

# ***Turning Dreams Into Reality***

## ***The Power to Achieve Your Goals***

**by Susan Smith Jones, PhD ©**

**Excerpt #1**

Do you want to live life to the fullest or are you content to just go along with the crowd and settle for whatever comes your way? Your thoughts and beliefs have a strong correlation with every aspect of your life. This is one point upon which brain researchers, physicists, psychologists, psychiatrists, counselors and educators agree. Put simply, you'll get that which you truly believe in and desire.

Take a moment to close your eyes, breathe in deeply and slowly, and scan all the different areas of your life. Is your life a wonderful adventure, filled with celebration and joy? Are your relationships loving and nurturing? Do you enjoy your work and find genuine fulfillment in it? Are you experiencing optimum health and vitality? Is your body lean, strong and finely tuned? More important, are you living a life filled with serenity and peace, sparkling with happiness? If you answered "no" to any of these questions, then this article is written just for you.

### ***Swimming with the Dolphins***

A few years ago I had an amazing experience that showed me the tremendous power of thought and bringing your dreams to fruition. I was accustomed to going to the beach for an invigorating swim a few times each week, very early, and this was a splendid morning just before sunrise. After some stretching exercises and a short run, I was ready for my swim. Because it was the end of summer, the water was still comfortably warm. But this morning there was something in the air that I couldn't quite identify. I felt it deep inside me—a shiver of anticipation, a faint knowing that today would be different, that this day would be one I would remember the rest of my life. I went out into the ocean, rode a few waves, and then swam past the swells.

I was aware of the peacefulness of the water. Sparkling and resplendent, it rejuvenated my body and soul with each stroke. A few minutes later some old friends joined me, a group of pelicans who seemed to enjoy escorting me. These marvels of nature have always enthralled me. They were gliding flawlessly a few feet above my head, their wingspan so large that they almost eclipsed the light, when suddenly they flew away. Surprised, I waved good-bye as I turned over to begin the backstroke. It was then I saw something that made my heart plummet.

A large, dark, frightening fin was heading straight for me. Shark! I looked toward the beach. No one was there. I had always taken for granted that I would stay calm in a life-threatening situation. But not this time! As the fin continued in my direction, I simply froze and treaded water. I was so terrified, I couldn't swim away

or even cry out. And then it happened—a sight that will forever warm my heart and soul. The fin danced out of the water. It was a dolphin, and it was followed by a school of about two dozen more!

Less than two weeks before, I had watched a television documentary on dolphins. During my meditation that evening, I had visualized myself swimming and playing with a school of dolphins. I accepted and affirmed that that was my desire and reality. I then thanked God for this wonderful experience.

There in the ocean that morning, the dolphins stayed with me for a full half-hour, swimming, jumping out of the water, and jumping over me. I swam underwater with them, listening to their mellifluous sounds, touching their skin, feeling a connection and an exchange of love. For what seemed like hours, nothing else existed except my world of dolphins. I was oblivious to any thought of the past or future and lived right in the moment, rejoicing in the thrill of discovery.

Then, as quickly as they had arrived, the dolphins swam off, and I was left alone and immensely grateful. I swam back to shore, where by now a group of people had gathered, captivated by my dance with the dolphins. I answered many questions and tried to share what the experience had been like for me, but I found it very hard to put my feelings into words. Ineffable experiences that speak directly to the heart are often difficult to express clearly.

The others drifted away and I just sat there, enveloped in wonder at the experience of swimming with dolphins, and all I could do was cry—what had happened touched me so lovingly, so profoundly. What a beautiful lesson in living in the present and appreciating each moment. Because of that experience and so many others, I will never doubt the power of thought and belief to create any reality we choose.

### ***Make a Choice***

It's time to make a choice. I am going to ask you the same question I mentioned above. Do you want to live life to the fullest, or are you content to just go along with the crowd and settle for whatever comes your way? It's always your choice. As Abraham Lincoln so aptly wrote, "We're just about as happy as we make up our minds to be." We adults cannot blame our unhappiness on the environment, our upbringing, our family or friends, our jobs or anything else. We need to take responsibility for ourselves to be all we can be. George Bernard Shaw would probably agree. He said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want and if they can't find them, make them."

