

# SPIRITUAL MUSINGS



Powerful Messages  
That Will Enlighten  
and Inspire

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# Introduction

I began my spiritual journey in earnest back in the Fall of 2001 while taking an Introduction to Philosophy class at college. I had returned to college after two previous starts years before in January of 2001, but dropped out that semester due to my Dad's death on March 1<sup>st</sup>. I did however take some Summer classes so that all was not lost.

One thing we would do in Intro to Philosophy was every couple of weeks we would have an open discussion about whatever topic came up. In one of these sessions I posed the question, "What is normal?" Well the answers were as varied as there were people in attendance. No one agreed on what "normal" was. But this set me to thinking.

I began aimlessly seeking "something" but did not know exactly what it was. Finally in the Fall of 2005 I received a book in the mail from Sandy Gardner. She's the Marketing Director for Michael Losier, the author of [\*The Law of Attraction: The Science of Attracting More of What You Want, and Less of What You Don't\*](#). That one book changed my life forever.

I won't bore you with all the details, but I started my website, Manifesting Your Life, in September 2006. What I have done is to collect many of my writings and have compiled them into the e-book because of several requests for just such an item.

Also, since I have had requests for just such an e-book, I felt it was time I got down to it and produced one. I believe this will be a valuable addition to your collection of personal growth materials, for years to come.

My hopes in publishing this e-book are that you find something within its pages that will help you, inspire you, or guide you to greater enlightenment.

The majority of the writings included were inspired from reading that I was doing at the time, insights gained during meditation, or from conversations I had with someone. Since they were inspired I believe there is value for you to be found in these pages. I have enjoyed creating this e-book and writing the articles found within. I do hope you find value within these pages.

Sincerely,

Gary L Glasscock, MCLC, MSLC

## Let Go And Stop Pushing

I received an email from a friend last night and as I read it I came to a realization. My friend is pushing too hard. She's pushing to get results, she's pushing to manifest, and she's pushing so much that she's pushing for results too hard.

One thing I have learned recently, and I just really learned this about a month ago, is that you have to "Ask" then release that request. Have faith that it will be delivered and be at peace within yourself. When you know that whatever you are asking for will manifest in your life, you enter into a state of peace. You are at ease and more open to receiving.

We've been told by others that this is something we must do, but why is it one of the hardest things to accomplish? You see, all of this, the Law of Attraction and The Laws of the Harvest, tells us that if we "Ask" it will be given. And then the mistake we make is that we start focusing on "How" we are going to get what we've asked for. Tsk, tsk. Let it go.

Don't worry about the "how," just have faith that what you've asked for is on its way to you. Be open to new possibilities and opportunities. You never know from where your request will be answered, so you must be open to receiving. Faith that it is coming to you is really all you need to worry about. When you do this, you will start to receive thoughts and ideas that if acted upon will change your life and help you to manifest what you are asking for. That's what has happened with me.

When I finally sat down and realized, and I mean truly realized, that I didn't need to worry about the "how" any longer, everything became easier. The "how" will be answered for me in due time. All things happen in their own time and when they are most advantageous to us.

This is what Esther Hicks refers to as "Allowing." "Allowing" your request to come to you. This is the most important step that we must take. But as I said earlier, this is where most of us fall down. It's so easy and simple, yet we tend to make it complicated and hard. We must stop this behavior. When we do, our lives become so much easier. Everything just opens up for us and we "receive."

So be a "Receiver" of good things. Have faith that whatever you are "Asking" for will come to you. Just don't worry about the "how" because that will be revealed to you. And it will come from inspiration.

I have another friend that is pushing too hard also. She's working on a website for herself, yet she's having some trouble with it. I told her to ask then let it go. But she didn't really let go. She's holding on to that one thought too hard and as long as she does this, what she's asking for won't manifest. When she finally let's go, what she is asking for will be revealed to her, and it will be so simple to do. That's the way I like things to be, simple and easy.

## Manifesting Money!

Even though I know so much about the Law of Attraction and The Laws of the Harvest, it still amazes me when I hear what has manifested in people's lives.

Just today a friend of mine posted a message to a Yahoo group that I co-moderate about money that she received in the mail. She put the intention out there that she would get this money and lo and behold when she checked her mail today she had a really nice check waiting.

And I've received news that I'll be getting some money soon too! I was told just the other day that I will be receiving a nice amount of money in a few days. And this is money I had no idea that I would be given. I've been focusing on money coming to me effortlessly and easily and it just shows up. I LOVE IT!!

So how do you get the same results? Well first of all you have to put the intention out there that you want to receive whatever it is you want to receive and then let it go. You can focus on getting the result you want, but you have to really just release it to the Universe. Then you have to get to the point where you know that it will happen, no ifs, ands, or buts. When you do you open yourself up to receiving what you want, and you will soon find that it will manifest in your life.

As I've said in another post there have been many money-making ideas that have come to me. This started happening after I put forth the intention of money coming to me. And it started happening within days too.

One thing you have to do also is be ready for what comes your way. By that I mean that you must be reading and willing to act on inspiration when it arrives at your doorstep. If you are ready and act then you will find other things just falling into place, with hardly any effort from you at all.

So put the intention out there and realize that you will receive whatever you are asking for. It always works, no matter what.

## Why Do We Let This Happen?

Ya know, it's funny how we let what other people think control us. And really, it's those limiting beliefs at work again. We worry about how others will view us if we do manifest all that we desire. "What will the neighbors think?" "What will my parents think?" "What will others say about me when I become successful?"

These are never good things to ponder. Why? Because it causes us to limit ourselves because we worry about what others think. Well here's a little surprise for you. They actually think about you less than you think they do. A lot less.

When you think about it, worrying about what others think of us is a bit self-centered, don't ya think? We "believe" that other people think and talk about us, when the truth is most decidedly the opposite.

Once we realize that we are not as important to these people's lives as we think we are, we can get beyond the worry. And really, deep down you know they aren't that concerned about what you are doing. Why would they be? Well maybe your parents, but other people? Forget it, they have plenty of other things to worry about, like the mortgage, what they are having for dinner tonight, will they be able to watch their favorite TV show tonight, AND what are other people thinking and saying about them?!

So get over it. Quit thinking that you are so important that other people actually think about you and what you are doing. When you realize they aren't, and really feel and

believe it, you will be FREE of that limiting belief and behavior.

Try it, I think you will find I'm speaking the truth.

## It's Just So Funny

It really is.

I'm just amazed at the number of people that contact me "just out of the blue" about my copywriting services. LOL What makes it even funnier is that I'm not doing any marketing other than Google Ads. But people find me and contact me about working for them. I'm in awe of all that is happening.

For two years I struggled to get work. It would come in a little here, a little there, but never anything consistent. But lately things have taken quite a turn. People are coming to me wanting me to write for them.

What is the reason for this? Well, I'm attracting what is happening. I've gotten the right mindset finally and it really is a great feeling. It's amazing what happens when you get out of the way and let the things you want come to you. And that's basically what I've done. I've gotten out of my own way. No longer do I stress about having or not having work because I know it will be there when I need it. And that's exactly what is happening. WOOHOO!!!

This is the way to have a successful business. Gone is all the stress I once had. It's just not there anymore. I have replaced it with the realization that all is possible, and I can have, do, or be whatever I wish. All I have to do is put my request in and it happens. As long as I stay out of the way that is.

But this realization actually comes with a price. It's the price I must pay. The price of helping others. I must help

people gain greater awareness of the possibilities in life. Also, to help people realize they live in a world of abundance and they can truly have all they want out of life. So that's my mission. And in return money comes to me easily and effortlessly. Opportunities present themselves constantly. Opportunities to help someone, opportunities for work, opportunities for Joint Venture deals, and on and on.

I'm just in awe of all of this. But sometimes when you realize that anything is possible and you truly feel it, it can be overwhelming. But eventually peace comes and then you know that all your efforts will come to fruition. It's at that moment you finally get out of your own way and let things start happening.

And really it's not that hard to do. The first goal you should have is to get out of your own way and open yourself up to receiving all that you want or something better. After you do this, THEN you can begin putting in your requests. Oh, you can put them in before you get to this point, but unless you are open to receiving, you won't see any results. Plain and simple.

So do whatever method works for you. EFT, Sedona Method, whatever. Do something to clear your limiting beliefs and become self-aware of the abundance surrounding you. When you do, anything is possible.

## 'Tis The Season

It's always pretty cool when you get to help someone unselfishly. I had that experience yesterday and yeah, it made me feel really great. It was almost as if I were high it was such a profound experience.

I had been out running errands, made my last stop and was heading home. I pull up to a major intersection in our town, look to my right, and see a guy standing in the emergency lane. He's holding a sign asking for help and also stating his gratitude for any help received.

The light turned green and I pulled away and made the left turn. As I'm heading down the road it occurs to me that I could help the guy, so I circle back around and return to the intersection, this time pulling into the lane next to him. As I pull up to him I roll the window down and get his attention.

"Have you eaten today" I ask.

"No," he replied.

"Get in," I tell him.

