only improve what you can evaluate and you can only measure what you understand. In other words, if you want to improve yourself, you need to know why things happen, how you can improve and what steps to take next.

But what is self-realization, how can you become more aware and develop a sense of oneness? This insight can produce a profound understanding of you. The search can confirm laws which are universal in their truth and procedures.

This is the realization of your core beliefs, your true values and your internal dialog. It is taking stock of your current path and adjusting everyday life to correspond with your path. Its awareness of self and those around you who change the energy and vibrations of your existence, it’s finding the truth and oneness with your creator.

When you know your strengths and weaknesses and understand how you react to different situations, you can change the results by awareness of natural law. You can find out how disciplined you are and what motivates you, and use your awareness and emotional state to control action and events. Most of all, you can find out who you are.

Awareness:

You may believe you’re aware of life and those around you. Maybe you’ve addressed your weaknesses and deem life as just a matter of making the most of the situation. Perhaps you believe in God but just don’t quite understand why you believe. Maybe you feel your role as a male or female is compromised by the ever changing society. Whatever you may be going through I can promise you this, there is a reason, an underlying cause of your experiences.

Should you believe you’re in control of your circumstances and that you manage a difficult life in an accurate manner, I’m here to say you may very well be right; but what if you’re mistaken. What if there is more to life than being aware of those around you. Suppose these strengths and weaknesses are nothing more than an effect of specific actions and the situations are part of the rhythm of life. What if you could manipulate life to flow with these rhythms or realize when change is affecting a given results. You would be able to control life and not have life manage you.

Could it be possible the very existences of your problems are a mere symptom of other events taking place? That you may be disregarding opportunities or even allowing tribulations by not focusing on correct action.

Consider this for a moment; it could be you don’t know everything about yourself and that you’re not as observant of you and your own actions as you believe. It’s okay; perfection should never be a goal. Your goal should be constant improvement on a daily basis; expansion of yourself, your knowledge, your passion and your desires; to become one with your creator and to truly know “You.”
Personal development is more than taking action to improve areas in your life, its knowledge of the truth, while facing your fears, it’s removing pride and finding harmony, it’s releasing the potential inside of you.

We all have dreams and aspirations, but very few of us ever fulfill them. There are so many reasons why we don't become the person we want to be that it can be difficult to know where to start. One thing is certain, if you develop a map, acquire a purpose and hold firmly to your beliefs, you will succeed.

We reap what we sow and if we choose negative attitudes, bitterness or resentment, we will sow pessimism and despair. The same is true of our successes, if we choose honesty, appreciation and gratitude, we find our relationships mature, business flows and we begin to grow as individuals.

We know that our outer world is nothing but a reflection of our inner world and it’s only our perception of events that give them meaning. Why do people reject the reality that we are the sum of what we continually think and our growth is in direct proportion to our beliefs and actions? Simple, they would have to take full responsibility for their lives and actions.

A positive mental attitude will do little for you in the area of success. If you truly wish to change your life you need to know why things happen, to believe life is larger than you and to habitually follow a path of correct thought. You have to be willing to pay the price in time, thought and effort. If you’re honest with yourself, aware of your surroundings and focus on the end results, you’ll find a map to a brighter future.

**Laws:**

Man-made laws to elicit desired behaviors, and the results, are unpredictable in nature. When these laws conflict with the Natural Law, we suffer consequences in our health, relationships, business and life in general. On the other hand, laws of nature are unbreakable. They can’t be changed, altered or managed; they are undivided and operate perfectly. These laws are separate yet whole and traverse with each other as they influence our thoughts, actions and the events around us. One Law will never conflict with another and in fact, they work in perfect harmony with each other. We will never find an example where they differ with each other and create an unintended result; all is perfect.

The real prize in life is the discovery of these truths and how they govern your actions, dreams and consequences. These laws, when abided by, produce an effortless way of life and a harmonic existence. By discovering their immutable properties, you learn how to control your natural surroundings, and environment.

Somewhere in these 12 chapters you are going to find a person you never met. Suddenly and shockingly, your life will be changed to the extent you allow. Questions will be answered, events begin to make sense and life becomes unstoppable; if only for a moment.

**Natural Law:**

I’m sure that you’ve heard much about Universal Laws or at the very least the Law of Attraction. This well-known theory popularized in recent years by books, films and speakers of
new thought explains the principles of a metaphysical law that one can attract anything that they think about consistently.

Seeking the Law of Attraction is a wonderful tool for anyone’s life but this is far from the total of your consciousness. In truth, the Law of Attraction is one of many laws and the better you understand how these laws operate, the quicker you can put them to work in your quest for a more fulfilling life. The understanding of these laws can change your existence and bring optimism to your future through insight of nature, energy, mind and thought and how they work not only in life, but the world around you. To truly investigate the sum total of your realization and gain a true perspective on existence you must seek the truths advanced by the nature of these laws.

Regardless of its name, whether you call it God, the One, Jehovah, these principles have always existed to determine the processes of creation. They are impersonal and work in conjunction with your subconscious mind and in connection with the Him and are the same in form, function and matter for everyone.

Knowing the truth is to recognize that nothing is made randomly, everything is governed by perfect directives which act and interact in unison. No one law stands as truth by itself, yet all laws are independent of the whole. Even though you may not understand or be familiar with their measures, you are continuously experiencing them and can verify their presence in every event manifested around you. Different from the laws of men, which change continuously depending on circumstances, universal laws are immutable principles that provide the origin and the perfect balance of everything God has created.

Like the universe itself, these laws are thought-driven and therefore overlap and join as thought dictates. As you move forward in the development of your consciousness, you discover a process that frees you from the constraints of the ego and aligns you with the perfect order of nature. Knowledge supports this process and gives you light to move forward along a way that can be sometimes unknown and incomprehensible. Though the end result will always be the same, truth and consistency of actions produce a natural result.

To begin to understand nature and these immutable laws from a logical standpoint, start by comparing them with the laws of physics. In physics a theory becomes law when it has been tested and produces the same results at any place where applied. Nature will hold to the same standards. Such a case is in the study of the cosmos where these laws are a given in every theory. Observe and study them with an open mind and the least contamination of your own ego. A mind full of ideas, concepts and beliefs will resist, opposes and refuses to understand the principles of the universe. You need to be open to the idea that spiritual design it’s not just possible, but it’s a certainty.

Ego.

The ego (limitations learned) always wants more, because it is never satisfied with what it has. All human beings want something now and as a matter of fact, the mind spends virtually all of its waking hours thinking of wants. Therefore life becomes a struggle of expectations and dissatisfaction. Throughout this process, we miss the essentials to be happy, to expand knowledge and to grow. If you examine your wants, it becomes clear that it’s related to what
you do not have, never what you need. By focusing on what you want, you overlook the value of what you need and what you have. On the contrary, when your attention is focused on needs and values, the results optimize what you have.

Everything in the universe is neutral. There is nothing good or bad; therefore there is no blame, no guilt, no injustice, no luck, no punishment, etc. All these are concepts of the ego in order for the mind and body to survive and to satisfy their primal wants. Nature operates the same regardless of how your morning’s going or whether your flight’s on time.

Think of nature as an electrical circuit with a positive and negative side and a mechanism in between which completes the circuit. We know from the study of physics that a person can touch a live circuit, regardless of the voltage and nothing will happen as long as he is not grounded. Once he is grounded, attached to the negative side, energy will flow through him and may very well end his existence. For this reason birds are able to stand atop of high voltage power lines with no effect of the energy; the energy is present, the mechanism is in place but the circuit isn’t complete. Natural Law is that mechanism which connects the energy to produce form and function.

Thought must be in harmony with the natural law and its creative process and in tune with the spirit, to form the circuit. Thinking thoughts that are not in tune with the soul, breaks the polarity, the circuit cannot be formed. The subconscious communicates this balance, or lack of connection in thought and action as it pertains to harmony. It’s obedience with this communication which places you in tune with the Nature Laws. If you entertain thoughts which are not in agreement with these laws life cannot be converse; there is no circuit, no connection, you are isolated with the thoughts cling to you, harassing and worrying you.

You must control this thought, allow it to be constructive and creative by eliminating all destructive or competitive thinking. Wisdom, strength, courage and all harmonious conditions are the result of the power which we summon from correct contemplation. Likewise, every lack, limitation or adverse circumstance is the result of the weakness which we display forms a worldly view. This weakness is simply absence of power, a lack of thought and a deficiency of knowledge. It comes from nowhere, it is nothing; the remedy then is simply to develop the power and draw from the life within you.
Chapter One: Oneness

The first of the 12 Natural Laws helps you to understand you live in a world where everything’s connected. What you do, say, think and believe affects everything around you.

In the late 1800s, American poet, philosopher and physicist Ralph Waldo Emerson, stated “All creation is one and people should try to live life in harmony with nature and with others.” He describes the currents of the Universal Being as circulating through him “I am part or particle of God.”

Emerson’s most famous passage suggests individuals are connected to Divine Oneness as well as universal knowledge.

As he continues to consider his own existence Emerson states: “It is certain the power to produce these delights, do not live in nature, but in man, or in a harmony of both; nature, in its mystery to man, is not only the material, but also a process and a result.”

Clearly, Emerson considers himself same in content and substance as the universe. That man is one and the same as the one who created him. The One who created him created all.

Devine Oneness is referenced in Ephesians 4:6: by the Apostil Paul, “One God and Father of all, who is over all, and through all, and in all of you.” This verse mirrors much of the New Testament teaching of oneness. Man is one with God and all minds are of the same source as our creator; we are one with God.

Oneness and connection to God is the nature of man; it’s your thoughts, dreams, beliefs and emotions, it’s your soul and your spirit. Through this source you have access to all knowledge, known and unknown, to an infinite power and abilities far beyond your beliefs. This being true, you can tap the limitless creativity of the One who created all knowledge, all power and all present. If there is any point of doctrine that is absolutely truth in the teaching of Christ, it is that God is the Father and man is one with God.

The Mind:

It's important to understand the two minds at work and the basis of Divine Oneness as the foundation of the universe and all its work.

The brain, the organ of the mind, is a living cell. This organic matter has no ability for creative thought, only reaction to events. All living beings (mammals) have a brain that regulates life, movement and necessary roles to continue life, but only the brain of man can produce original thought. You may be able to teach your pet to react with given stimulus, but to train them in values or future conditions would be futile.

Connection of the objective and subjective mind is another distinction between primate and man. You have a subjective mind which relates to conscious thought by experiences but is incapable of undergoing those experiences. Thus, the subjective is an observer of conscious thought and events. It interacts with the objective mind to translate thought into emotion, to produces sympathy, anger, jealousy and fear. This connection allows you to experience
reactions and emotions over events and circumstances in the past, present and future. The objective mind on the other hand, undergoes experiences, decides the significance of those events, and filters what is important and relevant in the event. Only what the objective mind sees as relevant and true will be filtered to the subjective mind for integration.

Freud used the metaphor of an iceberg to describe the two major facets of human mind. The tip of the iceberg which extends above the water is the conscious - objective mind while the much larger bulk of the iceberg is the unconscious - subjective. When you see the tip of the iceberg you’re seeing a dormant and decaying entity; one with no growth and little power to change its course. The exposed section is subject to greater, more resilient powers which lie beneath; the unseen that has the influence to change the course of the visual substance, to strengthen it or abate it. Though the base of the ice is the driving force, without the tip to hold back the sea, the ice would circum to the elements rapidly. Thought, like the tip of the ice, is necessary to feed the form of the subconscious. Though it doesn’t directly guide the path, it provides the course and fuel necessary for its survival.

When you consider the vast responsibilities of the subconscious mind, the power and potential become obvious. With the right leverage you can move mountains. Working directly with the subconscious mind provides leverage to effectively create profound and long-lasting changes on a mental, emotional and physical level.

This Law of Devine Oneness is one of conscious awareness and subjective impression of the mind and on the mind. One in which the conscious, “objective mind” adjusts its pattern of thought and reality through interaction with the subconscious, “subjective mind.” As the power of oneness flows the subconscious follows and with this, a natural connection with the mind of God results.

Although we divide ourselves as individuals we are one, and one is no greater or less than the One who created us. We possess superior and unique abilities from the same Source which develop in different ways and at different times in our growth. Collectively, we are spiritual beings having a human experience with the intent of developing fully. This is where physical characteristics and natural ability take form - yet the Source remains the same.

We are one, we are creation. You are one with God, the same as the creator. You develop unique abilities and physical talents that are exclusive to you and these traits develop at a fixed time. We have all experienced doing something extraordinary well, a point where everything just flowed and we were in a zone of excellence, the divine oneness flowing through you. Since God is omnipotent, “all power,” omnipresent, “all present” and omniscient, “all knowing,” isn’t it rite that when you are in agreement with him, his authority and will shines through you and you experience the same harmony in life.

Being one with God is not only physical but psychological. Every time you are kind to others, or to you, you become more in tune to the oneness with God. His love and energy pervades through you because your mind and thoughts are the same, just of a different measure. I’m sure you’ve done good deeds in the past, done the right thing, given of yourself for the sake of others? The feeling you received from your action was one of love, delight, harmony, in short, feeling oneness with your creator.
There’s a great mental world in which you live and more importantly you are one with it. This world will respond to your thoughts and desires in direct proportion to your purpose, faith and the action. When you’re in harmony with God, your being, values and truths are creative and positive. You are strong in your will and produce enough depth to bring your purpose into reality. "As your faith is, so it will be unto you." Believe this truth. Live this truth and you will create it in the lives of yourself and others.

All paths hold the necessary lessons and your purpose is to create a harmonic existence. You are here to learn to completely “Love and Accept” yourself. This is done by connecting with others and the world around you. Realize you live your purpose by experiencing all that you do. It is through the development of trust, unconditional love, faith and the complete alignment with your Creator. How you choose to be of service to God is always up to you, it is the act of being in service that is your purpose.

Oneness:

Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground. So God created man in his own image, in the image of God, he created him; male and female he created them.” - Gen. 1:26-27

This passage tells us, we’re one with God, one in the same minds and spirit in a unique world. Just as He, we’re placed above the plane of all living things and connection with him is undeviating.

Oneness with your creator, referred to as the Spirit of God, Faith or a relationship with Him is what spiritually bonds you with the world. Plants and animals, though certainly living entities, are incapable of thought on any spiritual level. Plants, though living, breathing organisms cannot expand beyond their own organic surroundings; their increase in life is limited to their environment and is subject to the will of man. The animal world primarily consists of creatures of instinct, able to move outside their environment but unable to thought beyond impulse. Some of the “higher” species appear capable of intelligent thought, but in reality it is a mere instinctive or trained thought rather than intellectual thought that is built from an oneness with the creator. In all of creation, we alone have been blessed with this wonderful ability and opportunity, for all the elements of God are parts of us.

The mind holds true to oneness. This is the foundation of natural law. This pattern is united and unity is present in all of Gods work. Any division characterized in us is found in the resistance of these laws.

Consciousness:

You’re related to the world and everything you can see touches and feel by your objective mind. This existing independent mind is part of your conscious world of observable or verifiable conditions, the part of you which experiences actions and events. The conscious world senses communication while seeking facts gathered from your senses to give credibility to its thoughts. It’s in the conscious mind that you relate to the world.
There’s always mystery in life the conscious mind can’t understand. You are given what you can absorb and comprehend. Ecclesiastes, 3:1 “There’s a time for everything on earth, and a season for every activity under heaven,” this will go into greater depth in the Law of Rhythm.

As you struggle to make sense of your fast paced life and uncertain future, you need to consider the foundation of your existence and the key to the condition in which you live. The foundation, life, did not evolve to this complexity through evolutionary progress, it’s just not logical. Not a single species lives alone, they all depend on the complex web of Life for their survival, even man. You may find a tiny housefly annoying, but remove it from the natural equation and the balance of your existence is threatened. These annoying insects are a primary source of food for fish, toads, spiders, and hummingbirds, which recur as a primary source of food for other species. The world is designed around the well-being of all.

Recognizing you’re connected to one another, to all living, you can become in tune with the world. You can begin to inspire visions from a larger perspective, one larger than you, that is you. Conscious of being more than clay molded by others, you develop awareness of human individuality. You’re one with the creator and never again will you be satisfied with the life you had. Connection with this One is true life.

**Relax:** People tend to prove their worth by overworking; seeking to bolster self-image with status, money, power, and possessions, anything other than who they really are.

Many people overwork because they cohere work with their worth. They think if they achieve a lot, then they must be worth a lot. In America we get our primary identity by what we do and what we possess. So, many confuse what they do with who they are. If a person says, “I am Doctor.” We think, **WOW, he is worth a lot**. If a person says, “I am bus driver” we may not think they are worth much.

If you’re living in a stimulating world, one filled with gratifying work and success, friends, colleagues and social groups, I’m sure you have a full and rewarding life. As sure as the divorce rate in America at 62%, that 51% are happy with their jobs and that 1/3rd are dissatisfied with life as a whole.

What this statistically tells me is people need to take time and relax, and balance their life with other forms of values that are not found in their daily activities.

There are five (5) ways to relax that we will cover. Of course, the first way is one you should have guessed by now.

1) **Read** – Reading is the best way to relax and even six minutes can be enough to reduce the stress levels by more than two thirds, according to new research.

Psychologists believe concentration on reading and distractions of the literary expression eases tensions in muscles and the heart.
Self-help books are an effective way to help lessen stress. These encourage you to explore feelings while they recommend techniques as listening to soothing music, learning how to play a musical instrument. Just engaging in deep thought can aid in stressful situations.

Connecting the intellect by reading stimulates your creativity while causing you to enter an altered state of consciousness.

2) Sleep – Getting quality sleep is important to your physical and emotional health, as well as your personal productivity for many reasons. Unfortunately, many people find that stress can contribute to sleep deprivation. It's common for stressed people to have the problems with relaxation and sleep. The most common reason is stress. For example, if stress is occupying your mind, you may stay awake thinking about it, robbing yourself of precious rest. Severe stress can keep you hormonally off-balance, making it difficult for your body’s natural sleep to occur. Don’t underestimate the value of sleep. You can increase your energy and productivity by regulating sleep habits.

3) Nature – Most people identify with this way of relaxing. A natural setting is hard to explain. That’s because we can’t explain God. It may be the creation, the colors, the oneness or the serenity, whatever the case, nature diminishes anxiety.

Research shows a marked affect that nature has on an individual, the fresh air, plants, trees and natural outdoors promote health, well-being and overall state of mind. When you spend time outdoors, especially being active, you can lift your mood, think more positively, and feel more internal calm and greater harmony with the world around you.

Studies show natural outdoor environments promotes creativity along with physical and psychological welfare.

4) Music – There is a time and a place for listening to music and work usually isn’t it. While doing work that involves concentration, you may find it’s not in your best interest. I like various types’ music, but I’m cautious of what I listen to because music can be counterproductive to your state of mind. Choose a style and type that harmonizes with your state or the condition you want to achieve.

Music is effective for relaxation, stress and anxiety relief. Since ancient times, music has been considered a valuable tool for calming the spirit, and it’s often used in meditation to focus the mind and still busy thoughts.

Have you ever listened to Beethoven, Bach or Brahms? Try it sometime when you want a relaxing state, you’ll be amazed by the soothing power of classical music. As a side benefit your cultural knowledge of music will increase.

It’s been shown that music evokes physical response, alters brainwave patterns and lower blood pressure. This routine can reduce stress and make your reaction to stress less extreme. As my counselor once said, “If you're on edge, it takes very little pressure to knock you off balance.” By settling a steady baseline, you can stay calm when confronted with adverse conditions. If you close your eyes and listen to healing music a few minutes each day, you'll find yourself more in control and less vulnerable to outside pressures.
5) Humor – This topic is familiar with everyone and is valuable in helping anyone to relax. Everyone likes a good laugh once in a while. Humor relieves worry and anxiety by taking life to seriously. In fact, it’s more important than you would think.

Laughter can help to relax muscles, lower blood pressure, and increase the oxygen level in your blood. Laughter lowers your blood pressure and increases the T-cells in the body. Laughter can help you put distance between yourself and your problems, allowing you to find solutions easily. Try humor the next time you have a problem.

So, who are you? You are life in the universe with a manual dexterity. You have two conscious minds, one of unlimited thought, power and knowledge, constantly searching for beauty, peace, love and harmony. And the other, one of self and reaction, one that respond to images, events and energies of others. We have the power to choose who we want to be and how we want to represent our world. You can step into consciousness of oneness or you can live in reaction to the world. You can be one with the universe and part of the trillions of molecules which make-up the mind and body, or you can choose the world of singleness, of self, of response to dominance. This is a world of solid form, separate from God, separate from the universe in which “Self” lives. This is the world of “me,” Gerald Culbert, writer, speaker, businessman, and creator. This is the “I” inside of me. Every day I make a decision, which one of these worlds I will choose, who I will be.

Focus:

God may be different names in different languages – Yahweh, Allah, Brahma, or God – in reality, these names all refer to the same singular force and being.

We are all individual, everlasting expressions of God. Our essential nature is divine and therefore innately good. Our purpose is to express our divine potential as realized and displayed by Jesus and other master teachers. When you awaken your divine nature, God will express himself fully.

That we have been fashioned by a single Supreme Being is the belief in God. This being, has control over creation (omnipotence) perfect and complete knowledge (omniscience) and is in all (omnipresent). You can find truth in your personal meaning of Oneness simply by Focusing on the One. By clearing your head of the clutter of the modern world and the collection of negative thoughts brought on by the day or week your able focus clearly and solely on your oneness with the creator.

Find evidence of Oneness whether in the Bible, through meditation or just being silent and one with Him. All religion may be separate in interpretation and teaching while describing a single source, but the foundation is the same, man is creation of God and in His image. According to the Christian faith, all the works of God come together as man and find their purpose in him. The world was made for man, and man was made for God. Without this belief you have a tendency to evaluate reality. Simply put, your life has value and meaning because God has an infinite love for you and has given you the right to all knowledge. Find the source of your life and focus.

When your life is in turmoil, it’s easy to focus on problems, pressure and difficulties.
You have the option to choose harmony and oppose this false self, your ego. The ego promotes thoughts like; I can’t be happy or content; I must constantly look at how others are living and performing to assess my value. The ego wants you in a constant state of turmoil. It convinces you that if you are not always on edge, if you’re not always vigilant, others will harm you, you aren’t secure or you can’t grow. When you choose peace and harmony in your life, when you focus on the positive of your existence, you are allowing the Divine into your life. And rather than vegetate, you will discover you can be busy, purposeful, and blissful and still have peace.

To reinstate harmony is a simple matter of allowing your higher self-to take over when turmoil enters. You want to live a life of cooperation among men rather than a competition your ego pushes on you. When you opt for turmoil and anxiety, you allow your ego to take over. When you choose peace and harmony, you let God take over. Know that you always have this choice.

If you want to change your life, change your thoughts. See situations for what they are, from the viewpoint of an observer. Instead of focusing on the negative aspects, be optimistic you’re taking correct action and move forward. Man would have never made it into space if the scientists continued to explore disbelief rather than solutions and expansion. Know that you have the knowledge and wisdom greater than any animal God has produced and the only challenges you face are self-imposed. Through correct thought, your resources are unlimited.

Life takes on a new meaning, a new dignity, a new power when you live in the constant realization of your oneness with God, the Creator and a belief of infinite possibilities.

Christ stated, “The kingdom of heaven is within us”. He meant the kingdom within is equal to the intelligence of Him. We can tap into its resources and vast supply at our will. The only determining factor in our abilities is our focus.

There are three subcategories on focus; though not in-depth, your knowledge of them necessary.

Focus on Love: The purest definition of Spirit is love and it’s this feeling of devotion which provides the connection to Him. When you focus on the love and the emotional association that it brings, you lose sight of fear and anxiety. Joy and peace fill the soul while a harmonic balance flows through every aspect of life. I’m sure you’ve had these times of ecstasy when a certain individual light up your day and gave you a feeling deep in your stomach. Everything just seemed to flow, problems dissolved and time flew by. You’re experiencing more than attraction to another, your coming into contact with the Spirit of God. Love is the only emotion that is more powerful than fear, and has the ability to conquer all.

Love can take many forms and can be found in the physical as well as the non-psychical world, but the real meaning is the same, “A profound, tender and passionate feeling for another.” It’s the most basic of human emotions; it’s pure, natural and honest. Love is forgiveness and
guidance, its passion and commitment, love is all and it transcends the boundaries of every emotion. So, why is it so hard for many to experience true love?

Simple, we have planted so much fear in our subconscious that we block out the love which we were born to radiate and enjoy. To this, the answer is not to remove the fear, but replace it with love. When you find yourself worrying about those problems which keep you from experiencing an abundance of love, look deep into your soul for the tiniest glimpse of light which can return passion. It’s there, beating inside you, in the oneness of God, no matter how deep.

Once you begin to look on all things with love you soon realize, this is the greatest weapon at your disposal. Love conquers problems and defeats fear, it clarifies good and evil and brings harmony upon you. By knowing how to influence your thoughts, you can control events and their meaning; you can become an unstoppable force by simply changing how you choose to see the world. Love is the essence of happiness, its freedom from fear and all which you wish to experience in your life.

You can cultivate the love in your life in many ways. Being alone in nature, listening to beautiful music, reading, writing, and being kind to you; these acts form conditions which open the soul so you may connect with the spirit.

When you overcome trepidation and deal with problems, your allowing love to take hold of your life and the more you do, the easier it will flow. Love is what we were born with; fear is what we’ve learned. When you consciously renew your thoughts by affirming worship, you set an example of overcoming to others.

None of us can remain totally focused on positive thoughts all the time. The point is to regain your focus as soon as you recognize you have lost it. Like the lens of a camera, if you lose the focus, everything you desire become blurry; re-focus with a simple but deliberate adjustment and you gain clarity. You can always re-set your intention and attention by choosing to focus on integrity rather than malevolence. This means, stop focusing on what’s wrong and focus on what’s right. If you are staring at what immoral, it’s hard to see what’s respectable.

**Focus on Goal Setting:** It’s important to set goals. If you don't know where you’re going then you will never know when you arrive. It bring you closer to spiritual truth and meaning by removing the self gratifying nature an immediate satisfaction which society has programmed.

With every goal, a path to success is provided. If you want to learn another language, if you want to travel to a foreign country, if you want to lose 25 pounds, all of these goals have specific steps you need to take to reach them.

To learn a language, for instance, you have to decide if you want to take a class or do on-line training. You need to schedule time to practice or join a group of like minded people where you can converse in that language. Maybe plan a trip so you can absorb yourself in the language and culture. The same with losing weight, do you want to follow a prescribed of the many weight loss programs or should you absorb yourself in nutrition and exercise to find a specific path which works for your body, palette and schedule.
Goal setting is great, but it’s the first of many steps on the journey, it’s the opening credits in the movie of your life. Once you’ve set a main goal, you need to tie in sub goals; smaller, bite size chunks which move you towards your goal. Break them down as far as you can, to where they become a series of simplistic tasks leading to your aim. They need to be written out in a clear and defined set of actions and reviewed constantly. Should they not fit your flow then you’ll need to expand or modify them, but most importantly, take action every day towards accomplishment of specific tasks.

Once you’ve set sub goals, you’ll need to set effort goals. These are detail oriented and have specific struggles attached. They are defined and measureable tasks such reading a book on languages or taking a one mile walk each evening. There simplistic in nature yet maybe difficult in execution.

If there is one habit which will propel you to greater heights faster than anything its Goal setting, an actions we will discuss in further depth.

Focus on One Course: Today, a great deal information is at our fingertips. We’ve been conditioned to move from one inspiration to the next at a moment’s notice; to sustain thought is unusual. It’s said, this is the information age, the era of choice, but what does this do to our spiritual nature, the self which need connection and harmony?

To live in truth and be successful we must follow a given the course of successful action, uninterrupted by choice and technology. There are time in which the computers need to be turned off, phones silenced and focus applied to gain any measureable results. A specific example would be in the case of meditation or worship services. How often do we see people bring their phones with them to such events - Why – is there something or someone which you can’t separate from for one hour to work on yourself? Should you be in this habit, break it first before moving on, focus is vital.

Focus takes a set period of time, dedicated to one task and one task only. When you were a child, you didn’t have computers or video games, when it was time to do your homework, you sat in your room and focused on the task until it was complete. This focus is lacking in today’s culture, and it’s what we need to return to. Goals can be clear and lofty, stated and defined, but if they lack single-mindedness, they will also be ill-fated. The dilemma is getting caught up in setting goals or the process, rather than focusing on course; there’s usually much to do once your purpose is clear.

Separating goals into sub goals and then into individual actions will help you stay on course, but this can be time-consuming and your ego wants gratification now. Your mindset must be on specific actions not on the total outcome. To borrow a line from Og Mandino, “Nature never acts in haste, a thousand years is required to build the Olive, king of trees, yet an onion plant is old in nine weeks. I have lived as an onion plant and it has not pleased me.” Many of us put off goal setting for a reason, “we want it now”. We circumvent the process, knowing we have found a better and faster way of a process which has been in place for generations. When our new and faster approach fails to achieve, we simple give up and move to the next undertaking. Be patient, take action, and stay focused on your course, know with each step you take you’re one step closer to where you want to be.
“It’s astonishing how many people lack the will to keep holding on and push to the end. They can make a sudden dash but they lack the fortitude to push to the finish; their easily dissuaded. They move on as long as everything is smooth but the moment they hit friction, they lose heart. They depend on strong personalities for their spirit and strength instead of developing the courage to act. So many people lack originality and independence; they only dare to do what they’ve seen others do. They don’t step boldly from the crowd and act fearlessly.” Dr. Theodore Cuyler

When you set goals you are setting a course of actions and action is of little value if the path is not followed and seen to its conclusion. Successful planning requires continual focus on action and commitment to completion; one small goal at a time if necessary.

**Do It:**

Far from a work out fanatic, I’ve developed a habitual action each day of fitness. Regardless of the prior day or lack of sleep the night before, I exercise each morning at 6am. We’re not talking much, some general yoga followed by a 2 mile walk which takes all of 20 minutes. It’s in this time that I build clarity for the day to come and connect with the power of God. Sure, I miss the morning news and don’t have time to drown my sorrows in caffeine or nicotine while pondering what will go wrong today. But, I believe this is a fair trade for the moments of connection with the spirit. While others walk into the office with stories of how the world is continuing to conquer them, my pace has been set, plans have been formulated and thoughts are clear.

You’ve heard the phrase, “A good plan today is better than a perfect plan tomorrow.” Let’s rephrase this to, “A well thought out plan today is better than a perfect plan tomorrow.” Though action is a necessity for any transfer of energy, for any movement, for all creation, you want to increase the odds of your success. Many plans seem viable at the point of conception but when proper thought is applied, they become practicable.

Just as thought alone won’t get you anywhere, inappropriate action can lead down the wrong path. When formulating a plan always step back from the event and separate the ego, ask yourself, “How would others perceive this action?” Far too often we are blinded by our own intent and can’t see the impact it has on others. Sometimes out of greed but most often out of distraction. By combining thought and action along with a willingness to serve the greater good you create a powerful force which changes your life.

I’m not suggesting you wait until plan is perfect before taking action. I’m saying, put a correct plan in place which takes in to account the variables of your intent, before taking action. If your goal is to climb Mt. Everest, you might want to start with a jog around the block before you book your trip.

Once committed to setting goals and formulating new habits you must take action. Right now, go to your calendar and pick a time without any distractions and commit to setting a course of action, any course in a positive direction. Now is the time to write your goals, or if they’re written, define them in smaller sub goals which you can do now. What can you achieve today, now, breakdown how you’re going to do it. Move on to tomorrow, what steps can you take today which will set in motion the following day’s events? Pick something you’d like to
accomplish and decide your course of action, the path you want to follow. What do you need to do? Focus on it; every day, every hour, and every minute. Keep it with you and constantly analyze your progress, you'll be amazed at what you can do and you'll feel great in the process.

If you're having trouble getting started, set a goal of setting goals, set a time and place and stick to it. Whatever the path, set a goal of actions to take place and results to be acquired, if only one, and sticks to it.

Like the Supreme Being, omnipotent, omnipresent and omniscience, singular but one, you are of the same mind. When proper actions take place, you align with natural law and begin to flow. Just as each law is separate by itself yet part of the whole. Your body, mind and soul are separate, but part of the whole. Without action, the mind is idle, without thought the body will suffer, without spirit the soul will die; independent yet one, a separate purpose while forming the whole. Never allow one to act independently of the others.

**Awareness:**

Your world cannot exist without perceived realities. There are signals produce all around us which are interpreted by our consciousness mind to determine their purpose. These signals are defragmented by inductive reasoning, (general pattern of memories that compose a truth about specific event or observation) and given to the subconscious as truth. If you're having difficulties, the problem might not be in the signals but rather, your interpretation of those signals. In a simple way, how many times have you misread the actions of others? Been speaking with another and a statement is made which offends or disturbs you, to only later find out your interpretation was wrong. What ensues is our filters, just as the memory in your computer, gets temporarily overloaded and kicks back random information; we have lost the connection with another and thus misinterpret their energy.

The same id present in our connection with God. Failure to connect with on a deeper level is not intentional and often we are not even aware of it. We may seek inner peace, harmony and a connection with our creator but we subconsciously lose sight of our purpose in favor of our chosen objectives. We may even be enlightened, seeking wisdom, meditating and reading the finest works, yet we still feel disconnected. The stumbling block to connection lies in the Laws of Nature and our belief of what we must do, not necessarily in what we should do. True and correct action is essential for growth, but your spiritual mind will not develop on action alone. This subjective mind is doesn't see action, it only perceives results and the emotions associated. There are times when you need to put down the books, take off the headphones and just be at peace with you; allow your unconscious to stretch its legs.

**Meditation:**

Meditation is a mental discipline by which you try to get beyond the conditioned, "thinking" mind into a deeper state of self-awareness; to free yourself from associating solely with objective thoughts and perceived realities.

There are no boundaries in mediation. It has neither depth no height which means it can always be further developed without limitations. Meditation is a personal matter and an adventure of
the soul and in truth; few of us meditate in the same way. But for those who take meditation seriously, the purpose is the same, improved conscious contact with self and spirit.

Despite its lack of dimension, meditation is the most practical thing we can do. The rewards can be emotional balance, realistic thought and physical well being. This broadens and deepens the channel between you and the spirit by regulating our internal environment to preserve stability. This system can be either open or closed depending on your state but its condition is not permanent and is subject to your awareness of existence.

At the core of meditation is focus thus freeing your awareness. As you progress, you will find you can meditate anywhere and access an inner calm no matter what's going on around you. You can also control your reactions as you become increasingly aware of your thoughts (letting go of anger, for example). But first, you have to learn to tame your mind and control thoughts.

Make time to meditate. Set aside enough time in your daily routine for meditating. Early morning and in the evening are often most preferable. The stability of reflection is most noticeable when you do it regularly, first thing in the morning to plan your day and before you retire to clear your mind. Don't start off with long meditations; begin with 5 to 15 minutes a day. As you become more through, your mind will dictate the extent.

Find or create a quiet, relaxing environment. It's especially important, when you're starting out, to avoid any obstacles to attention. Turn off any TV, phone or other noisy appliances. If you play music, make sure it's calm, repetitive and gentle, so as not to break your concentration. Meditating outside can be conducive, as long as you don't sit near a busy roadway or another source of loud noise.

Relax everything, and keep searching for areas that aren't relaxed. When you find them, (and you will), relax them. You may find you can't relax them unless you adjust your posture so you are better aligned. This commonly happens with muscles near your spine. You may notice you are twisted a little and need to straighten. Little muscles in your face often keep getting tense.

Let your attention rest on the flow of your breath. Do not judge, Listen to it, follow it. The goal is to allow the "chattering" in your mind to fade away. Find an "anchor" to settle your mind. Try reciting a mantra a single word like "I AM" uttered at a steady rhythm is best. You can recite it verbally or just with the voice in your mind. Beginners may find it easier to count their breaths. Try counting your breath from 1 through 10, and then simply start again at 1.

To avoid images from intruding on your thoughts, picture a place that calms you, real or imaginary. Imagine you are at the top of a staircase leading to a peaceful place. Count your way down the steps until you are peaceful and relaxed.

Silence your mind. Once you've trained your mind to focus on one object, the next step is focus on nothing, essentially "clearing" your mind. This requires tremendous discipline but is the height of meditation. After focusing on a single point, you can either cast it away, or observe it neutrally. Let it come and then go, without labeling it as "good" or "bad". Take the same approach to any thoughts which return to your mind until silence perseveres.

You conscious contact with God depends on your desire to seek it. Gods' power is available to you all the time; weather you choose to obtain it or not. God is present in all He made though
many are not aware of his presence. Remind yourself everyday how much of your life depends on your awareness of God and the influence He has over your life. Seek His help in everything you do and remember God desires to help you, He will help you and He knows what you need.

Seek God through daily prayer and solitude. Find the peace that passes understanding, the balance which gives understanding to life.
Chapter Two: Vibrational Energy

We are living in an energy filled universe connected from the lowest to the highest levels of life, spirit and matter; energy is everywhere, especially in us.

The Law of Vibration can be described as the Law of Change since Vibrational energy is apparent when changes in form or function occur. These laws do traverse, but the Law of Vibration considers mind and thought opposed to the physical and nonphysical world most often associated with change.

Understanding vibration is recognition that every action is energy and thus affected by its force and shaped by its influence. The same principle of vibration that applies to your physical world, applies to your mental world of thoughts, feelings, wishes, and wills. Each sound you hear, event you see, and thought you think has a frequency unique to itself.

The Law of Vibration states, the Universe is in motion, it vibrates and travels in patterns. In the vastness of the universe in which 90 percent is empty, we see energy in all places; it's molding, shaping and changing forms throughout the cosmos. New theories such as Dark Matter illustrate its presence in the enormity of unfilled space. This infinite power holds everything in place and reacts precisely to Universal Law.

Since vibration is energy and the entire cosmos is vibrating matter, this means nothing is ever dormant. There is no such thing as inertness in the universe; everything is under constant vibrational change. From your own mind to the largest forms of matter, energy is everywhere. Everything at every level is changing, from galaxies to thoughts, from planets to emotions, the fact is, and everything is change. Change is constant.

Vibrations moves through the body in a distinct flow, which in turn aligns the mind and spirit. When energy is freely transferred through us we become in perfect harmony with our thoughts and actions were in the “zone.” We’re in sync with the world and move through life free of fear, worry and sadness. As you shift towards or away from this harmonization, you change the vibrations and patterns of your mind, thoughts and actions, and thus attract vibrations from new sources.