In order to become responsible, it is imperative we take a close look at the effect our thoughts and beliefs have on our lives. We each have a conscious mind and a subconscious mind, both of which are responsible for our actions in life.

Neither works independently. We are the sum total of all our experiences from the time of our birth until right now.

The conscious mind is the one you use when you analyze, reason and make decisions in your life. The subconscious mind is a storage house for all your experiences, your previous programming and conditioning. The subconscious part of your mind has been influencing your every decision—sometimes in opposition to your conscious desires.

These conflicts occur because the subconscious has little or no reasoning power. It is simply operating like a computer. It functions according to the way it was programmed. In other words, it helps bring into actuality the reality for which it was programmed. Operating like a computer, the subconscious is constantly being fed new programming or data with every thought. Thus you create your own reality with your thoughts, and this reality can be either positive or negative depending on what you are thinking.

All that you have ever dreamed, thought or needed in your life has contributed to what you have at this very moment. So if things aren't just the way you would like them to be, and you want to change them, you must change your thoughts and the words you speak to express those thoughts. Start to reprogram yourself. Andrew Carnegie put it this way, "Any idea that is held in the mind that is either feared or revered will begin at once to clothe itself in the most convenient and appropriate physical forms available."

### ***Set Up a Positive Magnetic Force***

The visions and images you hold in your marvelous mind instantly set up a magnetic or attractive force, which governs the experiences in your life. If your image is constantly fluctuating, you will continually be growing into something different, and that sets in motion a most chaotic process. Unfortunately, those individuals who are unaware of these very exact and precise laws are planting images of health or prosperity in their minds one minute, and then images of the opposite the next. It's very difficult to attract the good in your life when you continually switch from positive to negative thoughts. Strive to keep focused on only those positive things you want to be part of your life.

Take a typical day. When you wake up, are you excited and enthusiastic about the new day? Or are you reluctant, preoccupied with the discordant alarm, the hurry and traffic on the way to work, job dissatisfaction and dissatisfaction with yourself in general? Those negative thoughts can persist all during the day. And if you think these thoughts don't add up, you'd better think again.

According to the National Science Foundation, you think thousands of thoughts every day—in fact, about 1,000 an hour. The ordinary human being thinks about 12,000 thoughts a day. A deeper thinker, according to this report, generates about 50,000 thoughts. So imagine that fifty percent of the time you are positive in

your thoughts. For many of you, that means 25,000 negative thoughts are being added to your programming every day. And these thoughts are influencing the reality you have created for yourself.

Keep in mind that although the subconscious programs us, it doesn't reason and it doesn't have a sense of humor. Rather, it works to create the reality according to the programming it has been fed. This is normally accomplished by thoughts and through your life experiences, but brain researchers have found that since the subconscious is incapable of telling the difference between reality and fantasy, between the real experience and the imagined experience, it also programs your goals, aspirations, beliefs and other attitudes you have about life.

At the University of Chicago a study was done on the relationship of visualization to sports ability. Subjects were divided into three groups and basketball was the sport used in the experiment. At the beginning all the participants were tested as to their individual basket-shooting ability and the results were recorded. Then Group One was told, "You are each to practice shooting baskets for twenty minutes a day for twenty days." Group Two was told, "Don't play any basketball for twenty days. In fact, just forget about basketball for the entire time." Group Three was told, "You are to spend twenty minutes a day imagining you are *successfully* shooting baskets. Do this every day for twenty days. See every detail of your accomplishments in your mind."

At the conclusion, the three groups were tested again. Group Two members, who hadn't played basketball for twenty days, showed no improvement. Group One members, who had been practicing twenty minutes a day for twenty days, showed a twenty-four percent improvement in their basket-shooting ability. Group Three members, who had only imagined that they were *successfully* shooting baskets for twenty minutes a day, showed a twenty-three percent improvement in their actual basket-shooting ability—*only one percentage point less* than the group that had actually been practicing!

The subconscious can be programmed to procure the results you desire. With this knowledge, you can work on any area of your life. Here are some practical steps you can take.