So he gets in the truck with me and we pull away as the light turns green. I take him to a small restaurant in town.

"Order anything you want," I tell him.

"Oh, ok," he said.

The waitress arrives and takes his order, a plain cheeseburger and a cup of coffee. The guy could have

anything on the menu and he gets a cheeseburger. Wow. We sit and talk while he eats, then pay for the food and leave. As we were leaving I also gave him \$20.

“What are you going to do now?” I asked him.

“Walk back out to where you picked me up I guess,” he stated.

“Well get in and I’ll give you a ride back out there,” I said.

“I don’t want to take you out of your way,” he said.

“I’m not doing anything else right now anyway, so get in” I told him.

So he gets back in and I take him back out to the intersection where I picked him up.

I head on back home after dropping him off and as ‘m riding down the road I start to feel all funny inside. The feeling is actually quite thrilling and as I continue on down the road, I feel happier and happier. Joy sweeps over me, quickly intoxicating me. Wanting more of this a thought comes to me.

“I could really help this guy,” I say to myself.

Then a plan to help him comes to me in complete detail. Yeah, the whole plan, just like that, manifested in my brain. WOW!^ I knew this was true inspiration at work.

I got home and a friend of mine called to tell me some great news she had just gotten and I also told her about what had happened with me. She was blown away with what had come to me to do for this guy. However, she cautioned me

to wait a while and sleep on it before doing anything. So I did and I have decided to not do what I had thought about doing for the guy. I became "ok" with what I had done for him already, and felt blessed to have been able to do that.

But now I am thinking of finding a really great cause to work with and do for them what I thought of doing for this guy. So the plan will get used, just on a different scale is all. If I can do that for one guy, then wouldn't it be better if I could do that for a larger group? So after much thinking I've decided to go that route instead.

While all of this has been happening a feeling of deep gratitude has washed over me and it feels really great. I am truly blessed with the life I have and I look forward to what is coming my way. I'm really excited about where my life is going and what I will be accomplishing with the books I am working on.

Maybe it's because of the upcoming Christmas holiday, I dunno. I just know how great this has made me feel and I want to do more. Truly it is addicting.

So think about what you can do for someone. And do it unselfishly. You'll feel great about what you did and in turn you will feel great about yourself. You will raise your vibration and become more in tune with what you are truly wanting out of your life.

## Been Quite a Ride Lately

December was quite a month for me. In the first week I received a few thousand dollars just out of the blue, so did my wife and each of our sons. It was a welcome surprise to say the least.

Also, December 12<sup>th</sup> was my birthday and that night I was at a [Bob Seger](#) concert. Man was it a great concert. Best one I've been to in quite some time, possibly since I saw Metallica back in the early 90s.

Well Pam, my wife, took off from work from Wednesday to Friday of that week (the 12<sup>th</sup> was on Tuesday) and we spent the night in Louisville, Kentucky after the concert. The hotel was right across the street from the Fairgrounds so all we had to do was walk back after the concert. The on Wednesday we did some Christmas shopping there in Louisville and returned home late that afternoon.

On Thursday we went to Tennessee to visit our oldest son, Ian. He works down there through the week and lives in an apartment that the company is renting for them. He works with another young man and they both really like their jobs. Anyway, they had wanted us to come down so we could see the apartment and they could show us what they do. It was a fun trip and very entertaining and educational.

I also got involved with the HelpYourSelfGiveaway. This is an event where different people submitted items to be given away to anybody that came to the site and registered. I gave away three audio files which were interviews I did with Michael Losier, Bob Doyle, and Dr. Joe Vitale. There were all kinds of items being given away from various

arenas of the self-help and hobby market. It's still going on too and you can get in on it [here](#).

I had also been coaching a lady that has become quite a good friend. I kept pushing, pulling, and prodding and I got her to enter the Giveaway as well. The whole process took about 3 weeks, but she did finally get in.

What the contributors got in return for submitting the gifts were that people that downloaded the gifts had to sign up for that contributor's list. So for the contributors, this has been a list-building venture, and I must say it has paid off fairly well.

So what with all of that happening AND the Christmas and New Year's holidays to boot, I've not really had the time to post anything. And now I'm getting ready to get even busier as I am writing a book with a friend and beginning a coaching program on January 30<sup>th</sup>. You can check out the details of the program [here](#).

So that's what's been going on in my life since my last post. I'll be more diligent about posting from now on and keep you abreast of all that is happening with the book, the coaching program, and little insights and observations.

## A Responsibility

There's a phrase that was used in the first Spiderman movie that talks about when one receives much, they must give much. Or something like that.

Well, I've been thinking of that a lot lately. At least for the past several months. During my contemplation of that saying I came to think that I'd seen that before, but couldn't put my finger on where. Then I was re-reading the book by John W. Lawrence *The Seven Laws of the Harvest*, and found it again.

I thought it sounded like something out of the Bible and sure enough it is. It's Luke 12:48 and in the New International Version, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked." In the King James Version it reads, "For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more."

Ponder that for a few minutes. Have YOU been given much? Is YOUR life an abundant life? Think about that and think of all the things you are grateful for. When you look at your life from the viewpoint of being grateful, you will find that you have indeed been blessed, and have experienced abundance, at least on a few occasions. Well I have anyway.

Upon close examination and while thinking of all the things I have in my life that I am grateful for, I did realize that I have a truly abundant life. That's when I got to thinking of the above passage.

Then I realized that I had a responsibility to others to teach them what I know about having an abundant life. That's when I started thinking that I should start a coaching program.

You see, I had already been working with a couple and helping them change their mindset. I taught them about the Law of Attraction and the Laws of the Harvest. We worked together and I have set them on the path with a system to create another source of income. This can be repeated over and over again to create multiple streams of income.

What I have done is to teach them how to fish and not just fed them fish. With the system I taught them they can multiply their efforts and create greater wealth and abundance in their lives. I no longer have to hold their hand; they can go on their own. They no longer need me for this phase of their lives.

It's a real good feeling too. 😊

## Wisdom From A Movie Character

Several years ago I ran across a saying from George Lucas' Star Wars Yoda character. It had to deal with doing as opposed to trying.

“Do or not do... there is no try.” - Yoda, Star Wars

This is truly profound when you take in to consideration that we create our own reality by our thoughts.

For instance, if you “do” something then you put forth the effort to accomplish that task. Whereas if your “try” something you are actually setting yourself up for failure right from the start. You see, when we “try” something we are actually “doing” that task, but with the expectation of we will not be successful with whatever the task at hand may be.

Now, when we “do not” do something, we have made a conscious decision not to participate in that reality, for one reason or another. If you have been working deliberately with the Law of Attraction or the Laws of the Harvest, then you know the reason for not doing something is because it feels wrong, or it feels bad to us. Thus we then make that conscious decision to abstain from that activity.

However, as I said, when we “do” something, we are expecting a good outcome, and if we visualize a positive outcome and truly believe that is what will transpire, that is what we get.

So from now on, follow Yoda's wisdom and either “do or not do” because just as he says, “there is no try.”

## Some Say This Is A Wierd Movie

I had never seen the movie, *What the Bleep Do We Know* until a week ago yesterday and WOW! I really explains a lot.

Of course I've always been good with science anyway, but their explanation of how we create our own reality from the view of Quantum Physics was very impressive. So much so that after downloading and watching the movie on Google Video I immediately went to Amazon.com and ordered *What the Bleep Down the Rabbit Hole Quantum DVD*. It goes way farther than the theatrical version, and truly takes you even farther down the "rabbit hole."

And learning how our emotions are created, and how we hard-wire ourselves with our thought patterns, and how we can change those thought patterns. Man, it was amazing to say the least.

Now it did take me several days to watch the Quantum edition, 5 to be exact. What I did was to watch a little of it, then pause and ponder all that I had just learned and let it sink in, then I would go back and watch a bit more. I also was busy with other things and could only watch a little bit each day until just like the proverbial elephant; I had devoured the video one bite at a time.

If you haven't seen *What the Bleep* then scoot on over to Google Video and download it or just watch it there.

Then if you want to learn more, order the [Quantum DVD from Amazon](#). It's ONLY \$19.99 plus shipping, and you get 3 discs that include the theatrical version and the Quantum version.

One thing about the Quantum version is that you can set it up to randomly play the explanatory parts so that the movie would be different every time you watched it! HOW COOL is THAT?!

You can expect some more blog posts coming from me concerning this movie as it absolutely blew me away.

So stay tuned!

## How Our Emotions Are Created

One thing I learned from watching *What the Bleep* is how our thoughts control our emotions. It's really fascinating AND once you get it, then you will be better able to control your thoughts and create new pathways for positive thought processes. Hopefully I can explain this in an easy to understand manner.

First, let's look at our thoughts.

When we first have a thought that is new to us, there is a brief connection of tendrils in our brains which pass electrical charges. This electrical energy is our thought. Now, as we have that thought over and over, the connection finally becomes permanent and offers the thought a pathway of least resistance.

Ok, so our thoughts are essentially nothing but energy being transmitted in our brains. Got it? Good.