Have you ever walked into a concert or sporting event and immediately you felt the energy flowing in the room? Instantly your energy changes to match the liveliness being produced by others. Move as little as 10 feet from one space to another and your energy can explode into a myriad of emotions and feelings by the presence of new vibrations. Times of sorrow, concern, of peace and joy can be overrun with the polar opposite. How many times have we driven down the road in a blissful state, listening to music or having good conversation when suddenly someone cuts us off? Instantly our energy shifts from pleasant to one of anger, and we find it hard to regain the peace we had just moments ago. It takes a complete shift to bring you back in harmony with a joyous condition, just as it took a complete shift to move you away from this accord. This transfer could take hours, days, even months. What’s important to understand is the energy needed to recapture your state must be greater than the energy which initially disrupted the situation.
The tiniest disturbance in vibration bends existing energy and initiates a varying change until absorbed by the dominate force. The moon shifts orbit and the seas begin to rise and fall, a child screams in fear and adults search for the reason. Speak to someone who is in a spiteful manor and before they respond, you feel a vibrational shift in your energy. This is a temporary shift of state, a momentary effect of the dominate vibrations. A disturbance in any part affects the surrounding fields of rhythm and a brief alignment is created. When energy begins to flows in harmony with the new vibrations, balance is restored. Any energy affected by the original disturbance will returns to order or gives way to the dominant energy. An example: A fight breaks out at a party and vibrations escalate; everything was pleasant until the energy exploded. The actual event may take seconds; but its pulsation was so powerful, it changed the entire vibration within the surrounding area. This change can last minutes or an eternity depending on the force. At the same time, by introducing strong harmony to an environment of negative energy, the harmonizing energy can shift the destructive vibrations and brings them into alignment.

The beauty of vibration is that offers a choice; you can harmonize with energy or remove yourself from it. Should you be in a negative environment, it’s entirely up to you on how to deal with the flow. You can walk away and surround yourself with other positive forces or you can choose to challenge the situation and alter the flow. Whichever way you proceed, change is made and natural flow will occur. Analyze your friendships, relationships, working colleagues and decide objectively just how healthy these people are in terms of the energy they produce. Do they bring out the best in you or do you serve as a sponge for all their problems and miseries? Staying with people who have a constant flow of negative energy isn't going to be rewarded, so don't subject yourself. If the force is negative, excuse yourself from it, if it’s constant; remove it totally from your life.

To raise vibration levels and be harmony with the omnipresent, omnipotent and omniscient spirit, little more than conscious thought and consistent effort is needed. The more you allow the essence of the Creator to flow through your mind and body, the higher your vibrational frequency and the more creative and authentic you become. The lower you are in vibrational frequency, the less inspired and agreeable you are. Your ego begins to choke the flow and allow less of the Creator to flow through your life.

**Break The Pattern:**

The first step in training your mind is to remove the habitual forces which are controlling your life; people are constantly falling into patterns. They start out with the best intentions and do well for a little while, but then fall back into old habits. This design has been holding you back must be broken. Effort is required but the rewards allow you to live the life you want. Try these new patterns for one week and notice the change in your vibrations. They may seem simple and pointless to begin with and if that’s the case you should have no problems. Habits are easy to break for the first few days, I’m only asking for seven. Summon your will, know you can achieve and deliver what you commit too.

**Give Up TV.** Television is filled with images meant to deaden the mind, little is inspirational or educational and it’s the primary killer of positive intent. Remove it and you will
be amazed at how your thoughts become focused, your energy increases and your emotions more stable. As a side note: include video games and general Internet surfing.

**Eat Well.** Your body needs energy and food is the supply. Skipping meals won’t help you lose weight; you’re more likely to emend by eating more at the next meal. Begin each morning with proteins whether in a shake, snacks of food, eat at least ½ your weight, in grams, of protein, preferably in the morning. If you weigh 150 lbs. eat 75 grams. If you’re on a diet, choose from a wide variety of meal replacement drinks and snacks available.

This simple step reduces your caloric intake, provides energy and balances your system.

**Create A Journal.** If your life is worth living, then it’s worth recording. Instead of writing what I did each day I use the journal to explore my own personal growth. It added clarity to my daily life and increased my vibration. I’ve gone one step further, I now carry a camera with me wherever I go and snap at least one photograph a day of something unique. Now, you have a written and visual view of your awareness.

Don’t let life pass you by, gain a better appreciation and awareness of yourself and others by documenting your thoughts.

**Get More Exercise.** Simple recreational exercise is helpful when you focus on positive actions which prevent you from giving in to fear and worry. I’ve been playing golf with friends more than usual, even though I’m not thinking about what I want; I’m definitely not putting any mental energy into fueling problems. The game and conversation consume my thoughts.

If golf is not your bag, commit to stretching every morning and walking every evening.

**Meditate.** Something we touch on in most every step. You don’t need to spend hours meditating. By mediating for 5 to 10 minutes a day you’ll increase your ability to concentrate and focus by a 100% within a matter of days; do it for weeks and you’ll have dramatic results.

**Purify Your Body.** Toxins lower your energy and vibrations; they literally pollute your body. Try one of the many cleansing treatments available, better yet, try all of them, and find one which fits you. The process takes 1 to 14 days and the benefits are amazing, not just in your physical body but on your mental being as well.

There are so many patterns you can break. Your choice of snacks - Your choice of activities - Your choice of online visits - Your reading habits - Your target goals. When you step back from life and contemplate, you’ll be amazed at how you have been programmed. As we’ve stated before, your mind is much like a computer. Years of instructions have been downloaded and these are quite possibly out date programs which are affecting your operating system.

What patterns could you break - Which patterns are you missing - What are you doing subconsciously and is this serving you - How much time and opportunity can you get back by breaking some of these patterns?

Removing patterns takes time. It's a constant ebb and flow of observation and conscious removal. Just as peeling an onion a layer at a time, be patient and persistent, removing each underlying challenge until you reach a place of understanding. This can only happen naturally,
and it cannot be forced, only guided. It’s important to be gentle and forgiving in this process, to understand why you are choosing to break these patterns and what the return will be.

"You have two choices. You either pay the price of discipline or the price of regret. Discipline weighs ounces, regret weighs tons." John Assaraf

Be Mindful of your Thoughts:

We live according to our thoughts and beliefs and these vibrations affect how we perform now and in the future. So, it’s important to keep a close eye on habitual thoughts that enter your mind. Be aware of whatever you’re saying (to yourself) or thinking at given moment. Whether you’re walking, cooking or resting, be alert to your thoughts and what you’re concentrating on. If you don’t train your mind to focus, your subconscious will create situations which may or may not help you achieve your goals.

The main part of the brain responsible for thought is called Broca's Area, named for the scientist who discovered it. This part of the brain is found in the temporal area of the cerebral cortex or the frontal hemisphere. Interestingly enough it’s the same region that produces speech, which tells us there is no deferential between thought and speech. The subconscious see them as one and the same. We know how powerful words are when we speak, not only to others but more importantly to ourselves. Once spoken, our words become a self fulfilling prophecy of our actions. People find it hard to back away from statements they’ve made even when confronted with absolute proof to being erroneous. This being so, reflect on your internal dialog, how do you talk to yourself. Changing this one simple pattern can change your life.

As you train your mind, you’ll by less distracted and more fulfilled. You start to examine what motivates you, what satisfies you and what brings you closer to where you want to be. When your mind is focused on positive results you take the necessary actions to follow through and make sure you achieve results. The minute you become distracted, you lose sight of your goal and fail to move forward.

Every moment you have a choice whether to be at peace or to be in conflict. When you are at peace you attract positive vibrations that attract like mind, you move forward. When you resist you create negative feelings that reflects pessimism in your life and consequently become stuck. It’s a simple choice and yet most people unconsciously choose to live in negativity.

Apply the same strategy to being mindful that you would to any action you plan to master; practice, attention and focus. Some simple steps to being mindful are:

**Start Your Day with Meditation.** To be in touch with God is to meditate often: just becoming aware of your presence. Relax and feel your consciousness or presence. This is a very powerful practice that creates a positive vibe throughout the body.

**Quit Controlling Life.** The more you oppose harmony, the more you suffer. Trying to control life’s situations will cause great stress and negativity. Control what you can and give up what you should. People who stay surrendered and relaxed generate a lot of positive energy and attract the grace of life.
Visualize Peace. You will have to consciously and consistently remove negative patterns from your life. Stay focused on the positive aspects of all situations. Center your attention on a peaceful flow of life.

Stop Worrying. Replace worry with rational thought and practical action. Know that all things are for your growth and there is nothing to be achieved by worrying. In fact what you worry about will not even happen most of the times.

Let Go. The worst thing you can do is to live in the past. These memories and reflections are meant for one purpose and that is to learn from, not to dwell upon. Forgive others and forgive you, move on. There is a lot positive energy in the simple act of forgiveness.

Be One with Nature. If you want to attract positive energy just look at the nature. Reflect on the trees or flowers, or just rests in stillness. Enjoy the peace and tranquility that radiates from the natural world. This peace will ignite your own inner true nature of stillness. These are some simple techniques to attract positive energy into your being. Remember that staying conscious and dwelling in presence is your true nature, and it’s always peaceful and radiant of positive energy.

You have at least sixteen waking hours each day in which you need to fill your mind with positive things. Any combination of these can maintain a persistent positive focus. Being consistently positive is an attainable goal, but it's not going to happen by accident. You will have to do it on purpose.

Whenever you notice you’re getting distracted in a thought, discern what took you away from your focus, acknowledge it and bring your attention back to awareness.

Be careful of your thoughts, for your thoughts become your words. Be careful of your words, for your words become your actions. Be careful of your actions, for your actions become your habits. Be careful of your habits, for your habits become your character. Be careful of your character, for your character becomes your destiny.” Mahatma Gandhi

Be Mindful of what Others Say:

In 1968, a small town school teacher tried an experiment that shocked her community; she called it Brown Eyes, Blue Eyes.

The teacher enters a classroom and tells the children that it has been proven that kids with blue eyes are smarter than kids with brown or green eyes.

The results are immediate and dramatic. The blue-eyed children started to perform above their normal level and continued to give above average effort.

Two month later the teacher calls the same kids for a special meeting and tells them she had made a terrible mistake. She apologized and said it has been proven children with brown and green eyes are smarter and more intelligent.

Again the results are immediate and dramatic, the blue-eyed children started to underperform, while the brown and green eyed children improved considerably.
What does this mean? If you sincerely believe you are smart, you actions will be intelligent. If you believe you’re creative, you will be ingenious. - If you believe you are a success, you will be successful.

Always recognize that belief is directly related to internal and external dialog. When someone makes a statement which pertains to you, many times it’s difficult to tune them out. There’s always the underlying question of, Why would they say that – Maybe it’s true – Who ells feels this way? Without speaking a word your mind races to confirm or deny these accounts.

Following these principles of thought and affirming them constantly increases your Self-image and lessons the damage of any viral energy looking to affect your system.

**Manage Your Thoughts.** Learn to manage your thoughts, especially when it comes to the opinions of others. People say things which may or may not fit your life. This may be difficult, but you can save yourself headaches by being aware and blocking out all opinions which are not consistent with the new you. Tell yourself, "I am not going to think about this.” In the moment something may sounds illogical or negative.

“Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.”  Mahatma Gandhi

**You Are Unique.** When listening to others appreciate your uniqueness; you’re not like everyone else and you are distinctive. If you try to place a value (worth) on your life based on other people, you are denying your uniqueness, your rareness. You are saying to yourself, it’s of no importance to have qualities that belong exclusively to you.

Every time you look in the mirror say to yourself, “I am unique."

“Don't compare yourself with anyone in this world...if you do so, you are insulting yourself.”  Bill Gates

**Look For The Truth.** Seek your own inner wisdom and truth. Understand who you are, your unique qualities and purpose, have faith in them. No two people have the same objectives, gifts or thoughts. Value your time and efforts in life by doing things that work for you, which help you to move along and grow personally and professionally. Know that you may not always align with others, even those closest to you; just as you shouldn’t, you’re unique.

It can be difficult at first to be aware of the many expressions constantly bombarding your from others. Begin by noticing unwelcome or negative statements and reject them immediately. Create ways to replace them with pre-programmed affirmations. The key to this thought substitution is to spend as much time being with positive people, thinking positive thoughts and less time with negative individuals. By spending more time in balanced, positive and rational atmosphere your vibration level will be enhanced.

“One’s first step in wisdom is to question everything – and one’s last is to come to terms with everything.”  - Georg Lichtenberg
Continuously Attract Like Minds. You can attract enthusiasm by expressing passion. Any room you walk into, any meeting you go to, it’s no coincidence you will find people with like minds and interests. Be passionate, let your energy overflow. When you have vigor and enthusiasm your high vibrations will locate someone with interest and fervor. By having a passion in what you’re becoming, your vibrations soar and you recognize others who have a like energy, who share your values and they are drawn to you. Spend time with energetic minds and learn. No man is so wise, he cannot learn from the most modest of persons. Unity between people brings them closer together and brings greater harmony and knowledge.

“Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character.” Stephen Covey

Beware Of Negative People:

The determination of your growth and experience is how well you manage your daily interactions with others. Be vigilant and gravitate towards positive people and events, and shun negative influences. I could never understand people who hate their life so much that they feel the need to criticize others over improving them self. Magnifying the faults of others is damaging to relationships and shows little self-worth.

The power of your relationships with others and how these affect your subconscious must be understood and managed. Interaction with others should be an assortment of positive vibrations, filtered to support your positive condition. When you see a pattern of vibrational frequencies, where a single negative can overwhelm many positives, change your circumstances.

I was at a show the other evening when right in the middle of a classic number, a cell phone rang. Was this upsetting to me? Yes, but I was able to re-focus on the show. As I was leaving, I overheard a woman who was with the “cell phone” group explaining; she had just surprised her Dad with a new phone that evening. She felt terrible, it was his phone which was ringing and he couldn’t turn it off. What little distress I had perished and only the memories of the show remained. A short time later we met a friend who was also at the performance and the first words out of her mouth was about the cell phone and how rude it was. Not only the first word, but the second, and third, she obsessed over the incident. Even after I explained how it was a gift just before the show, her vibrations continued to be negative. After readjusting my pattern, untimely I had to excuse myself for the evening. She was in such a state, nothing could change her energy and it would inevitably absorb the others.

You will always find negative people throughout the day. What you choose to consider and who you prefer to converse with ultimately decide your experience.

I’m not saying you need to remove everyone from your life who doesn’t see things the way you do, I don’t think that’s practical. I am suggesting you be aware of negative thoughts; it changes you vibrations and thus deflects you from your goals.

Whenever given the choice, spend time with those who see the glass as half-full, rather than half empty.
Finally, if someone repeatedly hurts you for selfish gain, or for their amusement, whether to degrade you or for their own ego, do away with this association.

People make a choice when imposing their beliefs on others. They may believe they’re oppressed and try to use their words to lift their self-worth and bring you down to their mentality. These types of people are running on a very low vibration level, and their low vibration can have an antagonistic influence on your energy. Bear in mind, a person is energy and this power affects those they surround. Surround yourself in the light of love, with joy and progress and never let another steal your reflection. You’re here to advance your being, not to appease another and diminish you.

Your career and life will change for the better when you learn to surround yourself with positive people and keep the negative ones away.

**Think Before You Speak:**

Your innate ability to speak is often the source of anxiety when what you say is something you later wish you had either not said, or said differently; it happens to everyone. Typically, this happens when we are responding quickly in stressful situations, or during confrontation, although it can happen at any time. Recognizing that we do not always say what we would like to communicate is an important realization, how to mitigate these issues are not complex, but require some behavioral changes.

Like most anything in life, practice might not make perfect but it will improve your chances. Follow these 8 steps before speaking. Practice them routinely and let them soak into your subconscious. In a short time they will become second nature to your thought and your communication level will explode.

**Recognize Your Situation:** Be aware of what you’re saying. Notice when you go into reactive thought, speaking without reflection. Determine the circumstances that produce an unwanted effect; be observant when these conditions appear. Are you anxious, fearful, joyous, know when these patterns appear and be cautious.

**Follow The Conversation:** Now that you know you’re in one of "those" situations, the goal is for you to process information. Consider what was said before you initiate a response. Practice on listening intently.

**Observe People:** Who is speaking and how do they communicate? Are they loud, soft anxious or opinionated? People are very literal, many use examples while others speak only in specifics. Use the same flow and structure and pace, you’ll communicate more effectively.

**Formulate Responses:** Not just one, but consider your options. There are many ways to communicate; your goal is to find the best way to convey your thoughts. Consider what was said from the point of view of an “observer,” not just your own. Many times people generate a response before hearing the final thought.

**Consider the Information:** Is what you want to say effective, accurate, and suitable or are you just responding because there is a lull in the conversation.
Gauge the Reaction: Is the information you’re going to present expressed in a way to make a positive impact. People often speak in negative or positive terms depending on the conversation. Attempt to put a positive spin on issues by concluding the statement with an optimistic tone.

Use Correct Tone: How you say it, in many ways is as important as what you say. Tone and tempo should follow the pattern of the conversation.

Practice these steps regularly, your vibrations will change for the better and your dialogue with others will have a positive flow.

Be Aware of Your Words and Actions: Later we’ll study the Law of Cause and Effect, as with any law it coincides with others in harmonic fashion and this is no exception. All that you do is cause and what you receive is effect, it’s the same with words you speak and action you take. These are physical vibrations sent into the world and returned to you. So, always be cautious of how you treat others and how you act. How you treat others is how you will be treated, by acting properly will raise your vibration as others continue to do the right by you.

“I’ve learned that people will forget what you did and what you said, but people will never forget how it made them feel.” Maya Angelo

Talk to God, Pray:

“An individual reshapess and modifies existing materials by manual labor and has given little attention to the question of whether he may produce things by the use of thought, by communicating his vibratory energy to it. Science has shown that through prayer, visualization and affirmations, molecules will actually change form and substance. Non thinking, non living material is created in a new harmonic existence by the vibratory power of thought and prayer.”

Wallace D. Wattles, The Master Key System.

Prayer is vibration which flows in the mind of God. Prayer can be simple and minimal or intentional and collective. Prayer is you talking to God, a connection with the Spirit. Chat about your coming day or voice your concerns, anything that’s on your mind. Pray for you, (ask for values, guidance and wisdom in your difficulties). Pray for others; in the spirit of giving. Spend time in recognizing what God has given you - life itself. Most of all, while you're praying, forgive everyone, including yourself. You will never be fulfilled through a life of deprecation.

“Pray as though everything depended on God. Work as though everything depended on you.”

Saint Augustine

Stillness:

Being still, quiet and alone with your thoughts is incredibly relaxing. It brings insights to how you resist negative energy and attract natural flow. This helps you reduce resistance and experience a more natural way of living. Take a walk, enjoy the beauty and diversity of the world and reflect on life’s possibilities away from your normal routine. Free your mind and increase your vibration.

Stillness is simple to achieve and has gradual calming effect on the mind. Work these steps in a moment of calm throughout the day.
Produce From Within. Imagine your limbs are warm and heavy, your heart rate is slow and steady, and your forehead is cool.

Meditation. Focus the mind on a word, phrase, or idea. Let go of other thoughts with an approach of passive acceptance for relaxation or making positive changes.

Sensory. Experience or imagine the sensations of sight, sound, smell, taste, or touch.

Deep Breathing. Breathing slow and regular, taking deep breaths to the count of five, hold to the count of seven and release to the count of five. Repeat 10 times.

Learn To Be Still In Yourself. You just need to find the vibration that’s right for you; with practice, it becomes effortless.

“Learning how to be still, to really be still and let life happen - that stillness becomes radiance.” Morgan Freeman

Be still and listen to what God might whisper, given time and focus, you will hear. If you can’t hear, keep listening. Invite the presence of the Father into your heart. “If you believe, you will receive whatever you ask for in prayer.” Matthew 21:22

“I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.” Groucho Marx

Help Others:

Noted in the Law of Divine Oneness is the feeling of connection and harmony brought on by an altruistic mind. This is a mind of giving and sharing, a mind concerned with the well-being of others. Give time or money to charities or organization you believe in. Offer some support to someone in need. By doing so you will receive far more than you give and have a deep effect on raising your vibration.

“Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, what’s in it for me?” Brian Tracy

Avoid the Media In General:

It’s of little importance the misfortunes of others; less important are the lives of those so uncontrolled the media follows their every move. Most programs, magazines and papers are designed to deaden the senses; this makes them effective advertising hubs. Media in general, has a facade of information but usually gives a singular view. Watch any station read any paper and you will find a biased analysis. Avoid the news in general, unless pertaining to your work. Avoid the never-ending mindless sitcoms and reality series; they harm your vibration energy by oppressing thought and creativity. Media becomes confusing to your subconscious mind, as the negative imagery and energy is absorbed, your vibrations are decreased.

Read and listen to knowledge based entertainment, this one change will alter your life.

“The news media are, for the most part, the bringers of bad news... and it's not the medias fault, bad news sells” Peter McWilliams

Stay Optimistic:
It can be challenging to keep a positive mind-set when you are surrounded by doubt or crisis. This is where real character and growth take place. Remain positive and keep your vibration high. When you are vibrating at a higher rate your conflicts become displaced by the dominate energy; problems revert to challenges. Positive events are attracted to positive people just as negative events happen to negative people. Your awareness of any event is in the strength you give it. The old punch line, “So, other than that Ms. Lincoln, how was the play,” may sound stupid, but it’s an excellent example of awareness. Surround yourself with positive, sensible and rational people to control your state and the flow around you.

While other people have a better educational experience, more resources or a better social environment, the bottom line is you are ultimately responsible for your success or failure in life.

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” Helen Keller

**Change Is Simple but It Is Not Easy:**

Resistance comes naturally to most of us. I explained how the human brain is pre-programmed to protect us and keep us safe and the steps you can take to produce change.

Your mind is alive and always utilizing and disbursing energy for change. Your realization is dependent upon your efforts to harness the power of your subconscious mind. Do the work to eliminate the negatives and re-program your subconscious mind.

Realize the subconscious produces a phenomenal number of negative thoughts each day. It is virtually impossible to catch them all. However, the more you practice, the easier it becomes. You will learn to intercept your self-limiting thoughts and re-focus your energies.

"When we are no longer able to change a situation, we are challenged to change ourselves." Victor Frankl
Chapter Three: Action

The universe is an unlimited supply of energy and this power is infinite. It is alive with creation and is constantly constructing more material from which you build and expand your thoughts. When one source is expended, more is produced. When a plant withers, seeds are released and the soil creates new life from a once dead environment, life is renewed. The Universe responds to the needs of mankind and it will not let the world be without everything necessary to sustain his existence.

To better understand Unlimited Supply, it may be helpful to revisit the nature of Oneness. With Oneness, there is no time, space, life, death, or size; only energy. When you continually remind yourself of this, you see why it is in your best interest to leave the "how" to the Divine Oneness and connect wholly whenever possible.

The Law of Action is based upon energy and the natural reproduction its force. When a function is performed, whether it is thought, action or reaction, a cause is produced and when cause is produced, effect will follow. Since substance is energy placed into form, it is only logical a change in energy will alter the form and substance, action produces reaction, cause creates effect.

The Law of Action must be applied in order for us to manifest our desires. The nature of action is, “All thought habitually held becomes form in the subconscious mind and these thoughts are with you continually.” In due time and by the regular action, the unconscious thoughts produce substance and in turn surround you with people, forms and feelings.

We know through the Law of Vibration energy is everywhere, even in an inactive state. If you choose to do nothing, you have made a choice and created an action and you will produce exactly what you acted upon, nothing. You must engage in action to support your thoughts and dreams. Determination in combination with deliberate action provides a path for energy to flow, the mechanism to complete the circuit. Since the universe is Omnipotent, all power, it finds a channel to support your desires by creating circumstances and conditions necessary for achievement. Action whether positive or negative will always produce results.

I believe Law of Action to be an extension of the Law of Oneness. As events unfold in your life, you become aware of situations which you know in your soul, you feel inside, you need to act upon. To recognize this Oneness is to be aware of yourself and to acknowledge you are not a lone wandering generality in a world of chance. That you are here for a purpose and that purpose is to grow and enrich not only your life, but the lives of others. The question is why most people are not demonstrating this in their lives.

We get results in exact accordance with our beliefs and willingness to act. Understanding the Law of Action while applying the Law of Oneness creates an inner thought, one which speaks loudly and clearly, one which is never wrong and always in harmony with your values. The problem lies in a person’s willingness to listen to their inner thoughts and to override their conscious state. I believe everyone knows the correct action to take at any given moment and
what holds them back is fear and faith. Fear of the unknown and the faith in their ability to change the circumstances.

If your life is out of sync, if you have forgotten who you are or what your true desires in life were, chances are you have lost connection with your inner voice.

**Listen to your Intuition:**

Intuition is knowledge without understanding exactly how you know it. Your gut feeling (subconscious) can give you a great amount of information that your physical senses (conscious) ignore. Psychologists use this inner thought as a way to communicate with their clients. In general, therapists don’t tell you what the problems may be or actions to take, they encourage you to search your intuition, knowing full well your values and beliefs will direct your conscious thought.

Your social conditions and educational institutions explain to you rational and logical behavior which influences your conscious thought and become a determining factor in all of your decisions. Since your understanding is limited to what you can see, hear and touch, (physical senses), you miss information the body and soul are giving you. In other words, your reality can be, and most likely is, in error. The subconscious mind recognizes and arranges vibrations for the conscious mind so the body may react without thought. By ignoring the subconscious, your soul, the message from within, you lose sight of instructions designed to give you insight.

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.” - Steve Jobs

**Control Your Conscious Thoughts:**

Each of us has built in defense mechanism, a small voice looking for a reason why not to act, why we shouldn’t to move forward, why we can’t do something. The job of this subjective process is to protect you from harm, but in its role as guardian of the mind, it becomes overly protective. So much that it develops irrational fears and overrides conscious thought and lucid judgment. Studies show people will do far more to avoid pain than they will to gain pleasure and it’s the job of this mind to avoid pain.

“It is the mark of an educated mind to be able to entertain a thought without accepting it.” - Aristotle

**Identify Your Beliefs:**

We all have an internal map of our lives; these are beliefs we construct and live by. Certain beliefs are held consciously, while others are unconscious and produce inductive reasoning (general pattern of memories that compose a truth about specific event or observation). Some of these unconscious beliefs limit our ability to grow and move forward in life. They are directions on an outdated map. Since the conscious mind will always look at your map, this unconscious pattern of beliefs, and create the appropriate answer with the least amount of effort. The subconscious, by its nature, looks for the safest option, not necessarily
the best alternative. The point is, your map is not your territory and the information you rely on to guide your beliefs may well be an obsolete.

“I didn’t know the answers, but I could feel that the things that gave life meaning came from within and from the nurturing of values like tolerance, charity, and community.” Dick Van Dyke

Start with You:

Like many people I got ahead of myself. My ego launched me quickly into responsibility and success with little or no experience. I hadn't taken the time to build a clear understanding of my character, values, weaknesses and aspirations. It took little effort to acquire the methods to gain monetary heights, though I found myself ill-equipped to sustain them. It took years and some steps backwards before I woke up to what I needed, before I realized that life was more than talent and action.

I became conscious of my worst enemy, me, and the fact that I’ve often injured myself through justified wrongs. Undoubtedly there were many causes for my problems, though I was able and willing to rationalize my actions. When I began to take an honest account of me and stop blaming my ill-wills on others, growth became unstoppable. Knowing I could never solve the plight of others without an understanding of my actions, gave me the opportunity to wholly and singularly see myself for who I was. I was able to stop compounding my difficulties by forgiving others and focusing on me. By abandoning destructive habits, accepting responsibility for my life and creating new and empowering behaviors, yesterday's hurt turned into today's understanding and tomorrow's success.

Remove Negative Habits. It’s not enough to rise above your financial or physical anxieties; you must overcome moral weaknesses as well. Examine your inner self for actions which may not be in line with your core values. Ask, what dominates my thoughts - what are my habitual states - what do I consciously need to remove from my life?

A great many people begin to take action on a massive scale and yet they seem to go nowhere, some even repeal. In these people you can see a single commonality. When they began to take action, to make change, they didn’t start with themselves. Those lingering habits were ignored, habits which were detached from their oneness and thus separated from truth and wholeness. Before you can make any great strides these barriers must be addressed. With brutal honesty which only you can have, evaluate what needs to be removed.

Stop Blaming Others. The easiest thing to do is to look at the world and blame someone else. You are responsible for your happiness, for your fitness and health, for your relationships, for your finances and for all of your actions. It’s time to stop blaming others and take responsibility for your own life. This is where true growth begins.

Many people think about their lives as something which just happens to them instead of something they can control and create. If you don’t take steps to get what you want other people will take those steps for you and it won’t always be in your best interests. You owe it to yourself and to those around you to take responsibility of your life. Otherwise life just gets harder for everyone.
Begin today, not tomorrow or when you get enough money, but today. Take 100% responsibility for your own life.

This is one of the best and worst lessons I ever learned. For me, the hard part was taking responsibility for where I was. I had to accept that I was the one who created it. I then realized all that I created thus far, yes I had lost it, but I could do it again. I could create something new, a new me, better and stronger, wiser and happier. I now had the opportunity to create the life I wanted and the person I was to become with no responsibilities to others and no one to blame. I got excited; I could make and shape a destiny of my choosing.

Take Inventory. Taking inventory isn’t always repairing the negative. It’s rare when you have a day where you haven’t done something right. As you reveal your weaknesses, there will be many notable qualities exposed, reminding you of many excellent traits along with defect. Even when you’ve tried your best and failed, there are lessons to be learned and principles acquired which are invaluable. Appreciate your good qualities, because they offset your faults and give you a foundation for growth. It’s just as deceptive to discount good as what is not. Take comfort in your many excellent gifts and value as an individual. Know that everybody is exceptional in one way or another and your job as Chief Operating Officer of You is to make the most of your gifts and perfect your short comings.

If you find only shortcomings when you look in the mirror, know you are missing something. Although modesty may be an endearing outward quality, know that it’s just as dishonest to withhold greatness as it is to rationalize your faults. Even failure, when examined properly, will illustrate excellence.

Change Your Behavior. We all want to avoid suffering and retain everlasting Love, peace, and harmony. We want a life of balance between work, family, entertainment and relationships in a harmonious manner. What disconnects us from this flow is the quality of our habits. Our life is a sequence of habits and these routines determine our course and evolution. If you’re going to be a slave to a habit, be a slave to a constructive habit. Cast your bad habits and aside and open a way for good intentions.

Keep in mind, any thought or action constantly repeated becomes habit; it etches a pattern in your brain. This arrangement turn out to be problematic when it goes’ against your beliefs and values. Going to church several times a week while secretly watching pornography will provide an absolute conflict between your conscious and subconscious. You go to the gym everyday yet you drink and smoke. Your actions must complement your values to bring your mind into oneness with the body and soul. Without this connection you continue to mentally berate yourself over habits which you know need to be removed. Eliminate this disruption of the circuit and your life begins to flow more smoothly.

Keep These Six Behavior Patterns In Mind:

- Negative Behavior Patterns can be anything from procrastination, overspending, overeating, or poor time management. Changing these patterns can help you feel more confident in your abilities and increase your self esteem. As with any habitual behaviors, this is constant effort. How do you begin?
We have to see and understand the nature of our behavior patterns before we can change them. Identifying what we do, when we do it, and how we do it is the first step to change. Take the time to examine these patterns and identify the effects on your life.

**Awareness:** If you don’t know a problem exists, how can you fix it? Take a strong look at your values and beliefs; are your actions consistent with how you see yourself?

You can never exceed your self-image for very long. You may try to behave as someone that you’re not; however, before long you will ultimately snap back to your self-image, who you perceive yourself to be. It’s as if your life were tethered to a rubber band. No matter how many times you stretch it, you bounce back to where you began unless you change your self-image.

**Motivation:** When someone has issues with your behavior, it doesn’t necessarily mean you disagree. If you don’t believe it’s a problem, you certainly won’t be motivated to change anything. Try to understand how your actions affect your being and your oneness with God.

Notice how your actions affect others, especially when you start to treat them with kindness, compassion, respect, trust, love. But also notice the change in yourself. Do you feel better about yourself – Happier - More secure - More willing to trust others, now that you trust yourself? These changes come slowly and in small increments, but if you pay attention, you’ll see them.

**Substitution:** The easiest way to stop a behavior is to replace it with another. Only a habit can change a habit. If you stop speeding, you will start driving more slowly. If you stop yelling, you will start speaking more softly. If you want to eliminate a troublesome behavior, decide what helpful behavior to substitute.

**Habit Replacement:** A successful behavior change means a new habit has been developed. You have permanently adopted more effective ways of acting and interacting. But remember, adopting any new behavior takes practice, so be patient. Since old habits don’t vanish overnight, you are likely to receive a few relapses.

Always remember. Habits don’t cease to exist, they fade into the background. Be vigilant, once you repeat the original stimulus, the action will automatically return, often stronger than before.

**Cast out Pride:** Remove the desire to rule over others or covet what they possess. This is a vital point; no temptation is as dangerous as the selfish desire. Know that you can receive all you want through proper values, accurate thoughts and sincere actions. Above all, see to it you do not hold malice or hate toward any one; to do so cuts you off from the mind and the will of God. “He that doesn’t love his brother doesn’t love God.” John 4:8

**Eliminate Distractions:** Commit yourself to a life dedicated to values, truths and moral ethics, and cease being ruled by your appetite. Begin today to govern desire and actions through your acts and not your habits. Eat to satisfy hunger and gain energy, never for insatiable pleasure. Exercise to gain flexibility and health, not to impress others with you physique. Read and study for knowledge and advancement, not to blur the mind and live a fantasy. Everything you do should be geared towards making your body and mind obeys your spirit. You must lay aside greed and have no unworthy motive in your desires. Wish to excel in
everything for the sake of growth and the progress, but not if you long for material goods. This is one of the principal reasons most people never rise above the station they are currently at. Though this statement appears to be at odds with the Law of Attraction, it’s actually in harmony with the Laws of Nature, which the Law of Attraction is one with.

We will address of the Law of Attraction later, but for the moment, it’s important to note, everything outside of the mind of God is also outside of the Law of Attraction. In my opinion this is the single reason most people fail to achieve excellence when investigating it.

We spoke of how universal laws traverse with each other; these laws are individually separate yet one with the whole. The Law of Attraction, (like attracts like) is dependent on the Law of Action (change in energy produces a change in form) which is contingent on the Law of Change (all things are in a never-ending process of change) which interacts with the Law of Vibration (all thought, material and form is vibrational energy); you see where I’m going with this.

Moving Forward:

We speak of goal setting more than any facet of personal development. The reason being, if you don’t know where you’re going, if you don’t own a map and directions, life becomes an existence rather than living.

Understand, goal setting isn’t just an exercise you can finish in five minutes; it’s a process, a route to achievement, a way of life. Learn how to set goals you can and will achieve.

A complete goal setting exercise will be presented in chapter 7, but for now, start to focus in on some achievements.

Choose Worthwhile Goals. You would think it goes without saying but allot of people set meaningless goals and wonder why they don't feel any sense of achievement. Remember, the purpose of goal setting is to move us forward and spur positive change. If a goal doesn't hold a motivating and transformational quality, don’t bother with it. You'll just be disappointed.

Choosing a goal isn’t a conclusion, it’s a process of feedback. It may take some time before you narrow down the right goal, though the experience will help shape your purpose. Goals provide a principle and an objective that will guide you in decision making. What you experience as a result of those decisions shape, refines, and changes your goal. For this reason, goals are constantly shifting and synchronizing in a cyclical motion.

Live Your Passion. Revisit your youth; what did you love to do? It's amazing, the older we get, the more disconnected we become to what brought us joy in favor of what has turn out to be more practical. Make a list of things you remember enjoying as a child. Would you enjoy this activity now?

Revisit some of the positive activities, foods and events of childhood. What can be translated or added into your life now? How can those past experiences shape your career choices?

Make a list of people who are where you want to be. You don't have to reinvent the wheel. Study people who enjoy success in the area you want to pursue.

For example, during the recession, many people shied away from the real estate market because they thought it was a dead end. No matter the business, you will find people who are
successful. Study them, figure out how and why they are able to remain successful when everyone else is folding and then set up structures to emulate them.

The Plan Isn’t Important; it’s the process to achieve your plan. If you wait until you come up with an extensive plan, analyzed, written down, license on the wall and web site complete, your ideas may never see the light of day. This is referred to as the Law of Action, not the law of preparation.

Perhaps most importantly, The Law of Action shifts you out of paralysis and fear, and into action.

What’s Your Natural Talent? Your natural talents may be: an eye for detail, the ability to focus intently, or a knack for public speaking as well as a passion about a particular issue, perhaps your purpose is to advocate for your cause. This is your genius, your specific God given ability. These gifts come easily and profoundly without needing to expend a lot of energy. You have genius mothers, genius teachers, genius listeners, and genius independent thinkers. Everyone walking this planet has a gift though it may not be recognized. When you search for your particular genius, use it to service of your Life Purpose.

Define Your Purpose. People are not born with values; they’re learned from our environment, parents and society. Search for the values you hold, away from instructional or parental influence. Your purpose is to take these values into account, be they community service, family, God, or any other issue. Values set the parameters for the choices we make, and it makes sense to integrate them with your largest life decisions.

If you can’t pin down your own most important values, do not worry. Think about the people you care about most. What are their values? The values held by the people you admire most are likely to be the values you hold.

Express Your Purpose. Your passions and skills should lead you to your mission or purpose. Now it’s time to put it into righting. Your mission statement should summarize your purpose in a short statement. It should be an optimistic view of your passion in life and your goals to achieving them.

Virtually all corporations and successful individuals have mission statements posted on their sites. Find some in the area of your interest to give you a good idea of their content. Here’s mine for reference.

“Live each day as though it were my last while giving my all in mind, body and soul... To prosper for my family, to encourage my friends and to help others in all that I do.”

Once you have written your mission statement, display it properly and proudly for others to see, most importantly, yourself.

Determine Your Goals. What do you need to accomplish to complete your mission? Get specific. Your goals are your vision for your life, clarity is imperative. Break your goals down to the tiniest of fragments, things you may be able to finish while having your morning coffee.

Remain Flexible. While reading up on aviation I found that an airplane, on a trip from California to New York, is off course 42 times on average. They are continually making minor
adjustments in their path to compensate for variable conditions. So, if a person is the sum of his experiences, and person changes daily, they too exhibit variable conditions to contend with. These changes can produce an effect on the way you see yourself on a daily basis. Know your course by well defined goals and a distinct mission statement. If you find your mission changes, be prepared to alter your goals. The Law of Vibration says we are in constant change; acknowledge these changes and continue to discover more about yourself and your mission.

Behind the Law of Action is a clear vision which must have a purpose to be realized, to be brought forth in tangible expression. And behind this vision must be an invincible and unwavering faith that your intent is already yours, and you only have to take possession of it.

**Intentions.** What do you want to create in your life today, this week, in the next year? The intention of wanting something is a starting point for the Law of Action. Because you initiated action, you have gained possessions. Without action all of life’s opportunities were in vain. The positive side of energy has been charged through the mechanism but if lacking the negative connection, in this case the action of the individual is needed to complete the circuit.

