



# Getting Unstuck: Heal your Life

## Day Two: Misunderstanding the Law of Attraction; Positive Thinking and Gratitude

“Ask and it will be given.”

-Matthew 7:7; Luke 11:9

Why isn't the Law of Attraction working for you?

The Law of Attraction brings us what we want when we're passionate about it, clear about why we want it, and know what we want.

Sounds great! Place your request, and await delivery! Awesome!

So, as Abraham notes—“Where's my stuff?”

Why isn't the Law of Attraction working for you?

Well, actually—it is working. Much like a computer, what you get out depends on what you typed in. The computer certainly *could* have produced what you wanted—but instead, it produced *not* what you wanted, but what you *asked* for, whether you realized that or not. This is the key problem with the Law of Attraction. It gives you what you're thinking about,

manifesting your area of focus, not necessarily your dreams.

Most people focus heavily on what they don't want instead of what they do want. We complain. We wait in blissful stasis until something happens we don't like, and then move in to swoop down upon the problem. All very rational on the face of it. But the consequence is a pattern of reaction, and not at all a focus on what we do want.

So we don't put our attention on the income we want, for example; we worry about the lack of income we perceive. We don't focus on the endearing qualities of a romantic partner; we stew over perceived faults and shortcomings. And instead of enjoying that beautiful breath of fresh air in the morning and the delicious feeling of our muscles as we stretch, we focus on the aches and pains and slight sense of a cold coming on and bemoan that—as we see it—we're falling apart day by day.

Watch a small group of people discussing their health. "Oh, I have this ache or this pain," one will say. "Oh, that's nothing! You should see what happened to my arm!" another will retort. "Well, let me tell you both what happened to me!" chimes in a third, and on it goes, until whomever is the most ill wins. Seriously! It's a contest to see who is worse off—and people want to win it!

Or perhaps they discuss their day, or their week. "I can't believe what happened," it starts. "Well, the other day, this happened," followed by "Yeah, well let me tell you!" and again, whoever had the worst time, the worst luck, the worst experience—is the winner, and again, people compete vigorously for the prize, their pride at stake.

Whoever has the most pain, the most problems, is the winner? Does that make sense to you? Does that seem right? Does that seem wise?

No, it doesn't make sense to me either. Why would people want to ensure they are worse off?

Wherever the passion is going, positive or negative, we're creating that reality, not reacting to it.

### The Victim

Much of the time, though, people embrace what they don't want. Victim mentality has its rewards. Here's why it's so common.

Fred Hirshberg lays out a beautiful illustration of how and why people pursue ineffective roles. It's not that they *intend* these roles to be ineffective, but rather that the intent is counter to effectiveness.

Imagine a triangle of interactive roles—The Prosecutor, The Victim, and The Rescuer.

The Prosecutor is the perhaps well-meaning but overbearing authority: the super-strict teacher, the whip-cracking manager, the controlling parent, the constant critic, the fault finder, for example. The Prosecutor no doubt feels strong reasons for assuming this role. Students need to learn, companies need to thrive, people need to correct their faults, and so forth. The problem, though, is that this approach doesn't really work. It may *seem* to work, short term, but at least it elicits compliance, not true cooperation. That manager may come in, yell a lot, knock some heads around, as it looks like everyone jumps to obey. But the moment that manager is gone, most of the activity is complaining, not producing. Prosecutors only teach people to avoid them.

Now The Victim plays a part here too. If The Victim is good, there will be some muttering, some looking at the good, shoulders down, looking pathetic. At some point, The Prosecutor finally gives in to the act, and says something like, "Look, I'm sorry, I probably came down a little too hard," and watch what happens.

"Yeah! You're always yelling at people! What's wrong with you? You're despicable!" Obviously, I'm making up an exaggerated scenario but you can recognize what's happened—The Victim has now become The Prosecutor, who in turn is now The Victim. It's a fun, interactive game, played in families, businesses, schools, and social settings around the globe. It's just not effective. Nothing productive happens.

Now The Rescuer has a unique position, sweeping in to help. And at first, The Victim loves it! All that help. But two problems. The first I see in schools all the time, even colleges. "That's all right, Dear," the message goes. "I understand—you just aren't good enough. Here, I'll take care of this for you." Honestly, instead of being appreciative, the student should be furious at being patronized so blatantly.

And what happens later? When things don't work out later—because the student never learned the skills, in the above example—The Victim goes on the attack, complaining "You didn't rescue me good enough!" The second problem. Think I'm kidding? I've known of graduates who sued their colleges for not teaching them sufficient writing skills—despite a number of writing courses. I wonder if these students complained to their professors at the time that their grades were too high, that they shouldn't pass the course?

So The Rescuer has become The Victim, who again has become The Prosecutor.

And what do Victims do? We all know them—they complain. Incessantly.

Does it work?

In a sense. The Victim uses The Prosecutor as an excuse...his behavior is now off the hook; it's all The Prosecutor's fault. Or The Rescuer's fault. Or the government's fault. Or their parents' fault. Or their partner's fault.

And the Victims can do nothing—it's all up to someone else—and so they are stuck.

Note the victim always ends up as the prosecutor, and everyone is wrong except...the victim.

We've all done it, at some point of another. And that's a problem. THAT is a recipe for endless justification for the status quo. Not only are you stuck—you're avidly defending why you will always be stuck and why there is never anything you will ever be able to do about it unless other people shape up. So how's that working out for you? Uh-huh. Didn't think it was. It just doesn't work.

So change. YOU are the only person you can change. Only YOU can refuse to change, for as many reasons as you want to try to sell yourself. Only YOU can keep yourself stuck. Only YOU can change YOU and get unstuck again. Only you. You.

And the trouble with all the triangle tribulation? It's all about what you DON'T want—that's what you're endlessly attracting.

Here's the way out.

So, as Abraham would say: "Tell a different story"--STOP telling the old story.

Eliminate the complaints. Go on a 30 day complaint-free journey—literally, catch yourself and stop ALL complaints, on any subject, for any reason. No complaining, about anything.

Replace complaining with gratitude. This is different than mere acceptance. Truly look around and see what there is to appreciate. Even if it's just a nice shade of blue. Something, anything. Build a new habit.

Be so busy appreciating what you have that you're content to wait for what's coming...and be excited about both what you have and what will one day be.

Have a Definite Purpose. To tell a better story—what story are you working toward? Without a better story, a Definite Purpose, you'll (1) default to the old complaining (which not only keeps you stuck but also digs the rut deeper) and (2) waste focus wandering aimlessly. What do you want? Why? Until you get clear about that, you can't expect anything to happen. You can't get what you want if you don't know what it is! Not a joke. Many people have no idea what they want—just what they don't want. So that's what they get—what they don't want. Know what you want.