So, what happens after we have the thought? Well, it triggers a gland at the base of our brains called the hypothalamus. This gland then manufactures enzymes to match the thought we were having. These enzymes, also known as peptides, are distributed throughout our bodies via our bloodstream. As they traverse the body they attach themselves to the cells of the body, sometimes even effecting a change in chemical structure of the cell. What happens next is that this generates the emotional response we experience from the thought.

But why do people continue to experience the same emotional response to certain stimuli? Well, it's because

that individual has become addicted to the chemical reaction caused by the thought pattern.

So now, when we can realize and believe this, it makes it so much easier to change our emotional responses. For instance, you keep thinking to yourself that you'll never succeed, and that causes you to be depressed. Ok, how do we fix this? Easy now that you know it's all just an electrical and chemical process. First, you must recognize the negative thought pattern as soon as it appears. Next change it to a positive thought pattern. You can do this by mentally creating an affirmation to counter the negative thought. At first it will be a challenge because the pathway for the old thought pattern is still connected. Also, you will be getting a different chemical reaction in your body causing you to have a totally different emotional response.

You will then become addicted to this new chemical reaction in your body, and as such, a permanent pathway will be created in your brain for that thought process, making it easier and easier to have that thought.

Now that you have an idea of what is happening, it will be easier for you to change your thought patterns to ones which you truly wish to experience. Here's how to go about that:

1. Learn to recognize when the feeling and thought patterns occur.
2. Step back and ask yourself, is this the response I want to experience?
3. Objectively look at the situation, with no feelings attached to it, THEN determine the outcome you desire.
4. Now state that new desire first as a thought pattern then

as an  
emotional response.

I do hope I've explained this well so that it is easily  
understandable.

## The “TRUST” issue

Ok, for some, getting to the place of “believing and trusting” that God/the Universe/Whatever you call it will bring forth that which you have asked for presents some problems. One thing you can do to bolster your belief is to look back over your life and recognize those things that have manifested in your life because you wanted them. As you do this, you will then see that yes, God does deliver what you ask for.

Now that you have thought of all of these things, sit down and list them on paper. Or type them into a document on your computer. Either way you’ll want a hard copy to put somewhere prominent so that you’ll see it often. These things are your proof that God delivers what you ask for, so make sure to put this list where you know you will read it at least once a day, perhaps your bathroom mirror? Maybe the refrigerator. Anywhere you’ll see it.

Then start “asking” for things you want to experience in your life. Remember to visualize it and put as much feeling into the visualization as you can. Then you must let it go. Emotionally detach yourself from the outcome and prepare yourself to be guided, pointed, and prodded along the path to your desire.

When we emotionally detach ourselves from the outcome, we no longer stress because whatever we asked for has not manifested in our life yet. We also quit stressing over the “how” as well. You see, our impatience, our wish for instant gratification, causes us to stress over this very thing. You must remember that everything happens in its own perfect timing for the good of all concerned.

Perhaps right now you are not ready to receive what you are asking for. Maybe there is some work that is required of you. Whatever it is, it will be presented to you. You have to be open to the possibilities that present themselves. And when these occur you have to act on them with immediacy.

So make your list and build your belief and trust in God/the Universe/Whatever works for you. Then begin asking and be open to what will transpire, and when you get inspired act appropriately and rightly, then you will see miracles happen.

## Concerning Letting Go

In my last post I talked about “letting go” and allowing things to come to you. Let’s talk about this a bit further.

The reason you must “let go” of your desires is because as you are trying to manifest them into your life, you are actually causing them to NOT manifest.

Let me explain.

What most people are doing is to create vision boards, recite affirmations, meditate, and all the other stuff they think they need to be doing. Actually all of this could be working against you though.

As you go through all of this, a lot of people end up pushing for results. They’re pushing and pushing and as a result nothing is happening. All of this causes stress in the person, which ends up working against them.

I’ve talked about pushing for a result in a previous post [here](#), but let’s revisit this for a moment.

When you push for an outcome you are also trying to come up with the “How” to manifest your desire. We know this is God’s/the Universe’s/Whatever’s job, but for some reason, we think we can speed things along. That is actually laughable. God works at his own pace, and for you to receive the guidance you are desiring, you must trust that the “how” will be revealed to you. However, in our instant gratification society, we want things to happen quickly.

But that’s not how it works.

Everything happens in its own perfect timing. What we must do is to work on ourselves so that we are open to and recognize the little “nudges” we get from God/the Universe/Whatever which give us insight into the “how.” But, if you are pushing for an outcome, you won’t recognize these “nudges” for what they are.

When you sit back and relax, and “allow” inspiration to come to you, you will receive great insights and visions into the actions you need to take to realize the outcome you so desire.

That’s all you really have to do in order to “allow” things to come to you. And as they do come to you, you must be ready to “act” on these inspirations as soon as you possibly can. As you complete one step you will be shown another and another and so on, until finally you are at your destination, which usually is better than the outcome you desired to begin with.

It is very important that you get this, because it will make the manifestation process more enjoyable and easy.

## Stay Positive

I subscribe to a little magazine by the name of “[\*Positive Thinking\*](#)“. It’s a small magazine, small enough to put in your purse or your back pocket, but man, it is chock full of good stuff. I highly recommend you subscribe to it.

Anyway, there is a story in the current issue of a woman that overcame all the downside of divorce; being broke, having no home, and the list goes on. During all of this, she did find a place to live (a frat house, she was the live-in cook), and she worked at a local hospital as an RN.

Although she was experiencing some negative things, she kept dreaming of a house with a red roof and wrap-around porch. Being fixed in the moment she saw no way she would ever have the house though. But, God/the Universe/whatever had different plans.

Reading through a magazine she saw a picture that looked surprisingly like the one she had been dreaming about. She read the accompanying article and discovered the man had paid cash for all the materials and built the house himself. That’s when she was shown the “How.”

It took a while, but with the help of her children and friends, she got her house built. During this though, she had lost her daughter and was filled with anguish for many months. She overcame this as well though and triumphed in the end.

You can read the article online [HERE](#).

This article helps show the Law of Attraction and the Laws of the Harvest at work. Even though she was still living in

the negative, she kept dreaming of this house. She even went so far as to visualize herself in the house and sitting on the porch. She also got in to the “feeling” of having the house and what it felt like to sit on that porch.

As she did all of this, she drew the house to her by the vibration she was offering by dreaming of the house.

This shows us the power of visualization and a good positive attitude. It also illustrates that God/the Universe/whatever takes time to deliver our requests. So we must learn to have patience, as everything happens in it’s own perfect timing, and that when we are ready the details will be delivered to us.

This also shows us that we must “Trust” that our requests will be fulfilled. We must have “faith” in God/the Universe/whatever. When you get to that place where you “trust” or “have faith” such as this, you will experience greater peace within yourself and in your life. Everything will become easier. Things will happen for you; doors will open while others close, you will receive inspiration, and be guided towards your desire.

It’s really that simple. However, we tend to make things soooooo difficult. If only we could get out of our own way and just “go with the flow” and let our lives unfold before us in all its glory.

Get out of your own way.

## More On Letting Go

I've talked about letting go before. About letting go of your negative thoughts and feelings to letting go of your requests to God/the Universe/whatever.

The thing is there's more to letting go than those two things.

First, let's talk about why we can't experience more abundance in our lives. The reason for that is because we are just full up with "stuff" already, and we have to empty ourselves in order to experience more abundance. You see, we are already abundant in every aspect of our lives. We are as abundant as we can conceive ourselves to be at this moment, right now. Since we are so abundant, we cannot experience more abundance until we "let go" of these things.

We are all likened to the man who went on a spiritual quest. He spent years seeking out the answers to his questions. He spoke with many wise people and learned from them.

One day he is sitting in front of a monk in Tibet and the monk begins to pour some tea for each of them. He fills the man's cup with tea and continues to pour.

The man looks at him and says, "My cup is full, you can stop pouring."

The monk stopped pouring and looked at the man and told him, "You are like this cup. You are so full of knowledge and wisdom that I cannot give you any more."

We are like that, full up with it all. Now, you're probably sitting there saying, "Well, if I were really abundant, I'd have all the money I wanted."

Well, you are abundant as you are, right now in this moment. You have everything you need. Oh sure, you want more, and you will get it. However, for now you are at your full abundance level.

Now there are ways we can raise our abundance level and it all begins in the mind. For instance, if you think that your present income is your full potential, then that's all you will have. The way past this is to "believe" that you can create more income potential for yourself. And you have to really BELIEVE it, in your heart and soul. If not, well, you'll still make what you've been making.

You're probably thinking now though, "So HOW do it get all this abundance"

Well there again the thinking is wrong. How is not our job. The how will be revealed to us, we just have to have faith and be open to the possibilities is all. Seriously, that's all there is to it. We tend to make it so, so, so complicated though.

Look, the best advice I can give you is to ask for what you want, have faith it will happen, be open to the possibilities (you never know where things will come from), and be ready to take action once the how is revealed. Live your life by that rule and all your desires will be made true.

## Great Little Book

I recently read a great little book. It's a really quick read, has a ton of wisdom in it, and can help guide all of us on our path to greater enlightenment.