You may hold a feeling of inadequacy, unable to control the world around you, which is common among those who are looking to master life. By contrast, after you place your intentions and take responsibility for your life, outcomes are never in doubt. No matter what your feeling may be, know that proper intentions, based on worthy values create harmonic actions which can be unstoppable.

People who have mastered the art of intention seem to be in a different mental zone than others. Things just flow because their ideals are clear and defined before they take any action.

1. They are not attached to the past; the Law of Change.
2. They adapt quickly to errors and mistakes; the Law of Rhythm.
3. They have good antennae and are alert to tiny signals; the Law of Vibration.
4. They have a good connection between mind and body; the Law of Oneness.
5. They have no trouble embracing uncertainty and ambiguity; Natural Law.
6. They remain patient about the outcome to their desires, trusting the universe to bring results; the Law of Attraction.
7. They make connections and are able to see the meaning in chance events; the Law of Growth.

When your intentions are clear and you’re in touch with what’s really important, it opens the floodgates. Synchronicity occurs; unexpected events happen. It’s the universe waiting to give you what you want. Clear Intentions will keep you centered in the face of doubt and fear which you experience on our way to success.

Living life requires intention and to live an intentional life you must begin with a proper foundation and practical steps of achieving it.

**Action with Purpose:**
In 1900 the pursuit to build an airplane was so great that the Department of Defense contracted Samuel Langley to develop the first flying machine. A Harvard Professor, well connected in the scientific fields, he knew all the rite people. He hired the best minds money could buy and conditions were perfect for his project. Given $50,000, equal to 10 million today, and unlimited access to governmental resources he set out to develop the first aircraft. So, how did the Wright Brothers get the better of him? Two men who had no money, no contacts and a small bicycle shop to work from.

With not a single college educated member of their team they worked tirelessly on the single minded purpose of building the first flying machine. Holding steady to the belief that air travel would change the world their purpose was powerful and pursuit unwavering. Langley in the meantime did interviews, discussed theories and promoted himself as the one who would lead man into the future.

In 1903 the Wright brothers took flight with little fanfare, only the members of their own team were there to photograph the event. No press, no governors, none of the great minds of the day which were working on this new invention bothered to attend.

Two days later this amazing feat was published in the papers and Langley quit his position in search of other opportunities to make him rich and famous. Instead of acknowledging the great achievement and asking how he could assist in making it better, he hung his head in sorrow at the missed opportunity for riches and glory.

Langley didn’t lack action, he lacked a true and noble purpose, which will always prevail over causes that lack objective. Be willing to search your intentions to ensure you’re on the right path. Whether in business, relationships or your own psychical being, purposeful action creates a correct thought and brings about meaningful change.

A purposeful action can be good or evil. It can have values or despise and will always sway one way or the other. An action develops results. A popular saying, “what goes around comes around,” this is never more true than in your own mind. You will reap what you have sown even though the world may not see the costs, you will. This is the Law of Action. If you plant a seed growth will occur; all the conditions are present and nature simply flows along to its logical conclusion. Thus, we are the result of what we were, the seed, and we will be the result of what nurtures us, thoughts and experiences we hold as truth.

Thought and action can be seen as two different laws which are operating under the same formation. The Law of Oneness creates thought and the Law of Action creates the act. The mental you and the physical you are joined in a cooperative action based on natural law. But other laws co-exist in action as well; these being emotional and spiritual will be addressed them later.

We know that problems cannot be solved at the same level of thought or action that created them. You must change your thought, rise to a new level of action to create a change. We know through action thought is transformed into form, so it would hold true that the same action produces the same thought. Since thought has been produced, action must taken place and form must occur, the Law of Cause and Effect. We also know through the Law of Growth, equal action cannot undo past effects. This would be paramount to two prize fighters throwing water
on each other. Growth must occur and action must take place if someone is to win. Should you make a mistake on your taxes; new calculation have to be made, interest has to be paid and new forms filed; it’s twice the work of proper preparation in the first place.

Quit putting off what you know in your mind is the right thing to do. When you hear the small still voice inside you, do it, do it without hesitation. Maybe it's something you've been neglecting, an area you need to change; something you've been putting off. Be willing to do something about it.

By doing the things you need to do, when you need to do them, you will be able to do the things you want to do, when you want to do them.

When you know what you should do; and just chose not to do it. When we know what's right, but we just keep putting it off, we are missing out on the natural synchronization of the Law of Action.

To be in line with the spirit of God, you must do your part. I'm a young man, and I consider myself extremely healthy, but every year, I go to the doctor and have a physical. I don't do it just for myself; I do it for my children. I have a thousand other things I'd rather do, but when I don't do it, I have unrest on the inside. That unrest is a signal from oneness, telling us something is out of order, action needs to be taken.

To write any wrong is always more costly in the long run and to perform something wrong in the first place will always damage your past actions.

**Make A Decision.** This is of course the hardest step. Stop comparing you to others. Instead, know that you were born to live your life to its fullest. Determine today you will be the best you can be. After all, you only get one shot. No matter which decisions you make, be prepared to accept responsibility. If things don't work out, at least you've made a decision and moved forward.

**Define A Purpose.** Identify areas in your life which need focus and take action. Your Life’s Purpose works hand-in-hand with your values; these give you the steadfast belief in what you stand for and will make certain you live a life by your own design. When find a purpose bigger than yourself, your work and your family, you’ll know where you’re going and bring new meaning to your life. It will wake you from the slow death of only living for yourself.

A common exercise in finding purpose is to get a notebook and find a place where you can relax uninterrupted.

Here’s what to do:

Take out a blank sheet of paper or open up a word processor where you can type (I prefer the latter because it’s faster).

Write at the top, “What is my true purpose in life?”

Write an answer (any answer) that pops into your head. It doesn’t have to be a complete sentence. A short phrase is fine.

Repeat step 3 until you write the answer that makes you cry. This is your purpose.
To some people this exercise will make sense; to others it seems silly. It takes 15-20 minutes to clear your mind of all the social conditioning about what you think your purpose in life is but when the answer finally arrives, it will feel like it’s coming to you from a different source.

Stay Focused. We live in a world of constant distraction which is begging for attention. We do many things in our daily lives that serve no true purpose except to distract us. If you want to stay focused on achieving your dreams, you need to uncover what’s distracting you. Learn to shut down the distraction and live your life instead. Turn off the TV and don’t read gossip magazines. Practice single mindedness by living in the now.

Learn From Others. Successful people are curious people. They possess the humility to learn from others. Identify people accomplishing your purpose and goals. Then, study them and learn from them. Again, well be talking more about this later.

The worst thing you could ever waste is your life. Instead, commit yourself to live intentionally and on purpose.

**Lay the Foundation:**

Examine Your Choices. Life is made up of choices and you do not need to be stuck in the same pattern of living you’ve been in for years; realize every morning is a new opportunity to change and only you can make this choice. Just because you’ve experienced pain or disappointment in the past doesn’t mean what starts badly will end badly. Don’t let a bad start turn into a self fulfilling prophecy for a bad ending. Don’t let the circumstances of your past negatively determine your future. Many great achievements have started out poorly. Paul Allen and Bill Gates promised to deliver a Disc Operating System (DOS) to IBM in 1980, but their programs failed. Allen found a way to by some time by delivering a product (QDOS) written by Tim Paterson of Seattle Computers. As a result of this transaction, Microsoft was able to secure a contract to supply the DOS that would eventually run on IBM's PC line. This contract with IBM was the watershed in Microsoft history that led to Allen and Gates' wealth.

Every day is new and filled with possibilities to change the past. If you dedicate yourself to action today it will change your future, it has to, one way or the other. In the above case, failure was not an option. What started out bad ended extraordinary through a foundation of persistence. When things look bad and it seems time to give-in, make one more effort; you never know how close success is.

Examine Your Life. Living an intentional life requires you to take a step back and view yourself from the perspective of others. This can determine the flow of your current situation. Are you moving towards or away from your goals, is your life in balance? Find a goal which will allow you to enjoy life while being responsible to others

Examine Yourself. Know who you are. You don't have to be a product of your circumstances. Stop thinking about what is happening to you and start considering what you want your life to be. If you're not happy now, move on. Use your past experiences to make better decisions. Life involves making choices and taking action, every day. Some of these decisions are difficult and will require pain and suffering before you can obtain a higher state of happiness. Are you where you want to be?
Inaction. I’m sure I am not the first to say it but, Inaction is the killer of action. I’m not speaking of lack of activities towards your goals; I’m speaking of the little things which constantly improve your life. Whether it’s going to the gym, having lunch with friends or even socializing with others, these small actions keep a body in motion and a mind in action.

You are where you are right now because of the actions or the inaction you’ve taken. Either way life has given you precisely what you put into it.

My personal feeling is one of the underlying causes of depression is inaction. This may be masked by other symptoms and be diagnosed by well meaning doctors as a mental condition or biological disorder, but what I’ve found is these people have stopped moving forward. An idle mind produces an idle body and in turn idle thoughts. We know we’re energy and need a mechanism for completion of our circuit. An idle mind is an incomplete circuit.

Many people live in inaction. They fear taking action will leave them worse off than they were before. This is a dangerous misconception. A troubled life demands action, and the failure to take it could result in a disconnection between you and God. The most important step in overcoming inaction is acknowledging the action needs to be taken, and making the decision to tackle it.

Of course you will have times when your attempts at action, even on even the simplest things are not successful, but this does not mean they are not worth the effort. If you tackle a problem head-on, you have at least chosen to take a positive step towards acting on it. Failure to act is a sure-fire way of worsening existing problems, with detrimental results.

Act immediately on minor thoughts before they have the opportunity to fester out of proportion.

Failure to act, to motivate yourself, to take steps in a positive direction can produce discouragement. Be cautious because this apathy will grow not only in you but in your relationships, and in your general life as well.

Once you’ve established you’re in trouble, failing to act will leave you struggling with an internal battle. Concerns, negative thoughts and unhappiness could grow within you and the problem could escalate into something more serious than it was originally.

The worst possible outcome of ignoring certain problems is an anticipated break. This is because particular issues have been left unattended form part of a negative presence only growing over time. Where a problem could have been resolved, it has been the cause of unhappiness over an extended period of time - meaning the damage is virtually irreversable.

Only through correct action during struggles can you improve your strength.

**Be Who You Really Are:**

The life you are living now is what you have chosen. If you’re not happy, change it. You have the power to transform your life into anything you want.

There is no better time to start than now. The stars will never align. Circumstances will never be perfect, so you might as well start now.
You don't need to instantly start working out for an hour a day or run a marathon in your first weekend. What you want to do is work with the smallest possible actions first. Substitute one food. Pick up or put away one thing. Why? Because this will actually build a habit faster than more intensive efforts will.

Don't allow yourself to get caught up in the results; your goal is to develop habits. At some point, it'll become obvious what to do, and you will realize what new habit(s) you need to cultivate. In the meantime, don't let it distract you from changing the things you already want.

There are seven paths to finding your true self. Each is a conscious choice to develop a new habit and for each choice, half measures don’t work.

1. Be Who You Really Are. Don’t entertain the thought of “it’s too hard, too big.” All great successes begin with small, courageous steps. Bill Gates started in his mothers garage, Richard Branson started in the mail room. Neither saw the size of the task, only their next step.

The only person who can save you is an improved you. A stronger more determined version of your true self. The world is filled with people looking for a better job, seeking the next promotion. By improving your true self, these things come naturally.

Individuals, who create lives which are the picture of their dreams and visions, are at peace themselves. When you turn your vision into action, you come into contact with the authentic you.

2. Decide How Important Your Vision Is. It’s easy to be passionate about the future if you hold a strong vision of where you want to go and how you are going to get there. Like all journeys, you need a plan.

Vision is important for three reasons.

One, it helps you overcome the fear and confusion. Vision is a map of your desires, complete with directions. With a solid vision and ideals you create an image of your life and give reason to action.

Two, vision enables you to face your obstacles. Your vision along with a proper strategy allows you to see problems beforehand and be prepared.

Three, vision removes the past. It eliminates regrets, failures and gives clarity to your purpose. The power of vision enables us to learn from the past, to live in the present and to believe in the future.

3. Face Your Fears. Be a friend of failure, learn from it. Thomas Edison proudly proclaimed his failure in developing the electric lamp, “I have found 1,500 ways in which it doesn’t work.” The best lessons in life are learned by failure, you learn little from success.

When you don’t accept failure as a possibility, you can’t lose. This is a powerful rule to live by. Napoleon Bonaparte used this to his advantage. When sending his soldiers into war, he instructed them to burn their ships upon arrival. They were left with no choice but to attack the enemy and win because retreat was impossible. Apply this to your life and you will be amazed.
When failure is not an option, people will do whatever it takes to succeed. Act without fear and follow your purpose. Only then will your life be worth living.

Fear is essential to human survival. But when fear is an obstacle stopping us turning vision into action, it’s time to deal with it and open the door to your potential.

4. Balance Vision & Action. We’ve all met bright, intelligent people with amazing ideas who never seem to go anywhere. They spend most of their time dreaming of what one day will be theirs. To these people, dreams are all they will ever experience, because they lack an effective strategy to take action. The opposite extreme is the individual who is so busy ‘doing’, they never step back to consider what they are doing, but don’t know why they are doing it. So to find a balance between vision and action you need proper thought, followed by proper action.

5. Make a Phased Transition. Beware the people who tell you to ‘just go for it’. Thought and planning is necessary for any first step. You need to prepare for unexpected setbacks, and have a plan to deal with them.

6. Be Willing to Pay the Price. The gold medal winning Olympic athlete is often cited as an example of vision in action. They visualize success; they set goals and are passionate about what they do.

True enough. But here’s another factor in the athlete’s success which is not mentioned as frequently because it is not quite as appealing. They are willing to pay the price. To get up at 5am every day and practice in freezing temperatures. They endure frustration, failure and physical injury in the name of success.

Hopefully turning your vision into action will not be quite as arduous. But if you’re going to accomplish anything of significance, a price will have to be paid. It may be small or large but part of achieving any goal involves deciding what you are willing to pay.

7. Know Why You’re Doing It. Imagine you have a weekend free of any responsibilities, no yard work, no dinners, no work to be done, no activities to cover. To take advantage of this free time, you and your friends decide to go on a golf outing in Northern California to one of the nicest courses. Throughout the week plans are made, reservations are booked, tee times set up and transportation arranged.

It would seem reasonable to assume you were all going with ambitions to enjoy a relaxing weekend of golf, dinner, a few drinks and good conversation. You naturally believe everyone is going for the same reason; what if they weren’t. What if one person was separating from his wife and wanted to just get away? Another is relocating to Northern California and wanted to look for some property and the third is just going for the ride, he really doesn’t even care for golf.

Here lies the confusion in most communication. Even when the course of action is laid out and plans are made, the vision of individuals can be detached from the whole.

The underlying cause of most arguments in a relationship is not understanding the others vision. Confusion, assumption and motives could have avoided by better strategies.
The answers to four simple questions can alleviate these misunderstandings, while the lack of knowledge of them can lead to confusion.

What is the actual purpose of this action - What is the goal - What does everyone envision - Are we in agreement on our goal?

If you want to move forward, you need to agree on a direction and purpose, and be who you really are, not what others expect.

**Determination:**

A determined person is one who sets goals, and has a clear vision of the outcome. The capabilities needed to become self-determined are most effectively learned through real-world experiences which inherently involve taking risks, making mistakes, and reflecting on outcomes. These experiences help you test your strengths and limitations; they identify appropriate short- and long-term goals.

To believe your actions are self-determined is principal to your development. You are not a random cause and the faith in your Oneness is perhaps the most liberating thought you can have.

Buddha declared, "All living beings are actions of their own, their inheritance, their hereditary cause, their family, their refuge. It is action that differentiates beings into low and high states."

Certainly you are born with inherited characteristics, but ability will only take you so far in life. You may be an exceptional tennis player by nature but if the skills required for the game is never practiced, your aptitude fades. The same can be said for learned skills, many times the educated surpasses the inherited by effort and exertion but if this knowledge isn’t practiced, it fades. Only desire and determination are omnipotent; and action perfects them.

The principle here is, nothing in this world happens by chance. You either have the talent or you put in the effort to acquire the talent.

When you are truly determined, you maintain control over your life and are empowered to do things you want to do and make the choices you want to make. You are decisive on your approach what to do next. Being determined means knowing what you want and knowing how to get it.

**Determined People:**

Make Decisions. Think about a situation and make the best choice. To make an informed decision, first, identify your choices. Never decide in haste, if one must be made now, on the spot, then it must be no. People will often rush you into a decision which is somehow best for someone ells. Make an informed choice.

Their Persistent. Being persistent means being flexible, and committed to finding the solutions to problems that would otherwise stop you from reaching your goal. Being persistent means spending two years knocking on over a thousand doors with your recipe for fried chicken like Colonel Sanders did!
**Set Goals.** It’s common to set goals for the day or week. Setting goals for the future is a different matter. If need be, make a plan to create a plan. When working day by day you’re only managing life, you want to build a future. Once you set a goal for yourself, take the next step, create smaller goals to achieve those goals.

Their Disciplined: It is discipline that allows you to forsake short-term pleasures in favor of your longer-term goals. Having discipline is a choice which you apply by accepting responsibility for your life, and then choosing the behavior which aligns with your overall objective.

The Law of Action requires you to take a proactive role in creating your life. It isn’t about leaving the Law of Attraction behind. Attraction is still necessary, but it is only a foundational step which gives your actions purpose. Adding congruent action to your desires creates powerful change. However, there is a balance in both of these concepts. There is a time for silence, for vision, for focused intent; there is also a time for action. First, decide what you want, then take reasonable steps toward those goals. As you take these steps you will notice attraction to further action, the need to continue moving forward. This momentum creates more action and the more action you take, the more you create what you want.

When something feels forced, take a step back, reassess, but don’t get stuck. There is a vast difference between “standing on your truth” and demonstrating plain human stubbornness. At these times I like to ask myself, “is this moving me closer to my desires, or further away” or “am I fighting for my limitations or living for my possibilities?” This changes my pattern of thought from imagination, into action, moving from the space of feeling and thinking into goals and attainment.

Don’t wait until you finish this book, until you meditate or discover the Oneness inside you to take action. The power is already in you; at this point you’re just refining the source and narrowing your focus. Your ability to receive and manifest this force depends only on your capacity to recognize the infinite authority within you, the energy creating and recreating your body and mind. It’s in the exact proportion to your recognition of this truth that you will expand your life.
Your outer world is a reflection of your inner world and is compatible and consistent with your dominant thinking. You see, hear and feel (physical senses) what you believe to be your reality and conduct yourself in accord with this appearance of the world. When you notice negative events you’re disturbed, when you view positive actions you become relaxed and cheerful. The truth is, while the outer world is a reflection of the inner world, it's an incomplete image. This principle explains most emotions as in happiness, sadness, success and failure.

The true meaning of the Law of Correspondences, “As above, so below,” is our conscious world is a reflections of our subconscious beliefs and our beliefs instruct our mind on the value of every event. Like universal law, this association isn’t exact. You incorporate and entwine your thoughts with your modalities (your primary forms of sensation, touch smell, sight) and perceive them as a single event, separate yet whole; just as the cycle of one law connects to the cycle of another.

We don’t always live according to our personal values and viewpoints. The events and actions of your past shaped your future. From childhood our parents guided our thoughts and placed values in our lives. As an adult you are directed by your experiences from your youth, from the media and from your sensory perceptions. Every situation assembles new information and thus, you are always developing new values and beliefs.

Since you are one with nature and God flows through your life, you are two realizations, separate and whole. Separate in your subconscious rules your view of the world yet your conscious remains the sole contact with the world. Your inner world supplies your values and viewpoints yet your outer world decides the importance of those values as they apply to given circumstances. When you known the right thing to do and choose the opposite, you’ve experienced this separation of consciousness.

In the end, your inner world reflects the experiences of your outer world and the outer world constantly contributes experiences to the inner world. Your outer world is a movie which the inner world directs.

The Law of Correspondence makes it clear our problems don’t exist as problems. Our mind and beliefs make them problems. If you believe an event is an opportunity, it will be. Should you believe the same event is a difficult; life will give you difficulty. If you had a deep belief you would spot a shark while scuba diving, guess what, a shark. It's important to have clear, visible and realistic beliefs, consistent with your wants, needs and values.

Belief is like a scientific theory. A hypothesis (educated guess) is based on observations of the given event. Logical deductions are made to separate the facts and a theory is born out of the evidence.

Going one step further; theory is held as true until disproved. How did man come up with such an idea? Simple, he took his own analysis of the way his thoughts work and applied them to the
world around him. Man creates thought and the subconscious hold this thought as true until he disproves or replaces the thought.

The blending these two minds form the basics of your personal beliefs. Through these beliefs, we try to make sense out of the world. We use them to corroborate what have seen, and form assumptions about probable results.

Think you only know the color “red” because at some point you were told it was red. Others verified this and it became fact. So, is Red really Red? From a linguistic standpoint, based on the English language, “Yes.” What if you where to travel to Hungary, now red is “piros”; when you perceive red under a common 2500 Kelvin street lamp and now it's orange. The color is only a perception of your conscious world supported by the previous beliefs.

Einstein, Bohr and Hawking have all arranged theories for review, some hold true today, some took 50 years to disprove.

Consider for a moment how your outer world reflects your inner world. Nothing can happen, no experience, no reaction, and no love without a parallel memory to associate. Without the Law of Correspondence you would be a wondering generality in reaction to everything for the first time. There would be no emotions attached to any specifics events life would be reactionary.

Be aware that your belief is creating your experience and you have a choice. You can dismiss this belief, keep or change it. There is no judgment; a belief serves a purpose until no longer necessary.

Values and Viewpoints:

Your values are made up of everything that has happened, all your experiences and include influences from: your parents and family, religious affiliation, friends and peers, education, reading, and more. Effective people recognize these environmental influences and develop a clear, concise, and meaningful set of values/beliefs, and priorities based on filtered information based on these authoritative figures. Once defined, values impact every aspect of your life.

You demonstrate and model your values in your personal and work behaviors, decision making, contribution, and interpersonal interaction. You use your values to make decisions about priorities in your daily life. Your goals and life purpose are grounded in your values.

When our actions and words are aligned with our values, life is generally congruent and we feel content, confident and satisfied. But when our behaviors don’t match-up with our values, we soon begin to sense an uneasiness that begins to swell and grow inside of us. Living your values is one of the most powerful tools available to help you be the person you want to be, to help you accomplish your goals and dreams, and to help you lead and influence others.

Mind and Beliefs: We have a caretaker of our physical and mental beings which determines what we experience. Our values, beliefs and experiences are created in exact proportion to the belief of how we view ourselves. The minds filter every day experiences into positive and negative thoughts while the physical being separates sensations into pain and pleasure. These thoughts and sensations are constantly interacting, ether in agreement or at odds and determining your state.
Beliefs are so important to the extent that it could change your life. Your power to change your circumstances and the ability to attract what you want is strongest when you truly believe in your actions. This core belief is the foundation which all of your expectations are formed. You false belief, on the other hand, may create a self fulfilling prophecy to support a there concept of you, and create actions which don’t support your values.

Your life is not only a reflection of your beliefs; your beliefs create the life you have. In fact, they can work against us, upsetting our efforts to grow and prosper. These beliefs aren’t always accurate, and in fact they’re grossly skewed most of the time. Nevertheless, they always make sense, at least according to our experiences. Negative beliefs are really just thoughts that have take on the appearance of reality, although they seem to have a lot of power. Only through repetition and the momentum do they carry any power.

By the Law of Cause and Effect, our beliefs draw like beliefs towards them. They search out those which carry the same energy, vibrations and rhythms. Should you be having a negative experience, chances are these experiences will continue until you change your core belief about what the meaning of the event is.

The truth is that whatever we believe is our “truth.” Our reality is an accurate reflection of the beliefs we hold. If you believe that the only way to be successful is by hurting others, guess what? You life will be full of turmoil and opposition of others.

**Fear and Correspondence:** Fear is an inner belief, a sense of impending danger brought on by the subconscious and verified by past experiences.

Your struggle with worry and fear takes place in the mind. What you think and believe often affects what you experience physically and mentally.

Ask yourself, where did these fears come from – How can I stop creating this fear? Check your resources: Is this fear real – What verifies these beliefs?

These uncertainties arise from your past experiences of an aggressive world, and the fear of change which confront you daily. The beliefs you hold are years of programmed fears.

By looking at fear from a different perspective you can address these anxieties. If you had to describe your anxieties to another person, would they feel the same fears – would they confirm your worries? Undoubtedly not. Your fears are an exaggerated version of your beliefs brought on by inductive reasoning. Since inductive reasoning is independent, another person would be unable to duplicate the vision and produce the emotional connection only be having the same experiences. From the perspective of an observer who doesn’t have your vision of future events and is emotionally separated from those fears, your dilemma may seem irrational.

Here are four practical steps on how you can stop fear from entering your mind.

**Recognize.** First, you need to recognize fear as what it is. Fear is a thought which has been verified by a belief which may or may not be true. It’s only in your mind. In most situations, danger doesn’t exist. Too often we’ve built a pattern of dangers which has no basis in reality.
Start by addressing fears when they draw closer, see them as they are, thought supported by an unknown belief. Write down your irrational thoughts; take notes on how you feel. Step away and revisit them when you’re in a different state, a different thought pattern. You’ll notice they have changed.

When you’re in a state of joy, for example, it’s difficult to experience fear, since the subconscious only has the capacity to process one condition at a time.

We know from the Law of Vibration, energy will absorb the weaker force and bring it into alignment with its own. If you’re in fear, this needs to be removed from your thoughts, change your state and check back in later. See if the fear doesn’t move into your current pattern of thought.

**Take your thoughts captive.** When fear hits you, it’s essential to capture the thought immediately and think it through; where is it coming from. Remember, your subconscious can put thoughts into your conscious and make them sound and feel reasonable.

**Don’t believe every thought.** When you’re sure, when something’s obvious or it goes without saying, it’s time to check your beliefs. Too much confidence in your own thoughts can make you neglect what is right in front of you. “We demolish arguments and every pretension which sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” 2 Corinthians 10:3-5.

**Find a release.** Most fears release adrenaline, activating the heart, blood vessels and brain for life-saving action, fight or run. The brain gives the threat priority over anything else including schoolwork and it creates powerful memories to help prevent future threats. Adrenaline prepares you to face danger, whether perceived or real.

Foster a mind-set of hope, determination and optimism. There are many ways to foster hope including asking affirmations, seeking an opinion of others, and setting goals.

I’ve found exercise to be a helpful release of adrenaline. At the end of the day, when anxiety levels are raised, I often go for a run or a bike ride. The exercise is good for ridding your body of the excessive adrenaline. If exercise is not a choice, then spend time in prayer, meditation and reading scripture. Flood your mind with God’s truth and his promises of peace over you.

**Get to the source.** If you’re struggling, it’s not because of what you have been through. It's because of what you believe the events produced.

You are wasting time being fearful of things which most likely will never happen. Replace irrational fears with positive thoughts and come to grips with your fears before they destroy you.

By gaining control of your fears and taking chances in life, you will find inner strengths you didn’t know you had. Once you’ve removed fear, you will start to feel stronger and more able to deal with life. This will help you on your road to inner peace.

Most of your fears will never materialize. So if you keep harboring them, you are making them more likely to happen. Bad things can happen to good people and when you focus on dire results, something bad is bound to happen.
Change Your Experience:

A shift in thought is a change of focus. Thought has an extraordinary power to improve your focus, success, and self-esteem.

If you want to change your life you must first change your experiences. Since you cannot change the past, you must change the meaning the past had in your life. Be aware that your mind creates the situation in which you are. The only reality is what you sense. If you have ever sat with an objective and unbiased person and gave them your sad story of how the world is against you, you know what I mean by changing experiences. Typically the feedback differs from your outlook. An objective mind, removed emotionally, physically and mentally from the circumstances always comes up with a better solution. So, if you want to change your environment, it would be helpful to seek an objective opinion.

Change is based on something real inside us, the “subconscious mind.” Objective thought is the mechanism which completes the circuit; it’s our connection to the God and the subjective mind. No thought can be placed on subconscious without causing the creation. You must believe this to be true. Life is to perform function and the individual lives only when he is one with God and in harmony with the universe.

What the conscious mind perceives has already been created. In reality, by the time we recognize an event it has already happened and is in the past. Even thoughts which we believe are "creative" in nature are in truth a creation of past experiences combined with present needs.

However, without perception, senses, and feelings to giving meaning to your experience there would be no growth in your life.

The "Two Minds" are but One. We spoke of the mind being reminiscent of computer. Your sight, hearing, and touch, all physical actions, are much like data entered into this computer. The computer assesses this information as real and truthful. When you take in an images, or sensations, this enters into the brain or (database) and run through a program which quickly evaluates the information against instructions already stored. It compares this new information with other similar experiences (stored memory) to bring up thoughts, and emotions (processor) held at those times and then finally n run’s all of this data through your Belief Filter (hard drive). Belief is your inner guide, your (operating system) of what is true and what is possible. These are the adopted beliefs of your individuality and character.

So, as you view the world, you are not only seeing what is now, but your mind is processing experiences to give you your reality later. Any information not in alignment with this belief is filtered and not seen as truth. Your thoughts and emotions increase depending on this mesh.

There are similarities and distinctions between thought and thinking. The parallel, thought produces thinking, the distinction, thinking doesn’t necessarily produce thought. Your thoughts are creative energy produced by the interaction of the conscious and subconscious which builds patterns and enable you to think. Thought is creative energy flowing from the mind; it’s the connection with your being. The only thing we have control over is thinking. When you change your thinking to focus on what you want, you can effectively change your thoughts.
Know the truth. When you accept everything you’re told without question, you open the door to manipulation. Avoid being someone else's puppet, follow these steps.

Ask Why. Ask everyone, and try to answer the question yourself. When you get an answer, think of an exception.

Look for motives. People become offended, when you question something they have accepted. They may want to be seen as respected, they may want you to think like them because it’s to their benefit, or it makes them feel more secure. There are times when people are just trying to look out for your best interest and wellbeing. They may take it personally if you don’t buy in.

Do research. Don’t accept statements made by others as fact. You’ll be amazed at how many times they’re wrong. Many people issue their opinions and never questioned where their information came from; though they are willing to share.

Think for yourself. You’re taking full responsibility for your life when you think for yourself. This can lead to excessive self-doubt, so be cautious and remember that thinking its true doesn’t necessarily mean its true. It means making decisions based on the information you have at the time. There will always be a degree of confusion in everything.

The wonderful thing about the Law of Correspondence is you begin to take control of your thoughts and ultimately your life. By focusing on what you truly desire you begin to eliminate thoughts of what you don’t want, you begin to shape your destiny.

Experience gratitude. One-way to improve your life instantly is to start a gratitude list. Every morning write down about five things you are grateful for, and get in touch with those good feelings. Research has proven this to be effective method in helping people that are having feelings of depression.

There are only two rules to receiving gratitude into your heart:

First, pick a place to keep your list, so it's easy to refer to them—and chart how you’ve changed. You can use a journal, any number of electronic documents or even a notepad program on your phone. Just keep it assessable.

Second, when writing your list, begin with, “I’m grateful for …” or “I’m grateful that …” This way, this is a complete thought, and you’re not just listing things or people, but actively associating them with giving thanks.

Other than that, it’s up to you. Your list can be composed of specific events such as your family or attending a good show, or it may be abstract such as health and love. Just go with what comes naturally.

Begin slowly and make a goal of 30 days, nonstop, every morning. You’ll be surprised at the change in your attitude and your outlook of the world.

Know you are here for a purpose and an objective lies before you. We are here to seek knowledge, consciousness and truth. We have has become so involved in work, social and spiritual activities we’ve begun to stop thinking for ourselves, we have forgotten His true nature.
In the silence of your own heart their lives the One Life, the One which is you. The Law of Correspondences is the same now as in the beginning; man hasn’t changed; only environment has changed. We have changed the conditions surrounding us, but we are experiencing the same desires, feelings, and ill-advised actions we were millions of years ago.

Can you be sincerely grateful for today? If so you are opening the door to a more abundant life. By being thankful for the sun which warms you as well as the rain which cleanses you, the treasures you have and the obstacles which make you grow, perhaps you will begin to look with a new vision. Be grateful for life, the good and bad and constantly remember those who greeted yesterday, who are no longer with us today.

**You Can Develop:**

There are three things you can start doing immediately which will help you to begin to build the life you desire:

1. Take a hard and objective look at your current reality. What’s your career, relationships, health and financial situation? Ask yourself the question "How are my inner thoughts and attitudes being reflected in my outer world?"

   Too often we don’t recognize want we want and what will make us complete. We ignore what happens in our life and accept what others give us. You need to discover why you haven’t been able to achieve your wants. Find out what’s stopping you?

   Begin now to think about the importance of your methods and how your life flows.

2. Take full responsibility for whatever is happening, be it good or bad. Begin today by making the choice to change your thinking.

   You can’t even begin to live a full life until you’ve accepted that you are the one that makes the decisions for how your life turns out. Many people get caught up in blaming others, but this is ineffective approach and a complete waste of time. You must accept full responsibility for your life if you ever want to progress.

3. Imagine the life you desire and focus. Ask yourself, “In order to achieve this life, what changes will I need to make - What actions are necessary for this change - Am I willing to pay the price for the life I want?”

   The only way to get what you want is to impress your wants on the subconscious; to clarify your actions and focus your thoughts. Since your thoughts create your reality, you need to focus your thoughts on your vision. Only then can you achieve your dreams.

Whatever the needed changes, take action today to start making them!

Understanding the Law of Correspondence is the first step towards taking control of your life. You must look within yourself to make true changes in your future and expand your knowledge beyond your present physical being. Taking an objective look, one as an observer of your life, is what these laws are all about. Awareness of the spirit is simply a matter of observing your inner life and cooperating with natural law in your outward demonstration.
Not only is this application in nature, but in you as well. You are consistent in your thoughts, uniform in your desires and established in your approach to life; it’s time for a change. You can begin to apply what you have learned to design your life rather than making a living. You can gain a better understanding of how symmetry is all around you and become more aware of balance in your world.

We can reason that if Correspondence is a principle of the universe, then by holding to the laws, you govern the outcome. If we would like more love, more money, greater knowledge, more time, we must first recognize the abundances in our lives (without comparing them to anything). We only need acknowledge we already have what we desire. Once accepted, we must go about giving freely and through a loving nature our time, money, knowledge, love, whatever. The amount of giving is not important. The consciousness behind the giving is.

After you arrive at an objective viewpoint of what your current state of affairs are, take responsibility for your life. This is your being one with the creator which has given you powers and abilities far beyond your imagination. Now is the time, give up the rationalizations and own your life.
Chapter Five: Cause and Effect

Law of Cause & Effect asserts everything happens for a reason. All actions have outcomes and produce specific results, as do all inactions. That all form, and creation, is explained by a combination of universal laws, and nothing takes place outside of their influence. Every action has an equal and opposite reaction.

If you produce a cause, you create an effect and conversely once you have created an effect you have produced another cause. Nothing can exist without cause and each effect is in essence another cause, this is also the Law of Growth which will be defined in chapter 10. These Laws are consistent for all men and the entire creation of the universe.

In simplest terms, precise events have a cause not just random action and these produce exact, not random effects. The slightest change in events, whether in cause or effect, is a new creation. Thus, change in cause alters effect while change in effect modifies cause.

A person moves mentally and physically by the Law of Action and form is produced by the Law of Change, this form has growth by the Law of Vibration and so on. The constant transferable flow in universal is cause and effect.

This change in motion produces action and any repetition of actions becomes habit and habit becomes one’s nature. You began with a cause, action, and ended with an effect, “nature.” Regardless of the sequence of events a cause can always be defined and effect will always be produced.

Actions produce results, whether negative or positive. Not the individual, but the action, energy and force produced by the individual create the effect. Nowhere am I saying an individual is not responsible for his own actions. But in reality, the person themselves cannot create effect without actions and events of others. In reality, actions are a sequence of interaction with others, they aren’t random.

I believe our success and failure can be boiled down to two words: responsibility and humility. Our entire spiritual and personal development can be measured by our degree of adherence to those two standards we set in each. A deep humility, accompanied by a great willingness to accept and act upon our obligations and responsibilities is the cornerstone of correct action and thus effortless effect. These maybe the hardest actions to come by for, humility means ignoring pride, letting go of ego and responsibility removing habits which disrupt our obligations to self.

The wonderful thing about Cause and Effect is, by design you’re able to create any possibility which is consistent within natural law. Create a controlled and specific cause and the effect will be certain. Alter the cause and you alter the effect. Should you wish to be successful, study what made others successful in your chosen field. Model them, do what they did, act as they act and if possible, eat what they eat. What books did they read, courses did they study, beliefs did they hold, actions did they take? It’s not by chance the offspring of eminent minds are excellent scholars or famous athletes produce great competitors.
On one hand, it's simple, on the other hand, sorry to say, universal law isn't simple. You can create conditions for the wanted effect by exercising proper cause, but natural law is still a factor and success is not assured, only enhanced.

To buy 60 out of 100 lottery tickets wouldn’t guarantee a winner, but it would improve your odds. The study of the Laws of Nature is exactly that, improving your odds.

Cause and Effect is obvious in the Law of Rhythm. An excellent example is a hurricane in the Northern hemisphere will swirl counterclockwise while in the Southern hemisphere the movement is clockwise. The cause of a hurricane is consistent, low pressure moving over warm water, this would lead you to believe the effect would be the same in every region, not so. Though the cause is consistent, other forces are at work within the rhythm of nature. In this instance, the rotation of the earth produces a Coriolis Effect. This force influences wind by deflecting its path to the right in the Northern Hemisphere and the left in the Southern Hemisphere. The Law of Cause and Effect is still consistent, a hurricane is produced, but as with all Natural Laws, it's entwined with physical laws and in this case produces a different effect.

The point is, if you emulate what successful people do to become successful, you should achieve the same results over the same period of time. Is it guaranteed, no, is it probable, absolutely. If however, over time, this does not occur, the likely cause is something different in the method; a vital piece of information is missing. Your hurricane may be heading in the right direction, just moving in a different rotation. Later, as we look at the Law of Change you will begin to study the incorporation of these laws and how to adjust your course in the midst of natural law.

**Two Minds:**

To understand how you perceive cause and effect it's important to understand how your mind works.

We know the mind is made of two worlds, working together yet independent; the conscious (self) and the subconscious (observer). Self, examines your physical world, touch, sound and sight. In this world all is not as it seems. Self, often focuses on actions and reacts to events, recalls fears and forms its own reality. What you've been taught, your experiences, family, education, culture have conditioned its view of the world. This mind is the observation of your life.

On the other end is your subconscious, the observer. Information, insight and power all have admission to its faculties yet information and meaning is at the mercy of Self. This mind finds purpose and links between events and provides unemotional, logical information on the happening. This mind is unassuming and unaffected by the nature of events and only considers information presented as pure reason and truth. Your subconscious provides an image of action and reactions, giving you access to understanding of why something happened; it fills in the blanks between occurrence and reality.