If you can't find several things to truly be grateful for, on a deep emotional level—you aren't paying attention.

Wake up and join reality. Your life is WONDERFUL, right now, this instant. That's the key to moving ahead. Appreciate now. Truly, deeply. Now.

Gratitude is key.

In particular, one of the most powerful tools for getting unstuck is gratitude.

Yes, gratitude. Stop rolling your eyes like that. Gratitude is key.

I am not talking about Pollyannaish head-in-the-clouds rose-colored glasses but simply realistic thinking, rather than over-reaction. I'm not talking about denying reality—I'm talking about facing it. Again, gratitude is key.

I have a friend who likes to point out, "Did you have a bad day? Or did you have a bad moment and milk it all day?" Bingo. The inability to embrace gratitude is our old friend, victim mentality. "Everything happens to me! My life sucks!" That's nothing more than you cementing your shoes where you stand, ensuring you'll stay stuck, and giving yourself excuses for doing it. Stop it. Literally—stop it. Don't do it anymore, ever. Stop complaining. It not only accomplishes nothing—it makes things worse. Stop. When you're in a hole...stop digging.

Ever have those days? The morning gets off to a bad start, and then it's bad thing after bad thing all day long? No wonder. You've decided the day sucks, that's where you're looking, and that's what you see. Everywhere. So what do you do?

First, remember that you can ALWAYS start your day over again. Let it go, begin again. Breathe. Relax.

Second, get over yourself--that guy in the other lane did not get up this morning and drive over specifically to cut you off on the way to work. Hell, he might not even have noticed. Let it go. You aren't that important for the world to gang up to get you.

Third, keep in mind Stephen Covey's take on responsibility—"response-ability," the ability to choose your response. Granted, if your boss walks in and chews you out, that's something you can't help in the short run. But you CAN control how you respond. Take what is the objective issue, and let the rest go. "But that's hard!" you say? That's your ego at work. Let it go.

Fourth, don't argue with people who aren't even there except in your imagination. That's just insane—all those voices and scenarios and projections and what-ifs and replaying what happened over and over and over and over...when it's just you there, no one else even aware they're missing an argument. Ego. Let it go.

Fifth, when the other people are actually there, remember that you don't have to attend

every argument you're invited to. Rise above the level of Pavlov's dog and reject your ego's conditioning. Ask yourself, "How important is this, really?" Then let it go.

Six, when someone crosses your path negatively, pray for them—it will change your state. Don't believe in prayer? Who cares—it's the positive thought that counts...send them that. Wish them well. Why should you pray for that son of a bitch? Because, silly, the prayer is for your own benefit; it will shift your mental attitude and focus. Resentment, on the other hand, will etch this pain in stone. Let it go.

Seven, notice that there's a LOT of victim thinking so far? And that it's all about ego? That's what a victim is saying—"How could you do that to ME? Don't you know who I am?"

Eight, use the Serenity Prayer: "God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference." Notice it says Courage and Wisdom, not Ego.

Nine, about Ego—Ask yourself: Do you want to be right? Or do you want to be happy?

Ten—and this is the clincher, quoting Abraham: "You can just as easily reach for a positive thought as a negative one." Remember that bad day getting worse and worse and worse? The same is true with looking for things to appreciate; once you start looking, you'll see more and more of them, and have a better and better day.

Note—I'm not talking about true victims here. Unfortunately, yes, crime happens, tragedy happens, truly sad and even the horrible happens. But that's not why most people are stuck. Even then, while working through the understandable, don't let it become unnecessarily worse. EVERYTHING isn't terrible—only some things. That's facing reality—the entire reality.

I heard a radio interview once when the host abruptly learned the guest's wife had died the previous year of cancer. "Oh, I'm so sorry," he offered in response to the faux pas.

"That's alright," replied the guest...and then after a pause, "The trick is to understand that it's not happening to you—it happens to everyone." Well, probably not everyone will have to face a spouse's death from cancer—but we will all face difficult times over the course of our lives. We will also all face joyous times. None of us are alone in this...unless we choose to make ourselves alone. Don't. Do what you need to do to heal. Take the time you need to process the pain. At the same time, as my friend Dave says, "When you're going through hell--don't slow down." Through. Don't build an embassy there. Everyone faces challenges—it's nothing directed at you personally.

Let the bad things go; focus on the positive ones.

## The Path to the Unstuck

When you look at the negative, you see the problems and the obstacles; when you look at the positive, you see the solutions and the possibilities. It doesn't just happen; you have to consciously shift your focus—and like any other new skill/habit, you need to consistently practice to develop it. Most of us have years and years of experience communicating by complaining. Time to change the tune.

Take some time each evening before retiring for the night, and reflect back on the day. You can do this as a meditation (I do), but if you're hung up on the word meditation, don't worry about that. Picture all the matters you got wrapped up in, important or not, and mentally untangle yourself. I picture octopus tentacles that I pick off, one by one, but any related imagery will do. As you remove each tentacle, let that part of the day go. That tension at the coffee shop, that argument by the water cooler, that bill you got when you came home...free yourself one by one.

Two reasons for this--first, don't take all those problems to bed with you, and you'll get a world more of rest.

The second reason becomes apparent with time—the benefit builds day to day. Do this daily, no skipping. It may well become frustrating and repetitive, but keep at it, daily. After a time, you'll reach an epiphany, as did I—"Hey! Instead of removing all these tentacles everyday, what if I just didn't get all wrapped up in stuff in the first place?" And thus, as those invitations to arguments roll in, I look at my full plate and decide (even if I'm right...) that I'm just too busy to take this on. After still more time, "How important is this" really starts to sink in...and much of it just doesn't matter. Each night, fewer and fewer tentacles. Then...actual meditation in place of mental entanglement removal. You're on your way!

You will be building a gradual habit of spiritual balance. Let every day begin with a touchstone of peace, and at the end of each day, reflect back in gratitude and return to this place of peace. In time, what happens in between the day's start and the day's end will cease to throw you.

## We are not our thoughts

After all the talk about positive and purposeful outlook, this next point may well seem strange: we are not our thoughts. They are important, to be sure, but they are not us: we are not our thoughts.