The book is "[\*The Four Agreements\*](#)" by Don Miguel Ruiz. It lays out very simply how one should live their life by only four agreements. He further explains that we are living with many agreements and that we have entered these agreements into our Book of Law. The Book of Law is how we judge our experiences, whether we should do this or that, and even right or wrong. He shows us in his text that the great majority of these agreements are false.

The four agreements Ruiz says we should live our lives by are:

1. Be Impeccable With Your Word
2. Don't Take Anything Personal
3. Don't Make Assumptions
4. Always Do Your Best

Four very simple agreements. However, at first they are difficult to get the hang of.

You see, we have all these previous agreements that have been given to us by our parents, siblings, and even society. We have taken these on as our own and falsely live our lives by these agreements.

It's a great read and one I highly recommend. In "[\*The Four Agreements Companion Book: Using the Four Agreements to Master the Dream of Your Life\*](#)", Ruiz gives techniques and insights into living your life by "*The Four*

*Agreements*“. It’s a really good follow-up book, and just like its predecessor, has a ton of good information. You should order both books together from your favorite book seller.

## You can lead a horse to water...

I know people that seem to complain ALL THE TIME. It' as if they have to complain about something. No matter what is happening, there they are, complaining about this or that. It really gets tiring.

But what do you do when it's friends of yours that you care about? You don't want to alienate them, but damn, something has to give.

This is something I'm currently struggling with. I know that I can't teach them anything because they are not ready to learn. They haven't come to see that all the complaining they are doing is just fueling more and more of what they don't want to experience.

But what do you do?

Well, what I have done is to limit my contact with them. We're still friends, but I just don't want to experience all that complaining that often. It's something I must do for my own peace of mind.

But still, I just sometimes want to jar them awake, look at them and say, "Don't you see? You keep creating more and more of what you don't want!"

I've shown *The Secret* to them and it just didn't take. The guy almost went to sleep half-way through the DVD. THAT'S how asleep these two people are. That's how deep they are into their own flawed reality. They have dug holes so deep they can't see over the rim anymore to enlightenment.

It's sad really, and I do so much want to help them, but...

I just don't want to waste my time banging my head against a wall. Or talking to a tree. Both of those activities would produce better results than trying to help these two people.

So, for my own peace of mind I have to just let it go and allow them to be in their own personal hell that they have created for themselves.

Sometimes, that's just what you have to do.

## Manifesting

Since we have all become acquainted with the Law of Attraction, we have been trying to manifest this or that into our lives. One thing that most people want to manifest is more money.

Well, the problem is, everyone is going about it the wrong way.

We sit and wish for an extra \$500 - \$1,000 or maybe \$10,000, \$100,000 or more. We do all the visualizations, we meditate, we do EFT, etc., etc., and still we don't get the money we want to have.

*The Secret* does touch on this a bit, but it's very brief. Sure, we are given the 3 steps, but there's one little detail that gets overlooked. We've all heard it before. What is it?

“You can't chase the money.”

And that's the key. That's the secret to it all. We can't chase the money. Instead, we need to chase the “experience” that the money will allow us have.

So instead of trying to manifest \$10,000 for that international trip we'd like to take, we need to focus on experiencing the international trip. When you focus on the outcome, God/the Universe/whatever will align the events that need to take place in order for you to have that experience.

And this works whether you want to manifest money, a new refrigerator, lawnmower, and house, whatever. Don't

focus on manifesting that material item, instead focus on the experience you will have from attaining that item.

For instance, let's say you wanted a new washing machine. What would that allow you to experience? Would it make your life easier because you could wash clothes quicker? Would it clean your clothes better? Would it just give you peace of mind because the one you have is so old and has broken down several times?

Think of all the things you would experience and focus on those things. And don't focus on the "how" either. Just focus on the experience. When you do the manifesting will be easier and happen much sooner.

## An Enlightening Experience

This past Thursday, August 23rd, I had the privilege of attending one of James Ray's free two-hour seminars. MAN!!! Does he deliver some great content. WOW!! I would love to get him on a teleconference.

Now I had to drive 3 hours one way to get to the seminar, but it was definitely worth it. At the end of the seminar I purchased his book, "[Practical Spirituality](#)," his two audio programs, "[The Science of Success](#)," and "[Million Dollar Mindset](#)."

The book is really good and I recommend it for everyone. I think the book is so important, that I believe I will start giving it to my new coaching clients. "[The Science of Success](#)" is a really great audio program too. I haven't gotten all the way through it (there are 6 CDs) yet, but what I have learned from James so far is priceless.

I first became aware of James Ray after watching "[The Secret](#)." However, James has been doing this work for many years, just like the rest of the people in the movie. His father was a minister, so James grew up with a heavy dose of Christianity. However, he always felt like there was more (I too have felt and believed this for many years). So he embarked on his spiritual quest in his early 20s and now is bring all he has learned to the public.

If you get the chance to see him at one of his free seminars, or listen to him on a teleconference, or attend his "[Harmonic Wealth](#)" Weekends, do so. You will benefit greatly from the experience and will take away some valuable knowledge, even in the free seminars.

James is a great teacher, with a vast knowledge of religion, ancient philosophies and teachings, and he brings them all together and presents them in an easy to understand manner. Buy his book, listen to his audio packages, attend a seminar, whatever, and just start learning from him.

Peace, Abundance, and Blessings,

Gary

List of James Ray's products:

- [Practical Spirituality](#) book
- [The Science of Success](#) book
- [The Science of Success](#) audio program
- [Million Dollar Mindset](#) program
- [Success Certain Coaching](#)
- [Practical Package](#) (Science of Success system, Success Certain Coaching system, Million Dollar Mindset system in one discounted package)
- [Harmonic Wealth](#)

## Happiness Is...

Happiness is truly subjective. What makes one person happy might make another sad. So how are we to figure out what happiness is?

We each have a notion of what happiness is to us, but would we actually know happiness if it landed right in our laps? Seriously, some people are like that and I know you know a few of them. These are the ones that complain about anything and everything. The ones that seem to have a “need” for being miserable. You know who I mean.

The thing is, if we continue to pay attention to these people it will bring our emotional state down and result in a lower vibration. So what do we do about these people?

First you must realize that it has nothing to do with you. You are **NOT RESPONSIBLE** for their happiness, or any other emotion they may have. We all have the ability to choose, most people just choose to be unhappy.

That’s right, **THEY CHOOSE TO BE UNHAPPY!**

Or better yet, they choose not to make a choice. Most people know they have free will, however, most never use it.

The act of being happy is essentially left up to you. No one else can make you happy except yourself. Not your spouse, boyfriend, girlfriend, best friend, mother, father, sister, brother, you name it. None of these people can make you happy.

The reason you feel happy (or unhappy) around these people is because you have chosen to focus on the aspects about them that you like or dislike and you choose to allow these things to make you happy or unhappy.

If happiness is a choice, then why not choose to be happy all the time? Wouldn't you rather be happy than sad? I sure would. So I choose to be happy. And you know what? I am happy. 😊

## Gratitude is the Key!

Once again I am reminded of the abundance that surrounds me. After watching the television for the last couple of days and seeing all the devastation in California due to the raging fires, it brought home to me (once again) the realization of how fortunate I am.

I have a house to live in and call home. I have plenty of clothes to wear. I have a loving and caring wife and family. I have all the food I need to eat for many days. I have a truck, and I own two computers.

I have so many things for which to be grateful that sometimes I wonder why anyone would complain about their current situation. Oh I know, there are those that are in dire straits right now, but I'm sure if they took a few minutes, they would see that they too are abundant and should be grateful for it.

For instance, the average annual income in Bangladesh is \$380. \$380!! FOR A WHOLE YEAR!!

Could you even survive on \$380 a month? Would you even know where to begin?

Seriously, people bemoan their situation over and over and sometimes you just want to slap them upside the head and point out how they don't have it so bad after all. SHEESH! Well, I used to be that way too, and sometimes I can't understand how I ever got there. Now that I look back and see where I have come, it sickens me to think of how I used to be. Such a negative view of life.

But now, things are very different. I look around every day and am thankful for the bounty at hand.

So, what are you grateful for today? How much do you make per year? How much MORE do you make per year than the \$380 average annual income of Bangladesh? Do a search on Bangladesh and see how they live. See the poverty that weighs heavily on that country.

After that, if you can honestly tell me that you have it so bad... well, I won't give you anything except the advice to seek out professional help. If after viewing how poverty-stricken that country is, you should see that you are extremely abundant in your life, and as such, should be extremely grateful for what you have.

Be Grateful.

## Just What Is Success?

First of all, I am going to give everyone the knowledge they need to be successful. Yep, it's all here in the blog post.

So what is success? Well success is very subjective and can only be determined by each individual. You can't measure yourself against others, because you are not like others. So we each must define what success means to us.

No one else can tell you whether you are successful or not, because they are applying their view of success to you. They can't do that. Well they can, but it doesn't mean anything, and you shouldn't pay attention to them when they do.