An excellent example of reality in relationship to self and observer was on 9-11 as we watched the World Trade Center collapsed. From the Self perspective you recall the first tower falling and may even remember exactly where you were when this happened. How about the second
tower? Most people would recall with vivid memory, the second tower falling shortly after the first and even recall exactly how and when this happened.

In reality, the Self is mistaken. The second tower fell several hours after the first, with no live video feed of the event. This wasn’t available until 24 hours later. I’m sure many of you will check your computer to verify, because you’re certain they fell around the same time.

Where did the Self go wrong? The event was played constantly and ingrained into our minds over several days. So much so, when we saw the event 24 hours later, the Observer, joined them as one event. Simply, the following day we saw the repeated video of the first tower falling and subsequently the second tower falling. Our subconscious erased the previous day’s events and replaced them with new memories, backed by new information. This explains much of eye witnesses wrongly identifying suspects.

Once you begin to recognize and use these two minds and become aware of these links in your own life, you will begin to understand the difference between truth and reality.

“It is not what happens to you, it is how you perceive what happens to you. Tony Robins

This is important because “cause” may be a perception or truth; whereas "effect" will always have a foundation of truth, regardless of the reality behind it.

**Cause:** We care about causes for many reasons, notably we want to know who and what to blame, those individuals responsible.

One factor which makes causes so hard to consider, there’s never just one cause of any event. There are multiple reasons for a cause. Think about it, how a baby learns to communicate is through interaction and replication of others. There is never any one event that perpetuates speech, the cause is varied.

Consider this; First of all, every cause is a question of either What or Why. For every event, there’s a different question which could be asked. What failed to operate properly – What change has been made – Why was faulty information used - Why was this not done correctly?

Singularly, these questions won’t offer an explanation, but collectively they provide a pattern of cause.

This brings you to the second complexity of logic. Combinations of explanations provide a chain of information. For example one (of many) possible explanations can be given for a car accident. The car was traveling to fast, the weather was poor, driver was distracted, time of day or other drivers. Each of these causes is another sequence of explanations which lead to the chain of events which produce the effect.

What makes this reasoning difficult is that one cause leads to another, which leads to yet another. It is hard to know when to stop your explanation, because there’s always another event which caused the first. In addition, one cause can have many consequences (like the weather may have caused both drivers to misjudge stopping distance).

So, why should you care about causes?
Sometimes, our need to know about causes is just curiosity. There isn’t much practical knowledge in why things happen, but it is a strange, and humans seem wired to want to know why strange events occur or at the very least, who’s to blame.

However, knowledge is the rhythm of advancement and creativity and it’s is nearly impossible to create solutions to problems without understanding the cause which led to the problem. So, if you have any interest in solving new problems, it would help you to learn more about the way you think about cause. Is it for advancement of knowledge – to determine effect – to justify action or to assign blame?

**Effect:** Whatever you put into the world, you get back in return. The energy, force or power which you expound, will be returned to you. If you present positive energy, you get positive energy in return. If you put out negative energy, you get back grief and hardship. If you put out anger, you get back resentment. If you put out happiness, you get back elation. The Law of Vibration is perfect in that energy will attract, absorb and consume energy and bring it into alignment with its own.

In straight forward terms, this means everything you say or think, whether joy and love or hostile and hurtful, you are putting out energy which will produce an effect which is returned to you. You are creating for yourself exactly what your thoughts, actions and spirit create. Since what you put out comes back to you, your negative energy becomes an order to the Universe, asking for difficulty to be placed in your life; your positive energy becomes instruction for increase and affiliation.

There is no hidden mediator directing or governing the Law of Cause and Effect with its rewards and punishment. You shouldn’t rely on prayer or supernatural forces to change your life. Universal Law, Laws of Nature and of Cause and Effect are neither predestine nor determined by our oneness or spiritual connection; they are an exact science in life.

Growth is required for life to advance. Through cause and effect you find an exchange of old for the new, of good for the better; it’s conditional, reciprocal actions which governs all we perceive and are.

An ancient Buddha saying, “We are the results of what we were and we will be the result of what we are,” sheds light on the fact that we are not absolute in the universe, that we are an ever expanding being which is not the sum total of our past. We are today, what we believe today, and will be tomorrow, what we make of ourselves today. Everything is not fixed and determined, you can begin today by taking control of your past and your present and creating a new future.

If we’re merely slaves of our past without a higher power, living in a world where everything is undetermined, we would have no need to develop morally and spirituality.

**Creating Positive Change:**

By creating positive change, you are acknowledging your power as a creator and being accountable for your life. Here are nine thoughts to creating positive change and transforming the world.
The things you say, the things you think, the things you do, even the things you don’t do, produce energy that impacts you and the people around you. If you work on creating more positive energy, you will create positive change. You’ll see improvements in your life, and touch more lives than you ever thought possible. Although creating positive energies is important, the process of change is habitual just as any development.

**Finish old business.** “*Do your planning and prepare your fields before building your house.*” *Prov 24:27.* Tackle the most important things first, before the demands of the day intrude. Interruptions and emergencies tend to strike later in the day; motivation tends to wilt. People who start the day with a win can build on the momentum all day long.

**Accept responsibility.** Taking responsibility earns you respect. We can't be perfect all the time, we all make mistakes. When we accept responsibility we are accepting the blame for our actions and also accepting the responsibility for making improvements in our lives. Accepting responsibility is a measure of one's self-worth, their level of security, and the true sign of strength and courage. Having this ability can empower you to grow in ways which would bring you great rewards and accomplishments in your life.

**Don’t judge yourself.** In many cases we are often our own harshest critic. The negative thoughts and feelings that are inflicted upon us might also come from inside of us too. While honest self-reflection is healthy and can lead to positive change, it's also important to be kind to ourselves and remember the things we do well.

**Check your relationships.** Look around you, who’s supporting you, not finically or physically, but mentally and make sure they really are supporting you. Maybe they have outlived their time, or you changed your objectives, if this is the case, it’s time for a replacement. Upgrade your sources of energy to support your optimal flow for positive change.

**Forget perfection.** Fear of making a mistake can keep people stuck. Some people won’t even take the first step on something they want to accomplish for fear of failure. Perfection stalls progress.

Thorough awareness of your own positive change is the highest service to God and yourself that can be done. So, great each day with love, let gratitude fill your heart while giving of yourself what you can, and you will make a global shift by starting where it counts—with you.

**What You Can Do:**

- **Determine the Cause & Effect in the areas in which you want to expand.** We know through goal setting examples that thought and actions are necessary for any advancement. Identify the specific actions you will need to take in order to get the results which you desire.

- **Take action.** Make the decision to focus and do the things which other successful people have done or do. Model their action, movement and dress; read what they read. Action alone won’t make dramatic changes in your life but this will set you apart from the majority of the population.

- **Persevere.** Take action, do what other successful people have done, you will get the same results. Success takes time, don’t give up, stay focused, evaluate your path, and notice if it’s working.
There is no mystery to achieving success; it’s available to all of us. You only need to be aware of, understand and live in harmony with the Spirit.
Chapter Six: Compensation

The Law of Compensation is cause and effect applied to blessings and abundances in our lives. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and support.

We know energy is vibration and vibration flows through the universe. The Law of Compensation revolves around the transfer and acceptance of this energy. Compensation is always present and a direct reflection of the energy you put into action. Like the principle of electricity, the theory of Compensation states how specific types of energy flow. That what you receive is equal to what you initiate. This power may be generated and transferred, “Give and it will be given to you.”

There is always a balance between energy in action, so when you put energy into the world, you will receive an equal amount of energy in return. Since compensation is in effect energy of another source, this is what you receive. Compensation can be received through a whole host of energetic forms; money, awards, consideration, prospect, expectations, love and so on.

The nature of the Law of Compensation is energy must begin with you. I am convinced; the most significant change we can make within our lives begins with our initial capacity to give to others. When we give to others, we’re focused on making the world a better place. When we give to others, we help bring the world into balance and create harmony.

We have to realize, without compensation, this world would be an entirely different place. Lacking the return from others, we wouldn’t have clothes to wear, a car to drive, and we wouldn’t be able to survive in this world.

Ask yourself, what do you give attention to - What do you think of more, others or yourself - Do you pay more attention to conflict in your own life or in others? You’re not alone; most of people sense life like this on a daily basis.

Employment:

It’s not uncommon to hate your job. Most people who work for the sake of earning a living often describe their work as boring, tiring, dull and unsatisfying. Sometimes, these situations can be changed for the better; however, not everyone is so fortunate. Many people feel trapped in a job they hate but don’t believe they can quit. They feel stuck and, as a result, their life is miserable. Do you know someone like this?

Maybe you’re in a Dead-End Job. Often it’s not the job but the person who becomes lethargic and indifferent. Often this can be changed by cognitive restructuring (find meaning in your job; setting work-related goals you can take pride in). Sometimes, you might want to explore educational opportunities or another job. Or maybe it’s time to change.

Put your work in context. The truth is work is hard. At best, there will be difficulties. Frustrations, setbacks, and even failure are part of life. Don’t be surprised; accept the bad with the good.
Change your attitude. We’ve spoke of attitude and the significance it has on your life; your job is no different. Never is it more obvious than when you feel undercompensated. Far too many times people will look at outside sources rather than look inside for the answer. Begin by changing yourself. Check your belief and approach. Should you wake each morning dreading work, your mind will give you exactly that.

Be careful about letting your negative feelings show and further self-sabotage. Sloppy performance, or showing up late, that’s what people do when they are unhappy at work. Even though you’re down and may leave soon, you want leaving to be your decision, not the organizations. Be professional and pleasant and follow through on your responsibilities. You may find out how much you liked, or at least needed the job once you’re gone.

Maintain a positive attitude and realize that the law of compensation isn’t monetarily focused. Look for the aspects of your job that you enjoy. If you can’t find one, it might be time to consider moving on.

It is possible to enjoy your job and work in a field that gives you a great deal of satisfaction and peace. By doing what you love, you can work long hours for little pay, because you’re focused on the satisfaction and not the monetary rewards.

First, decide the “why” behind what you are doing. Is this a career or a paycheck? If this is something you want to pursue long-term, then you must take charge of your own advancement. Be an active participant. Continue to strive to improve, take extra courses that you can to add to your resume and use this as a networking opportunity.

Happiness is largely a choice. Therefore it depends on whether you love what you’re doing. I can hear many of you arguing with me, but it’s true. You can choose to be happy at work. This may sound strange, but it’s the basis for the Law of Compensation. But, simplicity is often profoundly difficult to put into action. I wish all of you had the best employer in the world, but, face it, you may not. So, think positively about your work. Dwell on the aspects of your work you like. You will be more efficient, your energy will flow better and you easily succeed in a field which you love, rather than a field that simply compensates you for your efforts. Your choices at work largely define your experience.

When you love what you do, your quality increases, your efforts improve and your energy strengthens your efforts.

When you love what you do, you excel at what you do, you are the best at what you do and you never want for money. It’s not who makes the most money; it’s not how we can get everything we want. A happy child isn’t the one with the most toys. It is the child who enjoys the toys the most. It’s about having purpose, finding who we are, and feeling valuable. Happiness comes from absolute actions. We act with hope and joy, not because they move us up the food chain.

When you’re doing what you love, compensation is secondary to the work you perform. For this very reason, love to do.

By engaging in work that you love, you’re rewarded with different benefits. First, the reward of happiness is far greater than compensation. And second, your monetary reward averaged
against your happiness is generally much greater. You don’t wait for Friday to come, your time is more pleasurable and you develop habits of performance rather than labor.

When you do what you love, you begin to build a reputation of a person who is passionate and eager to serve, one who is prompt and diligent in your efforts and people will take notice. Whether you’re a Doctor, Lawyer Preacher or Teacher, you will become more valuable and demand greater pay than others in your field.

Another fundamental reason and of more importance is the effort you apply to gain better-quality results. If you want to become stronger, you go to the gym, it’s the same with effort; resistance builds strength. Applying more of you, working harder and doing more than others because you love what you do, creates an unstoppable discipline and energy that others will seek.

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.” Steve Jobs

Giving:

You often come across two extremes of people; those who are self-centered and cannot look beyond themselves, and the self-sacrificing, the altruistic type which would put them self through misery to serve others. These extremes are flawed, for neither has the natural harmony to flow with the Law of Compensation. You see, life needs balance to expand; for this reason the Law of Compensation is not only about giving but also receiving, it's a life of consistency.

I had an opportunity to meet a man of great wealth, few words and even less fashion sense, Chuck Feeney. You may not have heard of him, many haven’t since he lives a private, unassuming life with little flare for anything but business and philanthropy. As a matter of fact, he turned philanthropy into his business.

For a man, who at one time was worth an estimated 8 billion dollars, he’s quite a sight. Feeney, has flown millions of miles in coach because first-class didn’t get him there any faster. He wears a rubber Casio watch because it keeps time like a Rolex. And the khaki shorts, aloha shirt and sandals, well I guess they’re just comfortable.

Mr. Feeney oversees one of the largest foundations in the world, The Atlantic Philanthropies, and has dedicated his life to giving. Though you won’t find his name on any building, see him on the cover of Fortune or hear it dropped at social events; he quietly goes about giving away an untold fortune.

Feeney embarked on this mission in 1984, when he transferred his entire 38.75% ownership in Duty Free Shops to what became his life’s mission. “I concluded that if you hung on to a piece of the action for yourself you’d always be worrying about that piece,” says Feeney, who estimates his current net worth at $2 million (with an “m”). “People used to ask me how I got my jollies, and I guess I’m happy when what I’m doing is helping people and unhappy when what I’m doing isn’t helping people.”
For the first 15 years of this mission Feeney hid his donations. Charities had no idea where the money was coming from. Those who did were sworn to secrecy. Eventually Feeney was outed, but his want for privacy remained (until this year he had done about five interviews in his life). Now that his quest to give until nearly broke is concluding, he’s opening up. What emerges is a strange, impactful life of a man who sees himself as an instrument of money rather than a proprietor.

Over the last 30 years he’s crisscrossed the globe conducting a secret undertaking to give away a $7.5 billion fortune stemmed from his empire of in his duty-free shops. While the business world’s titans obsess over piling up as many riches as possible, Feeney is working double time to die broke.

By the year 2016, his charity will give away the remaining $1.3 billion of his wealth, which doesn’t include the $6.2 billion in donations and grants already presented. And the billions more he raised from government matching funds and private donations. Chuck has made giving a way of life.

To tell his story would take the remainder of this book and then some, though it's one I’d love to convey.

Find out more about this great philanthropist who inspired Bill Gates and Warren Buffet in Forbes Magazine, October 8th. Issue and the book,” The Billionaire Who Wasn’t.” by Conor O’Clery

I bring this up for the purpose. You are effectively creating all the time, your words, actions feelings and in Feeney’s case, his giving. This give emphasizes your true intents and expands the Law of Compensation. By a genuine want to share you receive in turn. If you give to feel recognized, indispensable, important, you will receive the same energy in return. If you are not receiving what you want, look to give with the right intents. The Law of Compensation remains exact; man creates the life he lives and thus lives the life he created.

Sometimes, it's hard to find time to give because we're so caught up in our own problems. But, when think about it; there's an abundant amount we can give. A kind act, thought, or deed; goes a long way in this world and it has a ripple effect on the rest of humanity. If one person sees a kind act, or deed; then, this might give them ideas of kind acts or deeds they can do for others. By focusing on what you can give to others, you’re able to focus on making a contribution, and making a difference in the world.

We are what we do, so if you put time and energy into something that matters to you, you’ll always make a difference, you have to, it’s The Law of Compensation. Also remember there is no such thing as something for nothing; cause produces effect.

**Effort and Action:**

Ralph Waldo Emerson (1803 - 1882) explains compensation in clear terms: “For everything you have missed, you have gained something else; and for everything you gain, you lose something else.” In his personal journal, he writes, “The whole of what we know is a system of compensations. Every defect in one manner is made up in another. Every suffering is
rewarded; every sacrifice is made up; every debt is paid.” Emerson noted, “Each person is compensated in like manner for that which he has contributed.”

Truly successful people take it one step further and follow the Law of Overcompensation. This law says great success comes to those who put in more than they take out. Successful people realize this and do more than they are paid. Because they overcompensate, they always get over-rewarded. Unfortunately most underachievers never see the struggle to succeed, only the success of another.

What’s important to remember is these laws always work, even when no one is looking. Test this for yourself, think about something you can do to increase your value to others and do it. Over the next few days or months, you’ll notice your efforts are repaid.

This Law of Compensation declares that you cannot be compensated for more than the value of your effort. You reap today your efforts of the past. If you want to increase your reward, increase your value. The best way to increase your value, give more, develop abilities in all you do. If you fill your mind with thoughts of despair, life can never compensate you enough. Fill your mind with an image of plenty, and optimism; your compensation will follow.

When you give freely and apply your heart and soul in any direction, you receive richly from the universe. The compensation may not appear in monetary terms, but you will be rewarded. I see may people give for the return of recognition; they seek acknowledgment of their efforts and apply little effort. Treat others with love and respect, and then talk about them behind their back. These people should just burn their money or seek gratitude else ware; the world will never give back on an empty spirit.

How can you value the things around you if you place no value in yourself? How can you forgive someone you love if you haven’t forgiven yourself? These are deep but marked questions which hold an important but simple truth. Learn to love, recognize and respect yourself first, and then you will be able to give of yourself in a boundless way.

You can’t give what you don’t have. You need money to live and expand your means. Be honest with yourself and be a good steward. Take care of your needs and debts first. When you give to yourself first than you can ultimately give your best to the people you love most.

**Spending Above Your Means:**

Here is an analogy I’d like to use to clarify spending above your financial means. If you have ever watched the program “American Greed” and the Ponzi schemes people undertake, you have seen the Law of Compensation in full force. I believe most people are honest and are trying to create wealth for themselves and others in a sincere way. When the line between giving and receiving becomes blurred, compensation avenges.

The collapse of Bernie Madoff is a prime example of over promise and under compensate. Madoff began by promising financial gain to all who invested, at rates higher than the national average, and for a time it worked. But, deep down inside he must have known something had to give, there was only enough to satisfy a few. Under the impression the supply of wealth was endless; he was deceiving himself and others by believing he could feed the masses. In an attempt to keep up, to provide for all, he runs out of energy and time. The Law of
Compensation is knocking at his door and investors are calling for the rewards they've been promised. After a while, he cannot keep up the charade and he can no longer even deliver enough money for his own payroll. He, his children, wife, friends and investors are in turmoil. He has to extend himself way too far to get the necessary funds to compensate everyone.

When you analyze Madoff and his life of prosperity, you see he made a lot of promises he couldn’t keep and the Law of Compensation held true.

In a smaller sense, when you charge on credit before earning the money you’re taking the same action. You are lying to everyone, making false promises to yourself and to others, and this will catch up to you.

Compensation is never clearer than in young athletes who receive a large windfall once turning Pro. 80% of these men are broke within five years of retirement.

A current case involves a prominent football player, who just three years prior, received a 30 million dollar signing bonus and is broke. He is suing everyone, his attorneys, investment advisors and family members claiming mismanagement of funds. Nothing is being said of the fact that 3 years ago he received 30 million and had an annual salary of 5 million. That he bought no less than four mansions and a fleet of luxury cars. And the fact he isn’t playing is a matter of attitude, he believes he was under paid.

This man displayed all the signs of a narcissistic, self-absorbed, individualism, prevalent in most young athletes. Maybe its years of being told they were great, or the inexperience of handling money for the first time. Whatever the reason, it would have been worth the dollar fifty late charge at the public library to gain a little more wisdom on life.

Too master the Law of Compensation, you have to be able to give to others, while keeping a balance in your life. The first rule, always pay yourself first. Ten percent of your income should be set aside monthly and allowed to grow so your needs can be well taken care of with the investments you are able to make off the interest earned.

The ability to give and receive with love is only possible if your needs are met. When I speak of need, I am speaking of all your needs, not just food on the table and a roof over your head. You not only need to live, but to explore, expand your world, fulfill the needs of your family and just have some plain old fun. You deserve to treat yourself and loved ones with love and kindness, it’s important in the balance of life, it’s also part of being able to give to you. Balancing your life with giving and receiving is the key to wealth.

The law of compensation keeps us in balance, and creates peace, harmony and stability in the natural world. Reflect on all the ways this law is operating in your life now, notice the law of compensation operating everywhere in nature. It’s unchangeable and unyielding. You can’t deny this immutable law of the universe. If you do an evil act, you will reap a bad fruit in compensation.

When you give to others an unexplained feeling comes over you, it’s a connection to the oneness and the mind of God. You may not be able to explain it or you may even deny it, but it’s present and it feels great. Think about the last time you did something nice for someone
else. How did you feel? I know every time I perform even the smallest kindness, I feel great. Bless yourself today by being a blessing to someone else.
Chapter Seven: Attraction

What can be said about the Law of attraction which hasn’t already been printed, posted or scripted?

In essence this law explains how we create events in our lives by our thoughts, feelings, words, and actions. This pattern of behavior produces energies which, in turn, attract like intensities. Both negative and positive energies attract like influences.

We are energy and everything around us is energy. What we think is what we experience and what we experience is vibration pulsating through our bodies. These vibrations produce our thoughts, words and actions while forming the world around us. We have the power to fashion a life of our own choosing; a life of harmony and plenty or conflict and lack. To create this world you need to control your thoughts and emotions. Awareness of Universals Laws helps you do this.

To understand the Law of Attraction you must be aware of the Law of Vibration; that everything is vibrational energy and this includes you. Our thoughts, feelings, words and actions connect forces through our spirit.

What we are attracted to and what we attract can tell us a lot about our past. After all, like attracts like and past actions often become repeated measures. The Law of Cause and Effect bears witness to the truth that we are the result of our past. For you to live you must have experiences to relate too, “Inductive Reasoning,” but you must also understand how these thoughts are fashioned. You must have an understanding of events and their results to decide if your actions are appropriate. This being the case, it holds true that we live by cause and effect every moment of our lives.

Bear in mind the Law of Attraction is not the same as the Law of Cause and Effect where you have an event which results in an action, it operates between cause and effect. In short, you have an event, a cause, and the Law of Attraction places the energy in your control to produce a choice, through choice you produce the effect. These two laws like all natural law perform with, and separately from all other laws. All life, nature and the universe is cyclical, in an ever-changing state of beginning, these laws cooperate with one another to the point where the dominate law takes control.

The Law of Attraction is not to be used only when we are in need or distress, this should be a way of life, an expansion of knowledge. We must be aware and observe how attraction is working on our lives. The Law works regardless of your circumstances or awareness and is neutral in the encounter. Use it correctly to understand and connect with the laws of nature. If we are not happy, it means that we are failing to harmonize with some these laws.

**Vibration and Attraction:**

We know the universe works under vibratory energy and energy attracts energy. It holds true if a person is emitting positive energy they will receive positive results.
Have you ever entered a raffle or a game of chance and been so upbeat you just knew you’re going to win, not a doubt in your mind. On the flip side, how about waking up in a bad mood and everything just goes downhill from the second you get out of bed. These are basic examples of the Law of Attraction in its purest form; energy attracting energy.

This doesn’t mean all events in life are a result of the Law of Attraction. As I’ve stated; all laws act in cooperation yet independently with universal law, and the dominate law produces the result.

The mind is a spiritually powerful, diverse and complex organ, capable of depths which we are only beginning to understand. It’s an instrument in human body capable of producing and interacting with vibrations and energies of universe.

The foundation of any success that you encounter whether physical, mental or spiritual is in your thoughts. When your mind believes there is a way and your will is strong to achieve, a method is formed. The law of attraction can help you discover the course of your future, your achievements and your failures.

**Why It Does and Doesn’t Work:**

As students of thought, you know the Law of Attraction is adaptable. As with all it bends and molds with other laws, eventually absorbing or taking on the character of a more dominate force.

Since God is omniscience it would be true He contains complete values and collective thought. If the mind is congested with negative energy, thoughts, vibrations or disruption, it cannot possibly release enough positive energy to effectively change. You must rid yourself of negative energy to elicit change. By using the power of will, by awareness and discipline, you can manage your mind to cancel unwanted thoughts and images. You can remove negative focus and remain fixed on productive ideals.

As with any skill this takes time, effort, dedication and determination to be proficient. There are a host of causes which affect natural law, all of which fall back on your capacity to use the knowledge of these laws. The more steady and continuous your purpose, the more rapidly you grow.

People typically struggle or give up when things don’t work out, here are five troubleshooting tips that usually help to get things back on track. Use them regularly as a checklist of your progress.

**Get a reality check.** We live in our own reality; therefore, our problems are big to us. And, whatever our problems are, they are a balance between thought and action.

The most common error in our reality is correct thought. Ask yourself: Are these actions moving me towards or away from my goals - Is this ambition realistic given the circumstances – What resources will I need to achieve my objective - Are there expectations beyond my control - Is information missing from my decision making process because of insufficient investigation?
Ask yourself hard questions and answer honestly. Clarity only comes by searching your heart and soul for truth. When you look outside with your impulsive desires and hedonistic ways, these are dreams; when you search your spirit and morality you are awakened.

**Check your motivation.** Your reasons are not always what they seem. Carefully examine the situations, see it from the perspective of “other.” Many times we deceive our selves about the usefulness of an action for reasons of social pressure. This can result in determined acts that don’t connect with our values. While they may be nobly motivated, they’re doomed to fail because they don’t address what is actually going on.

**Eliminate fear.** Fear is perhaps the most limiting of personal weakness. We’re talking about the type of fear which grows out of ignorance and worry. Fear can be useful to keep yourself alive, but many times fear is just an obstacle in your path. This is so because people resist establishing habits which produce steady growth and increase their knowledge; with proper knowledge, fear fades. Determined activities and behaviors directed at achieving a deliberate goal will overcome fear.

The easiest way to eliminate fear is to ask questions. After all fear is nothing but uncertainty of the future and its how we frame this inquiry to ourselves that causes either fear of excitement. Notice how you’re viewing life. Are the questions you’re asking yourself positive or negative – Do they empower you or cause trepidation – Are they causing you to react or respond?

By changing the nature of your internal dialog to positive energy, to positive questions, you begin to search for events which support the belief of positive results.

Empowering thoughts attract knowledge and experiences of countless others which are in the same flow and helps flush fear from your system and focus on positive action. It gives you the ability to achieve more every hour, every day. Imagine where that puts you at the end of just one year. When you live with fear it’s not because you want to, but because you choose.

**Scrutinize your actions.** For anything you wish to achieve, positive steps must be taken. For example, it’s hard to sell something if you don’t make an appointment first. Scrutinizing one’s actions is an important aspect in life. Examine the necessary actions which need to happen to achieve your goal. This reflection allows you to recognize outside influences, discover the truth, and allows you to spot misbehavior or mistakes. Your increasing experience and the experiences of others can help you determine if actions are counterproductive and how to adjust them. More than anything you actually perform the desired actions, all of them.

The problem has always been that the subconscious carries the past and influences of our conscious plans. It contains our beliefs regardless of what we consciously want to think. Changing those beliefs so that your actions and thoughts become habits is not easy for most people.

The victory is won in the mind by setting goals and developing positive habits. You must quickly break those habits that can break you and adopt new practices that will form the life you desire.

**Removing Limiting Beliefs:**
Limiting beliefs appear so real you can hardly tell whether they’re restrictive or real. Many times people fall into a self-defeating cycle because they’re unable to control the thoughts and attitudes of their subconscious. In addition, whenever someone attempts to help a person remove his self-limiting belief the person may becomes anxious, defensive and sometimes aggressive. We often give control of our attitudes to other people, but it is always within your power to regain control and feel how you wish. Mastery over your own mind is a necessary step.

Think of some of the beliefs which you hold today. Are these thoughts which you came to acknowledge through true introspection or are they opinions which you picked up form others? The vast majority of our belief system is simply gathered as we walk through our daily life, unconsciously plucked from the nearest tree. These aren’t viewpoints which you have consciously thought or experienced events which make them true. No, you’ve heard them, seen them or most likely generalized them and now hold them as truth.

Martin Luther King once said, "I will never let a man bring me down so low as to hate him." This quote is a perfect example of real mind mastery. Despite odds stacked against him, despite not being understood or appreciated, Dr. King decided to respond with emotions which would make matters better rather than worse. In other words, don’t let others pull you down, master your thoughts and attitude and master your destiny. Don't let emotions rule your life, become the master of your thoughts and administrator of your attitude.

Dr. King knew he had a choice while many people believe their choice is limited. He knew his ability to change belief was consistent with ability to change circumstances.

When the subconscious continues to project disbelief, the negative energy will return negative energy and destructive patterns and the same is true for positive energy. Those who have a vision, and believe in the possibilities of their ideals can achieve great transformation.

Our purpose is to learn and grow, emotionally, physically and spiritually and experience as much of life as possible. This is the purpose given unto us by God, all other we give ourselves. To overcome challenges and enable us to grow He allows challenges in our lives, situations to conquer. The important thing is to grow in these situations.

God has given us freedom of choice and having this freedom means that we can rebel against the natural laws which are contrary to His desires. Since we can say that evil is anything contrary to God's perfect and holy will, then anyone who chooses anything contrary to God's perfection is committing evil. This is the risk of freedom of choice; evil and suffering are the result of free will.

The curious as well as the critics of the Law of Attraction ask this question. If God is all-powerful and all loving, then why does He permit evil and suffering in the world? Various answers have been given but permanently settling this question is impossible because so many of our answers raise further questions, (cause and effect). Nevertheless, our lack of ability to answer the question perfectly does not mean there is no solution. Of course, I do not assume to be able to answer these questions definitively, but I can offer some solutions.
First of all, it is possible that there’s a reason for evil to exist which we simply cannot understand. In having confidence that we are one with the creator we know His ways are above our ways. We need to live by faith in the fact that all is made for our good. That the world was created for man and things are for his good.

Second, evil must run its course in order to preserve balance in nature, the Law of Growth. Without iniquity we wouldn’t have morals, the Law of Correspondence. Evil and suffering is an unfortunate byproduct of natural law and is further proof that anything contrary to God’s will is harmful, painful, and leads to death.

So, if we want God to stop evil and distress, then He must stop it all. He must remove free will. We have no problem with this when it means stopping a catastrophe, but what about evil thoughts? Evil is destructive whether it is acted out or not. If envy, greed, and gluttony are wrong, and if God is to stop all evil, then He must stop that person from thinking his own thoughts. To do that, God must remove his freedom of thought and will.

So, why do children suffer, why do wicked prosper? I must admit, I do not know. Ultimately, we must trust that the One, who knows all, sees all and is all will have the final word and He will be justified.

Just know for now, you are exactly where He wants you, you’re not where you want to be but you’re not where you were. Your future is full of possibilities. Dreams on the verge of becoming fulfilled, talents waiting to be discovered, ideas ready to become reality. You have the power to discover all that your future holds, and achieve it. Believe in the possibilities, believe in your potential, and believe in your success.

In order to project the positive vibrations which are necessary to draw energy to you, it is essential that you are confident in your ability to effect a change.

**Common Mistakes:**

Being positive is not enough. Action restores confidence, just as inaction results in fear. The actions you take may well succeed or maybe a different action is necessary for achievement. In either case, action is better than no action.

Most people don’t practice what they know and thus don’t act upon what they should. This is obvious in self-improvement seminars, diet programs, and financial matters. People are exposed to excellent information, knowing it can be life changing, yet they still don’t do it. Sure they’ve attended seminars and made sudden changes which lasted a few days, but the result is repetition of past behaviors.

I’ve been to hundreds of seminars, read thousands of books and exposed to a great deal of people with like thoughts and I have come to one conclusion. The emotional impact of the event is outweighed by our subconscious ability to absorb the information. The sheer amount of coaching becomes overwhelming to the subconscious. The end leaves you emotionally drained yet exhilarated, mentally confused yet enlightened. You would be far better-off sticking to a singular point, a specific subject which keeps your mind and emotions fixed on the concept.
Since the subconscious is merely the observer of your conscious realities, it needs support to anchor a belief beyond general information. It needs a solid foundation consisting of sensory information along with emotion and habitual actions to form as genuine belief. This is difficult to achieve when information is immense.

Seminars and books that concentrate on a more singular thought allow you the emotional change to relate to the process. When focused upon with a determined, single minded effort, these can lead to deep, impactful and lasting change.

**Don’t Give Up:**

If you have a passionate dream, your efforts become less of a concern. Powerful dreams haunt us, they are with us day and night asking; what are you going to do now? They show up at work and play, a dream never fades.

Sometimes before we give up we need to step back and evaluate our inspiration. When it feels like we should quit, that’s when we need to push forward. Find one more task you can complete to get closer to your goal. You will feel invigorated from the effort and inspired by the results. Most people don’t experience the life of their dreams simply because they quit too early.

**Listen to Yourself.** If you’ve ever been wondering how you continually get caught up in the same situations, it might be worth your while to quiet down and listen. Your inner truth is always speaking, guiding you, and pointing out the red flags. The real you knows how to handle things intelligently and walk the carefree path.

If there is a behavior you are trying to change, be it large or small, listen to what you are saying to yourself as you work on it. You could be the only person/voice standing in your own way.

**Listen to Intuition.** Intuition "knows" something without being able to explain how it came to the conclusion. It’s "gut feeling" or "instinct" which often turns out to be right. It can be difficult to depend on something that you don’t understand, and you probably shouldn’t base every day decisions on intuition. But, when you’ve weighed all the options and there is no obvious, rational choice, intuition is really all you’ve got.

Intuitive feelings stream through the mind more rapidly than our own thoughts. Not only that, but when they do appear they’re usually complete ideas telling you to act now. In many cases they feel as if they were downloaded in a complete sequence into the brain. As far as trust goes, only jumping in with both feet and following your gut feeling will sharpen your instincts.

Consider the following:

**See the Signs.** In a perfect world every project would be "on time and within budget." But reality tells a very different story. It’s not uncommon to fail. Even the best laid plans can meet setbacks. Ask yourself, "Did I perform the way I expected?" If not, why not. True success must be constantly evaluated.

When endeavors begin to show signs of anxiety and letdown, we look for answers; a reason why our belief and knowledge didn’t materialize our wants. This is when complacency sets in.
and the process breaks down. This is why you must remain in control of your thoughts and attitude.

Though we all have flaws, and some of us are probably worse than others, we must all make an effort. Life requires us to work at it, not only at our occupation but in relationships and on ourselves as well. Never take for granted someone is going to work for your success while you are nowhere near.

**Don’t focus on what you don’t want.** Most of us are not aware of what we want; we’re busy reacting to life and focusing on not getting behind. Particularly in challenging times we focus on what we don’t want to happen without knowing.

If you haven’t defined what you want, then you have no idea of what to do; you only focus is on the distraction. If you haven’t consciously identified your goals, the subconscious has no way of knowing how to support your desires. So, when you catch yourself thinking, “I don’t have enough money,” you start questioning your resolve to create money.

Since the Law of Attraction operates between conscious and unconscious thought, giving you exactly what you dwell on, there will always be uncertainties in your growth. These thoughts need to be pushed aside in favor of positive verifications.

**Idealization:**

The first and probably most important step to take in your new venture is to idealize and visualize exactly what you want. When an architect begins to design a building, he doesn’t start from a sketch or a photo, the idea is already in his mind clear and concise. He has a vision of the project already completed and operational.

Idealization is vision of an object as perfect, or as having exaggerated positive qualities. Nothing negative is inserted, all is perfect. This is an important because it’s the plan you will use to build a clear picture of your product, “you.” Idealization is the overestimation of the traits and underestimation of the limits. Idealization is a picture more complete in detail and process than visualization; it’s solid, it’s clear and it's permanent. The architect has every line and detail pictured in advance. He understands the end before he lays the first brick but knows adjustments will be needed along the way.

Nikola Tesla, one of the greatest inventors of any generation and the father of our modern day AC (Alternate Current) once stated; “I am enabled to rapidly develop and perfect a conception without touching anything. When I have gone so far as to embody in the invention every possible improvement I can think of, and see no fault anywhere, I put it into concrete, the product of my brain. Invariably my devise works as I conceived it should; in twenty years there has not been a single exception.”

Tesla used idealization as a vivid description of his chosen results, one which was precise in the construction, texture, size and color. This vision, this idealization inspired, energized and helped him create a mental picture of his long-term goal. He picture his goals as already achieved, in the present tense, as if he had reached them.
When you idealize, you foresee the results which are five or even ten years away. You begin to focus on specific methods on how you will reach your goals, what you need, how you will bring this to realization in your own life.

Idealization encapsulates your ideals by using a powerful vision along with affirmations to capture the spirit of your image. What you’re doing – where you’re standing – what you’re wearing - how you’re speaking - using a simple memorable affirmation and vision.

**Your Ideals Must Be Perfect:** The quality of your ideals will determine the creativity and originality of your solutions. A powerful Idealization should stretch expectations and ambitions helping you jump out of your comfort zone.

William Arthur Ward said, "Nothing limits achievement like small thinking; nothing expands possibilities like unleashed imagination." I believe this to be true in many respects, while knowledge allows you to witness things as they are, imagination allows you to view things as they could be.

Success in life can be calculated by how well you are able to move an idea from your conscious (imagination) to your subconscious (belief/action). This is why idealization and visualization are so important. By creating consistent visions in your conscious mind, the subconscious begins to accept these thoughts as fact and act accordingly. In essence, it watches the movie you are producing and accepts the event as actually happening in that moment.

When you vividly imagine the possibilities, you realize your dreams can be achieved and problems solved; in doing so you access the vast potential of thought.

**Idealize Who You Are:** You’re idealization should be based on your completed vision of you. Not the person you are, but the person you’re becoming, realized and visualized. Consider the best possible outcome and start to expand from there.

Remember, the purpose of your vision is to inspire, energize, motivate, and stimulate your creativity, but more importantly, it’s to comprehend the complete picture, precisely pieced together and functional.

**Describe Your Ideals In The Present Tense:** Describe your vision in present tense as if you were reporting on what you see, hear, think and feel after your ideal outcome was realized.

One of the most important elements of creation is the ability to see yourself already in possession of the materialistic or physical state you are creating, prior to actual evidence. This projects an ideal state of being, something you are working on for the future but 'feeling' in the present. By affirming the ideal state or goal in the present tense, you are opening yourself to receive it. As we stated, the subconscious reacts to what the conscious divulges and is easily manipulated.

**Make Your Ideals Emotional:** Your vision should portray how you feel when the result is realized. By including an emotional payoff it becomes even more compelling, inspiring, and energizing.
Giving attention to your thoughts and plans leads to enthusiasm, and a belief that it can happen. When your emotions become involved, you start planning and getting excited about the outcome you expect. Emotion is the ultimate motivator.

Add Sensory Details To Your Vision. The more sensory details you can provide, the more powerful your vision becomes. See the scenes, colors, and shapes. Illustrate who’s there and what they’re doing. These particulars will help you build a more complete and powerful mental image of your ideal outcome.