I finally got this one morning by accidental discovery when handling a negative experience. I had agreed to help an acquaintance address some difficulties he was having, but as we started to work together, it was clear he wanted an endless reflection, never actually getting down to work. After a few weeks, I brought this up, explaining this just wasn't working, and invited him to raise the issue again at a time he was ready to address the problems. He immediately

launched into a verbal attack that lasted much of the next week (confirming my decision to step away from the association, frankly) filled with distortions and outright falsehoods, as anger can attempt to justify itself. I understood all this, but it wasn't a pleasant experience, and weighed heavily for a few days. However, that negative time soon led to a positive revelation.

I woke one morning on the one hand feeling clear and relaxed from a good night's rest, while also recognizing with a sigh the dark cloud of swirling thoughts connected with this issue. But abruptly, for reasons I can't explain, I saw and understood the dichotomy, and with that, had a sudden revelation—I didn't have to enter the cloud.

I elected to lay back and enjoy another five-ten minutes of morning peace, letting the dark cloud of thoughts swirl around by itself a few feet off, having little to do with me at the moment. Later, I rose, picked up my thoughts, and started my day.

Once I saw this, I could start to see it in others. I watched my friend Louise, for example, one time when she was going through a troubling transition, glowing with her usual positive energy while a swirling cloud came and went, sometimes connecting, sometimes passing through. And through my work as a healer, I began to notice this more and more.

We normally remain convinced that we are our thoughts, but this just isn't so. We don't even need thoughts. One night, I woke in the middle of the night, in that half-asleep kind of waking, feeling absolutely terrific. At that same instant, I heard a voice in my head say, as if I were in a class, "Now, try this in your home environment." I immediately understood that I was to maintain that euphoric feeling from the "classroom" while now in my own home. So I did, for about five minutes, before drifting off to sleep again, perhaps to rejoin the class. During that time, I had no thoughts whatsoever, just a pure floating feeling of euphoria. It was wonderful. Thoughts in fact can be a prison—and one from which we can just walk.

Our existence does not depend upon thinking. We are not our thoughts. Thoughts are important tools, but they aren't our identity. We need to remember how to live, how to just be, independent of the interruption and distortion of thinking. I used to get into times where my thoughts were just racing as I wondered what to do about some situation at the time. Now, I just stop thinking—in other words, stop doing what isn't working. Don't let the tools run the craftsperson. We are not our thoughts.

Our thoughts, instead, are how we create. This is not some great mystical puzzle. Before there can be a chair, someone has the idea of "chair," prior to making one. Before there were any chairs, someone had the idea of "chair," prior to any chairs existing whatsoever. Before there's a house, someone plans it out, from the mind, eventually in every detail before it is built. Before anyone had any kind of house, someone conceived the idea of building one, prior to any houses existing. We think the thoughts first, and later realize the physical manifestation.



## We are not our emotions

We are not our emotions either—though it certainly may seem that way sometimes! Our emotions tell us the quality of our thoughts—they are reflections of those thoughts. If you’re conceiving a super-beautiful comfy chair, your good feelings in anticipation of that beauty and comfort reflect the thoughts creating the chair. If you’re building a crude wooden chair just so you can sit at your favorite spot at the beach and watch sunsets, the thoughts creating that crude chair will also feel good. Note that whatever your thoughts are creating for a purposeful desire is going to feel good. This is how we are meant to think and feel. We *feel* happy, or sad, for instance, and say we *are* happy or sad.

Just as our wonderful nervous system warns us with pain when we’re doing something not good for us—like putting our hand in the fire, risking damage—so too our emotions warn us when the thoughts aren’t well-aligned with our purposeful desires. If you’re thinking of building an ugly, uncomfortable house, it’s not what you really want, and those thoughts are not going to feel good. Or if you’re building a beautiful home, but you think you can’t afford it, those thoughts are also not going to feel good. It’s not what you want to create.

Our thoughts *are* the creative process; our emotions are *feedback* about how we’re using those thoughts. Yes, this process can seem more complicated than that, and it often is—but we create these complications ourselves, through our thoughts, and then anguish over them, as our emotions warn us we’re not heading in a clear direction.

Negative thoughts are not mere worries—they create negative conditions, in the same way positive creation moves from concept to realizing physical manifestation, and these negative conditions are flagged by the negative emotion. You’re probably familiar with the concepts of “self-fulfilling prophecy” and “self-sabotage”; here they are, and this is why they work as they do—it’s deliberate creation of negative circumstances.

Now, because we commonly believe we are our thoughts, we think incessantly. The voice in our heads never shuts up. Descartes even enshrined this in our philosophy—*I think; therefore I am*. But it’s backwards, as we typically understand it. Thinking may well be *evidence* for our existence (which is what Descartes was getting at), but that thinking is *not* our existence itself. It’s a *coup d’état* – but it’s still not you. To paraphrase Yeats, the falcon is flying the falconer. Or at least thinks it is, and wants to continue thinking that. And so, it tries to create it. That’s at odds with who you are really are, though, so the emotions respond with anxiety, stress, worry, and so forth. It’s not something that’s happening to you—it’s a warning signal you’re not heeding. Just like your nerves warning you about that hand in the fire, our emotions tips us off that this racing mind is not a good idea.

The mind/ego will fight hard to keep its usurped throne. But it’s not really in control, and it’s not really you. Instead of thinking your way out of all your troubles—stop thinking. Seriously. That alone will be an improvement, and your emotions will respond peacefully. Set about purposeful creation—and enjoy the joy you are meant to feel.

Once your own mind is out of your way, you can start to see the possibilities. Again, I don't mean pie-in-the-sky Pollyannaish rose colored glasses—I mean seeing the actual possibilities, and seeing they are indeed possible.

Then it's time to take action. But what does taking action mean?

We all tend to be “doers” in the sense that we feel we must do more to get more. We've forgotten how to wait, how to allow. I do NOT mean, however, that we should sit around wallowing in wishful thinking instead of creating; I mean getting out of our own way.

Learn to wait, to allow. Ever watch a cat stalking a mouse? Perhaps there's one behind the stove. “Silly cat,” we'll say. “Been like that for hours!” But what's going on in the cat's mind. Nothing but patience and focused attention. How long will the cat wait? A silly question from the cat's perspective--however long it takes. The amount of time doesn't matter; stalking the mouse matters. Everything is in the present, even as the cat is waiting. Never does the cat think, “Well, what if it DOESN'T come out?” or “What will people think of me sitting here in the kitchen staring at a stove?” THIS is creative and purposeful use of our thoughts and attention.