How successful you are or are not is for you to decide. For instance, if someone were living in Bangladesh and had only 3 life coaching clients each month and charged \$35 per month for each client, that would be \$105 a month income. Now, the average annual income in Bangladesh is \$380, so this person earning \$105 each month would be well off there since \$1,260 a year is quite an improvement over the average annual income.

However, most people in the United States (and other developed countries) would complain loudly that \$1,260 a year would be insufficient. But you see, that is THEIR definition of success, NOT that person's in Bangladesh.

So the thing each of us should do is to sit down and write down what success means to us, AND THEN strive to achieve that. There is not a limited supply of success in the world; there is only the perception that there is a limited supply. When we take the time to determine exactly what

success is for each of us, we all take different scenarios. So if one person's definition of success is to own a million-dollar home, yet another person's definition is to own a \$100,000 home, who is the most successful?

Neither is the most successful because they have each attained their goal. The only person who is not successful is the person that does nothing to achieve their goals, does nothing to better themselves, and just complains all the time about how bad they have it. Those are the unsuccessful people in life, because they have never realized that they have the choice to be successful.

I've often heard that "success is a journey", and until recently I actually never realized what that meant. But I do now. First, growth is a sign of success. Stagnation is a sign of failure. So if success is a journey and not a destination, how do we know when we get there? Simple, you never reach your destination, because if you did, then you would be stagnating and would cease to grow. So personal growth is the key to success, and as such is success unto itself.

So what are you going to choose? Will you choose success or failure? Will you choose growth or stagnation?

It's all up to you, and only you can define success for yourself. So spend some time in the next few days coming up with your own definition to success. Believe me; you'll be happier for it.

## Are You Looking Forward or Backward?

When we begin to work towards being more enlightened and more spiritual all sorts of things start coming out of the closet. We start bringing up old experiences and feelings. And most of them are the unpleasant ones.

But why are we going into the past to begin with? Look to the future, that's where you are going. To keep looking back on your past as a guide to where you are going is ludicrous. You're past does not determine your future; what you do NOW determines your future.

By looking back on these unpleasant past experiences we are holding ourselves back from the future we desire. Look at where you are and know that you are there as a result of your past. But you do not have to stay where you are. You can have the life you truly desire.

If you already have goals written down, what are you doing today to get you closer to achieving those goals? If you don't have goals written down, do that first. Then ask yourself, "What can I do today to achieve my goals?"

That's the ticket right there.

You must take action in order for your life to change. Although you may not know the answer to the above question, it will spur your subconscious into looking for an answer. Every night, before you go to sleep, visualize how you wish your life to be. Get into the feeling of having the life of your dreams and really feel it. Notice all the details of your surroundings in your visualization. The more details you can make it the better.

Do this for 5 minutes and make it as real as possible. This will set your subconscious into motion while you are sleeping to find the way to achieve that dream life. Do this every night and record what you dreamed the next morning. You'll be surprised at the answers you will receive.

## The Power of Gratitude

Well it's Thanksgiving week here in the United States, and for a lot of America it means a 3 day work week followed by a day of over-eating and gorging ourselves on the season's harvest.

Traditionally there is a turkey dinner with dressing and all the other fixin's. Personally I am smoking a turkey on the charcoal grill for our dinner Thursday afternoon and we'll have all sorts of other food to go along with it. My goal is to have as much of the food organic as possible, or at least free of chemical additives.

But let's get to the true nature of this holiday which is gratitude. When we gather on Thursday, November 22, 2007, let's express true gratitude for what we have in life. Your health, your home, your freedom of expression, your ability to create our own reality, your connection to Spirit/God/Source, you choose your label.

One way to facilitate this is to check out what Elyse Hope Killoran is doing. Go to <http://www.21daysofgratitude.com> and sign up. It's free and will be of great benefit to you.

Start this week by writing down at least 5 different things you are grateful for today, and do the same thing tomorrow, and Wednesday and Thursday. By then you should have 20 different things to be thankful for. Express aloud your gratitude on Thanksgiving Day. If you wish, do this in the morning and evening of each day, when you awake in the morning and before you go to bed at night. The benefit you'll receive is priceless.

## Are You Controlled By Fear?

I've been thinking this morning about conspiracies and conspiracy theories. And I'm talking mainly about those that portray an elite section of the populace attempting to gain control over everything. Especially those that are espoused by David Ike and the lot.

They may be well intentioned by wanting to educate the populace; however they use the same scare tactics that they accuse "the elite" of using to control us. You know what I mean, right? You see it on the TV all the time. Fear is everywhere. Murder, slaughter, mayhem, chaos, you name it, it's there.

And a lot of people buy into all that, and actually feed off of it. They want to live in fear; they want to believe that they are not responsible for anything. "I have no control over anything!" seems to be the cry we hear emanating from the depths of those souls whom have been brainwashed by the media and popular opinion.

But what I propose, and you may disagree with me, is that we let ourselves acknowledge these things minimally, because that is not our reality. We are in control. We do have free will. We can be, do, and have whatever we desire.

And we are the **ONLY** thing stopping us!

We get all caught up in these conspiracy theories and soon, if we let it, they will engulf us and leave us paralyzed to do anything. That is, until we decide to pick ourselves up, brush ourselves off, and get back to living a joyous life.

That's right, it's your choice. YOU choose how you wish to live. YOU choose the income you currently have. YOU choose to stay in a relationship that isn't working. YOU choose, you choose, you choose. It's ALL your choice. The experiences that you are having right now are because of a choice you made to experience them. No matter what they are. That can be a hard pill to swallow for some, BUT, if you get this, I mean really get this, you'll never be a victim again.

Victims do not make choices that are in their best interest. Victims are powerless to defend themselves from anything. Choose to NOT be a victim anymore. Take responsibility for the reality you are experiencing, because you created it, no matter how bad or how good.

## We Are All Perfect Spiritual Beings

The quote below comes from a post in a Google Group I'm a member of and I thought I would share it and my response as well. I hope you get value from this.

“I realize that love now comes tainted with protection. I see a Friend shining as though their soul's light is fully revealed in all its glory. A moment later I'm cautioning myself to find some flaw, some fault I shouldn't overlook so that I'm safe from vulnerability. No one's perfect I remind myself, then a list of their imperfections starts to run through my head. If it's someone new, I begin to brace myself for the inevitable something that is probably there that I don't yet see.”

This says to me that this person has some issues with distrust that they need to address. Somewhere along the way they seem to have been badly hurt when they offered love to someone. Or perhaps they have some feelings of betrayal from someone they loved. But by looking for “the inevitable something that is probably there” they are setting themselves up to be hurt once again.

The reason for this is because they are focused on not getting hurt when they offer love, and that is exactly what you get, hurt. Instead of looking for the flaws someone might have, and finding them (because we attract that which we hold focus on), try seeing a person as the perfect being that they truly are. We all come from God/Source/the Universe/whatever your name for it, which is perfect, so in turn we are perfect too.

The Bible states that we are made “in God's image,” so looking deeply into that, God is a spiritual being, so thus

we must be spiritual beings as well. Our bodies are just the hosts we choose to reside in while here on Earth.

So, what is it about us that is made in God's image? Our spirit, our soul, our inner being. And that is the part of us that is perfect. To say that we are imperfect beings says that God (who is a perfect spiritual being) cannot create something perfect. That all of God's creations are imperfect. BAH I say!

Our spirit is a perfect manifestation of God's will, or Source's intention, however you wish to say it. So, for us to live out a perfect life, we need to reconnect with Spirit.

When you are fully connected you will then see the joyous perfection that is in all of us. You will no longer seek out the "imperfections" that you now choose to focus on and cause yourself pain, but rather, you will look for the good in others and see them for what/whom they truly are; a perfect spiritual being capable of anything their heart desires. You receive that which you focus on, so change that which you look for and you will find that you will see it in everyone you meet.

## Would YOU Like To Be Free From Fear?

Throughout my studies over the past few years of the law of attraction, dabbling in quantum physics, a little bit of metaphysics and other philosophies, I have noticed that there is one common way people are controlled in their lives. It is by FEAR!

Fear is one of the major motivating factors for why people do what they do. I heard this 10 years ago but didn't totally believe it at the time. Now however, I find that it is very true.

Some common fears are:

- Fear of not being accepted
- Fear of being wrong
- Fear of failure
- Fear they will disappoint someone
- Fear of being alone
- Fear of not being noticed
- Fear of not being included
- Fear of success (which has its own underlying sub-fears)
- Fear of disapproval

I'm sure you can add more to this if you think on it a while.

However, I propose a simple, effective solution to overcoming any fear you have or ever will have. All it takes is a change of perspective. You think you can do that? I hope so.

First, let's get one thing out of the way right now. You are causing your own fear. No one else, just YOU. Now that that is settled, let's get on with it.

When you experience a fear within yourself, it is actually nothing more than an indicator that you are not in alignment with whatever it is you are having the fear about. It has nothing to do with what anyone else has told you, but has everything to do with the story you are telling yourself.

So fear is nothing more than a set of thought patterns that align in a given situation to produce the negative self-talk you have surrounding what you're having the fear about.