State your purposes out loud at least twice a day. This will cement your future life into the subconscious, and you will catch sight of remarkable changes.

If at all possible, feel and touch your desires. Should you desire a new home, begin to shop for the perfect house. Keep looking as if you were ready to buy. Price out furniture, pick out paint and snap some photos to keep the vision in mind.

Being Patient. The universe works at its own speed and is always perfect in timing and delivery. Remove the ego or self from your desires. By pushing life to move at your pace, the result will be inaccurate rhythm which will affect the entire process.

If you experience impatience, you need to discover the true cause. Many of us have "triggers," which could be people or situations that regularly cause us to enter an impatient frame of mind. Of course, it would be great if you could avoid the triggers, but for most of us, it’s just not possible. So you have to learn to manage anxiety and control your emotions instead.

Things don't always come in the exact form which we expect. Focus instead on the underlying importance of what you want. See the bigger picture. Be open to experiencing the pain and pleasure which come as the result of persistence.

You may not know why things happen, but it will be revealed in time. When you’re discouraged, remind yourself that the future is getting bright and you’re on your way to a victory. Look back at how far you’ve come and appreciate the effort. You may not be where you want to be, but you’re not what you used to be.

Discovering thought. By now you’re aware of the importance of focus. Often, people think they’re concentrating on wants, but are actually imagining needs. They say things such as: "I want more money because I’m sick of being so broke". Are you sick of being broke or do you want more money? This thought, this statement, is a mixed message to the subconscious. The subconscious is unemotional and logical; it responds to thoughts and holds them as truths. By saying “I want” it assumes you don’t have it and has no reason to look for it. By stating, “I’m broke” it assumes you are and draws everything towards this truth. Negative statements make it challenging to reveal what you want. You may be feeling this is just linguistics and you know what you really mean. Your subconscious doesn’t. It hears statements, facts and undeniable truths. Its capacity to reason is held in the boundaries of those truths and thus searches for clarity.

Don’t write down goals and then affirm something totally different when speaking with others. You’ve got to train your brain to take control. Sometimes you shut your own self down by saying negative things about your calling. Be clear in your direction and envision it constantly.
**Don’t be Led by Emotion.** To reap the benefits of the law of attraction you need to believe that what you perceive now is a result of what you have been attracting. It's essential you realize, what changed in your life was determined by you.

Balance yourself, ask positive questions while remaining calm and deliberate in your response. Controlling you emotions leads to success because you have the potential to manage opportunities when they are presented and to manage relationships with others.

**Be Aware of your Focus.** Watch what you say to yourself and center your visualizations on intents rather than wants. For 1-day, one 24-hour period, spot how many times mixed messages are given. If possible, take notes on your thoughts and what was happening at the moment.

Create expectations you believe in and have the uppermost faith in their making. Since your experiences create your beliefs, you must truly believe something can happen, or it won’t.

We all have the opportunity to shape the world around us every day. What we focus on becomes our reality. Concentrate on the things you want. Center on the things that no matter what else happened, if these things occur every day you will be better off.

**Visualization:**

Visualization works with affirmation; you foresee yourself achieving, confirm this with affirmations and the subconscious believes it to be true; therefore, you achieve it. Again, this is closely related to the affirmation, but does not address any underlying issues which could contribute to negative vibrations.

Visualization is a mental technique which uses the imagination to make your goals come true. Used in the right way, visualization can improve your life immediately; it draws success and develops confidence. Your mental picture has the power to alter your thoughts and conditions, to cause events to happen, and attract people and love into your life. This is the power of the mind, and is the strength behind achievement.

Visualization works much like, and in combination with affirmations regardless of your current reality. You recall, your subconscious mind cannot tell the difference between reality and your imagination. Visualize something long enough, with enough emotion and sensory modalities, and it becomes our reality.

So how do you get visualization to work for you rather than against you? So, how would you use visualization? There are a couple of ways

Visualize actions that lead to a concrete end. A goal like “becoming rich” is way too vague. Your goal should be concrete and achievable. You need finite set of steps to visualize. For example, if you want to write a book, visualize every step you need to take in order to complete it. Start with your subject, lay out the chapters and format before you begin to write. Your subconscious sees these steps as reality and processes he next action to take.

Use visualization as part of a spiritual practice (a real one, not one that charges you money or looks into a crystal ball). I’ve never been asked to pay money to learn visualize or meditate, nor
have I paid anyone to tell me the future. Should you wish to have your future told or feel the
need to use a psychic, just send me the check and I’ll tell you anything you want.

Other than that, simply visualizing something you want is not going to make it so. You still need
to focus on what you want and not what it takes to get there.

In order to strengthen your visions use the four steps below as a guide, keeping each action
attached to the vision.

**Put it into practice.** Repetition is the key to success in gaining any new skills. You have
to practice your visualization skills. The good news is the more authentic your image, the more
effectively you will achieve your desire.

There must be absolutely no doubt whatsoever as to the complete realism of your visualized
objective as it is suspended right in front of you. This exercise is complete when you can
maintain in your imagination of any object, in any location, with your eyes open for a full five
minutes.

**See Yourself as Third Person:** Imagine you are watching a movie in your mind and
you’re the lead actor but you’re viewing your life as a third person. You’re watching this movie
from the balcony of a theater. Watch how you act, how you speak and move. Direct yourself in
any changes you wish.

The key here is when you visualize; your mind treats it as a memory. By having a clear image
and vivid picture, the memory strengthens. This memory becomes programmed into the
subconscious mind and a belief is born.

**Put Emotions into Your Dream.** Whatever your dream, always feel what you are
visualizing. Of course, the emotions you attached to your picture must be a positive vibration.
Remember, thoughts alone cannot manifest your dream into reality.

If you want to achieve anything through visualization you need to energize your thoughts. You
can do so by producing positive and happy feelings of success and happiness, and associating
them with your goals.

**Remove an Unwanted Scene.** If a bad scene pops up, change the setting to black and
white, move it farther away, skew the resolution. This will help to decrease the negative
emotions you feel towards the picture.

What you think can affect how you feel. Thought-stopping helps you change how you think so
that you feel better. Changing your thinking will take some time. You need to practice thought-
stopping every day. After a while, you'll be able to stop unwanted thoughts right away.

**Affirmations:**

To master the Law of Attraction, you have to change your beliefs. You need to shift from
focusing on lack to concentrating on plenty and affirmations are a powerful tool.

Affirmations are always phrased in the first person and usually in a present tense “I am” rather
than a future tense “I will” to increase the realization of the statement. For example, “I can get
any job I want” is a positive affirmation over, “I need to get a job;” “I can is decisive and the
The subconscious views it as true. The latter statement is confusing to the subconscious; it questions the statement as to, Why do you need to get a job - What kind of job - Just any job? Affirmations need to be specific and affirmative to instill confidence in the subconscious. Since the subconscious accepts information delivered regularly as true, you can leave no room for inquiry or reservation in your statement.

I recommend accompanying affirmations with visualization of your wanted result. By doing so you make use of the visual sensory and this can be extremely effective. Others take it a step further and develop auditory and kinesthetic anchors to aid in building emotion to solidify their statement. Affirmations are a powerful means of reprogramming the unconscious mind. They’re most effective when repeated in a relaxed state, and when the desired result is vividly experienced in your mind and resulting emotions are felt.

**Characteristics of Strong Affirmations:**

- **Stated in the present tense and spoken in the first person,** affirmation is a positive declaration concerning your development. It’s you making a declaration about your desired outcome, and accepting it as your reality.

- **Passion.** Speak your affirmations with passion and as much emotion as possible.

- **Say them aloud throughout the day.** There are times when you can speak your positive affirmations with conviction throughout your day.

- **Apply emotion.** An emotionally charged affirmation can be unstoppable. Add idealization and visualization and you become unyielding in your approach. Your subconscious is an expressive mind which feels, expresses and holds emotion as truth.

The easiest way to recondition your old beliefs is through repetition of new beliefs. You can use these techniques to consciously and consistently change your negative beliefs, thus changing your life.

Now that you are aware of idealization, visualization, and affirmation you can apply them to areas of your life which you want to transform.

Begin to examine your every action as if you were watching someone else, be the observer. Hear every word and the tone of your voice. Notice your thoughts, behaviors and feelings. Be aware of your beliefs filtering everything you perceive. Keep this observation and you’ll notice changes happening quickly.

**Attraction:**

The deeper we explore the Law of Attraction and the principles of the mind of God, another way becomes clear; an easier path, one of less resistance. Simply “allow” work to be done in your life.

We know the law of oneness helps us understand the connection between Him and us. The law of vibration connects others to us and the law of action produces necessary force for
achievement. We can’t fight the law of correspondence while the law of cause and effect tells us all actions have effects. Suspended in the midst of these is the law of attraction and our need to believe in oneness, raise our vibrations, produce the necessary effects and affirm our reality.

While most people apply further actions in order to encourage new circumstances and produce additional results, others flow effortlessly through life. You may work harder to make more money, or join a gym to lose some weight. There is nothing wrong with these actions, except our belief that we need to be in action to manifest our dreams. True, action is necessary; though, correct action is paramount.

We know action produces effect but you’re looking for desires, not effect. I live on the outskirts of a large city in which there are literally hundreds of ways to get to my home. Since I know where my home is and my desire is to go there, I take the appropriate route which is the safest and most efficient. All is taken into account and analyzed before I even leave. I don’t find myself consciously thinking, I need to turn here, stop here, and speed up there. I give the subconscious the information and allow it to fulfill my wishes.

This is where allowing comes in. I have visualized, affirmed, and expressed my desires, now I simply let it go. Once I’ve taken appropriate action, I can simply allow the universe to deliver my desires fully formed and neatly wrapped.

So how do we allow - There are three key parts:

1) Let go of the “how.”

   Do you ever get so caught up in the “How” it binds your creative energy to the point where you start to doubt the whole idea in the first place? This contradicts the process of nature, because “you” want to control the outcome. Ultimately you are responsible for conception through conclusion of your actions. In other words, you need to do your part, but a method which lacks the elements of faith, acceptance and allowance will implode. The reality is, the more you try to control an outcome, the less control you have.

   There comes a point in any process when the natural rhythm, Law of Rhythm, needs to be released. By consciously letting go of HOW, the universe will reveal our desires in a perfect, harmonious effect. We simply need to let go and trust the spirit will deliver it to us in the most beautiful and beneficial way possible.

2) Let go of the “when.”

   This is difficult because the “ego” wants what it wants, now. Everything we want is dictated by other actions and unexpected experiences because life has its own rhythm. So, rather than live a life of frustrations, work at refining patience.

   It seems as if achieving what we want takes more time and effort. We don't want to wait for God’s timing or the natural cycle of events. We excuse knowledge and push past experience to declare, “I’m ready.” Unfortunately, our very impatience can delay the process. By wanting it right now, we place emphasis on the ”lack,” rather than “achievement.”
Remember, we create what we focus on and if we focus on wanting, we create more needs. By affirming our desires through idealization of our thoughts and proper action, we will manifest our aspirations at exactly the right time.

3) Appreciate.

It can be hard to appreciate what you have when life is out of balance; as you know, it's all about what you focus on. When you appreciate your existing circumstances and what God has done in your life, you begin to attract things you are grateful for. The more gratitude you have, the more thankful you are and the more life opens to things you appreciate. If you have to, start by appreciating something small and obvious, the books you read, the freedom you share or the food on the table. Think of how many people at this very moment who would trade places with you in a second if they could. Regardless of your problems, there will always be those who are worse off. Praise God you don’t have to walk 2 miles to get water, you’re not standing in a food line or have to carry a gun just to protect your family. Wake each day and walk every minute in an attitude of gratitude and you will attract even more than you have.

Each morning thank God for the gifts He has given to you, this represents your energy, your oneness with Him. Next, intend to find joy in everything you do. Whether it be cleaning the kitchen or going to work, think of the people who don’t have a kitchen to clean or a job to go too. Enjoy the experience, find a love and joy in it, for this can all be gone in a second. Finally, use affirmations frequently: “I appreciate where I am now and am passionate about where I’m going”. This puts you in a gratitude mindset and will attract more of what you appreciate. Practice this appreciation and gratitude, let it flourish and soon you’ll be radiating a life others will envy.

So, does this mean we never have to work hard again? We can just sit back and "allow" the universe to give us everything we want? To clarify, nowhere does it say “You don’t need to work hard.” You can’t sit back and let the universe run its course and provide for your life.

After expressing your desires and "allowing" them into your life, look for them to be provided, keep your eyes open and mind free. God will provide a way for you to bring about what you want, rather than simply plopping it into your lap. Be vigilant in your search yet open in your approach, notice when the tide is turning your way.

In this case, we will usually feel a nudge in a certain direction. We might be inspired to start a business, buy a lottery ticket, attend a lecture, read a particular book, or any number of other actions. When we act immediately on these nudges, circumstances usually shift and opportunities appear. These opportunities usually create an opening that can help us to manifest our desires simply and easily, and often quickly.

However, remember that inspired action shouldn’t be painful or difficult. It should feel wonderful and inspiring. You will feel excited about it, and eager to do it. That’s how you can tell whether you are being inspired to take a particular action, rather than feeling like you "have to" do it in order to get what you want.
These steps may seem simple yet they hold great power. They send a strong message to the subconscious that you are ready, willing and open to receive greater abundance into your life without grasping desperately at it.

**Goal Setting:**

The theory of goal setting was developed over a 25-year period, based on some 400 laboratory and field studies. Studies show specific goals lead to a higher levels of performance than do easy, vague, or abstract goals. So long as a person is committed to the goal, has the necessary ability to attain it, and doesn’t have conflicting values, there little which man cannot achieve.

Because goals produce our future outcomes, the setting of goals is the difference in the process. It implies dissatisfaction with present condition and a desire to attain a preferred outcome. Setting goals provides the subconscious with direction and focus. They provide the map for your future.

Goals set a standard for self-satisfaction and performance. High standards or goals are motivating because they require you to apply more effort in order to be satisfied than do low, or easy goals. Feelings of success occur to the extent that people see that they are able to grow and meet challenges by pursuing and attaining goals that are important and meaningful.

There’s a relationship between goals and performance because goals direct attention, and effort, toward relevant actions. Since performance is a function of both ability and motivation, goals depend upon having the proper knowledge and skills to accomplish the action. Goals may simply motivate you to use your existing ability, may use relevant knowledge or may motivate you to search for new knowledge. The latter is most common when people are confronted by new, complex tasks.

Goals, in conjunction with effort, often change other motivating variables, such as personality traits, feedback, decision making, and monetary incentives. The key to efficient goal setting is feedback, which is necessary to track your progress and commitment. Feedback enhances efficacy.

These practical tips make it easier to set and reach goals:

Be Specific, realistic goals work best. Your goals must be specific. The more precise and detailed you can be in writing a description of your vision; the more likely you will be to achieve it. When it comes to making a change, the people who succeed are those who set realistic, specific objectives. One might say, "I want to be successful." Immediately the subconscious asks, Successful at what – How successful - Well, who doesn’t - Can you define what success means? Success has a variety of meanings where failure has one, your inabilities to meet your goals.

It takes time for a change to become an established habit. Only a habit can replace a habit and it will take some time to form a new and lasting habit which brings you closer to your goal. Getting up an hour early to go running will be stimulating the first few times but to form a habit, consistent action for a month or longer may be necessary. Your brain needs time to get used to the idea that this new thing you’re doing is part of your regular routine.
Goals must be measurable for them to succeed. When setting goals include timeframes and a list of smaller objectives, these maintain your path. The subconscious mind will continue to strive for achievement as long as it sees progress. Minimal, effortless actions that lead to a larger purpose can be measured as achievement.

Set effort goals and have a detailed plan of action. This plan should contain what action you would take, and the effort necessary to achieve it. Your approach and how you would do it, what resources would you need, what means do you have and what are the possible obstacles and how to mitigate those obstacles.

Pleasing other people doesn't work. Make sure your goal is something you want and you want it for you. Avoidance or altruistic goals leave a great deal of room for interpretation by the subconscious. For instance your goal shouldn’t be "I need this promotion, because my wife wants a new car" Instead your goal might be "I want to improve my skills and please my wife." The key to making any change is to find the desire within you, not others. You have to do it because you want it, not because a girlfriend, boyfriend, parent, or someone else wants you to. It will be harder to stay on track and motivated if you're doing something out of obligation to another person.

Keep your goals realistic. Make sure you have the ability and skills necessary to reach your goal. Know that errors are actually part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal, but that's normal. If you're intent on a goal, make sure your short term goals include acquiring some of the skills you need and they can be achieved quickly. We spoke of climbing Mt. Everest; try a few laps around the block, first.

Review your goals constantly. Remember to continuously check your map and track your progress. When you follow your progress, you become motivated. The act of habitually reviewing your goals also helps ensure that you’re moving in the right direction and did not go off track.

Let’s Start:

   Begin by finding a quiet place with no distractions. Somewhere you can sit comfortably and take notes.

Before you know where you going I believe it’s important to know where you’ve been.

You have accomplished many things in life, the problem is most of these events have passed by with little fanfare to your internal dialog. Just as a person will do more to avoid pain than to gain pleasure, the mind will remember disappointment far more than achievement.

List 5 Things Which You Have Accomplished that you’re Proud Of.

Think of things you’ve already accomplished. These don’t have to be things you have won, or others have praised you for. These are personal achievements, events or happenings which you believe were a great accomplishment personally.

List them, it’s not important in what order or priority, whatever flows from your mind.

What Do You Want In The Next 10 Years?
While a mission is an objective, a vision is what you would like that objective to be, the end result. A picture of the future you’re working to create, what and how you want to be, what you want your business to become. Without a vision of where you’re going how can you develop a plan to get there and how will you know when you’ve arrived? Without a vision of where we would like to be, we can continue moving through life, only to discover each time that we’ve arrived somewhere we really don’t want to be.

Nothing was ever created without a dream. It guides us, gives us direction and purpose, and can serve as a powerful motivator. In order to truly guide and motivate a vision must be aligned with your core values.

Start a list of these, again, just start writing, big or small, keep writing with as little conscious thought as possible; the same process you used while discovering your life’s purpose, your vision statement.

Maybe you want to visit China or Egypt, learn to fly a plane or own a vacation home in Hawaii. Whatever comes to mind, write it down. What knowledge to you want to gain - What do you want for your children or to do for others? Keep pressing forward for 15 minutes or until you have a minimum of 50 items; let your mind flow with no barriers. Maybe there are some habits you want to drop – Some people you want to meet. If you need more time, take as much as you want. Anything you desire. Health, wealth, friendship, career or business; maybe you want to ring in the new year in time square.

Now that you have your list, it’s time to start working. By the way, this is a never ending list. You may find while you’re driving to the store this evening other items come to mind, if so, add them to your list and keep it going. You will notice every successful person always has a pen and paper handy - why – their always adding to the list of things they want to accomplish.

For now, I want you to take your list and place a number in front of each item, either a 1 – 3 – 5 – or 10. These numbers will represent the time frame in which you believe is necessary to accomplish this goal. 1 for one year, 3 for three years, 5 for five years and 10 for ten years. These are subjective numbers; they only have meaning to you.

Now that you have everything numbered, I want you to total up the numbers in categories, how many ones do you have – threes - fives and tens?

What these numbers are going to show is your range of thought. Are you thinking short term? If so you will have many more ones than fives or tens. Most people in this category place a great deal of emphasis on instant gratification, they want it now. They tend to see life as more of a sprint than a marathon, needing to gather much as quickly as possible. The opposite would be the same for those with many five and ten year goals. Yes, life is a marathon, but you don’t want to finish last.

While we know goal setting is important, you must also realize it’s a process, a new way of life. Once you have met a goal, you need to set a new one in support of the original. Just the same as replacing a bad habit with a good, you build upon past efforts. If your goal was to quit smoking in 1 year and you have accomplished this in 30 days, build on it and set a new goal of exercising an additional 15 minutes a day or study new forms of meditations.
Keep in mind, you’re the Captain of this vessel and you are taking over the ship. For too long you’ve allowed your existence to be controlled by the whims of others. You have been oppressed by your habits and influenced by your fears. By setting goals you are now manipulating the subconscious to abide by your thoughts and your thoughts will now be controlled by your actions. Mastering the art of goal setting will change your life forever.

Once you’ve began to accomplishing goals, you must bear in mind, the subconscious loves rewards. These can come in a variety of forms as long as they’re not in opposition to your goals. If your goal is to quit smoking and your sub goal was to not light up for 30 days, reward yourself with a new pair of shoes. Even if money is tight, go get them. This reinforces the subconscious in a powerful way and soon it will be searching for more goals to accomplish so it can get more stuff. Again, rewards have to be in alignment with your goals. Should you lose 20 pounds, rewarding yourself with chocolate cake has a reverse effect; your subconscious loves the reward, but wants more.

Back to your list:

Now that you have your list broken down into separate categories, depending on length, I want you to rank each goal, in each group, in the order of importance to you. This is not a test; you don’t need to get it right the first time. As I’ve said before, goal setting is a continuous and evolving process, filled with additions and subtractions. Just as important as knowing where you’ve been before you can know where you’re going; you must have a map to direct you towards your destination.

Two important questions to ask you when positioning goals are; What motivates me towards this goal and What doesn’t motivate me towards this goal? Knowing the answers to these two questions can determine the success of each objective. Your answer provides the direction.

Choose The Top 4 Items On Your One Year Goals.

You’ve identified your top 4 immediate goals and identified these aspirations through motivational questions. Now I want you to take 5 minutes on each goal and write a paragraph on why this is important to you. Again, give this some thought and don’t rush. State what does or does not motivate you towards this achievement. Make it as short or as long as needed but be specific and honest. This is where clarity comes to fruition and you begin to progress.

When you understand precisely Why you want to achieve, it’s much easier to discover How to achieve. Many times the how is too difficult to comprehend, but given a strong enough why, everything is possible.

What Is The Purpose For Your Goal?

By having a strong enough why, you illuminate your purpose. It answers the question, “What for”? Generally, our answer to “why” is an emotional responses, it’s an object which we believe will make us feel better. When we clarify why to a logical state, you find purpose.

The goal of having a new 5,000 sq. foot home overlooking the bay is a beautiful thought. But once you place purpose behind it, now it’s a powerful thought. The purpose might be a need for a growing family, taking care of elderly parents, safety in the community or investing in a
place to retire. Whatever the reason is, you’ve now moved from a vision of an object to a vision
with a purpose.

Let’s say one of your goals is to retire at 55 or lose twenty pounds or stop smoking. Ask
yourself, what will it mean to you if you accomplish the goal – if you don’t accomplish it? How
will it make you feel if you succeed – if you don’t succeed? Is it really a big deal to you - Do you
truly want what you say you want? These questions are directed towards purpose not objects.

What Is The Value In Reaching Your Goal?

Having goals is one of the most important things we can do for personal development. What’s
more important is who we become while striving for those goals.

A stronger person – A better father – A qualified expert – A determined mind – A contributor –
A giver – A better partner.

It’s not what you get that makes you valuable; it’s what you become in the process. As I stated,
goals are great, but the real value is in the increase of you. Your belief and action, your
gratitude and your giving, your spirit and your identity; these are things you can’t buy. People
admire the person you are, who you’ve become, more than what you have. Should you be a
jerk who has attained wealth, highly unlikely, you’ll still be a jerk with few friends and the one’s
you have, will steal what you’ve got.

Now you have your four goals and have written a statement on why you want these goals;
you’ve also explored the purpose behind these desires.

Next I want you to write another statement, paragraph or page. This one entitled:

What Kind Of Person Will It Take To Become All I Want?

At this point your goals are coming around full circle, the engine’s running and their ready to let
loose. You begin to realize, what you achieve is what you become and what you become is what
you achieve. Through the Law of Action you achieve, by the Law of Cause and Effect you
become and with the Law of Rhythm when you become, you achieve.

So, do this exercise and be honest with yourself, see your flaws, faults and fears. Address your
habits and beliefs; acknowledge them and give them there due, for their not going to be around
much longer.

What do you need to do to become stronger, have better health, become a mentor, continue
your education, and develop stronger habits? Development is a process and needs constant
attention to move forward. An architect doesn’t sketch a building and say, “Go build it.”
Creation is constant, the Law of Change and if you stop developing, the Law of Growth will
change you by its will, not yours.

Put Everything On Your List.

Listing your goals will generate ideas and these ideas produce dreams and dreams build cities.
It’s not necessary to keep everything you write down, scratch off what’s not necessary, what’s
not important to you. The essential part is you gave it thought, considered the action and made
a decision. Who knows where it will lead, it certainly didn’t hurt.
And finally:

_Beware Of where you’re Going and What You Become._

Life is about having a guide; it’s using the guide to get directions and using those directions to formulate a map.

Beware of what you obsess over; sometimes the price is too high. Know when you’re losing your sense of reason, your virtues and values; know when the price of success is not worth the risk.

If you notice your goals are based on wealth and acquiring objects, you may need to rethink your objectives. Money and things are nice but in the end they will never provide true happiness, because they can never love you back. Who is it that wouldn’t trade all they have for one more day with their child – or give away their fortune to heal a crippling disease?

Even though we frequently talk about mission, vision and idealization, the basic underlying foundation is our core values. Core values are the principles and standards at the center of our character; they are who we are and form a barrier from which we will not stray. The point is, when setting goals, know what your values are.
Chapter Eight: Change

The Law of Change is a powerful one. It states that everything in the universe is in constant change. The Law of Perpetual Transmutation of Energy, (PTE), and the Law of Change tells us energy is always moving and transforming into and out of form and creating new structure. This law further asserts energy is always in a state of motion, taking one form and move to another, never idle.

This is the most significant and exciting law in the entire course and, for some, the most difficult to understand.

It's significant because it can be found in each universal law and the principles that govern them. The Law of Change is obvious in every person, all manners of form and all means of function. It’s difficult to understand because it takes you beyond your present way of thinking and into a realm of questioning, “Why are things changing?”

Change comes about by a dominance of one of two factors, emotional queues or rational thought. Either one can force rapid adjustment in a person. Should you be emotionally charged in a relationship, either positively or negatively, you will change the experience to fit your demonstrative needs. An example is someone staying in an unhealthy relationship because of an emotional connection. If, on the other hand you’re heavily invested in Tech. stocks that lose money, you rationally change your portfolio. Both of these are tied indirectly to our way of reasoning, either inductive or deductive.

Whichever reasoning we use also determines our fear of change. In every case it’s not the change itself that causes fear but rather the fear that we will be worse off than we already are. In the case of relationships we may fear emotional loss will lead to never finding another expressive connection. In financial matter we may feel that if we change investments, we may lose more than we currently are or the stock will turn around. Either way, loss, not gain is the determining factor.

In order to change these fears we must change our thoughts. But here’s the secret most people don’t understand. You don’t actually have to “conquer” fears, you have to master them.

Fear is a necessary evil which dwells in our subconscious, the mind which protects us and guides us to enjoyment. It neither knows why fear is present nor does it care, its only concern is security.

Mark Twain once said, “Courage is resistance to fear, mastery of fear, not absence of fear.” Successful people don’t conquer fear; they face fear and moved forward in spite of it. They look at it both emotionally and analytically to come up with a rational solution.

Every human mind is a function which produces thought. We input the experience of the world around us and output electric signals that control our body and let us take action.

The world we see, the people we encounter, the problems we face are all experiences which we utilize and rely upon to guide our daily lives. They tell us when to act, what not to do and
even who and what we should be attracted to. Thus, your action, reactions, thoughts and emotions are inherently limited by the world around you, “the law of correspondence.”

However, humans are not merely conventional functions. We can change our thoughts and the way we perceive the world through learning and creating new experiences. Thus, by modifying our functions, we can re-program our thoughts and change our free-will.

It is easy to see changes occurring in nature and other individuals, yet not within ourselves. Whether winter shifts into spring or a friend getting a promotion, we can easily see the process of change. But when we begin changing ourselves, our goals, beliefs and values, we often forget the fact that change does not happen instantaneously, it’s a process. Since we see ourselves minute to minute it’s hard to see transform happening. Should we have the ability to step outside of ourselves for a month or even a week, change would be noticeable. For this reason, commitments need to be made, action taken and ideas developed on a consistent basis with little regard of how you see yourself now. It’s easy in theory, difficult in fact.

**Change in Thought:**

In your daily life, whatever you spend the most time thinking about becomes your reality. If you spend time thinking negative thoughts about what you don’t have or how life has passed you by, then that is what you will get. On the other hand, if you can change that process and replace those feelings with positive ones, you can achieve your dreams.

Each time you get a negative thought, you will need to develop a technique for recognizing it and replacing it with a positive one. If you follow this process you cannot fail as long as you keep focusing on the goal that you are passionate about.

For thousands of years man illuminated the night with a kerosene lantern. Even after the birth of electricity in 1745 most believed we were meant to go through life with little change. He believed oil was the only substance which could produces light and it took another 140 years for Thomas Edison to build a viable electric lamp. Though he understood electricity Man had not developed enough thought to understand its use.

Until the 1920s everyone owned horses for transport. Now we mass-produce automobiles. 1928 saw the first television but it took another 12 years before TV became conventional.

How did these inventions occur when man didn’t know, couldn’t feel, couldn’t see how to proceed? The Law of Change.

Look at the last 6,000 years of mans history, the earliest know writings, patterns of change emerged as information is shared. The more advanced and standardized script became, the more information was shared and thus discovery of new ideas.

Why did it take 140 years to invent the light bulb when we were living in an age of cross communication among cultures? It didn’t.

The story of the light bulb starts almost seventy years prior to Thomas Edison, in 1806. Humphrey Davy, an Englishman, demonstrated an electric lamp to the Royal Society. Davy’s lamp produced light by creating a blinding electric spark between two charcoal rods, the same Arch Lamp used in many of today’s spot lights. Then, in 1841, 38 years before Edison, a British
inventor named Frederick DeMoleyns patented a bulb using a technique in which burners were placed in a gas tube. This became the pattern for first incandescent lamp.

Seventy years, hundreds of patents and thousands of experiments later, Thomas Edison proposed the correct filament, the right type of gas and, where he deserves the credit, the reduced voltage which created the first viable electric lamp.

This case shows a path to one of man’s greatest achievements and the process of invention. Did Edison invent the light bulb? No. What he did was create the necessary change that allowed mass production of lasting and consistent lighting. Edison knew change and creation were one in the same, that form is created out of change to an existing substance. Whether material or thought, everything is in the process of change. Change is existing energy in motion and since thought is energy, thought is existing motion. Man is thought, so man is always in a state of change.

Studies in neuroscience have shown our mental and emotional thoughts become engrained over time, they are constantly reshaped. The brain is extremely flexibility, much more than was previously known. Even though our beliefs may feel etched in our bones, they aren’t. We now know the brain’s pathways can be rewired and is under constant construction.

When, we decide to change our thoughts, our brain may at first feel that it’s not a safe thing to do; after all, it’s been this way for years, why change. We know which way it works and which way it doesn’t. Years of experiences and never questioning the methods have given similar results which were acceptable, we know. Also, we don’t question our thoughts, it’s a belief and for us, it’s the truth. The trick is to look at the results and see if our thoughts and expectations correspond. If not, ask: Why are things this way - What can I do to improve – Are my beliefs correct?

Now it gets fun, because you know the answer to this question, or do you? Change is energy in motion and energy never expires, it only alters form. Since thought is energy, thought must be in motion and thus, you are always in a state of changing thought. The question is. Have you ever had an original thought, or are all your thoughts simply, existing and changing patterns of previous thought?

Think for a moment, as an infant, babies have no concept of pain or pleasure, their purely a reactive being. Everything which is known was developed through experiences and interactions with others. So, as an adult, are we merely a product of past experiences, placed in our subconscious and filtered through inductive reasoning or, are we consciously and creatively developing new thought. There are arguments to be made each way.

**Inductive Vs. Deductive:**

Correct change produces accepted action which in-turn produces exact results. The Law of Cause and Effect.

We’ve spoken of Inductive Reasoning, (the process by which we take a series of events and build a truth using general observations). Now we come to the second part.

Deductive Reasoning is the opposite of inductive reasoning. In this process we take known facts of an observation to explain the truth; if the general premises of particular statements are true
then the conclusion is true. Deductive takes the facts to explain the event; Inductive uses the event to determine the facts.

Most men and women in the fields of physics use deductive reasoning to find patterns and explain observable events. By removing what doesn’t fit they concentrate on what does. On the other side, nearly all behavioral science uses inductive reasoning. By bringing together observable events, they explain actions leading up to those events.

An example of deductive reasoning can be seen in this statement: I leave for work at eight o’clock. Every day, the drive to work takes 45 minutes I arrive to work on time. Therefore, if I leave for work at eight o’clock today, I will be on time.

The deductive statement above, “If I leave at eight o’clock, I’ll be on time,” is a perfect logical statement, but it relies on the initial premise being correct. You did leave at eight o’clock and the drive took 45 minutes. What happens if you leave before eight, what if there’s construction? Your general premise is no longer correct.

Inductive reasoning works the opposite way, moving from specific observations to broader generalizations and theories. It begins by observing measurable patterns and regularities, and ends up developing some general conclusions or theories.

An example of inductive reasoning can be seen in this statement: I left for work at eight o’clock and I arrived on time. Therefore, every day that I leave the house at eight o’clock, I will arrive to work on time. The measureable or general pattern is “leaving for work at eight o’clock,” will produce the same results.

While inductive reasoning is commonly used, it is not always valid because it assumes that a general principle is correct. Instead of the initial premise of leaving and drive time, the focus is now on arrival on time and leaves to assumption on why you did.

People in general use inductive reasoning far more than deductive reasoning. They use conclusions to provide assumptions of what’s happening. This inference allows our minds to make sense of where we are, what we do, and what is occurring around us. These assumptions encompass our lives and guide every action and thought. We constantly decide on what’s safe, how we should speak and whom to socialize by the use of general observations. We take a common make-up of specific events and make assumptions. I’m sure you have many friends or acquaintances who, on the first time you met them, you didn’t have a good experience. Over time and through common traits, you became friends. This is possible because you take the relationship as a whole rather than a singular event.

When you give meaning and order while applying general knowledge of experiences, you gain a quick understanding of events. This is automatic with little thought. We see dark clouds and assume rain. We hear the door slam and assume someone has arrived. We read a book, and interpret the meaning of the various sentences paragraphs and words. We listen to conversations and infer their meaning. Inductive reasoning controls these patterns and is the main obstacle to change.

I make assumptions by inductive reasoning as to what readers will make of my writing. I assume the clarity of what I’m saying, what needs further explanation, what has to be stressed. While
most of our assumptions are reasonable, some are not, and it’s that small portion which causes anxiety in our lives.

On the other end, people who use deductive reasoning as their main focus tend to see individual actions over events and not the big picture. Without being stereotypical, these people are apt to be more detached, less social and more critical of others in everyday life. They look for reason behind events and continually question meaning and response. Fewer general assumptions are used in deductive reasoning.

Think about a few friends you have which use deductive reasoning. They usually start statements with “I see… I read… They say…” These people rely on corroborated information rather than their own beliefs.

A person who uses deductive reason may be well suited for running a company that requires analytical thinking, just not your sales team.

When looking for change it’s necessary to gather and relay information. Knowing how you and others process and communicate information is vital to success. By focusing on how a person reasons you can decipher whether it’s someone else’s beliefs they convey or their own.

**Resistance to Change:**

When you resist change you don’t often see it as resistance; you often see it as logical and practical. Through typical deductive reasoning you may ask, “Why are we changing?” instead of using inductive reasoning and asking, “How can we change.” Either way, change produces resistance and often causes fear for those who don’t know exactly why it’s taking place.

Fear of change stops us from taking action by producing anxiety, self-doubt and guilt. This fundamental link leads to other more specific fears which support this resistance. Anxiety stops us taking action in our lives and makes us resist change by stirring up fears of what is unknown. Since certainty is more comfortable than uncertainty, we feel distress and concern when confronted with change.

There are various approaches on how to overcome fear with the most common being, to face your fears head-on. There are definitely times that our demons must be confronted, but there are also times that paying continual attention to something you don’t want in your life only increases its power. If your fears are chronic, and taking up a prominent position in your mind and heart, maybe it is time to cut them off permanently.

**Conquer Your Fears:**

There are obviously some things which we should be afraid and in which we should exercise appropriate caution, but if these fears control us, or prevent us from taking certain risks, if they limit us only to action that we deem safe, we may never achieve our potential.

Overcoming fear is an important issue, for this is the most powerful emotion we experience. Fear has such a far reaching effect in every aspect of our lives that it controls relationships, business, and virtually every choice we make. Fear can stop us from following our dreams, taking chances, and certainly blocks any chance of happiness we may have in the future.
Realizing just how powerful and limiting our fears can be is a vital step to taking back control of our lives.

Don’t be afraid to look fear in the eyes and let it know that you’re here to conquer it. Overcome it by not tolerating it, by defeating it. Triumph over fear gives you power that doesn’t stop and will lead you to succeed in all aspect of your life. This is why we admire fearless people, we see our true self in them and the person we want to be. Become aware of fear, take action, and demolish it for good.

**Fear of the unknown.** By optimistically approaching change you will be more inclined to explore new avenues. In choosing a different direction you experience a new and rewarding result. However, by cautiously approaching change because of fear, your choices reflect those fears. This is where we find confusion when embarking on something unknown. If allowed to persist, the fear eventually leads to a restricted lifestyle, a void of living.

Though fear is not fatal it should be remedied. For this, we need to turn the unfamiliar into familiar. By replacing fear of the unknown with curiosity we open ourselves up to an infinite stream of possibility. We can let fear rule our lives or we can become childlike with curiosity, pushing our boundaries, leaping out of our comfort zones, and accepting what life puts before us.

Life is bursting with potential, if we accept this, we accept change. By replacing fear of the unknown with curiosity and faith, we can create the life of our dreams. In order to do this we must change our thinking, change our actions and remove fear.

The first step in change is removing the resistance to change.

**Overcome.** Regardless of your circumstance, the question remains: are you willing to do what it takes to overcome what challenges you? When confronted with a difficult challenge, do you let your fears about coming up short stop you from taking any action at all?

Failure isn’t personal, it’s about behavior, outcome, and results; not a personality characteristic. Although what you do may not give you the result you wanted, it doesn’t mean you are a failure. Because you made a mistake it doesn’t mean you won’t succeed.

There are five basic ways to overcome fear:

1. Increase Your Familiarity

   Break your ears into small chunks, one step at a time. Should you have a fear of making cold call at work, call your best customer first.

2. Rehearse Courage Mentally

   When it comes to emotions, including fear, your brain can't differentiate between what it imagines and what's actually happened. Rehearse in your mind, while visualizing yourself as calm, confident and collected, your behavior in the real world will imitate your imagination.

3. Reframe the Fear
Create a comparison that makes your fear seem trivial. For example: There are millions of people who don’t know where their next meal is coming from. What have you got to be afraid of?

4. Re-associate the Fear

Focus on the rewards of success with no thought given to failure. Many people use visual stimulus such as photo of an idyllic home which they want, placed on their desk. When you focus on the big picture, the end results, fear loses its grip.