### **Visualization**

A couple of times a day, especially when you wake up in the morning and just before you go to sleep at night, create some mental movies (creative visualization) that star yourself. Be as specific and precise as you can. For example, if you are working in an area that involves other people, include them in your movie. Use your imagination and visualize all the details you can.

See yourself behaving exactly as you wish to behave in real life. Experience it, enjoy it and see it just the way you would like it to be. See yourself relaxed, confident and feeling positive about yourself. Go through the entire movie and,

when you get to the end, experience how wonderful it *feels* to have behaved in such a positive manner.

The key is to see and experience only the way you would like it to be— *successful* and *positive*. You can choose to work on one goal at a time or several goals. It's up to you.

Let me emphasize that this type of programming doesn't take the place of the practice time required to learn new habits or develop new skills. But it does add two new ingredients—commitment and enjoyment—to everyday living.

### ***Faith***

You must believe with all your heart that this new goal is coming into your life now. As long as you are living with integrity and your goal in no way hurts or harms anyone else, you can live that vision. Don't judge by appearances, for what you have in your life now is a result of past thinking, visualizing and beliefs. Let go of the past and have faith that everything is unfolding in your life in the right time and order. It was Abraham Lincoln who offered this, "To believe in the things you can see and touch is no belief at all; but to believe in the unseen is a triumph and a blessing." Continue to focus on your goal with faith and a sense of positive expectancy. Believe that this goal, or something better, is coming into your life now. I always affirm mentally "this or something better I now accept in my life" because we don't always know what's for our highest good; however, the Higher Power within us all always knows.

### ***Affirmations***

Verbal affirmations of what you want to accomplish or the reality you want to create for yourself can supplement your positive thoughts. During your mental movies, or at other times during the day, affirm to yourself a statement that will bring about the positive results you want. These affirmations will be as different as there are people.

Let's say that today you want to concentrate on eating healthy foods. You might want to affirm something like this: "Today I am choosing foods that are meeting my nutritional needs. I'm eating amounts that are sufficient, and I feel satisfied and content that I am truly caring for and loving myself." Say this over and over during the day, especially during those periods when you feel torn by old, nonproductive habits.

(There are many sample affirmations and other countless, detailed "living your highest vision" tips and suggestions available in my books and audio albums, including ***The Joy Factor, Walking on Air, Celebrate Life!, Health Bliss, Wired to Meditate, Be Healthy~Stay Balanced,*** and ***Choose to Live Peacefully***. But if you only want to purchase one comprehensive and thorough program that provides all of the tools you'll need to reinvent your entire life, create high-level success in all areas of your life, and bring your dreams and goals to fruition in record-breaking

time for yourself, your family, and your loved ones, you will want to get my program ***Renew Your Life: Choose to Live Fully***. It's available on my website. This 14-title favored, complete program is popular worldwide and has already been enjoyed by people internationally from Australia to England, from China to Ireland, from the United States to Italy, and from Japan to France. For more information on this bestselling program, to read a variety of endorsement testimonials from around the world, or to order immediately, [please click here](#).)

Your mental movies and affirmations should always be in the positive, present and successful state. If you are stating things in the future tense, they will not become a reality. For example, say, "I am," not, "I will be."

Your thoughts will and do affect your entire life. The best results come to those who utilize positive programming on a regular basis, at least once a day. And the best time to practice either the mental movies or verbal affirmations is when your body is in a relaxed state. Because of this, I highly recommend that you first spend a few minutes to put yourself into a composed state before you start. By doing this, your subconscious becomes more receptive to self-programming.

Never allow anyone or anything to cause you to doubt your power and ability to live your vision—to manifest your goals and dreams. Decide what you want to create. Get clear on that first; there's power in clarity. Next, set some goals for yourself. Goals are like magnets, and the more you define and clarify them, the stronger they pull. Goals are an important part of living your vision and give you something constructive to think about. So many of us spend our waking hours thinking about all the negative elements around us or about how others should change to meet our expectations. Goals give our thoughts positive direction and purpose. When we know what we want and where we are headed, we don't spend our time thinking about what we don't want or don't have. Remember, what we desire and think about consistently, we get as beautifully evidenced by the following story.