For instance, let's take Jeff. Jeff has a really great job and it pays him extremely well. However, Jeff is not truly happy. He has to drag himself in to work every day. He's just not satisfied anymore.

Conventional wisdom would dictate that even though Jeff isn't happy in his job he should just "suck it up," and "soldier on!" (Ugh, I've heard that one before myself) Especially since Jeff has a wife and three kids. Oh yeah, he's got to stay in that job because of them.

But does he really?

Let's look at how things might then transpire.

Jeff hates his job and he just gets more miserable each day he's there. He can't stand working there anymore. Soon his productivity decreases. A little at first, but then it's gotten very noticeable to his superiors. Jeff gets called in to see his immediate supervisor and is told that he better straighten up or else. Now Jeff is actually worried about losing the job,

which he still hates, and all of his focus and attention are on “not losing the job.”

What ends up happening is that Jeff gets fired from his job, his marriage falls apart because they don't have the money to pay the bills any more, and he ends up living in a run-down apartment complex all alone... and still unhappy.

Not a pretty picture huh?

So, would it be wise for Jeff to actually stay in that position? Or would it be better for Jeff to follow his dream and open a men's clothing store? We all know that owning your own business takes work, especially a retail store. Jeff would probably end up working long hours 6 or 7 days a week, leaving little time for his family. His wife may not be real supportive of Jeff's decision and may resent him not spending any time with the family any more. This could lead to a breakdown in the marriage and ultimately to divorce. So Jeff might be in the same situation as if he'd stayed in the job.

Almost.

Even though Jeff might lose his family, and even though he might still end up living in a run-down apartment complex, he's got two things going for him. He's following his dream and he's happy doing it.

Now some people would say that Jeff is being selfish in his decision to open a men's retail clothing store. Others may tell him things like, “It's crazy to start a business in this economy,” “You'll really put yourself out on a limb with that idea,” “The little guy never makes any money in retail anymore,” “Why would you want to start your own business when you have a great job already?” Add your

own to these. All of these are doing nothing more than attempting to put Jeff in a state of fear about opening up a men's clothing store and to get him to "step in line" with conventional thought.

But suppose it went an even different way.

Jeff quits his job and opens a men's clothing store. His wife is supportive of him in his endeavor and even helps do the books. As their children grow older then all work in the store with Dad and learn the value of action (work) and what inspired action can achieve. All the children grow up to be well-balanced, with a good head on their shoulders (because Mom & Dad have taught them to be self-sufficient), and ready to take on any endeavor they choose

Now isn't that a happier outcome all around?

But how are we supposed to overcome fear though? We change our perspective. We are allowing fear by listening to those voices that are not in alignment with our good. We take the counsel of others whose vibrational alignment is not in tune with our own. And we let all of these things ignite the fear within.

So the logical mind starts to doubt, and we really start listening to what others may be telling us. But we have to quiet that logical mind and listen to our intuition. You always know when you are truly listening to your intuition too. It's that feeling when you are truly connected to God/Source/the Universe/whatever your name for it.

What is your fear?

Merry Christmas and may peace, love, and harmony wash over you throughout the holidays.

## Let Go and Be Amazed

As I've said, the last couple of months have been a time of clearing and letting go. And it has been fabulous to see the results that I've gotten from doing this. So I thought since I've been doing this, surely there were others that are attempting the same.

Due to our upbringing, the things we have experienced to this point in our lives, and what people have told us for years, we all have limiting beliefs that hold us back. Sometimes it's really hard to fathom that we are really responsible for where we are in our lives. But if we don't like where we are currently, we can always change it.

Now this change may occur almost immediately, but more than likely it will take a little while to manifest. However, we must look at the big picture and not give up. As James Ray said in "The Secret," when we are not seeing results we tend to then think that, "This thing doesn't work," and right then we put out the intention that what we are doing won't work and we won't see any meaningful results. We can't do this to ourselves any longer. We must realize that if things aren't happening for us the way we would like, then we aren't a match at the moment to our wishes.

So how do we get to the point of being a "match?" We must "let go" of those limiting beliefs, thoughts, and feelings we're harboring.

Everything began to get clear for me back in June. My copywriting business was down to very few clients and I was having a hard time of it. I kept fretting over "why" I didn't have enough clients and little money coming in. So I

put out the intention to get money to come to me easily and effortlessly.

Now this was an easy intention to "put out there" but still nothing was happening. The reason is that I was still fretting over my lagging business. So I started thinking of all the things in my life that I'm grateful for and this helped to raise my vibration. As I thought of all these things, I was confronted with the idea that everything will be alright and it will all work out. As I had this idea, a wave of peace came over me and I instantly knew that what had been presented to me was the truth. Everything would be alright and it would all work out.

This all took a couple of months to happen for me though, but I kept the thinking that "everything will be alright and it will all work out." As it happens, this is exactly what has occurred. As I got more and more to a place of peace over my situation, things started happening. I started hosting teleconferences, I put up a new website and started a new business, and more and more ideas keep coming to me on ways that I can increase my income and no longer depend on having clients.

Now I realize that this has been an easy path for me to follow, but shouldn't it always be? Basically I have gotten out of my own way and have let things come to me as they will. Being at peace with myself and everything surrounding me has really put me into a mode of receiving, and I have been receiving almost daily. We tend to make things hard on ourselves by trying to figure out the "how" of it all, when all we have to do is come to the realization that "all will work out for the best."

This realization comes when you get to the point where you "know" that no matter what you will bring about the change

in your life you truly want. That the Law of Attraction and the Laws of the Harvest are always working to bring what we focus on. I know for most people it's really hard to quiet that doubting voice in our heads, and it seems that for writers it's even more prevalent. Writing is such solitary work and the "voice" seems to be on overdrive.

It's hard to explain how I got to this point because it all happened so easily for me. But it can be that way with anyone; you just have to be ready when it comes to you. And that is also what we have to do when we have "inspired thought." I guess this is one of the hardest things for use to realize though. You know when something is inspired by how it feels. When you get an idea and it just seems right, then that is "inspired thought." The next step is to take action with this thought and that's where a lot of people fall down. They begin thinking things like, "What will others think?", "What if this doesn't work?" yada, yada, yada. We've all experienced that little voice and for most it hinders us from getting the results we are looking for.

You just have to get to the place of peace within yourself that "all will be well" no matter what. When you have these limiting thoughts come to you, ask yourself if you really believe what you are telling yourself. Do you really believe that it won't work? Do you really believe that others will think badly of you? \*sigh\* In the end it all just seems like a broken record that keeps playing the same old things over and over. And THAT'S what you must see it as; nothing more than an old record that needs to be thrown away as it is no longer of service to you. Realize that you are in charge of your life, that you will change your current situation and that no matter what, "it will all work out."

Be at peace within yourself. Know that the Laws are always working and all that you have to do is put into practice the art of deliberate attraction. In other words, use the Laws intentionally to manifest your dreams. When you get to this point, everything will come to you easily and effortlessly, and ideas you have on ways to get your dream to manifest will come from "inspired thought."

## The World's Missing Ingredient

"If everyone cared and nobody cried,  
If everyone loved and nobody lied.  
If everyone shared and swallowed their pride,  
We'd see the day when nobody died."  
- *If Everyone Cared* - Nickelback, *All The Right Reasons*

Christmas has come and gone. The New Year is now upon us. Many people have made resolutions, and some have already been broken. The thing is, how many people do you think made the resolution that they would have a great year, experience more abundance, be more grateful for things and opportunities that come their way, and to show more compassion to their fellow man? I bet it wasn't many.

We are always so caught up in the every day experience of life; we often forget to try to be a better person towards other people. Oh during the Christmas holiday season we tend to be more compassionate, but soon after Christmas is over, the compassion dwindles and dies, and by New Year's Eve we've completely forgotten about compassion and never add the "show more compassion to my fellow man" to the mix of resolutions we make.

But we should.

We need to strive to achieve what the lyrics above are speaking of. Not the nobody dying part, but the caring, loving, and sharing part. Now wouldn't that be a great thing to happen? "If Everyone Cared" certainly has great meaning and a message the world should wake up to.

And we can help change how the world is. It starts with you. And you and you and you. Have more compassion for others and truly care about them. In turn as people see you doing this they will become more compassionate. As they become more compassionate, others will see them doing so and will in turn become more compassionate. This can grow exponentially but we have to start somewhere.

Will you start? Will you become more compassionate to your "fellow man?" If we can get more compassion in the world, we can change how this world is. And as you work on being more compassionate, you will see more compassion shown towards you. You will find compassion everywhere, and as you watch it blossom and grow, you will be changed forever.

Make 2007 the year you experience more compassion towards your fellow human beings. Reach out and help someone in need, volunteer for a cause, just find something meaningful to do where you can practice being more compassionate towards others.

## What is Your Prison?

In a message from Bob Proctor the other day, habit was likened to a prison holding us back from gaining true success in our lives.

So what habit is holding you back?