Learn to let go of emotional attachment, allowing purposeful creation to manifest in its place. *Feel* emotions, but don't let them *control* you, when really, you control the thoughts that control those emotions. Eckhart Tolle tells of a talk Krishnamurti gave in his later years. “Do you want to know my secret?” the Indian saint asked. Everyone listened. “Here is my secret,” he said. “I don't mind what happens.” Like the cat, he was focused on what he was doing in the NOW, not thinking about “what if” in the future. One is a positive, creative focus of attention and thought; the other is wasteful worry and speculation.

### Why and Purpose

Purpose, though, will guide us through; when we start with *why* we are doing something, the *what* and the *how* fall into place naturally. We do plan, of course, so this is a distinction hard for us to grasp at first. Simon Sinek, unwittingly perhaps, offers a clarifying point in the title of his book: “Start with Why.”

It's when we worry about *what* to do or *how* to do it without a clear picture of *why*—and here I mean in the creative, purposeful sense of attention to our thoughts—that we get tangled in a sea of negative thoughts.

Here's an example--as I'm writing this, I'm also putting together a workshop that I've been thinking about for a few years. I've finally found a way that it all ties together, bringing much of my work in several disparate areas into a unified whole that will truly change the way people think of their work lives and how to achieve what they truly want and can best contribute. I believe in this work strongly. It will help so many people who are otherwise

struggling needlessly. That's the *why* behind doing the workshop. Can you see my point? It feels great. It's exciting. And as such, I enthusiastically met challenges associated with the project and overcome them.

Now imagine instead other workshops I could certainly do, and expertly, but that I'm just not really into. Perhaps I might decide to do one for the money. But that's not a purposeful, creative use of thought attention. How will that inspire me to meet the challenges? More likely, the obstacles will discourage the project before it even got started—which is what happens with *most* of the projects people think up, isn't it?

That's the difference that *why* makes. *How* and *what* flow from *why*. When you want something, ask yourself why you want that. If the answer has you smiling, excited, happy, full of joyous anticipation, then you're on to something. But if the answer is drab, routine, predictable, matter of fact, then you're not creating something you really want, and your own thoughts are working against you. Emotions are signals; use them to gauge the quality of your thoughts and whether you should charge in or change course. How many times do people ask, "Give me a sign!" There they are. Know why, and you'll build what you want.

Even if things work out differently than you'd planned, you'll still find yourself on an interesting, enticing path, only farther along it than you were before, and having fun. To quote Simon Sinek again—there's a reason we say "arts and sciences," never "science and art." The "art" always comes before the "science." Similarly, we don't set out to win "minds and hearts," but rather, "hearts and minds," in that order. When heart leads the way, all is well—not as a platitude, but literally.

Creation comes literally from the heart; in one segment of the documentary "The Living Matrix," researchers show a series of images, some negative, some positive, and measure heart and brain activity for each. Not surprisingly, the heart and brain waves are different for the positive images than for the negative images. But this next part is fascinating. Rather than the brain leading the body, the brain was led by heart.

The researchers had subjects watch randomly generated images on a computer screen, not knowing which would come up, positive or negative—in fact, not even the computer would know in advance—and found the heart waves changed before the brain waves and even before the images were generated. And again, the heart and brain waves responded differently depending on the positive or negative image. But what's really interesting is the order of these "responses." First the heart wave would change, then the brain wave changed, and only then did the image change. The heart "responds" first, informing the brain, not the other way around, and both "respond" before the random image even appears. My friends, we are much more than we typically realize, and at essence, we are heart-centered.

In a related discovery, Dr. Gary Schwartz measured the heart and brain waves of both practitioners and clients in Reconnective healing sessions. He found that during a session,

the practitioner's heart wave changes, followed by the client's brain waves. Interesting, no? Again, the brain was led by the heart, in this case "jump started" by the heart of the practitioner.

It—whatever "it" is, in the sense described in "Zen and the Art of Archery," that elusive divine presence ordering our world, comes from the heart. When our thoughts follow our heart, we are in purposeful alignment, and our positive emotions resonate with it. When we find we are not feeling happy, we need to change our thoughts; the emotions are a sign we are not creating purposefully. For our thoughts to be in alignment, we must be following our passions, our heart.

Does this all sound a bit too mystical? Are you more of a practical, business-oriented nature? Then you need to spend a little time with Napoleon Hill.

You may remember this man for his most famous book, "Think and Grow Rich." I ignored this book for years, thinking it yet another of the "How to be a Billionaire by Speculating in \_\_\_\_" variety. I was wrong. This is a master piece of learning heart-centered creation in very practical senses.

Napoleon Hill was hand picked by Andrew Carnegie to investigate and codify a formula, a philosophy of success. Carnegie would give him letters of introduction to hundreds of the most successful, wealthy people of his day. He would pay Hill nothing beyond this. Hill told Carnegie he could depend on him, and though it took years, Hill did just that, first with his "Laws of Success," followed by other works refining his research.

What Carnegie and Hill discussed was not a business tactic, but a "vibration" as a basis for a Law of Attraction. This was "the secret" mentioned throughout Hill's books. The ability to focus the mind on a definite purpose and to see that purpose fulfilled, believing it, no matter how lofty, was the magical key to success. Over and over, Hill would find the same answers to his questions, interview after interview. The "secret" was this positive vibration of Abundance.

Have a Definite Major Purpose, Hill stressed, as the heart of his philosophy. Then a reasonable plan for achieving that purpose. Adjust as necessary, and don't give up. Ever. Keep the focus on the success, not the lack of it. In fact, originally, Hill told Carnegie he was the wrong man for the job, coming from humble origins. Carnegie made clear as long as Hill kept to that vision of things, he would always manifest lack. Sound familiar? Hill's success, though it took several years to realize, began the moment he told Carnegie he was up for the challenge, and meant it, with enthusiasm.

Hang in there—and want to. No matter how many times they're rejected, the waves still kiss the shore. That's the goodness of the universe we're born into. Truly, all we want is already here. We just have to believe it. And that's from not the mouth of mystics, but from the fabulously successful.

A good friend tells the story of a coworker who was a pathological liar—whose lies would then become true. And yet—his lies had an amazing twist. When he was without a vehicle, he lied about owning a blue Ford truck...and a few months later, he found a blue Ford truck he could afford and bought it. He lied about having his own piece of land with a trailer in the country...and a few months later, talked a farmer into selling him a small piece of land he wasn't using that just happened to have an old trailer a farm hand used to live in. He lied about having a girlfriend, with red hair...and guess what? He married a redhead. Passion and attention turned to truth and manifestation.