### ***My Retreat Home-Away-From-Home***

A few years ago, one of my goals and dreams was to have a home-away-from-home, somewhere out in a natural setting where I could go to write and have some quality time for quiet and solitude. Although I wasn't sure where I wanted this home to be, I was very clear on some of my specific requirements: I wanted it to be a long way from a large city and crowds of people, and surrounded by trees and nature's sounds. The home itself needed to be made of wood and windows, have a spectacular view, and lend itself to my healthy lifestyle—sun, fresh air, organic garden, and space to work out. So for a few months I visualized this home. I wrote my vision down on three-by-five index cards and gave thanks that it was already a reality.

About six months later, I was invited to give a seven-day workshop in a town on Oregon's southern coast. I had been there before, speaking at Unity and other

churches and at the local hospital. I had always thought it was a beautiful area but had never considered buying a home there. One evening I had a break during my workshop and was invited to visit some friends who lived on top of a forested hill overlooking the Pacific. During our conversation in their home, they mentioned that the house next door was for sale. I answered casually and didn't give the information any more thought until later: in the middle of the night I was hit by a cosmic two-by-four and immediately realized I was supposed to buy that house next door to my friends. The realization seemed absurd, because I hadn't even looked at the inside of the house. I simply knew it was meant to be mine, and that it would be the perfect place for personal retreats and writing.

The next morning I called my friends. They were delighted with my decision, even though they thought I was a little crazy! I called the realtor, and that's when I learned that the house was already in escrow, about to close. He would be happy to show me other homes, he said, but this one was no longer available. I told him, "You don't seem to understand. That's my home and I'm not interested in looking at any others." I left my telephone number and asked him to call when the house was available. You can guess how the story turned out: it did become available, I made an offer, and it became my retreat home, God's and mine.

It certainly didn't come without roadblocks—the path of least resistance isn't always the best one. The whole process of creating my home presented me with one challenge after another and taught me numerous lessons as well, such as the importance of belief and faith and not judging by appearances; such as being thankful for everything seen and unseen, and beholding the Divine in everyone and everything. By the way, my home-away-from-home is on top of a hill, surrounded by trees, overlooking a bay, has lots of light, and is filled with angels, just as I visualized it. I had never thought about that specific location, but I know, now that I have it, that it's the perfect place for me and was made possible because of my rich inner life and my partnership with God.

### ***Divine Order***

I've come to realize that there's an unfathomable, yet recognizable, divine order to this universe. It's ever present and always working in alignment with what we need for our highest good and spiritual unfoldment and growth.

I've learned not to analyze or question it anymore. I continue to live in awe at the magnificent adventure life continually is. I'm convinced that it's extremely important to always imagine and think about what you want in life, while at the same time letting go of thoughts of what you don't want. Let your imagination work for you and not against you. Make friends with your thoughts. Know that you are exactly where you need to be in life, and, at any moment, you can choose to experience something else simply by taking responsibility and consciously choosing to think differently. This reminds me of the fantastic line by writer Nikos Kazantzakis, "You have your paint brush and colors. Paint paradise, and in you go."

Now remember, when you use creative visualization (mental movies), see your desire as an already accomplished fact. Dwell in perfect confidence, peace and certainty, never wondering or becoming anxious or hurried. Above all, don't worry. Worry brings fear and fear is crippling. Really, the only thing that could be cause for worry is fearing you'll have to do it all by yourself. Know that there is a power greater than yourself within you, orchestrating your every encounter and always guiding you in the right direction. Let go of those troubling thoughts. It was Mark Twain who said, "I'm an old man and have had many troubles, most of which have never happened."

Mental poise, visualization and affirmation require only a few minutes of time each day, but you'll be amazed at the results. Utilize these practices in all areas of your life. Your thoughts do affect your entire life. Start now by consciously choosing to make them work for you instead of against you. As a result of this new way of thinking and being, this moment—right now—can be a new beginning. No longer do you need to rue the past, worry about the future, or struggle through life as a victim of circumstance. As long as you live your life each day, absorbed in the present moment and centered on the love inside you, being responsible and accountable for who you are and what you want to become, you will experience a life more splendid, more wondrous, and more magical than ever before. So, live your vision. It's your choice!