5. Make the Fear Useful

Far from being a debilitating emotion, fear, when viewed from the right perspective, is actually just a signal that you need to do something. If you're afraid to ask for the business, for example, it's just your subconscious mind telling you that it's getting close to the point where you need to ask for the business. It may sound trite, but it's true: "Feel the fear, and do it anyway."

Put the above techniques to use and your fears, no matter what they are, will stop holding you back.

**Do things differently.** If what you are doing isn’t working, do something else. If you’re not getting the results you want, then you must do something different. Most people stop doing everything, and this guarantees they won’t be successful. Check your goals, rethink your process.

**Don’t be so hard on yourself.** If nothing else, you know what doesn’t work. Failure is a judgment or evaluation of behavior. Look at failure as an event or a happening, not as a person. Treat the experience as an opportunity to learn. Think of failure as a learning experience. What did you learn from the experience - Will it help you in the future - How can you use the experience to improve yourself or your situation?

Ask: What was the mistake - Why did it happen - How could it have been prevented - How can I do better next time?

Worst case scenario. In some cases, the worst case scenario may be disastrous, and a perfectly rational fear. In most cases, this worst case is not nearly as bad as we believe, and recognizing this is paramount.

**Fear of loss.** Fear of loss is often powerful when our lives are going well. We fear the universe is taking away what we have worked so hard for. In an ideal scenario, this can keep us humble, knowing life can be unpredictable and we are given no guarantees. For many people, fear of loss can be paralyzing, blocking the continued effort to achieve or resulting in a compulsive need to acquire more and more. This fear can also interfere with enjoyment of what they have.

Whenever I quit a job I hated, I felt stuck between two loss-related fears: the fear of losing my passion by staying, and the fear of losing my financial security if I walked away and didn’t find something else.
Whenever I considered leaving a bad relationship, I felt paralyzed by two similar fears: the fear of losing my chance at fulfillment by staying, and the fear of losing the comfort of companionship if I walked away and didn’t find someone else.

I realized the only thing I feared was loss and had not given weight to the beauty of change and the experiences it holds.

When you remove loss from the equation and focus on gain, there is little to fear.

Fear of leaving a comfort zone. Of all the temptations we meet in life, money, power, sex, alcohol, drugs and fame, the subtlest is the comfort zone. The invitation to settle for less, to go for content when the stresses of over achievement beckon is lethal. When we come to that place where the two paths divide, most prefer the one that leads to safety, and comfort. The way out of the comfort zone is the route less travelled. Many times it requires a new beginning, away from the ease that has kept you there.

If you want to change your life and be free from the constraints, you must be prepared to leave the comfort zone. If you are going to climb out of your comfort zone, you must feel deep down that you have to. My experience is that you cannot have everything you want but you can have anything you really want, you just have to decide what it is and then be prepared to pay the price to achieve it. You must be willing to change.

The more able you are to notice resistance; the easier it will be to build support for your ideas. In other words, if you understand resistance, you also understand the other side, the need for change.

Fear of Failure:

Most people achieve a fraction of what they are capable because they’re afraid they will fail. They don’t understand failure is necessary for success. It provides you the feedback you need to prefect your craft. Only through failure can you create a new and better solution, take a better action. To face failure is to take one more step in faith on the path to final success. Without failure, there’s no success.

Many of us have experienced this at one time or another. The fear of failing can be immobilizing. Fear can cause us to do nothing, or even worse, to retreat from something which would bring pleasure. When you allow fear to stop your forward progress, you’re likely to miss some opportunities along the way.

A prime example for most is public speaking. Like all of us, the first address I gave was not a stellar performance. I was nervous, forgetful, and filled with fear. What I did do was face my fears when the opportunity presented itself. Knowing I would not be able to compete in my chosen field at a high level, without speaking abilities, I moved forward in spite of my fears. At first I recorded everything with a small handheld device. I studied my weakness, my patterns and flaws. As I progressed I began to video tape my performances or get a copy from the event producers. I could study my movement and jesters and my reflection. Soon I was moving in sync with the audience and flowing in my speech. Of course, this did take time, what I thought would take years to prefect, only took a few months.
I knew I had to change; I had to face my fears. Once I made the decision to change, I committed to taking the necessary steps to succeed and accepted the fact there would be failures. As soon as I acknowledge the fears and accepted the consequences, my fears dissipated and my life changed forever. The reason I believe the law of change is so powerful, so important and so life altering is; not a single law will relate to your life until you accept the law of change.

The law of growth states: there is no failure, only change. Your mistakes are outcomes of a specific action, not an error of the whole. It’s not personal, enjoy growth and increase. However, here are a few ways to reduce the fear of failing.

You can choose to see failure as "the end of the world," or as proof of your inadequacies or, you can look at failure as a learning experience. These lessons are very important; they're how we grow, how we change and how we keep from making that same mistake again. Failures stop us only if we let them.

It’s easy to find successful people who have experienced failure. For example:

Steve Jobs was fired from Apple in 1985. Yet he returned to control the company
Warren Buffet, rejected by Harvard University, became one of the world’s wealthiest men.
Richard Branson, high school dropout, founded Virgin Records.

Most of us will stumble and fall in life. But imagine if Michael Jordan had given up on his dream to play basketball when he was cut from his high school team.

Think of the opportunities you’ll miss if you let your failures stop you.

**Take bold action.** Do something. Fear of failure immobilizes you. To overcome this fear, you must act. Whether right or wrong, action is the mother of achievement.

Action gives you the power to change the circumstances. You must overcome the inactivity by doing something. Be brave and just do it. If it doesn’t work out the way you want, try another approach.

If you are frustrated, desire more out of life; then resolve to start your ascent to the top. Reject fear, anxiety, and doubt. Do not allow idleness or an overcommitted schedule to dominate your time. You simply need to know what you want and believe in your potential. If you choose to abandon that dream, you also abandon the joy that has been planned for you and for others through you.

**Persist.** Successful people just don’t quit. They keep trying different approaches to achieving their outcomes until they finally get the results they want. Unsuccessful people try, if it doesn’t work, they give up, while others give up when they’re on the threshold of succeeding. Don’t give up.

Probably the most difficult challenge we face comes from within ourselves; simply because, we are blinded to the existence of our own faults.

Identify the objects that are interfering with your life, deal with them and resolve to defeat them.
Analyze the results. Many people experience failure because they fear the unknown. Remove the fear by considering the potential result of your decision, analyze it and make a list. The unknown is alleviated when you lay it in front of you, when you can look at the absolute worst case scenario. In some cases the worst case scenario could be devastating and in others it’s just an inconvenience you don’t want to deal with. Chances are the worst won’t happen, as long as you have a plan you can manage it.

Think positively. Positive thinking is an incredibly powerful way to build self-confidence and neutralize self-sabotage. You can choose to increase your mood and create a confident approach to the things you do. Through choosing to take a positive outlook on life you can begin to shift out of a negative frame of mind and see life as filled with possibilities and solutions in place of worries and pessimism.

Set goals. The final thing you need to do to overcome your fear of failing is to set solid goals. You will want to start with something small – these goals should challenge you, but not overwhelm you. They’re designed to give you early wins, to boost your confidence.

Overcoming fear of change can be the most important step you take.

Change Your Thoughts:

The Law of Change responds to the most dominant thoughts in our minds, those thoughts the mind believes to be important, and are recurring. When we worry, we constantly bombard our minds with negative energy which produces a central thought. This in turn produces the prevailing negative energy we attract into our lives.

If you’re not happy with life, change your dominant thoughts towards achievement. Thoughts, and more important words, are the energies occupying your spirit, and what life gives you is a direct result of these energies.

By focusing on the positive aspects of the experience you keep an optimistic flow of energy and the law of change moves in that direction. Keep in mind, you’ve spent years focusing on what not to do, what you don’t want and what to fear, so don’t expect thoughts to change overnight. Pay attention to your thoughts today, direct your energy through positive actions and these actions will control your thoughts.

You attract what you think of by the Law of Attraction. The Law of Vibration ensures that those energies appear in your life. Thus the Law of Change takes place. This seems natural when taken at face value; we just need to think positive. But, we spend most of our time thinking of what we don’t want to happen while avoiding situations and people we believe will be negative. Immerse yourself in understanding this Law and it can guide your life. Train your mind, exercise your will and examine your thoughts, if only for today. If it doesn’t work for you, you can always refund the misery tomorrow.

When doing all you can to create a new life of success, when using your capabilities and recognizing and appreciating all you have to be grateful for, you possess unlimited resources. The more you do with them the more you grow. They cancel out difficult and painful times which garner attention.
Make the most of yourself if only for today. Begin to see the world for what it is rather than what your beliefs have constructed. Become less ingrained in yourself and recognize your relationship to others.

**Free Will:**

There are so many passing statements and actions we make each day, both internal and external. Each time we think the same thought, express the same view, act on the same habit, it’s pushed it deeper into our subconscious. Since repetition is the mother of skill, what skills are you building if you constantly think pessimistically about your job, speak negatively about others or turn to cigarettes and alcohol while lounging on the couch watching TV. Every time you conform yourself to another habit outside natural law you remove flow from your life.

The cosmos is in perfect balance, except for man. The rain falls to water the earth, the sun rises and sets at a proper time to keep nature in balance, the planets are in the right place to keep the earth from harm. All is perfect.

Only man can change his environment to suit his wishes. Should you not like where your living, you can move. Want to change jobs, then change. You don’t like your political leaders, vote them out. The problem with this, free will comes with a price. Should you want to drink too much, it’s your choice. Poison your body with nicotine, there’s a store. Overindulge in food, there’re many choices.

Man is also the only animal that overindulges. Lions don’t hunt when their full. Wolves don’t continue to build larger dens so they can install a swimming pool. Man is never satisfied and removes the harmony and flow from his life by giving into self-indulgent desires.

As a society we have become more focused on treating disease and finding a cure (Deductive) rather than seeing the problem as a whole and finding a solution (Inductive). Man is living in constant state of “wants” and leaves little room for benevolence. Every step you take towards selfish motives, every act not in harmony, is one more separation between you and God. Be conscious of your thoughts, control your actions and master your habits.

Once you change your actions, your self-serving ways, you change how you think about your life in general. Your state of mind changes about the events you see or people you meet. When you change your thoughts your beliefs change about yourself, others and what you experience. When your beliefs change, your behavior transforms to become consistent with your thoughts and you become what you believe.

From early in our childhood were taught to be careful and suspicious of the unknown. Though caution and suspicion are innate in animals, man tends to turn these into unrealistic fears for two reasons. First, our loving parents wanted to guard us from the dangers of the world, and second, there are more words and phrases in the English language that indicate fear than any other. Thus, caution has been reinforced in our lives and shaped our beliefs from a young age.

We live in anxiety so much of our lives, it impedes our thought and hinders creativity. Think back when you were a child, the things you explored and lessons you learned. Most mental growth is from 2 to 7. Why, because your knowledge of the world had not yet been ingrained in you. Your concerns of life and impression of fear and pain had not developed, so our lives were
free to expand as far as our imagination would take us. The Law of Change was an-ever present force in your life. You accepted everything as temporary and each day was new. Thus, life was a journey with new challenges and explorations.

As adults, you see life as a constant variable. You move in ways to secure your possessions and increase your status; to protect you and your family from harm while trying to expand yourself. You try to control the Law of Change rather than work within its forces.

Don’t let the things you can’t do control the things you can. Welcome new challenges because it allows you to work on your attitude and perception of God, self, others and life as a whole. Gather the courage buried in free will which God has given you. Allow yourself to spread your wings if only one feather at a time. Don’t wait for situations to be perfect before you act on opportunity, for growth comes from the challenges you conquer and the change you accept. No longer make desperate stabs at perfection but keep your focus on today and let tomorrow care of its self.

**Change Is A Process, Not An Event:**

It’s has been said “the only thing certain in life is change.” So the question is, will you change, are you willing to change and will you be prepared when change occurs. By far, the wealthiest men and women in the world are those who predicted change and are willing to change. The point is, you have within you the power to change the conditions of your life if you choose too. With proper thought, unwavering faith and a resilient commitment you can achieve the life you want. Most people, just aren’t willing to pay the price, they want to be handed success.

Someone once defined the ego as “The sum total of false ideas about me.” Persistent awareness of change in you and the way you analyze the world enables you to gradually strip away the false ideas you have about yourself. By being aware of the stages of change and how you process each, it permits steady growth of the understanding and truth of you. And this in turn allows the acceptance of the spirit inside you.

Learn understanding and know the truth when presented. Be a student of change and you will be able to master your future. Research has produced several models to account for change and explain why it can take so long. At any given time a person is in one of these five stages of change: pre-contemplation, contemplation, preparation, action, or maintenance.

**Pre-contemplation.** At this stage, there’s no conscious intent of change. Whether because you lack awareness (“Overweight in my family is genetic; it’s just the way we are”) or because you've failed in the past and feel demoralized (“I've tried so many times to lose weight; it's hopeless”).

Until you come to accept reality and the need for change, nothing will change. You may be resigned to your current state or believe you have no control over your behavior. If you’re in this stage, begin by asking yourself questions. Have you ever tried to change this behavior in the past - How do you recognize that you have a problem - What would have to happen for you to consider your behavior a problem?
Contemplation. It’s common for contemplators to say “some day, I will change.” They typically are looking to change in six months from now. In reality, change is something they want to do, but they don’t actually have a plan. They’re aware of the problem, but they still haven’t made a commitment.

This is the beginning of thought. We know failure has set us on a path that threatens our future and we begin to make shallow plans to change. Many people never progress past the contemplation phase. You may view change as giving something up rather than a means of gaining emotional, mental, or physical benefits.

If you are considering a behavior change, here are some important questions to ask yourself:
Why do you want to change - Is something preventing you from changing - What could help you make this change?

Preparation. Here we’ve begun to actively think about the need to change, fully wrap our minds around the idea. At this stage, you believe you must change; you can change, and are making plans to change.

If your change includes losing weight, you might start by buying healthy food or taking walks in the morning.

The danger of this stage is thought, you may begin to view change as giving something up rather than gaining benefits. You need to be prepared mentally, physically and emotionally.

Gather as much information as you can about ways to change your behavior. Prepare a list of motivating statements and write your goals, sub goals, beliefs and values of change. Find outside resources such as support groups, counselors or friends who can offer advice and encouragement. Be an “information station” of change in a particular area.

Action. At this stage you’ve changed your thought; you’re mentally prepared for the challenge and accept the sacrifice. You’ve begun to face the challenges of life without the old behavior.

You began taking action to carry out goals.

For example, you start a new exercise program and begin eating a healthier. You’ve taken definitive steps and measureable actions. This is where change is challenged in the mind. By calculating your efforts and seeing visible proof, change becomes real to your conscious mind. Once real, the sub-conscious interprets the change as fact and begins to move on your behalf. Be cautious, your efforts may be abandoned because the previous steps were ignored.

If you are taking action towards achieving a goal, congratulate and reward yourself for every step. Reinforcement is vital in preserving forward progress. Take time and review your purpose, if necessary, correct your path, and renew your commitment.

Maintenance. Once you’re proficient in your new behavior, you’re in the maintenance stage. Now your focus shifts to integrating change in your life.

This is where “will” is central in your development. You need to avoid former activities and behaviors while reinforcing the new conditions with constant action. Shun temptation and replace old habits. Reward yourself when you successfully circumvent a relapse. If you do lapse,
don’t be too hard on yourself, it’s just a setback and you need to refocus. Relapse is not failure it’s common in any meaningful change.

The key to successful change is to not let setbacks undermine the process. If you error, check your path, if you lapse, double your efforts and take a hard look at what happened.

Gain Knowledge. At the time of this publication there’s an interesting event happening with what was once the world’s largest manufacturer of cameras and film, Eastman Kodak. The company founded in 1898 by George Eastman is in serious financial trouble. Kodak was best known for photographic film products. During most of the 20th century it held a dominant position in the film market, and in 1976 had a 90% market share of film sales in the United States.

Kodak began to struggle financially in the late-1990s because of the decline of 35mm sales and slowness in transitioning to digital photography. Despite having invented the core technology used in current digital cameras. Kodak refused to move away from the 35mm. camera and film, believing it was and is far superior to digital in quality, which is true. This is the chief reason for their decline. Once they yielded to the consumer, it was too late, change had come about and those who had predicted change, who were willing to change and who were able to change now dominated the market Kodak developed. This was done, using Kodak technology. The once, multibillion dollar company is in bankruptcy and is selling assets to focus on other opportunities in a market they once dominated.

Was this the result of the lack of knowledge in the Law of Change? I believe so. Can they rebound by using these Laws to their advantage? Only time will tell.

Change Is All There Is:

If you refer to the Law of Vibration, you know everything is energy and energy just is. Now, the Law of Change tells us energy is always changing into and out of different forms. The car you drive, the food you eat, the stars that light the sky, all is in continual change.

The Law of Change is important because the law of nature and the laws of physics tell us change is everywhere, in every thought, motion, form and material. Even as you read this book, everything around you is in a constant state of change. Whatever you're experiencing right now will change. If things are well, job is good, family fine and dog’s been fixed, things will change and only your search for truth will defend you from adversity. If you’re waiting for the market to change, for your job to be restored or the economy to improve, you’re falling further and further behind.

Be certain of change and prepare for the eventuality because change will happen whether you recognize it or not. The world you have known will never be the same. If you’re working at the same job and haven’t kept up with the changing environment by way of education and growth, things will change. If you’re laid-off and waiting to go back to work, chances are, you won’t have a job to go back to. If you own a business and have been doing the same thing with the consistent customers, a revelation is pending. Whatever your conditions, nature is constant and unwavering. By knowing the truth and living these laws, you gain greater insight into your life, occupation, relationships, and spirituality. Trust me, ignorance is not bliss.
Nothing good will happen if you’re motionless since all things are temporary. There are those today who believe government jobs are secure and they’ll retire with their gold watch and pension intact, ask the teachers, police and fire fighter’s union how it’s working for them. Stay open to change, be enthusiastic and trust God will guide you at the appropriate time and place. Stay open to advice, stay open to suggestion, sometime we don’t pay attention to how the world is unfolding until it’s too late.

Commit to your goals and see them through. Recognize that change is here, don’t resist or even worse ignore change. In our study of Kodak, the company made the cardinal sin of both. Change was developed by thought and put into form but the company resisted change and ignored the public. This happened to Kodak, the largest film manufacture in the world. What can happen to you?

Resisting change is opposing The Law of Growth. We may be caught off guard, dismiss any concerns, or try to continue as if all is normal and undisturbed. But it’s only through acknowledgement and reaction to change that you can harmonize. People who don’t may not find themselves on the streets tomorrow, but the Law of Cause and Effect will hold true and their lives will be altered evermore.

Set effort goals, these are benchmarks of progress, not completion. Such goals are more under your control than outcome goals. In this way, over time, if you achieve the effort goals, you will likely achieve your desired outcome goals as well.

The Law of Change is part of receiving the new and letting go of the old. Nothing lasts forever, it’s wasn’t meant to. When you trust the Spirit, the law of increase, you need to recognize the shifting winds. Don't hold on when Natural Law is transforming an event to bring something new. Scaffolding is used to build the building; once it is removed a beautiful structure is observed for the first time. The scaffolding was there to serve a purpose and its time is done, its mission complete. By keeping it in place you will miss out on the amazing development underneath. Things need to be removed from your life and here’s the remarkable part, you know what they are. You may not want to acknowledge or even admit what needs to be removed but your soul is revealing this to you. Remember, on the other side of change is a new phase of life, an extraordinary journey, waiting for you to explore.

Change is one of the most difficult things we face, but change is inevitable. One reason we resist change is we get comfortable, we accept it because it’s familiar. We get stuck in what we use to do instead of preparing our minds for what were going to do. When you are open to change, you have an open mind to continually improve, to learn and grow. If you observe your surroundings and you see the supply is outpacing the need, look for new opportunity to increase the need. Things are either growing or dying. The same is true with your relationships; you may have friends, good for you in every way, but over the year’s things have changed and life has progressed. Changes need to be made. They may be an exceptional individual, but they were placed in your life for a purpose and a time.

Don’t try to make something last forever, nothing is meant to last forever. The season may be over. By moving forward in faith and total expectation of results, the universe will provide the right people, situations and results.
You can grow, learn, continually improve and change, or, you can resist change and become unequipped to grow with the universe. In times of change, the learners will inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.

Are there areas in your life that aren’t working whether it's friends, work, or relationships? This might be a clue that you need to change certain thought patterns and actions. However, just telling yourself to think differently is not the answer. You need to be aware of what, when, and why you tell yourself certain things or you act a certain way. Once you know this you can make the conscious effort to change with correct information and focus on the results.

We all know how hard change can be, after all you have created a life that’s been a part of you for a long time. Just realize building new habits takes time and constant effort. It will also take a while before your brain realizes, yes, it’s safe to do it this new way too. Being aware of your thoughts, your results, and also by asking yourself "why" can lead you to changing those thoughts that no longer serve you.

Change is a part of the flow of life and sometimes we get frustrated by how slowly it occurs. We become resistant to a change that seems to have been thrust upon us for no reason because we only want to amend the situations we see as the problem. Remember that change, in and of itself, its neither good nor bad, it neither binds us or frees us. As we learn to flow with the oneness of God, praying for guidance to see the change as it presents itself and the wisdom to be willing to change, fear losses its grip on our lives. Be willing to let the spirit flow in your life, to take charge and guide you on the actions to take.

Should change come too fast or not fast enough, adjust yourself, reset your focus and know all has been given to you in the appropriate time. Recognize it’s only your attitude and beliefs towards change that frees or binds you. When you do, you’ll be amazed at the difference you can make in your life.

Final thought. Among the many gifts God has given you is the gift of freedom. Paradoxically, however, the gift of freedom comes with a price. Freedom can only be achieved by paying the price of acceptance. Similarly, if we surrender to Gods guidance we submit our free-will, the creation so precious to those of us who always believed we should be running the show. Ask yourself; Is your freedom worth the price of acceptance?
The law of relativity tells us everything in our physical world is made real by comparison. Light exists because of dark, rich exists because of poor. Nothing is either good or bad until you compare it to something else. Define light or evil; these are perceptions of what you believe light and evil represent, your act of “relating and comparing.”

A correct understanding of the law of relativity is important because many of our beliefs are flawed. You must recognize nature is nature, you may change nature, but in the end nature will prevail and return all things to order. Your view of life doesn’t change the facts it only changes your perception of the facts. Our lives, relationships and successes are based on natural law, and since this law is absolute, knowledge can be valuable. Identify with natural law and don’t force things to become what they naturally are not. Know things happen for a reason and every experience is used for growth.

Romans 8:28 states, all things work together for the good of man; for those that love God and are the called according to His purposes. So, wake up and say “I will trust You today”. No matter what may come my way. Things do happen for a reason.

“...And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” – Romans 8:28

This Law upholds; every condition in our life is for growth and how we manage these circumstances determines our progress.

Consider each problem a challenge to your heart, mind and soul while resolving them. Use this law to learn how the world harmonizes, to see your problems as they are and, to put them in a proper perspective. Know that regardless of your conditions someone else has it worse.

The first stage of the law of relativity is perception. This is when you sense an event and judge it as good or bad, pleasant or unpleasant. At any given moment, you might see familiar objects in your environment, feel the touch of someone against your skin, or hear the sound of music playing. All of this is being processed in the mind and will have an impact on your perception of events and interactions with others.

Once we perceive any event what follows is reaction to the event. This is where your emotional and physical response to the perceived takes place as your mind relates to your physical senses and forms a thought. Much is based on several limitations of your subconscious beliefs and filters. What are your tendencies, are you insistent or compliant, are you serious or humorous? Your previous experiences and expectations will interact with the current experience and determine most of your reaction.

Should you be driving down the road and see red lights flashing in your rear view mirror, your first response would be anxiety. Why is this? Your perception is you have done something wrong; your experience tells you police only stop people for one reason, to give a ticket. Would it cross your mind that your tire was low or you hadn’t fully shut your trunk? No, because you know people who get stopped, get tickets. Is this the truth, the real truth? I don’t know;
personally have been stopped probably 6 times in my life and received 2 tickets. The ideal solution is to manage every stage effectively and put energy and attention on solutions not the problem. Know that the meaning of any difficulty is relative to what you compare it to.

Managing life is a constant increase of you as a whole. No one singular problem or success can define who you are as long as you progress. Improvement creates you and defines you and trials are a part of this growth. You can only grow by going through difficulties and conquering a formerly unknown circumstance. By tracing your changes and asking yourself how you know this to be true. Your knowledge that growth and value are in your performance allows you the opportunity to change your life.

Since everything happens for a reason. Instead of locking yourself in a room or taking your frustrations out on someone else, treat them as what they really are, opportunities to expand your knowledge and faith, an opportunity to improve and grow as a human spirit.

When looking for meaning, try to find the gifts in negative experiences. By seeing these events as lessons and opportunities you will find greater purpose in your life. The capacity to make sense of struggles and bounce back from stress is an important role in dealing with life effectively and preserving a sense of well-being. You can endure anything when you have a compelling reason to do so. When you believe there’s a reason something happens, when you realize it’s all relative to your perceptions, you avoid blaming others or yourself. Fault is often our first instinct in making sense of tragic events, but it irritates the situation by creating a feeling of helplessness.

In these times of monumental shifts of wealth, more people than ever have gone from middle class households to ruined credit, foreclosed homes and broken relationships. Many blame the government, or the mortgage companies, some blame their employer while others sit at home feeling life is unfair and wallowing in self-pity. They are looking for someone to blame. These tragedies are in direct relation to the law of relativity. If you hadn’t had prosperous times, you would have never known disappointment. Know that these setbacks are temporary and keep your eye on growth.

Far too many people are caught up in making a living, protecting what they have today, rather than designing a future, increasing their value and creating a life.

You must become conscious of the fact, you’re not a victim, and your experiences are in your control. Recognize you are the director of your reality even though it appears otherwise and growth is entirely up to you. Know that trials are temporary and fade with each step forward. Once you acknowledge relativity, once you accept responsibility for your growth, pieces start to fit, random elements become specific and meaningful to your spiritual growth.

Whenever faced with hardship, take a step back from the circumstances and think about it from a higher plane. Withdraw from worries, anxieties, problems, and consider it from another perspective. Ask yourself what this means when compared with your life. Will this matter a month from now or a year from now? This life is a life of duality; there’s good and bad, justice and injustice, etc. Your role in life is to grow and experience, to live and love, to find truth and justice, to seek pleasure and avoid anger.
Everyone must deal with trials but what’s important is to know the truth of these trials these hardships; and not just the truth, but the real truth. These facts can either enable you to succeed or cause you to fail. The results of your reality will depend, with precision, on your perception of the truth. By overcoming obstacles through knowledge, faith, and the ability to ignore others who dwell in self-pity, you begin to live a life of abundance.

Trials often awaken us to riches far more important than money and material possession; our health, our family and our friends. Sudden financial losses teach us to think and prepare for the future. An illness teaches us that life is fleeting. A sudden loss in the family makes us appreciate the time we have with loved ones. These may seem apparent, but you should grow from adversities and learn from trials if you don’t want them to control your life.

Even the most painful of circumstances can lead us to personal growth. The same set of obstacles can face various people with different results. One may be crushed and the other becomes stronger. The difference is how distress is viewed and how the person responds.

Expect more growth in the difficult trials. By exercising faith in a God, we discover we are not alone in any difficulty. We learn to see and expect blessings to appear that we would not have received had we not been handed tough times.

**Perception:**

All things are relative to one another and are neither good nor bad. It's when you form an opinion that you create meaning.

Our perceptions grow and change as we mature, but not everyone's perception matures at the same rate, which accounts for the differing degrees of consciousness of cause-and-effect. This inconsistency is neither good nor bad; it simply means that each of us has different ideas at different times, of our truths.

Think of your perception this way. As you go about your day you’re bombarded every second with two million bits of information. Under normal conditions this would overwhelm your senses and make it impossible to manage your environment; given the fact the conscious mind can manage 134 bits every two seconds. To manage information people apply a mental filter which effectively delete, distort and generalize this information and allow them to make sense of the world. Filtering works constantly, helping you pay attention to what matters and delete what doesn’t. For example, although your brain sees every building while looking at a city skyline, your filter prevents you from noticing them individually. In contrast, while in a noise room, you clearly hear when someone says your name, above all else. We generalize information deemed unnecessary to focus on what we believe is relevant. Filters screen this information so your mind can focus and create awareness. They allow your perceptions to narrowly define what you pay attention to. How you filter experiences has a direct impact on your recognition of the event. The problem is these filters can be limiting in either a narrow or broad focus.

Most people work with a broad focus; they see the world as a whole, in general terms. They tell good stories and move through life with ease. Others have a narrow focus and observe the world as individual parts acting independently. They are more reclusive, more introverted,
socially inept. This is the simple explanation of how two people can witness the same incident and have two different recollections.

Perceived truth allows you to experience life based on perceptions which you have chosen. "Real Truth" enables you to recognize and live in harmony with perfection, to experience a life of bliss and joy. Real Truth also enables you the ability to choose or not choose and the outcome will result in what is perceived.

There are stages of perception which take place in a fraction of a second to produce your truth. These stages select stimuli to give relevance to the events while organizing and categorizing the information that has been selected. They interpret and assign meaning to information for attention, and view these as belief. This is your understanding.

Transformation of perception to belief happens unconsciously and automatically. The subtle changes in pressure against your skin, the feeling inside your stomach, the vision created, all allow you to create an opinion without a single thought. In order to fully understand your perception you need to look for the truth in each action.

**Truths:**

Is it the truth, your perception of the truth or the truth relative to the conditions?

While studying law in college I came across an interesting legal phrase, ‘Relative truth,’ defined as: “A truth that applies specifically to a given situation, but not necessarily to anything else, a view of the situation in general, not as a whole.” My first reaction, ‘What, isn’t truth, truth?’ That was quickly followed by, ‘this makes sense.’ After all, don’t we all walk around with relative truths? Isn’t everything we perceive “relative” to our beliefs of the situation? If we’re always filtering information and no two persons filter the same, aren’t we all living in relative truths?

In 1738 a Swiss mathematician Daniel Bernoulli produced work in Probable Statistics. His conclusion to perception was; “the expected value of any of our actions is the product of 2 equations”. First, the odds that we will gain something for the risk; and second, the value of that gain to us. If we estimate these variables, we will know exactly which actions to take.

This is a simple rule of deductive reasoning but, as I have stated, people tend to go by inductive reasoning. An excellent example is the lottery. We’ve seen the commercials of past winners, thrust into millionaire status. These advertisements work, they place a view in our mind “we can win.” Why is this perception so effective? Simple, you never notice the losers. In a standard 1 week lottery, should they show all the losers in a 15-second commercial, back to back, these commercials would run for 10 years, 24 hours a day. Would your view of the lottery be the same after being exposed to 10 years of negative advertisements?

Here lies the paradox in Bernoulli’s theory, when the lottery is played, someone wins and we know it, its broadcast on the radio and TV. When we lose the lottery, we only know that, “we” lost. There is no connection between us and the hundred thousand other losers, there is no relationship. The law of relativity states, “all things are compared to others,” with no comparison, there is no other. The chance you could win is a relative truth. If we had listened to Bernoulli several hundred years ago, lotteries would have never been invented. Good thing for
“Lotto,” people don’t think logically. It’s easy to estimate odds when the likelihood is shown in equal terms, you can prove or reject the result. Your perception now becomes truth; your interpretation of the worth is real. You now have the real truth.

Real Truths:

There exists within our world very specific, perfectly organized, timeless and immutable truths. These truths are referred to as various things and are "Infinite" in nature.

Regardless of what you may label or call the existence of God, He is what determines your life experience. In spite of your awareness of His existence, and regardless of whether you believe in His existence, doesn’t change the fact that He doe’s and always has existed and is responsible for shaping your day to day experiences.

Just how much truth do you know - How much are you 100% sure is correct? What if it were announced that aliens had landed and they bring the truth, do you have enough knowledge to detect when more technologically advanced civilization is wrong ? What if you read a book on tarot cards, could you argue the truth? Can the nightly news be wrong? What are you certain about?

Is there such a thing as real truth? Yes, there is. For example, “Something cannot bring itself into existence.” This is an absolute truth. In order for something to bring itself into existence, it would have to already exist. But if it already existed, then it isn’t possible to bring it into existence since it already exists. Likewise, if nothing exists then no action can be preformed to bring it about. Therefore, “Something cannot bring itself into existence” is an absolute truth.

Although there may exist many perceptions in our world as to what real truth, the fact remains there is only One real truth. All else is based on individual perception. All else is a matter individual choice to flow with or go against undesired outcomes. Those that choose to flow with the mind of God, experience harmony, those that choose to resist, experience growth in the form of hardship.

The real truth is that God designed man and allows him to experience the harmony with the immutable and unwavering laws that govern our Universe which when "consciously utilized" enable him to experience "desired" outcomes.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8

What we put in our minds establishes what comes out in words and actions. Program your mind with thoughts which are true and right. Examine what you are putting in your mind in television, books and thoughts. Replace this harmful input with wholesome material and watch your life expand.

The Mind:

Our brains are made up of two halves; the left logical thought, and the right intuitive perception. The left thinks rationally and sequentially, identifies probability and provides
specific details. The right side is intuitive and emotional, sees the world in general terms, the big picture.

These sides communicate and consider information and produce your truth. Just as in the law of vibration, whichever side dominates a situation, whichever produces more energy, gives you your truth. By understanding their nature and characteristics, you’re much more likely to see the real truth.

Known and Unknown: The left brain commonly uses a “Known and Unknown” process of deductive reasoning before branching out into unfamiliar territory. From this method a belief is formed and every new truth builds on that belief. Other times a new impression is so powerful it’s necessary to question or even replace earlier beliefs which no longer appear true. This is always risky because you might reject a real truth for a lie.

Look clearly at your truths and identify which side is dominating. Step into the position of “other” and consciously view the circumstance from the opposite view. If necessary, solve an easier problem first, one that’s related to the issue, one that you’re sure of the truth. Then gradually adjust until you achieve results.

The truth is not something that most people want to confess to the world. The truth is inconvenient and inadequate for many selfish purposes. It not only proposes change of thought but habits and many times, way of life.

Think of times in your past when your truths were in question, did you give in or did you fight for your beliefs. As you recall, the subjective mind holds habitual actions and repetitive thoughts as beliefs, it would hold true that a single action or event would not negate those beliefs. The unconscious retains what it knows and is not willing to give in so easy regardless of the facts.

**Logic:** Most people have been taught what to think not how to think; a common fact of Eastern European and Asian countries where doctrine and cultural ideologies are above truth. In western countries, the logic is just the opposite. People are given the guidelines of thought but are encouraged to create their own truths, leading to more inductive logic.

So what are the differences and how can you see the real truth?

**Deductive Logic:** This logic contains a general premise, a particular statement, and a conclusion. For example, ‘All dogs are mammals’ is a general statement or premise. ‘Riley, my dog, is a dog’ to cite a particular statement. Then logic dictates the conclusion follows: ‘Therefore, Riley is a mammal.’ The truth of the first two statements, affirms the third. The truth is deducted from greater truths.

Evaluate your general premise by asking, is the basis true, are all dogs mammals? Ask, where did I get this belief? Is it biased? Is it objective?

**Inductive Logic:** This logic is contrary to deductive. Here you assume multiple conclusions to compose the general premise. For example, ‘Riley doesn’t look like other dogs’,
the conclusion, and ‘she is different from other dogs,’ the statement. Then logic dictates, ‘Every
dog must be different.’ The general principle, ‘Every dog is different.’ The truth has been
framed by the conclusions. By accepting multiple conclusions as truth, you build a general
premise of life around you.

Personally, I try to question everything I read and hear. Not to disprove or be argumentative,
but to know the truth. To question is not to reject, just the opposite, to question is to learn. For
example, although I believe in what I write, you should question it because the process helps
you understand what you read.

Scientific Method: When creating a theory, scientists use a basic rule of thumb. Essentially, 1) make an observation of an event, 2) propose an explanation of the event, 3) use the explanation to predict results of a future event. If the prediction is correct, you have a theory. If the prediction fails, the theory is flawed and you need to, 1) reject the theory, 2) adjust the theory and try a new prediction, or 3) use the prediction to create a new theory. In this method, the beliefs may be true but until you confirm them, how do you know.

Context: Another great term from my studies of law was ‘Contextual Truth,’ defined as
“A statement held as true, but only in the context it relates to.”

Context comes from meaning and meaning comes from composition. The words in this book
only have value in the English language, “their context.” Place a sentence out of context in
which it was written, the meaning can be changed.

Your context is the space you’re in, the positive or negative energies which you present. It
includes circumstances and intentions from your past and present. It also includes all previous
influences and factors both known and unknown.

Changing what you do doesn't do much to change your life. The secret of success lies in
creating the correct context in your actions and beliefs.

Ensure you have the right truth in the right context, and then let it flow from your internal
perspective. It's been suggested that the secret of success is your intention and your level of
consciousness when you take action. By changing the context of your truths, you’ll change your
life by increasing your awareness.

My conclusion on truth is this; the best chance of finding truth occurs when both halves of the
mind agree, with the senses. Unfortunately, more and more people are not able to distinguish
between absolute truths and relative truths, and they put their feelings and preferences above
absolutes to make them more palatable.

Trials:

You can allow problems to change you, or you can alter your perception of the problem.
Difficulties will never go away until you respond to them appropriately, until you defeat them.
We know from cause and effect, problems cannot be solved through the same energy which
created them. Thus, the solution must contain more effort than the original cause.
Just as David and Goliath in 1st Samuel 17:1, you must slay the problem completely or it will continue to return. Deal with these issues and you find yourself free, the weight will be lifted and you move without restraint in thought and consciousness.

The story of David and Goliath is one of those biblical accounts which we’ve heard since childhood. For those not familiar with it, it’s how a shepherd boy defeated a giant warrior. It’s an inspiring account of a young man who rose from a Sheppard boy to become a great of king and ruler of Israel. I often use this story when I speak and as a source of inspiration or as an example whenever I am faced with a huge obstacle.

The story of this young man, David, begins with him going to battle with his brothers and fellow Israelites against the mighty Philistines. A young boy, not a battle hardened warrior like his brothers, he had a different perspective, and he believed the size of Goliath was relative. That Goliath, a giant of a man, was no match for his faith in God. What a difference a perspective makes, while others saw a giant of a man, a seasoned warrior, David saw a mortal man in defiance of God.

In those times, it was common practice to send the mightiest of soldiers to fight, thus saving the carnage of an all out battle. Provoking one another, the Israelite and the Philistine soldiers stood a valley apart with each side proclaiming their strengths.

As dawn approached on one particular morning the Israelites noticed something different, a large soldier, larger than anyone had ever seen had moved toward the center of the valley. Standing before the Israelites he proclaimed, “I am the mightiest of men and if someone is bold enough to challenge and defeat me, the Philistines would be their slaves, but if they fail, the Israelites would be subject to them.” Common practice in those days; a kind of mono-e-mono, winner takes all.