Now, I'm not recommending you become a pathological liar, but as Abraham poses this question and the following answer: "You want me to have an airy-fairy thought? You want me to say something that isn't true?"

Yes. Tell a different story. Believe it.

Not practical? Tell that to Andrew Carnegie and Napoleon Hill. Stop telling yourself that.

Tell a different story, the story the way you want it to be—and why.

### Don't forget the Good!

When working on leaving negative thoughts and behaviors behind, don't overlook something important—the many good things you are too. Just as your situation contains many positive elements as well as the negative ones that were getting your attention, so too YOU embody many positive elements. Don't forget this.

Part of your personal inventory, then, is all the good things you are. This is an important, in fact crucial, part of facing reality, and it's as easy to deny our good qualities as our challenges. Let's take a look.

Whatever your educational level, work experience, background—you have skills. What are yours? Take a thorough and specific inventory. Even in the areas challenging you, some aspects of this are good. Find them. These are the strengths you'll use in your new unstuck journey.

If you're looking for a job, this is the basis for your search. If you're looking for a new job, these are the keys to more options. Skills are transferrable. Someone with extensive cashier experience, for example, and experience with accurate record keeping might do well as a bank teller. Many important skills are "job-neutral," as they plug into a wide variety of jobs—presentation skills, inventory management, design, event planning, supervisory experience, to name just a few. Look at your complete collection of skills, and you'll quickly realize your "job" you're looking for is actually any of dozens of jobs, opening up your opportunities.

When considering what you want, ask why you want it—this will open areas previously unconsidered that you might find beautifully fulfilling. If you enjoyed your time in the army (not to make light of service, but just to illustrate), what about it was enticing? Do you like to work with jeeps? Do you like the outdoors? Perhaps a job as a forest ranger would fit. Do you like the structure and keeping order? Perhaps police work would suit you. Are you keen about firearms? Perhaps a safety instructor. Or was it about helping your country? Perhaps a career in politics is for you. Or defending those who need assistance? Maybe work with a legal firm. The point here is that even in a pursuit that many seem uniform, like the military, each individual in that experience is very different, and may well be headed to a very wide variety of meaningful career experiences—including perhaps a career in the military. The why is more important than the what.

If you want to be a musician, *why* do you want to be a musician? Is it because you enjoy being on stage? Is it creating beautifully crafted recordings? Is it bringing a message to people? Is it helping people forget their troubles? Is it to bring out deep feelings otherwise inaccessible? Is it working closely as a team with band mates? Is it writing songs? Is it orchestrating the arrangements? Is it appreciation for the instruments? Is it physically moving, or physically inactive? There are a wealth of possible careers in these and other questions, all of them very, very different for a world of very different people with different ideas and feelings about music and the things that can go with that music. The musician who would love one music gig would hate another gig that some other musician loves, and vice versa.

Know what you want; it's hard to get what you want if you don't know what it is. Be honest with yourself. Very, very, often, we convince ourselves we want something just because it's something palatable we think is within our reach and we can live with. What if instead we all admitted what we truly want? What would you do if you knew you couldn't fail? How would that feel? Why would it feel that way? Spend time on this—over time, it's self-revealing. The better you know yourself, the better you can begin to show your possibilities to others.

Don't make excuses, and let go of fear. Erase both those from your consideration. What, honestly, do you want, and why? What would that do for you? Dig deep, and do what you truly love.

### Abundance as an Energy Signature

Mary A. Hall has an interesting way of presenting this reality; she talks about abundance as an energy signature we can feel, as a blessing energy.

She makes her point with this really interesting: "What would \_\_\_\_ (money, for example) provide for me?"

Then, "What would *\*that\** provide for me (i.e., the answers to the first blank)?"

Then "What would *\*THAT\** provide for me?" etc. etc. etc.

...until it ends with "all is possible."

So...for example...

“What would money provide for me?”

Security, peace.

“What would security and peace provide for me?”

Less stress, peace of mind, confidence.

“What would less stress, peace of mind, and confidence provide for me?”

Expansion, growth, letting go of fear.

“What would expansion, growth, and letting go of fear provide for me?”

Unlimited possibilities.

“What would unlimited possibilities provide for me?”

All is possible.

And then....”If all is possible, what would I do?”

Interesting?

I've also done it and ended with "All things are," which strikes me as similar.

Then, “If all things are, what would I do?”

Abundance is the nature of reality.

So why doesn't it work?

Most people think the problem with their dreams is the tough nature of reality; it's not—they simply give up too soon. How do you know it's too soon? You haven't realized your goal. Failure is only possible at the moment you choose to quit. Notice—choose to quit. It's a choice. If it's a choice better suited to what you truly want, fine. If it's fear of not attaining what you want, it's a poor choice. Don't choose to be unhappy. You can't get unstuck when you're choosing to be stuck.

Like all habits, settling for stuck can be hard to break. You need a strategy, something that will support and sustain you through the times you might decide to quit.

1) Enter your Definite Purpose—from our old friend Napoleon Hill...a passion, a driving force, a commitment. It will keep you focused in a single direction.

Then have a reasonable plan for achieving your Definite Purpose. Follow it. Have specific long and short term goals. And—write them down.

In “What They Don’t Teach You in the Harvard Business School,” author Mark McCormack tells of a ten year study of graduates and goals; in 1979, interviewers asked new graduates from the Harvard’s MBA Program, “Have you set clear, written goals for your future and made plans to accomplish them?” 84% had no specific goals at all, 13% had goals but they were not committed to paper, and just 3% had clear, written goals and plans to accomplish them.

In 1989, the same graduates were interviewed again, and guess what—those with written goals were the top achievers.

- The 13% of the class who had goals were earning, on average, twice as much as the 84 percent who had no goals at all.
- The 3% who had clear, written goals were earning, on average, ten times as much as the other 97 percent put together.

Now, given that we’ve known this for decades—really since Napoleon Hill and Andrew Carnegie—why don’t we follow this simple advice? Especially in the face of such compelling evidence that it works so well?

We don’t write down our goals because don’t know what they are. Sounds strange, doesn’t it! But what’s the hold up?

It’s not the writing down itself that’s magic—it’s the writing down that forces us to be honest. We have to really look and think and decide. We have to really articulate what these goals are and how we intend to reach them. Most of our thoughts are MUCH more vague than that—despite what we tell ourselves to the contrary.

You can’t get what you want if you don’t know what it is or how you’ll go about it.

2) Further, why do you want this?