© The above material is an excerpt from the books ***The Joy Factor: 10 Sacred Practices for Radiant Health*** and ***Walking on Air: Your 30-Day Inside and Out Rejuvenation Makeover***

As mentioned above, there are many sample affirmations and other countless, detailed "living your highest vision" tips and suggestions available in my books and audio albums, including ***The Joy Factor, Walking on Air, Celebrate Life!, Health Bliss, Wired to Meditate, Be Healthy~Stay Balanced,*** and ***Choose to Live Peacefully***. But if you only want to purchase one comprehensive and immensely thorough program that provides all of the tools you'll need to reinvent your entire life, create high-level success in all areas of your life, and bring your dreams and goals to fruition in record-breaking time — for yourself, your family, and your loved ones, choose my best-selling program ***Renew Your Life: Choose to Live Fully***. This 14-title complete program is popular worldwide and has already been enjoyed by people internationally from Australia to England, from China to Ireland, from the United States to Italy, and from Japan to France. For more information on this bestselling program, to read a variety of endorsement testimonials from around the world, or to order immediately, [please click here](#).

# ***Choose Your Words & Thoughts Wisely***

**by Susan Smith Jones, PhD ©**

**Excerpt #2**

## ***Excerpts from The Joy Factor, Walking on Air and Renew Your Life***

Positive thinking became almost synonymous with success in the 1970s. In its early use in organizations such as Dale Carnegie's success courses, positive thinking meant using willpower and conscious, positive thoughts to achieve goals. "What you can conceive and believe, you can achieve," is a popular positive thinking slogan. Never should we underestimate the divine potential of positive thinking. If it's rightly employed, this power of the mind is a catalyst that makes possible a wondrous transformation in our lives.

I see positive thinking as looking for the hand of God in every situation -- finding in happy experiences glimpses of His infinite kindness, and in painful ones His guidance and blessings to help us win new victories over our limitations.

It's a curious thing to me that no one ever taught me how to use my mind in school. I was taught mathematics, history, science, social studies, and English, but no course was offered on the science of mind so that I could learn more effectively. If I had my way, I would require all students, each year of their education, to take a class I'd call *Mind Power: How to Achieve Your Goals & Live Your Highest Vision*. This would be all about the science of mind and would cover a variety of topics, including mind strength and clarity -- how to be alert yet relaxed. A special section would be devoted to attention and how it affects all areas of our lives. Finally, students would be shown how to choose effective, positive thoughts -- to be in control of thinking at all times, instead of allowing thoughts to be in control.

Control of the mind is essential if we are going to live peacefully, joyfully and healthfully. Be firm but loving for the mind is the rein that controls the horses - the emotions and the body - and guides them to safety along the road of life. Train the mind always to be loving and kind and to see the best in others and in everything. When the road of life is steep, keep your mind even.

What you give your love, time and attention to, you get more of in your life. We must become aware of our thoughts. Our thoughts determine our experiences. Each of us has the freedom to accept and embrace whatever thoughts we choose.

You possess within the silence of your being the ability to think, create and become whatever you want to become. So take your thoughts off the negative and think only about those things you want to be part of your life.

### ***Our Life is a Reflection***

Our lives reflect our thoughts, dreams, expectations, beliefs, hopes, feelings of self-worth and desires. Knowing this, you can consciously modify your inner states to create and live your highest potential and vision. We are not victims of circumstances; we are the architects of our lives. Our conscious thoughts create an image of our lives, ourselves, our feelings; our subconscious reproduces that image perfectly. We create our own heaven or hell. Your thoughts can imprison you or set you free. Complications, conditions or people do not upset you, but the way you think about them causes your upset. Freedom is not possible until we discipline and retrain our minds.