Fearing the size and strength of the giant Philistine, whose name by the way was Goliath, meaning ‘very large and powerful,’ no one dared confront the mighty leviathan.

**Ask yourself: Do you have giants in your life?**

Finding no taker, Goliath returned to his camp, further determined to humiliate, disgrace and dishonor the Israelites into taking his challenge.

**Giants get bolder with each victory.**

The following morning Goliath returned to the center of the valley with more threats, challenges and indignations, only to be met with silence. For 40 days, daybreak and dusk this event played itself out.

**Giants keep coming back.**

As you know on the 40th day, David confronts his fears; he goes out to meet Goliath head-on, armed with a sling, a stone and great faith in his cause. He defeats the mighty giant with a single blow and chops of his head for all to see.

**You must slay your giants completely.**
Do you have any giants in your life which you need to slay - Do you have problems that continue to return because you haven’t addressed them completely - Are these troubles getting bigger and bigger - Maybe it’s time to slay the giant.

This was not the last of David’s trials and far from it. Though, it did was teach him a valuable lesson at a young age. The size of the problem was relative to the objective.

Troubles look insurmountable when detached from the objective. When your purpose is larger than the problem, you take action. It’s only when you lose sight of your intent and turn your focus on the problems rather than the solutions does a problem seemed insurmountable. This is the fundamental reason people pay bills at the last second, wait until the car breaks before they get it fixed or see a doctor when the pain becomes unbearable. People will do far more to avoid immediate pain than to gain future pleasure. The subconscious only sees ‘now’ where as the conscious perceives future possibilities. Since the subconscious is responsible for our overall welfare, it disregards conscious thoughts of pleasure.

We know once an action is taken it’s a load off our shoulders. We’re free from the distraction, the questions, and the discomfort caused by lack of action. Just as a prosecutor in a court room we must build our case against the subconscious in an overwhelming manner to claim victory. The greater the evidence is for necessary action; the fewer excuses we find for inaction and fears dissipate.

As for David, he was growing with each test and his knowledge gave way to correct thought and in turn, correct action. By changing his perception his difficulties became less significant in comparison to the rewards. By building a large amount of reasons to defeat his enemy, the giant became smaller. By accepting life’s tests and meeting them boldly he gained a better perspective of his problems.

Are your giants getting bolder with each victory - Do your they keep coming back - are there giants in your life that need to be removed? If so, you are facing the Law of Relativity and must face these challenges in the spirit and knowledge that each trial conquered is an expansion of character and strength. Although most people don’t like to hear it, as sure as you are born you are going to die and as sure as you are living today, you will experience difficulty. The question is how you will relate to that struggle.

It’s in the difficult times that you develop character. Most people don’t understand that God allows difficulties, he allows suffering. It’s not that God is angry with us or we’ve done something wrong. It’s simply because, adversity makes us stronger and better equipped for growth. In these times we must stretch our comfort zones and prepare for the next level. We need to view tough times as opportunities to grow and advance to the next level. Adversity does many things for us. It causes us to search for truth, to believe in Oneness and more importantly it initiates thought and prayer. David believed he was enlarged when Goliath was cussing him, not when he cut off his head. David’s trials strengthened his faith, reinforced his will and bolstered his spirit; which saw him through even greater troubles. He, like most, wasn’t lifted in his good times. He was elevated in times of despair and fear and from those fears, he cultivated mental strength. David believed he was magnified when criticized and ridiculed, not when he was anointed king and living in the palace. In tough times you learn to trust the God
within you. It's those hard times, when a change happens within you, a change which nobody can take away, adversity makes you better.

The Law of Relativity is working in your life, even if you can’t see anything pleasant or you go through difficult times. By a belief in fairness, karma and morals, you are learning and growing, you will come out of your trials enlarged. You can let misfortunes drag you down or let the spirit flow through you and use trials to refine and purify your character. So, do you have problems, or do problem have you.

Have faith everything will be answered in its proper time. Just as a period is necessary to grow the mighty Oak, the king of trees, patience is necessary to control and rule over your problems. Listen to the spirit, it always shows you the high road and provides correct guidance. Listen with intention of finding an answer and you will find the answer and know the right path. Mathew 7:7. “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.” Persist in learning the truth. People often give up after a few tries and conclude, truth cannot be found. But finding the truth takes faith, focus and follow-through, and God assures us we will be answered. Don’t give up in your search for truth; continue to seek more knowledge, patience, wisdom, love and understanding. He will give them to you.

By making the mistake of ignoring the still voice inside, you can go weeks, months or even years finding your way, looking for the proverbial ‘right path.’ Problems may indeed be a giant, but if you will believe and have faith through adversity they will only be a stepping-stone to the greater things to come. Become a master of resolve by addressing difficulties today. Make a list of every problem you can imagine and begin to deal with them immediately. Start with the smallest first and gain some momentum. Once you’ve began, commit to yourself that no problem, will ever again, go unresolved. Each difficulty will be managed directly without delay or procrastination and life will flow.

You may be going through something today but if you stand strong and believe through adversity, if you study the laws of nature and apply them to your life, you will realize that each trial is relative to what you are comparing it too. Your adversity can be the greatest asset you have ever encountered and its struggles can give you strength. No one will ever develop muscles without resistances so don’t expect to develop growth without adversity. No matter what you are facing today, or believe the future holds, you need to look it in the eyes, put in into the proper perspective and defeat it. Not in a pathetic manner but with bold intent. When you face Goliath, have faith, listen to that inner voice and know greater things will appear.

I’m not saying life sends trials at every turn and I’m surely not suggesting you should go out of your way to find trouble for the purpose of growth. What I am saying is God will always use adversity to take us to the next level so look upon those troubles in relation to the big picture.

**Action and Relativity:**

Two men were walking through the woods to go fly fishing when they spotted a grizzly bear. The first man immediately, took off his waders, opened his bag and pulled out a pair of running shoes. “You’re crazy!” the second man said, “You’ll never be able to outrun a bear,” to which the first man respond, “I don’t have to, I only have to outrun you.”
This story depicts a humorous way of looking at problems and growth. The first man knew a problem existed; he quickly analyzed the situation and concluded the correct action. The second man is so caught up in the problem the only thing he can see is the problem itself. Growth occurs when trials present themselves and are dealt with in a clear, concise and methodical thought. The mere fact you are facing trials is not a sign of growth, it only indicates that troubles exist. The real growth is in the trial and how you deal with it.

Another example is the old mule that fell into a well. The farmer who owned the mule loved him, but he couldn’t get him out of the well. So, to put the mule out of his misery, the farmer decided to bury the mule in the well. He got some neighbors over and they began shoveling dirt into the well. But as the dirt came down on top of the mule, the mule shook and then pushed up on the dirt. As more dirt was shoveled on the mule, it would shake the dirt off and push up. Finally the old mule stepped out of the well. The dirt intended to bury the mule actually lifted the mule higher than anyone thought he could go.

We all have dirt shoveled on us during life. It’s how we handle the dirt of adversity that determines our growth. Will we fall into self-pity and loathing, or will we shake off the dirt and then step up? Don’t stay down in the dirt; believe through adversity and use it to get up and go higher.

Somewhere along the way you may have fallen into the well. Maybe there was a bad relationship, an illness; your finances went south, a failed business, a tragedy, etc. Know that you can come out of it and experience a great life if you have faith through adversity.

No matter what you’re facing, I promise you, if you will allow it to be a stepping-stone and believe through adversity your life will be better than before. It’s the law of growth.

As you continue to pass the tests your strength will increase, your endurance will improve and the No’s you once heard will be Yes’s.

To experience the true relationship with oneness, with God, you must live a life of virtue. Each time we face a challenge, each time we help another in need, each time we bite our tongue when we feel like arguing, we pass the test. The bible tells us to take up your cross daily. Part of that cross is not giving in to your natural thoughts, your conscious mind; to deny your flesh is to live in the Spirit, the Holy Spirit.

Next time you find yourself in a difficult situation, ask yourself, what am I supposed to learn from this - how can I use this test for my benefit - how is this experience helping me grow as an individual? When you ask better questions you will receive better answers.

The Law of Relativity is present every day, 24 hours a day. When you’re at work it may challenge you with lack of respect from another, at home it may confront you with disagreements with your spouse, at night fearful dreams can challenge you.

There will always be a time of testing. Your being is energy and energy flows and changes origins and paths. Some may say we go through peaks and valleys in life or there is a time and a season. However you phrase it, adversity will be a fact of life. Be aware and press forward, prepare for greater things.
"Obstacles are those frightful things you see when you take your eyes off the goal." Henry Ford

-Life-

Understanding that most of life is routine, your soul lacks interest in 9 to 5 work days and coming home to the steady stream of bills. Relationships and life in general is mundane. For this very reason, our tests of livelihood, character, will and spirit intensify; they consume our present and become our reality.

When times of trial come, one of the tests you should pass is to live each day with enthusiasm by focusing on what you do have, what you’re thankful for and become excited about another day to fulfill your destiny. Give thanks for the roof over your head, the food you eat and the air you breathe. Keep in mind everyone who greeted you yesterday and are no longer here today. Tomorrow is not guaranteed, make the most of this day. You truly do have much to be thankful for.

My whole point of relativity is our perception or what we think is absolute fact, though not immutable. While we may never be able to change the psychical aspects of our lives, we can change our surroundings and create a life of choice rather than a life of reaction. So, please learn to use the concept of relativity to define who you are and to feel better about yourself. There are plenty of people in the world who worse off than you and with a little effort, you can find gratitude in the worst of times.

So what can be learned from the Law of Relativity? Real Truth and perceived truth are in reality one and the same. What you experience is dependent on your perception. As you believe, so too you will receive. That determines your truth.

There is no such thing as untruth. Only varying "perceptions" on an individual basis as to what their individual truth is.
Chapter Ten: Growth

Correct knowledge of the law of growth is valuable in understanding personal achievement. We have talked about how “nature is nature and nature will find a way to increase.” We may pervert the natural process but in the long run it will prevail. In the beginning, middle and end of natural laws are the principle of growth; it navigates through all. If we realize this from the beginning we don’t undo our own work by attempting to compel things to become what they’re naturally are not. No doubt the greater the energy we put into the seed, which we call the spirit, the quicker it will germinate. The more we understand origin, the more effort we put into the seed.

In times of unhappiness, people often think if they could just change jobs, had more money or a different relationship, their lives would be fulfilled. When disconnected with life people often think, “Well if this person would just do this, then I would feel happier.” Or, “If only I had that, I could be content.”

This is the core of the Law of Growth. Switching jobs or relationships, wishing for more money or controlling others is not going to bring the change in spirit you seek. Just as in the law of correspondence, the law of change and the law of attraction, growth is a condition that is neutered by the process and is absolute. Only an error in appliance can change the effects but growth still occurs.

The law of growth is constant with the only variation being in the application of natural law, which often leads to confusion. Either we believe we can accelerate growth by our own efforts or we rush in before development is complete. Just as the seed planted in the ground, growth needs depth, proper foundation and a nurturing environment to cultivate life. Plant a tree in rocky ground and the tree may grow but the progress will be restricted by poor preparation. The result is the same in life, only a suitable foundation will create harmony in growth.

Self awareness is important to growth because it tells us who we are and how we perceive ourselves. We learn how our lives impact other people and the world around us by being aware of our actions. It guides us in surrounding ourselves with people who can support us because they have attributes we admire. It tells us our skills, appearances and lacks, “Self awareness is who we are.”

Awareness is vital to your progress but it can also bring fear and anxiety to our lives to the point of harm. Depending on your perspective, they can either stymie growth, or present opportunities for progress. Overcoming fear is a challenge discussed throughout nature and the laws which govern us. We know it can be valid and is meant to preserve life though at other times it’s irrational and needs to be overcome. By identifying these fears and using sound judgment and correct thought we are able to move forward in spite of them.
Many times we know what we fear, and we want to conquer our fears by facing them. When the moment to face the fear approaches, we shirk back overwhelmed with anxiety. How do you face your fears then?

Simply ask yourself if what you fear can really hurt you. Begin to conquer your fear by determining if it is rational or irrational belief. As we’ve said, step aside and view the situation as “other,” a separate mind. Would an objective individual see it the same way?

Most of us have beliefs which appear repeatedly over the course of our lives and we don’t even know where they came from. These core beliefs are usually rooted in unexpressed fears. By identifying these fears in singular expressions rather than general experiences, you can begin to defeat them one at a time. You are more likely to transform your life into opportunities by changing fear into challenges, by expressing them as opportunities than dwelling on the possibilities. By identifying the source, which conscious thoughts are producing them you can reframe these views into positive actions.

When you identify fears you begin to transform and create a new spirit in life, one which is looking to grow and expand. Your growth may be in the capacity to love or to be compassionate, or the soul itself, through this increase you evolve.

*Second Corinthians 4:13* states: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak and act in faith. As part of this evolutionary process, the spirit works with the subconscious to offer insights and encouragement. As the spirit merges deeply with the unconscious, it is able to fully present a true reality of the world.

Its holds true that if we reverse the action of a cause we change the effect and thus halt or at the very least alter, growth. By the same method which we take a simple arithmetic example of, 10 ÷ 2 = 5, then 10 ÷ 5 = 2; we recognize the ability to change our actions and thus change our life. We see by the law of cause and effect that negative thought produces negative results and at the same time, positive thought produces positive results. Therefore all distrust in the law of growth, whether shown by anxious attempt to gain quick results or by allowing despair to take the place of optimism, is reversing the cause and thus reversing natural law. It is for this reason that the Bible stresses “faith” more than any other subject. In like manner spiritual science vigorously warns us against the profession of doubt or fear; they are contrary to the principle of growth, and therefore pull us down.

“There is nothing more dreadful than the habit of doubt. It separates people, poisons relationships and disintegrates friendships. It’s the thorn that irritates and the sword that kills.”
*Buddha*

We are accustomed to seeing natural law in our everyday life, so, it shouldn’t be difficult to comprehend that the same law which guides the visible side of nature also directs the invisible side. Thus, the only variable in the law of growth is not the reality of the law but the violation of natural law. The principle of growth is the seed itself, along with the actions of the gardener have a direct effect on the growth of the works. We do not put the seed into ourselves, but we must introduce it to proper nourishment and care.
In order for the law of growth to be effective it must coincide with the law of attraction. We must carefully remove the self-centered attempts on our part to make growth happen and believe events are taking place without our actions which are necessary for increase. By removing assertive efforts we remove our negative thoughts and the fears which come with these beliefs. When we make our request known to God, and we place an absolute belief in its attainment, the law of growth works perfectly.

**Increase Awareness:**

Developing self awareness doesn’t happen overnight from seminars or books. It comes through specific actions we take, on a daily basis, which move us towards our goals. With a sound knowledge of how the world operates and how we relate to ourselves, we can adjust our behavior to deal positively with our problems. Understanding our habits, what upsets us, our weaknesses, and our actions we learn how to manage life and reach our goals despite the obstacles in front of us.

Habits create action and thus determine events in our lives. Understanding these habits and the role they play is important because they’re responsible for the choices we make throughout the day. A person may not be losing weight because they are unaware they’re in the habit of going to the kitchen when they get bored. Many people walk in the front door and the first thing they look for is the remote control; these are habits. In many cases we are not aware of them, we do them unconsciously. Becoming aware of your habits gives you the power to make choices and create the change you want in your life. It’s difficult to form options if you are not aware of choices you are making.

Since we know we all have alternatives in the direction of our lives, it comes down to the quality of habits we engage. **Good habits are the key to success while bad habits are the unlocked door to failure.**

Many people prefer to remain ignorant of what else lies beyond their every day routine. Secure in the knowledge they can change and will change, but for the time, it’s easier to do it this way. They may stay at a job they hate or in an unhealthy relationship. Others may embark upon a lifelong quest for knowledge, along with personal and spiritual growth which leads to a constant change in habit and routine. They may change careers often move from place to place in search of the perfect home. Always looking for a better way, their life is in constant transformation. Neither way is preferable as being ignorant of possibilities or in a routine leads to apathy while constant transformation is a result of poor judgment. The point is, we’re all slaves to our habits and since we are, why not be a slave to good habits; habits which balance our lives and bring contentment.

To me, those who exemplify great awareness are those who consciously acknowledge their habits and are in constant change of flawed deeds, not necessarily looking for constant change. They frequently form new actions and recognize particular moments when the rhythm of life changes. They’re continually weeding out the bad and replacing them with better strategies while not disrupting the balance as a whole.

Our level of self-awareness and development is not fixed, we rise and fall each day according to our awareness. This is the Law of Rhythm which will be discussed later. We may show more
development in one area, with different people, situations, influences and environments while slipping in another. It’s a matter of stability and since no one is perfect, we constantly adjust our actions to become more aware of change.

Awareness is more than acknowledging events are taking place around you, it’s knowing why these events are taking place and how to manipulate those events to create harmony. The best way to produce synchronization is by having an attitude of gratitude. You need to shift from negative thoughts to positive awareness and choose an optimistic approach to life regardless of the situation, by focusing on the constructive attributes found in every individual and situation.

We see gratitude more often than any other subject in these laws for a simple reason. Your awareness of the gifts in your life is vital to growth.

Increase your gratitude in everything you do, whether at work or play, focus on the positive aspects of existence and your life will explode. When your subconscious believes there is abundance in anything it begins to attract more of the same, knowing it is easily attainable. If you recall the subconscious produces thoughts and forms actions based on the easiest method of accomplishment. Should you have a desire for monetary rewards and the subconscious believes it is easily attainable, it will not only make you aware of the new possibilities it begins to attract them. The simplest way to create this belief is by acknowledging the fact that you already are rich, by having an attitude of gratitude.

Think for a moment, your car may not be new but you have one, how many don’t – You may want a new home, see the people living in the streets. Should you have enough to eat, there are plenty which are hungry – Should you have a job, look at those unemployed. You have plenty to be thankful for when you see the truth. With a new understanding and appreciation, a new recognition of all that God has given you, you begin to see an entirely different world. Practice gratitude and become aware of these blessings and your power to create will increase proportionally.

Appreciation also adds enthusiasm by producing compelling reasons to act. In one study, people who kept gratitude journals measured significantly better on psychological and physical scales than those who did not. As for physical health, grateful people exercise more, eat a healthier diet and have better immune systems. There is no reason not to be grateful, even for the smallest of things.

**Know the Inner Voice.** The best tool for perception is one you control: monitor your self-talk. What are you saying to yourself when you have a setback? If you eat too much, do you tell yourself that you’re fat and will never stick to a healthy diet – Do you call yourself stupid or lazy if you made a mistake? These are those little messages we send ourselves like "That was a really dumb thing to say" or "I can't believe I did that.” The message soaks into the subconscious and when habitually repeated become beliefs.

People often say things about themselves that they would never say about anyone else. When we make a mistake, we’re stupid, when we speak out of turn, we’re an idiot. Though you may deem these thoughts and visions insignificant, the subconscious doesn’t differentiate between them and reality.
Be conscious of this aspect more than anything else; correct your self-talk and analyze the underlying reasons for your negative thoughts. Would these statements hold true of someone else said them about you? Send yourself positive thoughts, something like "Wow, that was a great lesson or I discovered a way it doesn’t work," soon your mood will be uplifted.

**Become an affirmation station.** Fill you mind daily with positive statement, they help you find gratitude and peace. Take a few minutes each evening and adjust your thoughts, add a new pronouncement for the following day.

So try looking at affirmations this way. Many of us exercise to improve our body's physical health and condition. Affirmations are exercises for our mind and outlook; these positive mental repetitions can reprogram our thinking so that, we begin to think and act in a new, more positive way.

**Recover your Willpower.** We have an extraordinary amount of willpower at our disposal. Unfortunately without even being aware, we sabotage our actions.

We put ourselves through a great deal of emotional pain simply because we refuse to let go of some perceived images of our lives and how we believe things should be. We’re focused on imagined reality and dreams, rather than actuality and truth. This is the greatest challenge man has, one which everyone faces every day. You know the importance of diet and exercise, you know it's best to treat others with kindness, but until you reclaim your power to act upon what you know is right, this knowledge is wasted. It’s time to dismantle your negative beliefs, thoughts, patterns and statements, and start to grow.

Much of the law of oneness deals with your ability to connect with your spiritual being, to know what’s right and wrong and follow a positive path of correct thought. When you reject the spirit you’re denying your will to grow, you’ve given your subconscious permission to fail.

Before you picked up this book and read the first sentence you had the will to make changes, you had the internal desire to transform; you were just looking for some confirmation and direction. Therefore we know the will to change is present, you simply need the proper desire.

As we discussed, nothing will change until you make the decision to change and you’ve taken the first step. Now you must make a firm resolution, one without conditions or pretext, one which follows your values and is guided by the Spirit of Truth. Start today, start small, do anything but commit to doing something to improve the quality of your life. You can’t do it all in a day but each step will build on the previous and before long deep and meaningful growth will appear.

**Attention.** Mastering where and how we focus our attention is the key to freedom; when we focus we give ourselves the power of presence. We can focus on what is important to us, and we can bring our attention to the present moment. This type of concentration will deepen the quality of life.

You may feel you have focus on given tasks but don’t need true or singular focus because, you’re a multi-tasker, able to think of more than one thing at a time. This may be true, but the fact is 47% of people cannot focus their attention longer than 30 seconds on a single objective,
91% can’t go 60 seconds without their mind wandering. Considering the average human spends over 50,000 seconds conscious each day; it would appear our lives aren’t much focused.

**Notice the Power of Self Talk.** We have observed our inner voice, now let’s notice the impact and control it has over us. Are your thoughts positive or negative? Do they lift you up or do they bring you down? Do they inspire or hinder? You may not realize your internal dialogue and how often negative thoughts pop into your head. Become aware of this internal talk and fill your subconscious with positive thoughts.

Make a commitment, for the next 24 hours you will notice all negative talk or images and replace them with positive statements. At first you may have to stop and think of encouraging things to say since you’ve been programmed with negativity all your life. Refuse to accept pessimistic thoughts and statements of others by removing yourself or maintaining a high energy. Witness how your emotions change, your thoughts and attitudes adjust to accommodate this new energy.

People usually use two processes to put themselves down: creating an internal picture of failure or hearing an internal voice putting them down, stating how they screwed up. Accept neither. Stop, refocus and create empowering statements and visions, those which move you forward.

Have you ever made a statement or spoken in a conversation and had the voice inside your head say, “You Idiot, what did you say that for.” Maybe you’ve had to do a presentation and prior to speaking you visualized stumbling through the words, forgetting your ideas. These mental processes set up failure in advance.

Know you have a choice in your mental dialog, you can accept it, you can negotiate its value or you can just simply shut it off and refuse to see or listen. Become a student of the mind and your life will respond in kind.

It can be that simple if you allow it too.

**Acceptance.** For varying reasons, people hold-on to old patterns that prevent self-acceptance. Only after they get to know themselves better or become more self-aware can they choose to change those patterns. Approaching yourself in a critical manner can change things for the better or worse. Maybe you become aware of social flaws that will increase your likability or perhaps you see inner defects that require a great deal of effort to correct.

To become more self-accepting, you must increase your self-awareness but also relate to yourself with compassion and understanding.

I regularly tell my students that if they genuinely want to improve their self-esteem, they need to explore what parts of themselves they’re not yet able to accept. For, ultimately, liking ourselves more (or getting on better terms with ourselves) has mostly to do with self-acceptance. And it’s only when we stop judging ourselves that we can secure a more positive sense of who we are.

Accept who you are at this moment and know you have the power to change.
**Self Awareness.** So many of us have been taught or conditioned in childhood that we're not worthy, we're lacking, and we're not good enough. This makes us very reluctant to look at ourselves. Yet if we don't learn how see ourselves as we really are, then we don't use our mind to efficiently produce growth. So we have to learn to self observe, but this can be time consuming and painful. So it's not surprising that most people don't want to look inside. It’s easier to distract themselves with alcohol or drugs than to examine true feelings.

Self-awareness is important in our lives, but you also have to balance it. The act of self-reflection should be to determine how your actions affect others, not to act as a martyr. Understanding your role and acknowledging the mistakes you’ve made will help you keep a harmonious life.

**Emotions.** Your emotions determine what kind of life you are living. We determine the quality of our relationships, our work and our self-worth by our emotions. This powerful force can change any experience. Once emotion is added, our thoughts and beliefs match the intensity.

Our emotions, not our thoughts, motivate us. Without an awareness of what you’re feeling, it’s impossible to fully understand your own behavior, appropriately manage your emotions and actions, and accurately “read” the wants and needs of others.

Fear will keep us from doing the things we love, passion and love will inspire us to great leaps of faith, yet without emotion, neither will succeed.

**Core Beliefs:**

What you believe determines your physical and mental experience. Core beliefs are those things you know and trust to be true. They serve as your guide, telling you how to behave and react to events. Though these beliefs are conscious thoughts backed by subconscious certainty we must ask ourselves, are these core beliefs really true.

The reality is, these views are little more than facts and figures proposed to us by the world, there accepted as true and placed in our subconscious for recall when needed. Core beliefs are merely temporary thoughts, permanently held, until the truth can be revealed. Throughout a span of time these thoughts have been reinforced until they become belief but not necessarily real truth.

Even though deep rooted, core beliefs can be changed and manipulated quickly and easily with proper thought and acceptance of real truth. Though rooted in the sub-conscious mind you don’t need psychoanalysis to identify and change them, there are easier ways.

When you reflect on being broke, putting up with..., being abused by..., realize that you having a strong connection to not having what you want. You are claiming this particular lack in your life every time you entertain the thought.

As we stated, your reflections and beliefs create your reality. What you think about, you become. Creating a life based on core beliefs of need brings lack in abundance. These thoughts of struggle and suffering produce exactly what you receive.
To change such limiting beliefs you need to gather more positive facts about the situation and develop positive affirmations to that effect. This allows your mind to deal with negative information and question their reality. Know that energy attracts like energy, so, when you step up to the bar for another round and complain of the lousy state your life is in, guess what....

As often as possible, catch you in the act, notice what triggers this thinking and consciously choose to something which induces positive emotions. That’s the ultimate “secret” to unleashing your personal authority and becoming a conscious creator.

The trigger required to change your core beliefs must come from within. It must be something you deeply desire to change not for the moment but for life. This is the simple reason why most drug and alcohol programs don’t work. People want to stop in order to straighten out their life, but don’t perceive the addiction as a problem. They need to believe that there is a problem, decide that change is necessary and as a result change the structure of their own thoughts to prove the new belief.

I am not a supporter of the “think positively and wait for the magic”, simply because it doesn’t work. Too sit back and say, “there are no weeds in my garden,” is ridiculous, there are weeds, get in gear and pull them out. Positive thought is only a tool to be used in conjunction with action. In order to believe, you need to do something that provides your subconscious with a solid truth. Once you belief has been sufficiently validated, your core belief will be changed and all the memories associated with it will be given different meanings.

In short here is what you need to do to change a negative core belief:

1) Impress Yourself: Start focusing on you, not others. Whatever you do, do it to the best of your abilities, be concerned with your efforts, not what others think. Stop trying to impress others; it’s never going to satisfy your own psychological needs. Other people are probably so busy trying to impress you they won’t notice your efforts anyway. You’re not here to live up to the expectations of others and at the same time don’t expect them to live up to yours. Have faith in who you are.

Although demonstrating confidence is important, you must realize that balance is fundamental. No matter how impressive your golf game or your stock portfolio, it’s not in your best interest to boast. When you focus on yourself, you steadily separate others as individuals while at the same time removing a competitive situation. Rivalry is a losing battle, win or lose, your self esteem gets shot. You were not created for competition; you’re here for creation and cooperation.

You can’t like everybody and everybody can’t like you. So stop giving that person free rent in your head, try not to take it personally and avoid them if you possibly can. For some people this seems impossible. Usually their view of the world comes from the world of advertising and media, they want to be someone they are not and will go to great lengths to do so. These people believe they need the newest cell phone, an expensive watch and the best clothes; they go out of their way to show what they have. Their self-worth revolves around who they can feel superior to because they have little confidence in themselves. I personally know some extremely wealthy individuals, were talking in the hundreds of millions in net worth, and they all have one common trait. They never look to impress anyone.
Here are a few ways to break through this situation.

**Take the Lead.** Be an innovator not a follower. Surround yourself with a general group of activities and friends; try to be a well rounded individual. Back away from the expenses and actions that revolve mostly around impressing other people. Choose some activities that expand your horizons or benefit others. You will be amazed at how you feel after a day at a natural reserve or assisting others at a place of worship.

**Try New Activities.** Choose a different circle of friends on occasion and try out new things that you might never have considered before. Think of things that seemed fun to you but you never got involved with because others around you decried them, and you were trying hard to impress them by agreeing.

**Use your Compliments Wisely.** Offer sincere compliments that come with true gratitude and meaning, don’t bother with big compliments on new gadgets or new clothing or a cars. Acknowledge them for what they are; “nice, beautiful, or maybe cool,” but never look upon them with envy. Save your compliments for things you value and people who make a difference in life. Know that if the accumulation of toys were important in your life, you would have these items too. It’ll become clear that what you value are people who take charge of their life, not people who fritter away their money trying to impress others.

**Change your Friends.** This can be hard but at times a necessity. The world is filled with people and you have met a small few. Notice if a relationship is working in your life. Do they have the same views, values and morals as you? Do you share the same interests? If your circle of friends is focused on impressing others or more importantly, doesn’t share your values, likes or views, spend some time exploring new relationships. Call up people you thought were interesting but simply never got to know. Trust me; everyone is looking for new friends it’s just most are too shy to put themselves out there. By connecting with new people you’ll be exposed to new activities and enrich your life as well. In short, spend your time on things that bring real value to you, and give real value to others.

2) **Changing Old Memories:** You can’t address core beliefs without speaking of old memories. These are the recollections that haunt you, your deep rooted fears which you relive on a daily basis. Being able to reframe these thoughts allow you to become separated from the images and voices in your mind and thus lessen the effect of the memory. The purpose of your subconscious is to guide your behavior while interacting with feelings and emotions, not to disturb the flow of life. Realize when old memories are getting in the way of growth and deal with them.

The best thing about the past is it’s over and you begin each day with a new opportunity to write a new chapter if you take advantage of the skills at your disposal. We all dwell on the past from time to time, it is part of who we are and necessary for our survival. What makes us different from other animals is our ability to reflect on these memories and develop an emotional bond, to relive them as if they just occurred.

As we live life and experience it to its fullest, it’s only natural that we cling to our past. It’s when our past doesn’t echo our present values or when our past creates unrealistic fears that we must deal with it.
It’s not original events which compose your memory or even new experiences, it’s you. Your mind is holding on to useless recollections that don’t even pertain to who you are, the resources you have or the conditions available today. When your desire to cling to the past affects your future, you begin an unhealthy and seemingly endless battle with anchors which can disrupt your future.

Make a decision today to visit these experiences for the last time, see them as they were in all their glory and difficulties. Take a moment and visualize them, make them real and at the same time consciously state that this is the last time you will see them; they’re not a part of your real truth or your authentic self. Know this to be true, feel it with emotion and push these memories aside, explode them in your mind as if a bomb were attached. Now generate a powerful affirmation, filled with emotion and clarity based on new views. Visualize and recognize their nature and begin to build new and empowering thoughts which move you forward.

There is one certainty in life and that is; you will never move forward and growth is impossible without expansion. Everything that lives has periods of birth, growth, and decline. These periods are governed by nature and are unchangeable. In order for growth to occur the past must be destroyed, the law of change. When the past is removed your future will be altered, the law of cause and effect. And by revising your future you can form the expectations you want, the law of attraction.

3) Patience: Are you in a hurry to get somewhere - Are you hurting your chances of getting there by being impatient - Are you being patient with your dreams or mistaking passivity for patience?

Being patient is a necessity in a life of achievement because it is the nature of things. The law of growth states, you cannot immediately reap where you have sown.

With the exception of man, everything is a perfect reflection of the natural vibration of life and enduring through its cycle. So why is man excluded from the equation? Because, God has given man authority over all creatures, this includes man himself, we are constantly in survival mode against others. For this reason the “mind” has a tendency to draw negative patterns of thought to protect against others. Until the mind becomes awakened to the truth of natural law, it continues moving in doubt.

You know from the law of change that all things in the universe are in constant transformation; nothing ever dies it only changes form. If you find yourself feeling bad more often than not, take time out to reflect on where your life is taking you, or rather, where you are taking life. Believe in yourself and have faith in your beliefs. Know you’re meant to grow and prosper physically, mentally and spiritually and the thoughts which are continually rolling around in your head are ultimately going to determine who you are and what you will accomplish.

False Claims of Power:

How often do we fear a situation and the response - How often do we alter our behavior because we don’t want to upset someone? When we have a history of reacting to the situation or others, we live a life of consequence rather than initiation.
Stop reacting and start responding. As you learn to respond to your life’s events, you will begin to understand these experiences and define their purpose. What may have appeared random or chaotic will suddenly seem orderly from this perspective.

When you take an antibiotic for an illness, you are hoping your body will respond to the medicine. It will act accordingly to the positive effects of the medicine, to create change for the good. If, however, your body reacts, or has a reaction (sometimes known as an allergic reaction) to the medicine, it is rebelling against it. It doesn’t want it; it is rejecting it, and acting harshly because of it.

Now, obviously, we can’t control whether our bodies respond or react to medication. But we can control whether we respond rather than react to life.

When someone reacts to a situation, they blame a person or situation for prompting them. Since our nature is to avoid pain we tend to look for others to accuse for our missteps. In order to control your life you must have the courage to take responsibility and step outside this box. By being accountable for your life, you not only respond to the experiences in life but you take responsibility for your actions.

When the happenings you attract are favorable, reward yourself for the wonderful creation; when they are negative, step forward and resolve them. You have the ability to learn from your experience and change your past and thus change what you’re attracting. You know that your health, relationship or financial issues are only symptoms of an underlying belief. Once these beliefs are removed, you begin to immediately live in a world of abundance, gratitude and freedom.

Ultimately, the best way to control our response is through knowledge and the only thing that will direct it is action. The more you control your reactions the fewer negative responses will surface.

Remember, the only power anyone has over your life is that which you give them. True, some are more forceful than others but ultimately you give them meaning and authority.

**Forgiveness:**

To forgive another is the most generous thing you can do for yourself. To forgive is to release, let go, to freely and wholeheartedly grant freedom and blessing. Our forgiving others doesn’t redeem them, but it does free us from regret, judgments, resentments, and anger. Cutting through all the excuses and beliefs about not forgiving is the key to making this easy. Forgiveness is simply a decision to let go of our regrets and our own view of justice. What is more important, yet most difficult, is to forgive is our self.

Forgiving yourself is not about forgetting. It is about not bringing the transgression up to you in negative ways. Forgiving yourself is simply letting go of what you hold against yourself so that you can move on with God. If God has moved on, shouldn’t we do the same? *Philippians 4:9 states that we are to “put into practice those things that we have learned from God and from His Word.”* To continue to rehearse in our thoughts the events of our transgression, opposes *Philippians 4:8 which tells us to “dwell on whatever is true, noble, right, pure, lovely, and admirable.”*
Sometimes through bitter experiences and painful lessons we learn that resentment is our number one enemy. It destroys more of us than anything else. From resentment stems all forms of spiritual evil, it makes you spiritually ill. Few things have a deeper impact on the soul than bitterness, so it’s imperative it be removed. Know that resentments and bitterness are actors in your life; they play the part of many emotions which they truly are not. They are hurt, fears, missed opportunities, guilt. What part did you play in this role? Find the truth of your antipathy and let them go.

**Face Your Fears:**

We don’t normally face our fears willingly. Usually, we have to be convinced by overwhelming evidence that change needs to take place for our survival or growth. It’s not until we find ourselves in the midst of a situation in which we have very little control that most will ever take a step forward.

Fear keeps us in the Background. It convinces us we can never accomplish our dreams, tells us to keep quiet, and separates us from our desires. Fear has the ability to freeze us in our tracks, and limit what we are willing to try. It makes us lead a small life.

So, what are your greatest fears? You know the life you want involves taking that risk and yes, it’s scary. But if you look at it from an optimistic view, from a realistic perspective, you find that most fears are unfounded.

It is said that most people will do far more to avoid pain than to gain pleasure. This is never truer than in the case if irrational fears. We would do anything or make any sacrifice just to make it go away. How many times have you turned away from an opportunity or even a relationship because you were too afraid to go for it?

In these cases the ego desperately wants to keep us from failure or humiliation. To keep us safe and secure the subconscious creates the most frightening scenarios, logical sounding excuses and intense fears, designed to cause you to step back.

We know fear exists for our protection, a sign of caution, but there is a big difference between the healthy fear and a constant fear. The fear that keeps us from driving too fast on a rainy day or standing on the edge of a building is necessary for survival. Fears which keep you from making a sales call or interacting with others causes a disruptive force in life. The root of this is irrational and instead of taking action to gain pleasure, you become literally paralyzed.

For many people their fear is largely unconscious. They just don’t realize they’ve been holding themselves back from doing something great. The good news is that the more you face your fears, bring them to the surface, and analyze them rationally, the more you’re likely to weaken those fears and dramatically reduce your reluctance to achieve your goals. Take a realistic look at what will happen if you succeed with your goal. Don’t look at what you hope will happen, or what you fear will happen. Instead, look at what will ideally happen. The next time anxiety attempts to control your actions, try some of these steps.

**Note your Fears.** Grab a pad and pen and make a quick list of your worries. I guarantee you by the time you’re a few lines in, you realize how ridiculous these are.
Fears are subconscious beliefs that hold little value in the conscious world. Once the conscious mind sees and analyzes these thoughts, it dismisses them as nonsense. When you write down your fears they become part of your conscious thought and lose their power.

**Note your Past Success.** We tend to beat ourselves up when we fail and fail to celebrate success. Strengthen your conviction by reflecting on your life and every success you’ve experienced. Just as the subconscious holds a belief of fear, it also filters out successes. Since the function of the subconscious is to protect you and guide you, it has little need for achievement and leaves this up to conscious thought and ego.

Write down your triumphs and review them often. You’ll be inspired, motivated and amazed by your list and how it can be used to face your fear.

**Laugh at your Fear.** Make fun of your fears and anxieties. Think back to similar situations in which you succeeded. Visualize them; make them bold and brilliant as if they just happened. Try and see how silly it is to hold back and give your power away to something that isn’t real.

**View Life as an Adventure.** We know life is only a perception, an illusion of our reality. It can be filled with times of adventure or besieged with challenge and tragedy depending on how we view events. Choose to stay present and forget the past. Be grateful for everything God has given you and know that the only limitations you have, you create yourself.

**Stop your Story.** Know that anxieties are false thoughts and treat them as such. We make up startling accounts of our past and future and rehearse them until we’re sufficiently alarmed. Know that your subconscious stores pain and failure to protect you in future events; change these stories. Live in the moment and create a new experience for the subconscious to relate too. You can deny the subconscious access to past events by choosing to think of them no more; by changing your thoughts and patterns each time it wants to interrupt. You always have the option to create new stories filled with positive expectations of the future.