So much of our confusion—and make no mistake, it’s confusion—stems from either not knowing or not taking time to think this one through. What is it this will give you? Why do you want that? What will that give you? Why do you want that? Get to the real truth of who you are, what you want, and why. Your life will change when you do.

3) Next, what are you willing to give for this goal?

After deciding Definite Purpose, this was Napoleon Hill’s other wonderful insight (again, led by Andrew Carnegie at first)—what are you going to give for what you want? It’s when we are of service that we are in harmony with—the Universe if you like, but also simply the Economy. In return for that service, you are compensated.



But here, think of service much more broadly; what is it that would have you saying, “Hey, I’d have done it for free”? What really gives you joy? Think like a stream—if it’s damned at either end, there’s no flow. You have to give freely as well as receive fair compensation, or you’ll have either a desert or a swamp instead of a flowing stream.

Take this seriously, and think it through; what is your contribution to be? One you’ll be happy to make, in true service? One you’d do just for being asked?

4) Love yourself.

What would you do for any other friend? Would you do that for yourself too? Are you? If not, why not?

What would the Divine do for you? Would you do less for yourself? And if so, why would you undercut the Divine? Does that seem appropriate?

Love others. But understand--they are a reflection of you. See how beautiful they truly are. Recognize that this is your beauty shining back to you. Truly.

And love life. It’s what you’re doing here, and for good reason. Enjoy it, and live it with passion.

5) Finally, detach from other’s thoughts.

Like it or not, we continually look for others’ approval. We’re a social species. That also means that we accept a LOT of thoughts that mean nothing more than a lot of people think them. And that holds us back.

Don’t let the naysayers stop you before you start.

What else is possible?

Mary A. Hall has several excellent questions to use as a guide through the negative thoughts, starting with “Who does this thought belong to?-- 98% of it doesn’t belong to me.”

Don’t listen to the limiting beliefs. Don’t accept the common negative outlook used as a defense mechanism. Ask instead, in true appreciation, “How does it get any better than this?” And then, *from that place of appreciation*, ask with wonder, “What else is possible?” Listen to the answers. Listen to what is possible.

Let those traveling negative thoughts just go, zipping on by and out. Has this happened to you? It has to me. I was driving along one afternoon, perfectly happy, and suddenly was hit by an unexplained sadness that took a few hours to shake. What happened? I picked up someone else’s pain on my way. Don’t do that. Learning to recognize your own thoughts,

and learning to not confuse your thoughts with who you are (we are not our thoughts), will help to reveal the travelers, those errant thoughts from others, for what they are. You'll also start to recognize true intuition. Just as the scenery passing by the car window, something you notice but without thinking you are now stuck there, these stray thoughts from others will just move on by—if you let them.

“Would you be willing to let go and destroy all the habits and thoughts that prevent you?” Hall asks. “Jealous thoughts? Judgment?” Often we are reluctant to let go.

I had direct experience with the limiting power of taking on others' thoughts on my return from Cambridge. I had been attending the New England Conservatory of Music on a graduate performance scholarship, but I had also been working full time – living in the Boston area is not cheap – all while keeping an active rehearsal/performance schedule (an expectation of a performance major, especially on a scholarship, and an important career move anyway). I often came home from a gig, then stayed up late to finish homework, just to grab literally two hours sleep before getting up to go to work in the early morning (I was working in finance, and had responsibilities before business opened in the morning). On the weekend, I'd sleep like stone for 12 hours. I was driven, and spent most of my time worried about how I measured up to others' estimations, especially on stage.

A busy schedule of full time playing, studying, and working caught up with me, and eventually I had to ask for a leave of absence. I was fed up, tired and discouraged. It was just too hard. I would quit music. And with that mind-set, I returned home to central New York to find a job and start repaying my housemates what I owed them.

The day I moved back to central New York, the phone rang—it was the Personnel Manager for the Syracuse Symphony, and he needed someone to come play Stravinsky's “Symphony of Psalms”—in a couple hours for rehearsal, performances the next two evenings. No pressure, right?

I didn't want to do it—I was fed up, but...I needed the money. I couldn't turn down work when I owed others. So reluctantly, I took the gig. Then something amazing happened.

I was used to the pressure of symphony work, part of why I was so stressed out. Just be perfect, on demand, in front of thousands. Yeah. But not that night—and not ever again once I learned what I would learn.

I went to the rehearsal with a chip on my shoulder, not caring what anyone else thought. I was all about doing an excellent job, yes, but that was it. Anyone had a problem, here's the horn, you play. I was in no mood for any flack. Guess what. I had none of the struggle and tension I usually had when playing high-profile gigs. It was easy. Effortless. Suddenly, I was playing beautifully, masterfully, artfully.

I was shocked; this detachment freed me to play at higher levels than ever before. Why?

Simple really—I was focused on what I was doing, instead of worrying about what everyone else was thinking. Other players, conductor, audience—didn't matter. I was there to play, period. Play well, sure. But just that. I consider this the day I jumped from talented amateur/student to professional. I just did it.

Hall advises, “Go back to the point of putting that limitation in place.” And then remove it. Ask “What if I've never been wrong?” Imagine that—listening to that inner teacher instead of the nay-sayers around us.

Fear is an illusion—only love is real. This is not a platitude; it's reality. Learn to embrace it, and your experience will change rapidly. Do what you love--it's *easier!*

“Healthy, Happy, Holy,” as Hall puts it.

“I am. I can. I will.”

Love.

### The World Mirrors our Thought

Thus, perhaps few concepts are as misunderstood as the Law of Attraction; it's the world mirroring our thought.

First, understand the Law of Attraction does not mean burning incense and singing Kumbaya while sitting in lotus position around the campfire on an energy vortex. Not that there's anything wrong with that. In fact, I bet Napoleon Hill would love it. We're talking about something very practical and demonstrable here.

Second, it's not quite as simple as you just get anything you want—but almost...just that things get in the way.

And yes, you guessed it—those things come from you, causing you to get stuck.

So I'm not talking about magic here. I'm talking about getting things flowing for you again, in practical and measurable terms. Bear with me for a bit. I promise to bring it home. Let's deconstruct what's at work.

The world is a mirror; what you are seeing and experiencing is a reflection of you and your thoughts—and you see what you expect to see.

If I give college students an article about women's beauty, they will decide it's about how the media oppresses women and forces them to look like heroin chic runway models—even if the article has nothing at all to do with that. It fits students' list of “bottom-line” clichés, and they see what isn't there. If I give them an article about Native Americans, they will

decide it's about being forced off traditional lands—even if it's about something completely different. If it's about people of color—students will relegate the piece to reflections on racism, there or not. We see what we expect, and it's hard to break the habit.