Inevitably, your beliefs and thoughts create your reality. Let's look at an all-too-common example of how this concept works: weight control. Let's assume that you've always had difficulty controlling your weight. You've tried all kinds of diets and they've never worked, so you have negative beliefs about diets. You've tried to limit the amount of food you eat without much success, so you don't have much faith in your self-control. And you get on the scale every morning and the figures on the scales usually serve to reinforce your view of yourself as overweight. It really is a vicious cycle. In order to better understand why you keep repeating the same patterns, let me explain a bit about the way your mind works.

Brain researchers see the mind as composed of two primary parts: the conscious mind and the subconscious mind. A window to the world, your conscious mind runs your daily waking activities, such as making decisions, relating to others, and so on. Your subconscious mind, however, carries memories of all your experiences. It is the storage center for all the information your conscious mind sends it, based on your daily experiences. Your subconscious mind is a computer that is fed the data of your every thought and experience.

### ***Weight Control***

Relating this to the example of weight control: if you get up every morning and worry about what clothes will fit, if you dread getting on your scale, if you dislike being seen in public, if you think about going on a diet (they don't work anyway and that's another article) but doubt that it will work, you are programming your subconscious computer in a negative way.

Your mind creates reality according to its programming. If you think of yourself as fat, as having little self-control, as being unable to change, you will see those beliefs reflected in your life.

The same is true for every other area of your life. Your beliefs and thoughts about yourself, your relationships with others, your money, your material possessions, your job, and so on, will be faithfully recreated in your life. Now you may be reading this and thinking, "That isn't true for me. I know that I really want to lose weight and tone up my body (or make more money or get involved in a relationship) but I'm not experiencing that in my life." To that I would say that there is a difference between wanting something on a conscious level and wanting it on a subconscious level.

Our conscious mind and our subconscious mind are often in conflict. Consciously you may want something, yet subconsciously you create mediocrity or failure. That's why positive thinking as it is commonly perceived doesn't work. It doesn't do much good to force yourself to think positive thoughts on a conscious level while your subconscious still harbors many negative beliefs. What you need to do in order to break the vicious cycle of negative beliefs that is creating a negative reality is to reprogram your subconscious mind through methods we will examine in a moment. In addition, you must make some behavior changes on a conscious level that will contribute to new beliefs.

In other words, you must be what you desire. To be it, you must first capture the feeling of whatever it is you desire, whether it's being happy, or loving, or prosperous, or fit. Then you'll start acting that way and finally become it. The essential key in the process is capturing the feeling, because when you do that you've captured the ability to internalize it. Then it's only a matter of time.

If you see your world only according to what surrounds you right now, you are judging by appearances and limiting what you are going to have. Instead of thinking, "I'll believe it when I see it," think "I'll see it when I believe it." Trust in the Universe, the power within, regardless of appearances. For it's from the invisible that the visible is made possible and comes into fruition.

### ***Change Your Consciousness***

As we change our consciousness, we change our lives. Because thoughts create form, the very thing you believe becomes reality for you because you believe in it. Richard Bach, in *Jonathan Livingston Seagull*, said, "Don't you believe what your eyes are telling you. All they show is limitation. Look with your understanding, find out what you already know and you'll see the way to fly."

So first, you must say what it is you desire, and you must be specific. You must put in mind that which you choose to bring into your life. You must direct the power within to create what you want. The creative principle works according to the seeds that you plant. Therefore it's imperative that you plant the seeds that you desire to grow. When you plant seeds that you don't want to grow, it's out of a lack of understanding. If you plant love you get back love. If you plant scarcity, you get

back scarcity. So, say what you want, be specific, and act "as if," that is, act as if what you want were already true.

It's important to understand that belief can be embodied in consciousness through "the path of emotions." Regarding the emotions, the idea must be one that excites our interest. The interest will then stimulate the emotions, particularly feelings of love, and when the feeling reaches the stage of passion it will then be recorded as a belief in the mind.