We get into these habits all throughout our lives and we end up letting them control us. For instance, we get into the habit of getting up early (that is if you work during the day) taking a shower and getting ready for the commute to our job. Once we get there, we go through our daily rituals that have become habits for us. We arrange everything on our desk, we get coffee, we greet everyone in the office, and we sit down and begin our day. Now I'm not saying these are bad habits mind you, I'm just using them as an illustration.

However, a lot of people have developed some really bad habits. Take a lady that my wife works with. She has developed the habit of coming to work and whining and complaining all day long about her husband, her daughter, her son, her daughter-in-law, and even her mother-in-law. She lets everyone in the office know all about them and complains about every little thing. She complains so much that as her son and his wife have moved along in their marriage, they have ended up with a better house, better furniture, and a better life than she has. But is she happy for them? Nope, she constantly complains about whatever they are doing as if she is jealous of their good fortune.

Now if you know anything about the Law of Attraction or the Laws of the Harvest, you know that her life is the result of all her whining and complaining. The more she does, the more she experiences the same thing. But she doesn't realize that with a change in her thinking she could change her life. And she is SO NEGATIVE that even if it was pointed out to her and she was given a step-by-step plan she wouldn't follow it. What she has done is to wallow in self-pity so much that it has become a habit for her, and a very bad habit at that.

Look around you. Observe your co-workers, your family members, or even your friends and see what habits they have created for themselves. You will find that a lot of them have "habits" that drag them down. You'll see people that have a "habit" of putting themselves down. You'll see people that have a "habit" of being successful. You'll see all sorts of "habits" that people have that hold them back from getting what they truly desire in life. And after you observe all of these, stop and think what "habits" you have created for yourself.

Once you have identified these "habits" now you must determine whether they are helping or hindering you. If they are helping, then by all means continue to do them. However, if you find they are hindering your progress through this life, you MUST change or get rid of those "habits" as quickly as you can.

They say it takes 21 days to create a new habit, so you have some work cut out for you. But if you stay the course and persevere, you will find that just by changing these "habits" you can live a life of peace, prosperity and abundance.

All it takes is creating the right habits. Can you do that?

## Let Go of the Past

One thing I've been noticing with various people is their unwillingness to let go of the past. Law #7 of the Laws of the Harvest states, "We can't do anything about last year's harvest, but we can about this year's harvest." This is a very important aspect that we all need to recognize and accept.

However, you have those that keep telling the same old tale of woe over and over, and they can't seem to understand that by doing so they are keeping themselves trapped in that reality.

We've all had things happen to us, but it's up to us as to whether these things will continue to effect us. As I've explained before, these people are addicted to the emotions that surface as a result of retelling these tales of woe. They actually like experiencing these things over and over. And for some, it's just their way of getting the attention they desire, albeit negative attention. Kind of like the kid that misbehaves constantly to get attention from their parents. They just want the attention, even though it's negative attention.

Now, what we must recognize is that all this "stuff" is nothing more than "so what?" Everyone has had negative experiences, but what differentiates those that continue to experience the negative from those that experience the positive, is that those that experience the positive have learned to let go of this "so what" stuff and move on. But those that continually experience the negative seem to just want to wallow in it and declare, "Poor me. Poor, poor, pitiful me." AAGGHHHHH!

What these people don't see is that they are just creating more and more of these negative experiences and that they will never experience the positive until they let go of these negative experiences, thoughts, and emotions they cling to. It's as if these people define themselves by their negativity.

They say things like, "Oh that could never happen for me," or "well he's got lots of money, so that's why he can say all these things about being positive," or "I've never had enough and I never will." I'm sure you can add many things to this list as well.

So how do you get someone to change their way of thinking? Well, you don't. It's just a fact of life that some people will never get out of the rut they have dug for themselves and no matter what we say or do we just can't help these people.

I had one such person in my coaching program. This person continually stated they were "stuck" and "just couldn't get past being stuck." Well, that's their reality. Since this person kept stating these things, he was keeping himself in the same situation. And even though this was pointed out to him several times, he kept playing that record over and over in his mind, and he kept experiencing this feeling of being "stuck" in the situation he's currently in. No matter how hard I tried, I just couldn't get this person to accept that he was sabotaging himself with this thought pattern. \*sigh\*

He has actually left the program now and I know he's going to be right where he is from now on until he recognizes what he is doing and decides to change his thought process.

So, what are we to do?

Well, first recognize where you are and what you are causing yourself to experience. Make a conscious decision to change that negative thought pattern and put forth the effort to make that change. And stop living in the past. Realize that all of your past experiences have brought you to where you are currently, and that you can change your future by changing your thought patterns. Your past does not define you. It only shows you where you have been and what you have experienced up to this point. Don't let your past rule over you. Let it go and move on. When you do, you will find you no longer experience the negative and you will live your life more fully and be happier in the end.

## The Universe Likes Speed

We have a privacy fence around our backyard and this time of year brings out the wood bees. So here I am sitting there on the patio, basking in the delight of spending most of my day outside, and I see a bee. Now this bee is just hovering in mid-air like they do, but what is so funny to me is that this bee appears to be checking out a particular panel in the fence.

So I sit there and watch the bee for a while, and it moves around a bit, but always keeping that one panel in its sights. These bees bore into the crossboards on the panels as well as the posts for the fence. And it seems to me that the bee is in a state of indecision. I begin looking around, and there are two or three other bees doing the same thing, all with the appearance of indecision.

Then it hits me. Most people are just like these bees. They are so indecisive. They receive an inspired thought, but fail to act on it because they can't decide whether they should take action or not.

Well, let me tell you this: You should always act on your inspirations if they feel right to you, and you should act quickly.

Dr. Joe Vitale tells us in *"The Secret"* *"The Universe likes speed. Don't delay. Don't second guess. Don't doubt. When the opportunity is there, when the impulse is there, when the intuitive nudge from within is there, ACT. That's your job. That's all you have to do."* So it likes quick decisions, and fast action.

I read something about the difference between successful people and those that aren't is that successful people make quick decisions while the others sit around and analyze things to death. I don't remember where I read that though, sorry.

So, one of the pre-requisites of being successful is to be a quick and decisive person.

As you "ACT" on these impulses or nudges you will come to trust yourself more. And as you trust your own self more, you will trust others more as well. You will also begin experiencing life in its extraordinary wonder.

You will live more authentically. You'll be happier, more at peace with the world and yourself. And you will know when things just "feel right." It's those moments that require the fast action.

For instance, just last Tuesday I was attending a teleclass and during that teleclass it hit me that there was a "hidden" market available to me, right there within the teleclass. I have knowledge and experience that these people could really use and I could truly help them in their endeavors.

So I took action quickly and made the decision to go forward with the inspired idea. I started talking to a friend about it and we've ended up working on the project together and are working out a Joint Venture deal. We both instinctively know that this will work; we have no doubt about it at all. We plan to launch this project soon and begin helping others with it.

One of my favorite quotes is from Zig Ziglar and states, "Help enough other people get what they want, and you

will get what you want." This is how I live my life. I believe in this whole-heartedly.

Basically this is telling us that we should look to see how we can be of service to others. When we are of service to others it is a glorious thing. We feel better about ourselves and the world around us. And sometimes, we even get compensated richly for it.

So when you get those "impulses" or "nudges" act on them quickly. And look at how you can be of service to others. When that "inspired idea" comes to you, "ACT," right then, don't delay. Be immediate and purposeful. When you are, you will live your life in its joyous glory.

## What's Holding YOU Back?

As I continue to work with people I keep seeing over and over that we truly limit ourselves by our thinking.

Time and again I see this, and that's what I strive to get people to see and to move away from. When they "see" it, when they really "get it," it's like seeing a child on Christmas morning, all wide-eyed with wonder.

But how do we get to that point?

First you have to accept yourself just as you are. Look back and see how you got to where you currently are and accept that you have created the situation you are now in. Then make a conscious decision to now go in the direction of your desire and ask to receive inspiration.

Don't worry about the "how" of it all. This is where "trust" comes in. You have to get to the point where you "trust" that God/the Universe/whatever your name for it, will deliver what you are requesting. You can listen to how this person achieved success, how that person overcame everything and rose to the top, but until you start experiencing things for yourself, and be open to possibilities, you'll never get to where you want to go.

And remember that all things happen in their own perfect timing. So it may be a few days, a few weeks, even a few years, before you receive inspiration on attaining your dreams. It all depends on how open you are to receiving that inspiration, and whether you are really ready for it or not.

What you ultimately need to do is to create a connection with your higher self. When you can create a functional connection, you will become more enlightened, have greater peace, and at that point you will "know" without a doubt, that you can achieve whatever you desire.

So strive to connect with your higher self and let it guide you. Take this guidance, expand your senses, and realize that by connecting with your higher self, you are also creating a connection with God/the Universe/whatever you call it. With this connection you will attain greater awareness, not only of yourself and your surroundings, but with the world at large.

You will then be compelled to be of service to others. As you do this, all aspects of your life will improve. When you are of service to others you will experience great personal satisfaction to start with. But as you continue on, people will reward you in all kinds of ways.