Glance at an outdoor scene. Now look away. Did you see the \_\_\_\_\_? Whatever small detail we might use, chances are, no, not with a quick glance. OK, you're looking for the \_\_\_\_\_. Quick glance—see it? Your chances are much greater. Later, driving home from work, you see several of these \_\_\_\_\_. You know what you're looking for, and you recognize it quickly. Reality and perception are far more subjective than one might think.

Or consider criticism—what do we notice most...what bugs us the most? Those qualities we dislike in ourselves. “One finger pointing at you, three pointing back at me,” right? I used to think that was silly, but I've gradually learned it's spot on. You spot it, you got it.

Frustrating as that seems at first, noticing these things is a marvelous tool. Bingo, a laser right to the challenges you need to address. Most of us flounder in semi-denial, but if you pay attention, this is a detour around your denial to the truth. Take it very seriously—it's part of the glue keeping you stuck.

The world is your mirror; when you are all about criticism, you will see problems everywhere—and use them as insurmountable excuses. It's the government. It's the economy. It's society's attitudes. It's the educational system. It's the changes in the field. It's those people over there who are screwing this up. And you? Stuck forever, with nothing you can do.

But you can shift—when you are about actively looking for things to appreciate, you find solutions, you find assistance, you find guidance, you find resources, and you see paths and possibilities. You aren't stuck—in fact, it's no longer possible to be stuck while in this state. Move to that state, permanently.

See, lots of people believe that when \_\_\_\_\_ happens, they will be happy. It will never happen. Even if it did, they still wouldn't be happy. Just not how it works. See why? Review the last few paragraphs. That's just waiting for outside forces, which you cannot control.

Nope...Here's how it works: First, get happy. Then, \_\_\_\_\_ can happen. You must get happy first. Otherwise, you aren't asking for what you want—you're focused on what you DON'T want, and that's what keeps coming your way. Stop, right now, and find something to be happy about. That nice color over there. The warm socks you're wearing. Anything, but make the switch, and start learning to make it a habit. Be happy. No waiting. And no “there's nothing to be happy about in my life.” That's crap, and you know it. Drop it. Be happy.

Plato taught us that thoughts are things, and that the visible world was but a shadow of the world of archetypes. Before there's a chair, there's the idea of a chair. Before there's blue, there's the idea of blue. Before there's a blue house with a chair, there's an architect, a blueprint, and an interior designer (or at least a furniture salesperson, unless you picked up the chair on the curb). Thoughts are things; they are how we create, and they govern what we create, wanted or not.

Those thoughts have to be consistent—again, not magic, but knowing what you want and maintaining that focus. If you resolve wanders after getting the construction documents, you'll never build that house. If instead you're committed to building it, no matter the obstacles, you'll do it, and the house will come into physical reality. Simple in those terms, yes?

The same principle holds with less tangible examples. When you complain a lot, people tend to tune you out—it's always something with you. When you consistently find things to appreciate, you're a lot more fun to be with and to work with, and you'll attract help as well as new ideas and solutions. Know your purpose, what you want, and keep moving forward with it, step by step.

Learn to appreciate the help that comes your way—notice it, bless it, use it. Yes, I know—you're a loner, and like to do things yourself. Get over it. That's your ego talking, not your nature. Stop trying to do everything by yourself.

Gratitude is the key to the Law of Attraction.

### Be grateful for where you are

The Key is we must be grateful for where we are. Yes, I know, you want to get elsewhere. But be grateful for what you have right now, and be so happy appreciating it that you don't mind waiting with the thrill and excitement of what's yet to come your way. This will also (1) keep you from asking for what you don't want, and (2) keep you emotionally stable to stay the course. Be patient and consistent.

Burt Goldman offers this illustration:

Imagine going into a special restaurant, one that specializes in delicious soups made completely from scratch, any kind you want. So you decide on the Garden Tomato, and the chef gets right to work, chopping up vegetables, processing the fresh tomatoes, and so forth.

But 20 minutes pass after ordering Garden Tomato soup, and you complain to the waiter, "Where's my Soup?" The waiter explains the chef is working on it, but you can't see why this should take so long. "Never mind," you say. "Just give me the French Onion."

So the waiter tells the chef, who nods, looks at the simmering tomato soup you no longer

want—and pours it out, immediately starting on your French onion.

Another 20 minutes...you're getting irritated. "Hey," you call to the waiter. "About that soup?!" Again, the waiter assures you the chef is on it, but you don't want to hear this. "Forget it," you command. "Bring me the Vegetable Beef."

The waiter updates the chef, who again nods, tosses the simmering French onion, and immediately gets to work on your new order of vegetable beef. But 20 minutes later, just as your third soup is almost done, you get fed up and march out of the restaurant. You buy some SpaghettiOs on the way home, mumbling about how the world is going to hell and how your life sucks. The chef and the waiter decide to enjoy your soup.

That's how all too many people use the Law of Attraction. Know what you want, and why, and follow this definite purpose with conviction. Look with appreciation for what's going right. Keep at it, happily, knowing the positive outcome is inevitable—as that's the place you stop.

Why do you always find things in the last place you look? Because when you find them, you stop looking. Not until. If you don't find them...keep looking.

Napoleon Hill dramatically shows this with the story of R. U. Darby, whose uncle joined the Colorado gold rush, found gold, staked a claim and quietly went back to Maryland for help and financing. Darby returned with his uncle and equipment, soon earning enough to repay their debts—when the vein of gold they were mining ran out. They dug and dug, but apparently the gold had run out. They sold the mine and all the equipment at a huge loss to a local junk man.

The junk man who bought the mine from Darby, however, had a passion for mining, and was ready to work the mine when Darby had given up. He'd read quite a bit about it, and was delighted to acquire a mine at a price he could afford. The first thing he did, though, was hire a mining engineer—in other words, to get expert help. The engineer took a look and explained that the previous owners didn't appear to understand fault lines. In fact, he predicted there was another vein running—just three feet from where Darby had stopped digging. The new owner started digging, and indeed, found gold just three feet from where Darby had stopped.

Incidentally, Darby learned from the experience; never again would he given up just three feet from gold. He repaid his loans and went into insurance, where he became one of the most successful men in the industry. And Napoleon Hill tells that among the over 500 successful men he interviewed, they repeatedly reported that their biggest successes came just a bit after continuing through their greatest failures. In short—they simply did not give up.

While Darby made his name in insurance, the new mine owner reaped millions in gold.