Let's take a closer look at the role of feelings in being the person you want to become. Your feelings are the power that creates. Just to simply visualize something without deep, passionate feelings will do little good. From the extensive research I have done in the field of manifestation, I have come to appreciate the role of feelings. I like to describe feelings as an electromagnetic force field that is so strong it sends up a vibration that pulls like vibrations to itself. It is a magnet for similar energy particles. The result: more of those situations that produced the feeling to begin with. For example, human behavior specialists know that success begets success and failure begets failure. After interviewing many highly intelligent, successful people with diverse backgrounds and vast experience, the conclusion I came to was that how you feel about things can be a determining factor in the way your life works out. And any feelings we want we can have by simply being it. It's this powerful force of feeling that acts as a generator to bring into creation that which we desire. Negative feelings will bring negative results. Positive feelings will bring positive results.

As I lecture around the country and worldwide, I often hear statements such as this: "I continually affirm, visualize, meditate, and believe in my highest good, but I rarely see results." Most of the time it's because the receiving channels have not been opened. This can be done by practicing forgiveness toward ourselves and others and by releasing all fear, anger, guilt and any blockages to the presence of the love inside you.

(You can read more about this in my books *The Joy Factor*, *Living on the Lighter Side*, *Wired to Meditate*, *Choose to Live Peacefully*, *Walking on Air*, and *Health Bliss*, as well as my 14-title, multi-product complete "reinvent your life" package available on my website titled *Renew Your Life: Choose to Live Fully*.)

### ***Make External Changes***

Let's now take a look at some external, conscious changes you can make. For example, if you feel that your beliefs about money are creating negative results in your life, examine the behaviors that support those negative beliefs. Maybe you are frugal in your grocery shopping; you always buy the cheapest of every brand and skip the luxuries. Although that frugality might be wise in light of your current financial situation, you should be aware that it also tends to reinforce your belief that you have very little money. One way to attack this belief would be to substitute a

new behavior for an old one. In other words, the next time you're in a grocery store, allow yourself to indulge in a little luxury. And while you're doing it, imagine that this is your present reality.

If your problem is loneliness, make it a point to smile at one stranger every day, just as if you had plenty of friends and an abundance of love to share.

If you are overweight, buy yourself something appealing that you would normally have denied yourself because of your present weight.

The more time you spend acting "as if" and imagining yourself as already having achieved a goal, the more likely you will be able to achieve the goal.

Here's another important aspect of creating what you desire -- the *Law of Circulation*. You must also give away the very thing you desire. What you give out, you get back multiplied. If you desire increased prosperity in your life, share what you do have with others. Don't hoard it, because that would be a manifestation of a fear that there might not be enough. If there is a person or organization that has enriched your life, give from your heart with no expectations and you will see the prosperity come back to you multiplied and in ways you never expect. It always works that way.

### ***The Law of Circulation in Action***

Not long ago, after writing my prosperity affirmations and goals on cards one morning, I went to the grocery store. While waiting in the checkout line, I suddenly called out to the harried mother in front of me, "I'll pay for those," because I could see that she didn't have enough money to cover the groceries for herself and her three children accompanying her. Well, needless to say, she was astonished. Quite honestly, so was I. The words seemed to have just popped out of my mouth. After some hesitancy, and some excellent persuasion on my part, she let me pay her bill. I felt terrific! It is said, "To give is to receive," and it surely rang true for me that day in the market. The pleasure I received made me feel rich inside. But that is not the end of the story.

Later that same day while doing errands in Santa Monica, I ran into a lovely lady whom I had counseled on numerous occasions several months before with issues of extra weight, poor health, depression, no passion for life, financial challenges, etc. At that time, she had been unable to pay anything for the many holistic lifestyle counseling sessions I gave her. So I let it go and put it in God's hands knowing that the *Law of Circulation* always works and that, somehow, it would come back to me multiplied in other ways. That day she gave me a check, which was already written out for *twice* as much as she owed me, saying that my work with her immensely changed her life for the better. She carried my entire ***Renew Your Life: Choose to Live Fully*** program on her iPad, and she even showed it to me as we visited over a cup of tea at a local café. I can attest to that as

I saw her pull out from her tote bag the check (that was written out that *same* morning) and her iPad containing my 14-title program. She was planning to mail the payment to me sometime that same day. Running into me gave her an opportunity to give me a big hug of appreciation and to thank me in person for being her catalyst for positive change and especially for my *Renew Your Life* program that she refers to daily for inspiration and motivation.