You might be given a new TV, you might receive an extra \$1,000 this month, who knows, you might even win a car or the lottery. The abundance that is yours can come from anywhere, just be open to receiving it and recognize it for what it is. Oh, and don't forget to have gratitude for what you are receiving.

So follow these steps:

1. Accept yourself just as you are
2. Recognize that you are responsible for where you currently are in life, but that all of that is in the past, so just let it go.
3. Point yourself in a new direction of your choosing.
4. Ask for inspiration and be open to receiving it.
5. Have patience.

6. Create a connection with your higher self
7. Look for ways to be of service to others.
8. Trust that all will be well.
9. Receive any and all rewards that come to you.

## Do What You Love

I know of a lady that owns the best restaurant to get a steak at within all the surrounding counties. And this restaurant draws people from around 100 miles away. The name of the restaurant is Missy's Out Of The Way Café.

Now let me tell ya, Missy's is definitely out of the way. Nestled on top of a ridge overlooking beautiful farmland in the Marion County countryside, Missy's is way off the beaten path. If you are on the narrow country road it's on, you are either going to Missy's, visiting someone down that road, or just lost. Seriously, we are talking a very rural setting here. Across the road from the restaurant you will see cows grazing in the field. There are no other businesses around for miles, just farms and a small grouping of houses. But man, you want a mouth-watering steak? Missy's is the place to go.

Anyway, why I'm telling you about Missy's is to illustrate how we create the lives we live. Missy started her restaurant in the back of a small tavern, which she soon outgrew. So she ends up building the building that houses the restaurant right next to her house. And she lives in a beautiful old two-story farmhouse.

But Missy lives her life by her own design. She closes the restaurant and attends Mardi Gras every year. She's closed the week leading up to the Kentucky Derby. She even takes the whole month of July off.

And when she is open, she's only open 4 days a week and only 5 – 6 hours a night! And she makes a killing because she's always packed.

Build a better mousetrap and people will beat a path to your door. Serve the best steak around for 8 counties and people will flock to your door.

So what makes Missy so different from most other people? She lives by what brings her joy. She has a passion for cooking and it shows (Missy is THE ONLY cook). When she does get a break behind the counter, she'll run out and check to make sure people are having a good time and enjoying their meals. You can really tell that she loves what she is doing.

And that is the key right there. Find something you love to do and do it. Find what brings you joy and pursue it. When you do, you'll never work again, because it will never seem like work but rather you will be having fun and enjoying life more.

This is exactly what I've found to be true in my own life. When I do the things that make me happy, I not only enjoy it more, but it is very rewarding personally. You see, my true desire is to help people see the possibilities of their own lives. To help them dream again and look at life more from the eyes of a child filled with awe and wonder. To help people pursue their passion and profit from it... now that is truly a wonderful feeling.

## A Call for Responsibility

It has become customary in our society to blame other people for the negative things that happen in our lives. We all tend to look outside of ourselves for the cause of our actions. Well guess what, YOU are responsible for your actions, reactions, emotions, everything that happens to you. YES EVERYTHING!!!

One thing I see when bad things happen to people is they say they are being punished by God for something. HUH? Why would God punish you while you're still here on Earth? According to all that we are taught, God's punishment is eternal damnation in Hell. Wouldn't that be punishment enough? Why would God intentionally punish you when he loves you?

God gave us free will to choose as we wish. Along with this came the responsibility of facing the consequences of our actions and decisions. If society is already punishing us for our misdeeds, why would God want to add to that while we are here?

But let's go a bit further than what pops in to most people's heads when thinking of being responsible.

YOU are responsible for all of the emotions you experience? Think about that for a minute.

This is an idea completely foreign to most people. And most people will reject this idea right off the bat. But it is true. WE control our emotions. Not our friend, boyfriend, girlfriend, best friend, mother, father, sister, brother, daughter, son, or anyone.

Each emotion you experience you caused yourself to experience. Any time you have gotten mad, you made yourself experience that. Each time you have felt this way or that way, YOU are the cause. Now, before you go saying, “But what about...?” let me clarify a bit. There are some people that are not completely responsible for their emotions (or for other things as well). Those are young children (because they haven’t learned yet that they have the option of choosing how they feel), and people with problems associated with a mental disease. Other than that, everyone else is responsible for how they feel at any given moment, about any given subject.

I know you are reading this and saying to yourself, “No, he made me mad last night” or “well she upset me this morning.” Sorry, I’m not buying it.

You see, there is a physiological process that happens in our bodies when we experience emotions, and it’s a whole body experience. (You can read a simplified explanation of this on my blog. You can view the post [HERE](#))

And we all need to get to the point of deciding what we allow ourselves to experience, instead of allowing others (and effectively giving our personal power away to these people) to affect us negatively. All you have to do is make the conscious choice to feel however you choose. There is a saying that states, “Those that anger you, control you.” And that is so true. So why do we give away control of ourselves to other people?

This is exactly what I allowed to happen a few weeks ago. I gave control of my emotions away to someone else and I allowed them to control me, resulting in me getting very angry. Were they responsible? No they weren’t. I was responsible because ultimately I am the one that made the

choice to be angry. For those of you who experienced this, I do apologize.

We are powerful and unlimited in what we can be, do, or have. We are all creations of what we know as God. We are told in the Bible we are created in his image. We all come from God. If we all come from God, wouldn't that also mean that we are all perfect creations of God, the creator, since we know God is perfect? Seriously, how can anything God creates not be perfect?

If you choose to believe this, why would you wish to experience anything negative? If we are connected in spirit to God and with one another (and we are all connected, every one of us on this planet), why would you not feel good all the time? Why would you CHOOSE to feel any other way?

Happiness is a state of mind that we choose to experience. Why would you wish to experience anything else? If we truly do have the power to choose our emotions, why would we want to choose anything other than feeling good? That's for another letter, but for now, just know that **YOU DO HAVE THE POWER TO CHOOSE WHAT YOU EXPERIENCE!**

## The Definition of Wealth

As I was moving into my office these past two weeks, I ran across a few "fortunes" that I had kept from where we had eaten at Chinese restaurants. One stood out particularly to me though and has spurred some thinking on my part about what it said.

"Wealth is the ability to fully experience life."

So how wealthy are you? Do you "fully experience life?" If not, why are you limiting yourself?

That's the point right there. How are we limiting ourselves?

Because of our past programming, we limit what we do, what we believe of ourselves, and how far we go in life. To grow we must attack this old programming with zeal beyond any other. We have to be passionate about growing, and diligent in our work to better ourselves so that we can become all that we are capable of.

To do this we must first "die" so we can be "reborn," which is very similar to what Christianity says needs to be done before you get into Heaven and is symbolized by baptism. How we accomplish this is by killing our ego. Ego is the enemy within us that limits us, sabotages us, and controls us by fear.

So our true enemy that is keeping us from fully experiencing life is our ego. And we basically have to get over ourselves and learn to just be the magnificent persons we were meant to be. You see, when we can come into a

situation without ego, we can make a more rational decision about the situation. We also are more giving to others as well, because our ego is not causing us to hoard everything.

Now don't get me wrong, the ego has a place in our personal development. However, as we learn and grow, we must leave the ego behind and develop ourselves more fully by raising our consciousness to a higher level.

One way to battle the ego is to do things that are uncomfortable to you. The reason they are uncomfortable is because your ego is telling you that it is. If you persist and go ahead and do it anyway, you will be ignoring your ego and moving beyond it. This is just one way you can start winning the battle against your ego.

We are less than 2 months away from starting a new year, why not start it without your ego and endeavor to live a more balanced lifestyle. For your family, for your friends, and most importantly, for yourself.

# The Power of Giving

The law of Cause and Effect states that for every action there is a reaction. So for everything you do there is a reaction in the Universe. That's why we are told be givers and not hoarders.

The Law of Attraction is a sub-law of the Law of Cause and Effect. The Law of Attraction states that like attracts like, and if we also think about the Law of Cause and Effect, we can see why we are told to be so giving, because the more we give, the more we receive.

And we must be unconditional givers as well. Some people rather trade than give though, and this must be clearly understood. When someone gives their love, affection, a gift, or whatever, they expect something in return. This is a person that trades rather than gives. Giving, true giving, is when you give and don't expect anything in return.

To be an unconditional giver, you must give without attachment. You must give from your heart and do so willingly and without any conditions set. As I stated before, the more we give the more we receive. The thing is we may not receive from the same person that we gave to. Instead what we receive can come from anywhere. We just need to be open to the receiving.

This is what all highly successful people have known for years, and have tried to tell us that long as well. But most of the time, we still just don't get it. You see, they understand and know that when they give more value than what people expect, they in turn get more back. Remember, this is law, it never deviates. "As you sow, so shall you reap," the law of Karma, "what goes around, comes

around,” and any other way you can say it, it all boils down to you get back what you give. And you get it back hundredfold.

So this holiday season, be an unconditional giver. Do not expect anything in return for the gifts you give. The giving of the gift should actually be present enough for us.

My wish for you this holiday season is to have all of your family and friends close by so that you may all enjoy fellowship with those dearest to you. And may you receive bountiful abundance in all areas of your life.