Why? He had a definite major purpose and consulted expert help for a reasonable plan. It's not the circumstances or the times or the economy or the legal restrictions or the taxes or anything else external that made the difference here—it's the difference between two mindsets, two purposes, two outlooks.

Emotions reveal your thoughts, to others and to yourself—Use this! Negative emotions are warning signs that counterproductive thoughts are creating undesirable outcomes. Positive emotions are similarly reflections of positive thoughts working toward positive outcomes. When you feel bad, change your thinking, or you're creating more of what you don't want. You'd take your hand off a hot stove, yes? Same thing with your thoughts. At the same time, relish and rejoice in good feeling thoughts. All too often, people get nervous about these and feel they must reign them in—hell no! Feed them, stoke them, encourage them in every moment of every day.

People succeed when they have a passion for what they do, and when they pursue their passion, they don't quit. This alone gets them through the inevitable challenges—they keep hope and vision, maintaining positive momentum. Complaining, on the other hand, is not only wasted effort, but also perpetuates the negative situation by continually recreating it, prolonging the agony. Tell a better story. You aren't stating reality—you're creating the very situation you're complaining about. The world is a mirror. Take this seriously and literally. You are looking at you. Focus on your passion, and stick by it.

There are only two emotions, fear and love, and if you aren't doing what you love, it's out of fear. But fear is an illusion. “Nothing real can be threatened; nothing unreal exists” (A Course in Miracles). Just outside your comfort zone lies exactly what you need to be doing. Do it. Face it. Love it.

When people talk about acceptance, they discuss it almost as a quiet resignation. Just accept it. It is what it is. Doesn't sound very happy, does it! But the world is full of joys and celebrations and beauty and miracles and hope and promise and all sorts of wondrous things at every moment, even in tougher times. Life is good. The world is a wonderful place. You'll just have to learn to accept that! And really, people have trouble accepting good times. When's the other shoe going to drop? Sure, things are calm now, but you just wait...! No. Life is good. The world is a wonderful place. Learn to accept it, and deal with the joy. Resign yourself to joy.

“You can be anything you want!” we tell children. But to the adults, “Be realistic.”

Dream big; people are afraid to do this because they fear the competition—but much of that competition gives up, leaving a lot fewer people than you'd think. Getting funding or starting a business are often easier in tough times, because even more people don't even try, increasing your chances, and often offering special opportunities in the form of discounted prices as others give up. Or people are afraid to try what hasn't been done yet. I've fallen into this trap myself. But what do all entrepreneurs do? Just that—what hasn't been done

yet. Face fear. Follow passion.

Stop doing what doesn't work. If you're still defending the status quo--how's that working out for you? Right. It's not working.

Face fear, and follow passion—but appreciate how much is truly right in each moment. If nothing changes, nothing changes—but what changes is not first the circumstances, but first attitudes and perceptions. Get unstuck by appreciating what is right now—and enjoying it while pursuing a definite plan and sticking to a dream.

Be patient—and happily so.

### From Ideas to Physical Manifestation

Then we need to get out of mental abstraction, and start building things step by step in real space and in real time.

I had an epiphany one evening about manifestation.

I had finally carted my potted citrus trees outside, where they do much better after hanging on for the winter and early spring indoors, waiting for warm nights as well as warm days. I'd been meaning to do this all week...took me until today to get down to it. Late today. The day was getting dark.

Once they were finally, one by one, hauled from sunny corner to door, under the watchful eyes of my cats, from door to porch, making sure the cats stay inside for the night, and from porch across the yard to the shade of a large tree (they need a couple of weeks adjustment before moving again to full sun), they needed water. I hadn't watered them much because (1) water is heavy and (2) I knew I would be moving them. I just hadn't figured it was going to take me all week to get to it, and now, they definitely needed a good soaking to help them revive. And at night is a good time to do that anyway, let the roots absorb it before the morning sun.

What I hadn't planned on was spending the next hour connecting the garden hose. It's in an awkward spot, and I had forgotten that I had disconnected it a few months back when I needed a quick water sample for some well work. OK, no problem, right? Wrong. Getting the hose lined up and the threads to connect to screw the hose back securely in place just didn't want to happen. I did finally get it connected, though, and soaked my thirsty plants well. And between the connection and the watering, I had my epiphany.

I suck at even seemingly easy physical manifestation—that was my epiphany.

Well, OK, I don't suck at everything—I do see things into realization. This isn't a pity party. I mean at the "round the house" stuff, I suck. I have a friend who's a plumber. His work is



beautiful. I have other friends in the trades as well. An electrician. Carpenters. They do beautiful work too—professional, clean, effective. Not me. I live in my head. I’m an ideas person. Getting those ideas into physical manifestation—not so much. My plumbing would leak, my carpentry would be crude, my electrical mazes unsafe. I just do not have the skills to make things come out correctly and beautifully the way these men do. They know physical manifestation. I get as far as the ideas, and while I might refine those ideas, I rarely get to the physical stage. Perhaps that’s why plumbers and electricians are so much better paid than musicians, writers, and professors. The same is true of other friends—excavators, road crews, housing inspection—these people know how to make things work in the physical world.

Not to downplay what I do, and do well. Becoming a professional musician meant a lot of very hard work to realize practically what the ears and head can imagine. A lot more goes into writing and teaching than most people realize. And I’ve certainly made things happen in the business world. But always at the idea end. I was management. I was the consultant. I conceived the training program. I designed the course. Ideas. Ideas for other people to implement. People who make the physical things happen. Other people are bring my ideas to fruition.

What really happens is that I, like other idea people, and like all of those of us with more ideas than finished projects, give up too soon. Manifestation takes time and purpose and dedication—like I applied to music performance. It takes applied skill and knowledge at the physical level. Not just ideas. Look that the number of “someday” projects and dreams we all have. Ideas. We need more application of skill and knowledge at the physical level. We need to understand the beauty and mastery this physical manifestation embodies. And we need to understand the dedication and commitment to seeing it through properly that successful manifestation requires.

Suddenly, seeing things this way, we can realize why our “stuff” hasn’t manifested yet. We aren’t done. We give up too soon. Ideas are not enough. We have to build it in real time and real space.

We can start building with a true appreciation for the people who are already extremely good at manifestation in the physical realm. Plumbers. Farmers. Electricians. Road crews. Craftspeople.

Full of mystical ideas, we forget Jesus was a Carpenter, building real things with physical tools in the manifest world. Perhaps that should be telling us something about physical manifestation. Fishes and Loaves come in time.

**Good Luck!**

More tomorrow!