**Believe In Yourself.** Focus your attention on being prepared to receive. Act, look and talk as if you already possess your desires. Know you have properly prepared and taken good and faithful actions and these measures will produce a fruitful outcome. Be ready, willing, and prepared for success. You deserve the best no matter what. Accept that fact, live that fact and believe this about yourself.

**Lean into Fear.** Do the things that frighten you, one small step at a time; then take another. Action builds courage. Tell yourself, “This fear will pass.” Your growth is dependent on the energy you produce and your courage and willingness to expand. Open up your world and face your fear.

In the end, fear will ultimately inhibit your growth and take away your power to achieve. Facing your uncertainties allows you to claim your life and your being, to create a positive impact. You gain control of your mind and thoughts while removing imagination from the equation. And there are times you just have to experience the fear, accept the pain and do it anyway. In time it will feel more natural and you will be glad you did.

*Self-Talk:*
Everybody has internal dialogue, although it's often outside of conscious awareness. Your internal dialogue has a profound impact on your experience of life. Some of these voices are useful and others can be overly critical and in fact can even cause you physical aches and pains as they keep nagging away at you.

Self talk simply refers to the dialogue that goes on inside your head whether you’re alone with simple thoughts or faced with conflict in life. This characteristic of you has reoccurring role in virtually every action you take, especially negative ones. It never goes away; it doesn’t let anything slip by and makes unwelcome comments about your past, present and future.

The average human has between 40 and 60 thousand thoughts per day. The automatic reactions you have to this constant barrage of thoughts, judgments and evaluations can keep you feeling stressed and less able to meet life’s challenges. Becoming aware of this thought is the first step in taking charge of growth and alleviating unnecessary stress.

Think about it this way. You have a close friend beside you 24 hours a day. He sees every action, anticipates your thoughts and has all your memories. The only problem is he’s critical and pessimistic and unenthusiastic about everything; he’s in denial and downright depressing. Yet you keep him around and converse constantly. You accept what he says and at times try to argue the point. The problem is, he’s very convincing, one of those smooth talkers, much better than you. He knows what’s going on in your inner and outer world and convinces you what is in your best interest. Should you want a scoop of ice cream, he’ll call you fat, going to do one more set at the gym, he says, “forget about it, you can do an extra set tomorrow,” want to put together one last push at the office, “who’s watching, go home.” And this is the voice you listen too, the voice of reason and belief, the one you constantly talk too.

This may sound humorous but in fact it’s true. Though self-talk is vital in our thought process, it must be monitored with a critical ear. Since this voice comes from our subconscious, the mind separate from the outside world, its views are slanted towards self preservation, towards what’s easiest and less painful, not what’s best for you.

Notice what you say to yourself and fight back with truth and positive affirmations. Tell this voice you meet your objectives and don’t give up. Be forceful and he will give in, if ever so slightly. See your goals and let actions guide your thoughts. Don’t blindly accept the will of this inner voice.

The first step toward growth is to become more aware of ‘real problems,’ not the imaginary ones and the ‘voice’ is great at this. Your friend may not be the sharpest knife in the drawer but when controlled and properly managed, he produces miracles. He can guide you on the correct path with the least resistance.

So, the question is how to silence this jerk while keeping his good qualities. The following strategies can help you become more conscious of this internal dialogue and manage its content.

**Identify your self-talk.** Self-talk is often so habitual that people are unaware that they are doing it at all. Become aware of all self-talk and fight back when thoughts become negative. Notice the things you say to yourself during your day and question the reality of the thought.
The next time you hear negative chatter, pause and analyze the thoughts going through your mind. Ask yourself:

Why is the problem?
What’s really happening?
Is my self-image or self-esteem feeling threatened?
Am I feeling intimidated or rejected?
What fears, beliefs, insecurities may be operating here?
Notice patterns taking place in your dialog and whether it’s moving you towards or away from your growth. Assess your self-talk. Is it negative or positive? If it is negative, ask yourself:

What is the evidence?
Is this the way I would talk to a friend who was in my position?
Can this situation be viewed a different way?
Am I keeping things in perspective?

**Change your self-talk.** If you decide that your self-talk is unhelpful or wrong, replace the negative thoughts with positive affirmations. For example, if you are thinking “This is too hard” use the affirmation “I am open to learning new things in small increments”.

By taking away the power of the negative thought your brain will find ways to make the task which was once difficult, more manageable.

Changing self-talk requires time and patience, since our subconscious has developed a habit of constantly speaking. You’ll probably need to work on the steps repeatedly for some time before it becomes second nature. In time, you will find that you have a healthier self-esteem and greater confidence than you ever imagined, and much happier thoughts.
Chapter Eleven: Rhythm

The Law of Rhythm states everything in the universe moves continually in patterns and cycles. That everything vibrates with definite rhythms and nothing is ever out of order. These patterns remind us energy is continually in motion.

We are always given an opportunity to start fresh with a new cycle, and each series reflects the regularity of the nature. We need to rise above the negative successions in life and tone down positive a cycles to live in a harmonic fashion. Knowing life is a chain of patterns and living a reverent existence is the source in rhythm.

Have you ever felt "in the zone, in a groove" where you simply respond to whatever comes up? This is something we often associate with athletes, speakers, musicians and the like. Yet we can achieve our own state of inner connection by allowing a flow of inspiration and humbly acknowledging that everything we have is a gift. When we look back on a moment when everything seemed to flow, we realize that we were willing to remove our sense of 'self', and allow nature to flow. Many describe this as being in a zone, and that zone is harmony with the natural flow.

The nature of the Law of Rhythm is harmony and every form produced, every condition revealed is a harmonic creation. Therefore, conception is not vibration without limitations, for the Law of Rhythm provides those limits. If not for the Law of Rhythm, there would be no form, no movement and no sound. There would be a constant stream of meaningless energy with no pattern or relationship to form. Much like trying to construct a living being without DNA; form needs a rhythmic pattern for construction.

The most obvious way to witness the Law of Rhythm is through the four seasons of the year. Each season builds on and interchanges with the season before it, and each season is created through this cycle. In life, our mission is to manage these changes and to know when our rhythmic pattern is increased or depleted while making the appropriate adjustment. How we respond to these rhythms is what makes the difference in our lives. We can choose to accept them for what they are and the way they operate, or we can fight against natural law and see where that takes us.

The Law of Rhythm influences and extends to your mental actions. It accounts for your bewildering succession of moods, feelings and other perplexing changes we notice in ourselves. By studying the operations of this principle you can learn to escape its behavior by transforming your thoughts and actions.

The duality of rhythm maintains everything by the foundation that nothing is entirely anything while everything is part of something.

When one thinks of rhythm he can’t help but think of music. When we say 'one-two, one-two', then we understand rhythm, and what makes the two echo a reflection. It’s the response to one. And suppose we don’t say, 'one-two', we only say, 'one-one-one-one', all with the same emphasis, the reflection isn’t pleasing, it’s more singular and balanced. We don’t feel rhythm
until the one becomes stressed over the two. Then it becomes perfect. We see much of the same in life, always emphasizing one facet over another. Should you naturally drive on the right side of the road, the left seems unnatural. You may genuinely be a talkative person, if so; a quiet and shy person may weaken your energy.

There are two important facts in the law of rhythm. First is “there is time for everything, with no exceptions.” If you can ride out the bad knowing the good is on its way then you have won half the battle. Second “the more you fight it the longer it will last,” when you worry, your attention is focused on fear and produces more of it.

As a side note, in my studies I have heard many people speak on the Law of Rhythm and its effect on their lives. What confuses me is when educated people, who clearly have knowledge, miss an opportunity to correctly explain the given theories.

In any case, I’ve heard the Law of Rhythm used in statements such as, “if you’re having a down day, the law of rhythm is in action and you’ll have better days soon” or “when going through times of sorrow, know the law of rhythm will bring you times of joy.” Though true, I believe these statements are missing the true value of the law.

Knowledge of natural law and its operation holds little significance to if you don’t use it to increase your life. In other words, knowing the pendulum is shifting in your life, you should change your attitude, alter your actions and increase your will, “cause,” and a down day will brighten, you will find joy in your sorrow, “effect.” You don’t have to let rhythm control you and accept the swings of energy, you’re in control of your destination, change your circumstances.

As you recall we spoke of the interaction of universal laws and how they’re likened to a rainbow of colors, one fading into another. Never feel that any law is operating in your life and there’s nothing you can do. Realize you may be in the midst of a dominate energy, but other laws are also in operation and you have the power to manipulate the given outcome.

The Law of Rhythm is a constant circulation of energy which guides our lives; and since we know there is no absolute completion of anything, only change, then energy is always moving into higher forms and cycles. Look at the forest 10 years after a fire, they’re thriving with life. The old has been destroyed, earth rejuvenated and is flourishing; wouldn’t it hold true that we are in constant expansion. This illustrates rhythm and the law of nature, the rising and the setting of the sun, the hidden laws of man, rhythm is everywhere.

Rhythm in your life is based on feelings, thoughts, beliefs and habits and the most important of these being habit. The habits you form are your potential for growth and display the way you believe and your personal rhythm. Think about it this way. The Law of Rhythm is like a calm ocean of life. If you relax amongst the soothing waves, the unseen current will draw you to a direction you may or may not want to go.

This law is often what attracts us to another person; and it’s an outstanding guide for our relationships. You’ve heard your friends say, “Once a cheater, always a cheater” or “they’ll do it again,” chances are they are right. People often live in the repetitive patterns of their emotions and habits. Fear, more often than not, shows up along the same lines as does commitment and faithfulness.
Examining relationships with other people highlights your relationship with rhythm and yourself since, this is always the starting point for personal change and expansion. Are you both on the same page in respect to the rhythm of your relationship? Do you share a passion for growth, spiritually, mentally and physically? If you don’t, there will eventually be a conflict.

The use of rhythms is in every religion and spiritual relationship. When the followers recite prayers, use the passages from holy books, they follow certain rhythms. We can observe this when we listen to Quran reading by Muslims and the Veda Mantra Chanting by Hindu priests in the Sanskrit language and in Christian groups, especially the Roman Catholic and Greek orthodox sects.

More than in spirituality, rhythm is revealed in the area growth and advancement. An example would be the masses that attend personal development seminars; they gain the knowledge, they have the tools, they set a new rhythm and their progression fades with time. Virtually every program discusses the significance of goal setting, a rhythmic pattern, yet only 4% of people do it. They affirm forward progress and importance of action yet go back to the never ending life of repetition.

Knowing the rhythm of life gives you an opportunity take a fresh look at the situation. You can consciously change your habits to create new rhythms and move to a new personal vibration. It allows you to experience new levels of personal growth.

Whatever your rhythm, know you’re in control of these vibrations and can change them at any time. If you are feeling down or pessimistic, take a walk around the block and be aware of the progression of life. Meditate on gratitude and the gifts you have been given. When you express thanks to God or another man, you are not only being gracious to Him or another, but you are also giving yourself the greatest reward of all, a thankful heart.

Why does rhythm have such an influence on us; because we are energy and rhythm. The beating of our heart, the pulsation of our blood, the impulses shooting through our mind is the rhythmic current of the entire body. Should this rhythm be hindered, disorder and illness follows. When you look at nature as a whole you find rhythm flowing in everything. Our gains and our losses, success and failures all are affected by the rhythm we search for. When you’re cautious of rhythm, whether right or wrong, good or bad, either way, it’s your rhythmic vibrations at work. Rhythm isn’t affected by nature but at the same time it affects natural law. It maintains the balance of everything while at the same time progressing life.

To feel rhythm, to know rhythm, you must develop a sense of rhythm. We all have our gradual periods during the day, times when we can’t seem to achieve anything no matter how long we have. Yet at other times we accomplish more in a first hour than we do all day. This is simply your personal rhythm, you may be a morning person or an evening person, or perhaps you do your best work in the early afternoon. Somewhere along the line you’ve probably noticed that you think clearly times and at others can’t put two words together. There is something stopping your rhythm; the rhythm of blood flow or of mental stimulation. When you’re irregular, whether it is physically, mentally, socially or spiritually you become lost and out of balance.
Rhythm is a mysterious thing, but we know it flows with focus. What’s interesting is man is the only animal that consciously removes rhythm from his life. When looking at the natural world, animals follow an instinctive and habitual process that leads to expected outcomes. Seldom will a wolf travel outside his territory and birds follow the same migratory path each year. Only man has this innate desire to growth and thus the interruption of rhythmic law.

When you look at it from the point of view of rhythm and balance, there’s too much activity in the life. The effect of constant vibrational change on our rhythm leads to a lack of flow. Since we are so absorbed in life, we don’t realize the fluctuations of our rhythm. There will come a time when you realize this problem has been neglected too long. When you face the facts of what caused it and move in a harmonic direction. Your life of competition has to be destroyed and filled with cooperation and accord. We must develop our individual and spiritual growth, while letting go of conflict with others.

The law of rhythm can be considered as governor of our actions: right or wrong rhythm directly influences our feelings, thinking and emotions. Rhythm tells us how and when to act, produces tranquility and despair, and if not managed, rhythm can throw life into turmoil. Not just evil thought but even a good thought can be disastrous without regard for rhythm. In the wrong circumstances, even when we do the right thing, it can turn out to be a mistake. We need to notice the rhythm of those around us, what vibrations they’re producing. We know to guard our thoughts and speech regardless of our state but what if someone else is upset or just had a disagreement; Chances are, whatever you say will be wrong. The point is, use caution when your rhythm is high and notice the energy surrounding you.

Before you can begin to understand the different sides of rhythm, you need to grasp what consciousness is. We know that consciousness is awareness of your thoughts, memories, feelings, and environment. But there are varying degrees of perception within your mind, body and the world around you; these varying degrees determine your levels of consciousness.

The stages of consciousness are as follows:

**Conscious, your Active Awareness.**

- **Preconscious**, memories that you do not have a use for at the present moment but that you can retrieve in the future if needed.

- **Subconscious**, information and mental processes needed to perform routine activities that do not require conscious thought.

- **Unconscious**, memories you are unaware of.

Every aspect of your thought depends on the awareness of thought and thought isn’t created until there’s awareness. For instance if your body has lost its rhythm, something goes wrong with the mind. If the mind has lost its rhythm, the body goes wrong. If the heart has lost its rhythm, the mind is puzzled. If the rhythm of the soul is lost then all is wrong. To say that the virtue of a sinner is sin and the sin of the virtuous is virtue is an extreme statement, but it wouldn’t be an exaggeration.

The interesting part of the Law of Rhythm is that it’s constant and consistent, yet separate to the individual conscious, preconscious and subconscious minds. You may very well be in a pre-
conscious state of rhythmic change that you’re not consciously aware of, or you may go through a conscious change that has yet to affect the preconscious or subconscious. By understanding this fact you can alter your consciousness to escape the swings of rhythmic mood either is in. Confusing, yes, but here is an example. Have you ever woken up in a state of depression, a mood of despair or the general blues? Of course, we all have. Knowing that the Law of Rhythm is present yet separate to your individual minds, you can choose to raise your mood by attaching a high energy to the conscious mind and thus escaping the subconscious rhythmic swing which manifested in the subconscious.

By refusing to participate in the backward swing of your rhythm, you can stand firm in a contrary position, by allowing your thinking and your actions control of your thought. By refusing to allow your moods and negative mental states to affect you, you mastered a degree of the Law of Rhythm. To obtain an even higher degree of control over rhythm, the use of your will, “Law of Action” self-control “Law of Relativity” and mental firmness “Law of Rhythm” will make it almost impossible to swing backwards by the moods within you.

The rhythm of the soul is produced by your mind and your actions, but it doesn’t have its own rhythm. The soul, being part of God, but of a different degree, is pure and unaffected by worldly things, it’s separate yet whole. There’s nothing right or wrong in the soul, there’s no high or low, but a right or wrong rhythm can be reflected. You may wonder then, can the rhythm of the soul be lost. In short, if we see a loved one in grief we also feel their grief. It is not because we have grief ourselves, it’s because we feel their grief and energy.

So why do we feel distress within ourselves when we see cruelty. In the moment while we are looking at the cruelty, it’s in our eyes and mind. Just as looking in a mirror our image is not imprinted on the glass, it is just reflected in it. Thus the soul may experience a wrong or right rhythm, but when these are removed the soul searches for the next feeling. In order to maintain harmony in life you must master your awareness and mold your rhythm.

When you come to realize your life is controlled by moods, feelings and emotions, a whole new understanding of rhythm is realized. Consider how rhythm has affected you in the past, how a period of passion has been followed by a feeling of depression. Understanding the principles of this law and how it affects everything you do will present the key to the Mastery of emotions and rhythmic swings. It enables you to know yourself better and to avoid being carried away by the highs and lows of life.

Know when the Law of Rhythm is working and the cause and effect it can have on your life. I have a 22 year old son who recently went through an expensive rhythmic challenge without even knowing. While driving to work, he receives a citation for speeding which not only makes him late for work, but also costs him several hundred dollars. Being late, he parks in a handicap spot for the few minutes it would take to check-in with the intentions of moving right away. Arriving back to his car shortly after checking-in, he was met with a parking ticket to the tune of another few hundred dollars. To make matters worse, he received another ticket a few days later. Know when the pendulum has swung in reverse, use caution in your efforts and check your attitude.
It’s not that my son is a bad driver; he was simply going through the law of rhythm and didn’t adjust his habits.

How could this have been changed - By knowing his rhythmic state as soon as he was late for work; acknowledging the downward pattern and being couscous with following events. This may have saved him close to a thousand dollars in fines in the span of a few days. As a side note, his rhythm returned to normal soon thereafter, his checking account will take a little longer.

The law itself can never be destroyed but it can be manipulated. We may escape its effects or alter its cause but rhythm operates, nevertheless. The tides always flow, although we may escape being carried away with them.

When used correctly, the law of rhythm is a wonderful tool. Every moment is a gift. Listen carefully to those whom God puts around you, who speak about “gratitude.” It is often He who speaks to us through others. He calls us to slow down, to rest, to savor the moment and to live fully every moment He gives to us. It is a gift. The bible tells us in Mathew 7 that “not heeding the word is like building your house on sand.” When we listen to our spirit, our deeper wisdom assembled from a lifetime of thoughts, emotions and actions, we invest in the permanent results that change our lives. Eventually you get tired of misleading yourself and learn to optimize your rhythm to align with the gifts God has given you. When you do, gratitude will be the end result. You realize you’re not limited to a finite position, that your opportunities are boundless and under your control.
Chapter Twelve: Gender

This last out of the 12 laws states that everything has its masculine and feminine principles; these are the basis for all creation. Even though we consider ourselves either male or female, we have both male and female aspects to ourselves. Some are more dominant than others, but they both exist none the less.

This law is one that is left out of many books and practices and you won’t find it in the Law of Attraction. The reason is simple; the law is too fundamental and irreverent to growth. It’s my belief that selective knowledge is incomplete education whether it’s compatible with your process or not.

There are three parts to the Law of Gender. The first is that there are both male and female components to all things in nature. This describes the beginning effects of the Law of Gender. Science teaches us that you have to have both male and female counterparts to create life. For new life to begin, a new seed must be planted, which then needs to be properly nourished. Secondly, the Law of Gender can be defined as masculine and feminine, it states that in nature there are always gender roles for new life to grow. This part of the equation, says our gender, includes a complex mix of beliefs, behaviors, and characteristics, our gender identity. And finally birth needs germination; once the conception process starts, an appropriate time is required for maturity. We know from the law of growth that all things need to be properly nurtured for correct function. In man, our mind is the developer of seeds that are planted from innumerable sources of ideas which create our beliefs. The Law of Gestation states, every seed that has been planted has a set time for growth and maturity.

**Gender:**

Our biological sex is how we define male and female. It describes our internal and external bodies, including our sexual and reproductive anatomy, it is our genetic makeup. A person identifies with either male or female roles and thus takes on the social position of their gender.

Though our sex only refers to our physical anatomy and chromosomes, our gender can refer to our traits and mannerisms. Sex is either male or female while gender can refer to social and societal status as either a man or woman. Each culture has its own standards of acceptable behavior depending on sex, and while these may differ, it’s generally accepted than men take on a masculine role and females a feminine character.

**Masculine and Feminine:**

Gender is in everything and everything has its Masculine and Feminine Principles whether we choose to abide by them or not. This Law is evident throughout creation in the form of opposite sexes, found not only in human beings but also in plants, animals, minerals, electrons, and magnetic poles. Everything and everyone contain both the masculine and feminine elements. Among the outward expressions of feminine qualities are love, patience, intuition and gentleness. Masculine qualities are energy, self-reliance, logic and intellect. Note that these are societal view’s not personal observations. Know that within every woman are the
hidden qualities of a man and within every man, those of a woman. Men and women are complete in thought and form. When you know this, you will know what it means to be complete.

Then, what does it mean to be a woman or a man? Whether we are women or man is not determined just by our sex organs as much as thoughts and beliefs. Since we act in accord with the beliefs of what we are, we operate within our gender beliefs. Our gender includes a complex mix of past events, behaviors, and characteristics that form us as either man or women; it determines how we act, talk, and behave. Am I feminine or masculine, both, or neither? These are questions that help us get to the core of our gender and gender identity. Clearly, society’s category for what is masculine and feminine is unrealistic. They may not capture how we truly feel, how we behave, or how we define ourselves. People need to get over identification that ‘men are this way and woman that way.’ There are no rules, unless you make them or accept the rules others offer you. Allow these energies to flow naturally through you and trust in the spirit to guide you.

All men have some so-called feminine traits, and all women have some so-called masculine traits. And we may show different traits at different times. Our cultures teach women and men to be the opposites of each other in many ways; some cultures minimize this division while others are to the extreme. Gender roles can also vary from one ethnic group to the next and from one social class to another. But, every culture does have gender roles, and they all have expectations for the way women and men, girls and boys, should dress, behave, and look. We’ve learned from our parents and family and religion, as well as the outside world, including television, magazines, and other media. We carry them through our lives.

An example would be, in Western cultures men and women are on a fairly even plane, while in Middle Eastern society men clearly have a dominant standing. The truth is we are more alike than different. You may know relationships where women take the alpha role and the man takes the submissive character and this may work well as long as each understands their role. Gender roles are the way people act, what they do and say, to express being a girl or a boy, a woman or a man, not necessarily who they are. A woman may clearly be a dominant force at home yet submissive at work and likewise with men. Again, these characteristics are shaped by society and don’t refer to the true belief of oneself.

As children grow, they adopt behaviors that are rewarded by love and praise. They stop or hide behaviors that are ridiculed, shamed, or punished. This happens early in life. By age three, children usually prefer clothes, toys and other children of their own gender. Many people would consider this law to include the duality of nature. However, this law is about gender only and duality is considered in a different law. To express gender fully you must embrace both masculine and feminine energy. The fullness of being contains both. Truly submissive or aggressive behavior in either sex is most often seen as a lack of self, a lack of worth and knowledge hiding behind such behaviors. When you become aware of you and who you really are, you begin to express a full range of masculine and feminine traits with the dominant side toward your gender.

Consider this in regards to people. A man has both energies and expresses masculine energy primarily. Situations will arise that he will need to express feminine energy, for instance while
caring for children. In an emergency situation where people are injured and swift action is needed to save lives and respond to environmental stresses the man will need both masculine energy and feminine energy. The injured need the feminine energy of caring and compassion while the swift action and problem solving skills of masculinity will also be necessary. Without both he is not going to be as effective in his response. A woman in the same situation has the same energies at her disposal, but will most likely tackle the situation differently. This is the pattern of the law of gender and it’s consistent.

I will point out here that gender identity is how the brain is wired and follows the same Law of Gender; it’s not uncommon for a traditional male or female role to be reversed. There is no right or wrong in these cases as long as the roles are defined and accepted between the parties; it merely is what it is. Each person is comfortable expressing themselves in one way or another. The physical body need not dictate how the individual expresses them. The important thing is each individual feels the freedom to allow the Law of Gender to express through them as it needs to.

Children are brought up more by their mothers than their fathers and at a certain point are faced with moving away from gender ideals to develop their own attitude to the world. This is true in both male and female roles with the early development being the connection to our masculinity or femininity.

Men tend to move away from the feminine side in early teens, identifying with male roles and societal models. This identification comes from a lack of connection with fathers or male dominant figures in their lives. Not to say a lack of male parental view is the problem, though it could be tied closely; this is more of a natural process in the cycle of growth. By the time children become teens and start to develop their gender identities, they are also moving away from parental control.

The result is increasing conflict between men and women because men either fail to make the transition or they overcompensate and dominate women.

Men tend to have core masculine characteristics and need help in dealing with personnel, emotional and spiritual issues. Each man has different needs but there are common steps that can be taken to avoid others feeling dominated. The core purpose of the ‘Male experience’ is to help men find these steps.

We spoke earlier of male and female characteristics and how they traverse depending on the event and vibrations. It’s also true that every individual contains most of one and some of the other depending on their gender identity. These are a few of each to identify with.

**Masculine Characteristics:**

*Present* – Being in the moment and oblivious to other emotions and needs.

*Grounded* - In touch with reality, logical thinking.

*Contained* - Provides his own needs and the needs of others.

*Focused* – Absorbed in the task at hand and less distracted, single minded.

*Potent* – Strong, powerful, fully in charge of his sexuality.
Dynamic – Pressing conversations, leading the charge.

**Feminine Characteristics:**

*Free* – Open and unrestricted, able to be involved in multiple activities with ease.

*Emotional* – Reacts from the emotion of a situation to make quick assessments.

*Intuitive* – Has greater innate sense of what’s happening, in touch with inner self.

*Skeptical* – Questions everything internally, particularly those closest to her, looking for meaning and security.

*Accepting* – Fully accepting of truth, once trust is established, able to resolve differences quickly.

*Nurturing* - Caring for others as well as her, great aptitude for compassion.

These characteristics are available to us all but they don’t specify how to be masculine or feminine, rather they indicate where our dominate gender lies.

Similar to sexual characteristics, there are many debates about the nature and nurture of gender roles. Some believe that these attitudes and behaviors naturally flow from biological sex and personality traits, whereas others see them as complete cultural constructions. One thing is certain regarding gender identity. The characteristics’ one looks for in the opposite sex are those in which they themselves lack. Certainly people are attracted to physical appearances, but equally so they are attracted to gender characteristics. A woman may be attracted to height and psychical stature in a male, but if he lacks other qualities such as focus or presence, the attraction will decline quickly.

Whatever the circumstances in a relationship, the one bond that either holds or breaks the connection lays in meeting the needs of each other’s gender identities. When these are met relationships flow, communication is easy and personal values and vibrations are in sync. From a masculine and feminine stand point, you are healthy.

**Germination:**

The gestational period associated with the Law of Gender

The most important thing you need to get from this law is that all things need time to grow, time to mature, and time to sprout into being. We see this all through nature. It takes nine months for a child to be born; it takes 100 days for a tomato plant to produce fruit. All seeds must germinate before sprouting. All ideas need time before growth can occur.

What’s important about the law of gender is all your goals need time to develop, nothing happens instantly. Think of your ideas as seeds being planted to bear fruit. When we plant a seed, we must water it, tend to it, give it sunlight and fertilize it. Our hopes and dreams work the same way. We must tend to them and if we do this correctly and have faith that when the time is right they will sprout and begin to grow, they will. If, however, we become impatient and start to disturb the soil before the time is right, then we will see that the seedling had begun to sprout, but now is disturbed and will need more time and more nurturing to survive, otherwise it will die.
Most people give up just before they succeed. If you have the chance, read “Acres of Diamonds.” The story is about a farmer who lived in Africa and became excited about looking for diamonds. This farmer got so excited about the idea of great wealth he sold his farm to head out in search of his own diamond mine. He wandered the continent, constantly searching for diamonds and wealth, which he never found. Eventually he went completely broke and threw himself into a river and drowned. Meanwhile, the new owner of his farm picked up an unusual looking rock about the size of a country egg and put it on his mantle as a sort of curiosity. A visitor stopped by and in viewing the rock practically went into terminal convulsions. He told the new owner of the farm that the rock on his mantle was the biggest diamond ever found. The new owner of the farm said, "Heck, the whole farm is covered with them" - and sure enough it was. The farm turned out to be the Kimberly Diamond Mine...the richest the world has ever known. The original farmer was literally standing on "Acres of Diamonds" until he sold his farm.

The story was told more than 6,000 times by Russell Conwell, a Baptist Minister in late 1800. The central idea of the story is, when looking for opportunity, achievement, or fortune; the resources to achieve are present all around you. Don’t let this happen to you. Have faith in God and know all things are for your good, know that God has given you all you need to succeed.

The law of gender is a process; it’s the cycle in nature that is fundamental to universal law. Consider this: The Earth orbits the sun every 365 days. If you donate a pint (473 ml) of blood, it takes 4-6 weeks to regenerate. It takes approximately 90 days to grow tomatoes from seed to harvest. Life, knowledge and the universe require specific time and action before results are produced. A healthy child cannot be produced in three months nor do the seasons change out of sequence. Life is a process, no matter you’re your time frame. We know the ego wants everything NOW. We want results and in some cases we wanted them yesterday. This is the nature of man when he disregards nature. He gets impatient and forgets that nature moves in cycles and is part of a bigger process.

“Understand how true it is that most people overestimate what they can accomplish in a year – and underestimate what they can achieve in a decade!” ~ Anthony Robbins

Your thoughts and feelings are part of this process. If you feel bad right now, change the thought. Change the thought and you change the feeling. You won’t feel good instantly, but you will eventually. It must happen because it’s part of the process governed by the law of gender.

**The Law of Gender and Goal Setting:**

Goals are subject to this law and can be thought of as our physical seeds that need to be nurtured in order to grow. Many of us have goals and ideals that don’t materialize when we want them to, so we force our will upon them. Some of you may be following the wrong path and need to adjust your focus but more important, don’t give up. Be patient, things will materialize if your goal is worthy. Change your deadline, change your strategies, change your focus but don’t give up. Give your goals the necessary time to germinate and grow, and once you take action, physical results will always follow. Your goals will manifest when the time is right, know they will. It’s all part of the process of the law of gender.
You’re aware that your goals need time to develop and your ego must provide space separate from your wants. The next step is to properly nourish these objectives. Many people take the time to write down their goals and may even invest in the process, but after a period of time, they don’t bother watering the soil. They don’t trim the weeds and carefully nourish the plant. They don’t follow the process of nurturing and cultivating the seeds. They don’t give it the energy necessary for growth.

Maybe you have an idea or goal in mind and you’ve made a resolution. It’s written down, stuck to the mirror and even a copy in your pocket. A week later you have cleaned the bathroom, lost your notes and the goal is little more than an afterthought. Don’t fret, you’re not alone, 90% of goals end in exactly the same manner; enthusiasm mixed with intention followed by abandonment. We don’t mean to, our conscious mind convinced us we weren’t realistic, it’s too difficult or better yet, it’s impossible, all without even applying the slightest effort of attainment. Think about something that is critically important to you and notice how easily your gender identity changes along with your goals.

If you were responsible for a small child, your own, how would you care for the baby? You wouldn’t leave it unprotected. It’s so small, fragile and innocent. It needs love and attention to grow and nourish. These are traits not commonly expressed in the male ego, yet readily available and compatible when the time arises. The same is true for women. Take any mother at a sporting event where her child is participating. Should her child be injured, typical male aggression will appear, even to the extent in which they overshadow the father.

In both cases the goals are the same, protection of the child, and in both cases the gender identity changed to correspond with the experience.

**Gender and Success:**

The law of gender relates directly to our success because there is a gestation period and a ying and yang for those successful outcomes you intend. Your vision and goals are coming to you faster than you think. You can’t physically see them yet because there is always a gestation period for everything. This is where faith and belief play a vital part to your success. It’s easy to believe in something that you can see, but true faith and belief is to believe in the unseen. As Abraham Lincoln said, “To believe in the things you can see and touch is no belief at all; to believe in the unseen is a triumph and a blessing.”

Realize that if we live in a physical world we must also have a spiritual world. When you create those “new” intentions for your life, you’re drawing from the formless substance or the spiritual world. This world is the unseen. No one knows how long it’s going to take to create your intentions. However, all creation of form is a recreation from the spiritual world.

A lot of people fail and do not get what they want because they lose faith in their intentions. Because they can’t see it yet on the physical plane, they kill the growth of the seed by saying, “This doesn’t work! It’s not coming!” What happens then—is the intention loses momentum and right before its physicality, the person quits and it’s lost forever. Most dreams are lost and never realized because of ignorance and loss of faith in the truth. The truth is—you can and will have anything you want with faith and belief, regardless of current or past appearances.
The law of gender is a law that should reinforce the belief that what you want in life is coming. What you are seeking is also seeking you. When you want something, you don't have to worry about how it's going to be created. That's because it is already created! All you have to do is understand the laws of the universe and align yourself with the principles of wealth. Keep your seeds of success alive. Understand that everything in this physical world has a king and yang, male and female, and a gestation period. It's only a matter of time until your circumstance's change. Keep the faith!
Conclusion

In the end, the question is what does this mean to you? After all, natural law has been around since the beginning of time, you have been in the midst of these principles and thus far lived to tell. We are aware of man's connection to oneness for we are the same in content and substance to our creator, just of different degrees. To be enlightened is to know this to be true, to hold firm in the belief that we are one with God.

I believe life comes down to truth, not the truth you hold, but real truth. We know wisdom is knowledge and knowledge is truth gained by wisdom. So, when we emerge from the immaturity placed upon ourselves from our beliefs, we must sum up the courage to act upon truth. By 'immaturity,' I mean a certain state of your will that makes you accept someone else's authority to lead you in areas where the use of reason is called for. We must have the courage to use our understanding.

Lack of action is our battle and fear is our Goliath. Guard your mind against idleness when the world has blessed you abundantly. In these times, we are at our weakest, most prone to thoughts and actions which go against our values and beliefs, we must summon our will. By seeking the only truth which is beyond reproach, the only truth that matters, the truth which God provides and the Spirit demonstrates, life begins to slow and form takes place.

If you have a guide or mentor for understanding, a counselor for advice, a doctor for care, you don’t need much effort, you don’t even need to think. For this very reason it’s difficult for man to raise from immaturity to self-sufficiency; he has little to do to provide his care. Only when man observes his surroundings and responds to life rather than reacting to circumstances does he grow. Today few people develop their own minds so they can free themselves from fear and follow their dreams.

We are in the dawn of a new age, one of truth and enlightenment. An age inspired by God and an understanding of the oneness in creation. Thus, man is achieving many things, if ever so slowly, that were once thought impossible. We’re in a time of conscious revolution, where we will be judged by the quality of our character rather than the product of our effort.

With knowledge of natural law you begin to see freedom under restriction. An independence which encourages thought while creating form and allowing change. A freedom to move without restraint proscribed by cause and yet controlled by effect. The only condition applied is that your purpose must always be free to bring about harmony. By use of your own reason and knowledge, placed with proper action and thought, you can change lives and bring accord with life.
The world is complex and we are no more than a grain of sand upon the beach. But its simplistic
design, perfect creation and flawless harmony allow us freedom of choice and remarkable
opportunity. Once we grasp the laws of nature, our confusion turns to understanding and chaos
into order. It becomes easy to control existence; no matter what the difficulties.

By understanding the concept that perception, not events, creates man’s problems; you gain
insight into individual thought. These external forces can sway personal beliefs and by
manipulating these beliefs to suite your will you allow relational stability. It’s common to argue
a case where agreement is imperative; I believe this is innate in man. In many cases people will
argue to be heard, not necessarily to make a point. Naive to the fact they are disturbing the
harmonic balance in life while creating unnecessary tension.

We use energy to create consciousness, and we share this energy with others through
vibrations. We share energy with everyone we encounter, with all events we engage and
actions we take. How we share and express energies and vibrations is what produces our
perception of others and the world, and how the world perceives us. At the very least, you
should know who you are, why you do what you do and give yourself every chance to make a
better life for yourself and those you love.

Most of our decisions are the result of reasoning. Whether it is inductive or deductive reasoning
used to generate solutions, they generally work. When you perceive a situation doesn’t your
past experience cause you to see the event in terms of what you expect? Doesn’t your
attention lead you to classify things by characteristic that appear similar to what you know?

"We are constantly bombarded with so much sensory information and past beliefs that it’s
impossible to pay attention to everything. The subconscious mind scans the environment and
selects what it deems important to notice. Even then, people see exactly what they expect to
see. Much of your perception is based not on events taking place from the outside, but what
the brain perceives, based on previous experience, and expects to happen next.

Know this the next time you go to a psychic or have your future told by taros cards. The
information you are receiving, you are paying for, already exists within you. It has already been
created, judged and made perfect by the rhythm of the universe. Personally I believe many of
the clients of such clairvoyants are those of week minds and low self-worth. They are
particularly susceptible to the suggestion of others and allow their mind to fill in the blanks
whenever there’s an unknown question. Know that any interference or manipulation you
undertake will only be met with resistance by an unstoppable force in which you have no
control.

In the past, and as adults, we childishly insist that people take care of us. We have somehow
skipped the identity that produces who we are and our role in life. We allow others to defend
us, protect us and provide for our care. All the sudden, when the people we count on, we love and are close to, stop aiding in our immaturity, we become bewildered. We couldn’t see that the lack of definition of who we are, in our own lives, led us to fallible endeavors. When we rely not on others but on the oneness with our creator, counting on Him rather than others or our own week abilities, we find flow in life. This is the point we begin to know who we are and what our purpose is; we begin to live life free of the constraints and judgment from others and ourselves.

Take a step today in faith and slowly but surely accept your mistakes along with those of others. Recognize the virtues in others along with their faults and open your eyes to the love that God has given you. When you focus on the best in others, when you choose to see love rather than hate, when you choose to give love rather than disdain, the growth is inescapable.

My final thought, Greet each Day with Love in your Heart. If there is one collective description of God, it’s “Love.” The American Heritage Dictionary defines love as "an intense affection for another person based on family or personal ties".

If you give true, pure, real, love, you will find love. You begin to love all manners of men and realize that everyone has qualities to be admired and appreciated, even though they are concealed. When you look at them you will not see someone who is attractive or vivacious, funny or popular, you will see them with love. If you give to everyone, the true, pure, real, love that is in your heart, mind, and soul, they will be more than your friends, they will be your brothers and sisters.

Redefine love and its meaning in your life. Begin to understand love and place it in front of indiscriminate factual honesty. No longer, under the guise of brutal honesty, be willing to hurt others. Ask yourself, “What is the best way I can express love in all that I do?”

Let love fulfill you by giving freely and don’t let it matter what you receive in return. If you give love only to receive a response, your actions are cancelled by your motives. But when you give love freely and openly, then the love you get in return will be honest and true. It is through giving love freely without expectations that you find true self and grow personally and spiritually. Know that true love doesn’t ask for love in return.
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