I believe that there are no coincidences in life. Everything unfolds in divine order. During our visit, she said that I was now her official “muse,” a comment I’ve heard often before — one that always makes me smile and fills my heart with joy. Well, needless to say, I was touched to the core, deeply grateful and so proud to see her weight loss success, financial triumph and new positive attitude about life. What a delight to see the laws of prosperity and circulation working as described here in this article. She and I also made more appointments for counseling sessions to start the following month. Give from your heart to those who have enhanced your life and it will come back to you multiplied. Practice the *Law of Circulation*. Be the change you want to see and create in your life. Act as if you are now living your highest vision for yourself and support this with very thought, word and action.

To act "as if" takes courage and trust, and I know it's hard to start giving when you don't think you have enough. I realize that some of you reading this want to get out there and participate and have fun, but you are scared. But you must go out into the world as if you had the courage -- and then you'll find that the courage you wanted is already there. Do the thing and the power is yours. But it begins with a risk. If you don't risk you don't receive. That's how you generate the power.

Another way to move toward the achievement of your goals is through reprogramming your subconscious mind. There are many methods available: creative visualization, affirmations, meditation, self-hypnosis, and biofeedback techniques are just a few and are discussed in all of my books. The idea is to alter your state of consciousness so you can temporarily set aside the conscious mind and focus your concentration specifically on your subconscious. Suggestions given to your subconscious while in an altered state of consciousness, whether they are images or affirmations, will be at least 20 times as effective as suggestions given in a normal state of consciousness, according to brain researchers.

### ***Demystify Your Beliefs***

Many people feel that their deepest beliefs and feelings are forever a mystery to them. They feel they don't understand the real reasons behind their actions, and as a result they feel powerless to change their actions. You have the power and ability to recognize and change the beliefs you have about yourself. Although your beliefs may seem mysterious and complicated on a conscious level, on a subconscious level they are usually simple. Your beliefs about yourself are based entirely on your

past experiences. All of your experiences program your subconscious, and the result is the person you are today.

That is not to say that all you will ever be is the sum of your experiences. However, unless you take conscious control and choose the kind of programming you are feeding into your subconscious computer, you are destined to repeat your past experiences. Have you ever noticed that your life experiences are all very similar -- it's just the people who keep changing?

Realize that the subconscious is programmed; it doesn't reason. When you understand this concept and integrate this knowledge into your life, you will be able to create a healthier, happier life than you ever imagined possible. The subconscious works to create reality according to the programming it has been fed. Although this is normally accomplished by thoughts and through your life experiences, brain researchers have found that the subconscious is incapable of telling the difference between reality and fantasy, between the real experience and the imagined experience.

So taking time each day to visualize your goals can have a profound effect on your life. As George Bernard Shaw said, "Imagination is the beginning of creation. You imagine what you desire, you will what you imagine; and at last you create what you will."

At least once a day, I incorporate conscious creative visualization into my schedule. It's a tool for using your imagination more consciously. You must practice it with feeling, thanksgiving and acceptance. If you want greater health, see yourself in your mind's eye as radiantly healthy and energetic. Whatever those mental pictures are for you, make them vivid and real. If you want more peace, visualize yourself as a peaceful person. The same with prosperity, creativity, happiness, relationships and anything else you might want. See your ideal visions and feel the joy and thanksgiving you would have were the vision your current reality. Don't let your ego get in the way. Your ego is where your fears reside. Creative visualization should be no-limit thinking and feeling. Stay open to all possibilities. What's life without your dreams?

Albert Einstein said that he conceived of the theory of relativity by visualizing "what it must look like to be riding on the end of a light beam."

Henry David Thoreau once said, "If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours."

I love that. It always works, but it takes getting out there and advancing confidently in the direction of your dreams. What are your dreams? What is your vision? What do you expect to achieve in life? An important part of the process is expectation. Always expect to achieve your highest good, the best life has to offer, and live so that the best may become a part of your experience. Never allow

anyone or anything to cause you to doubt your power and ability to live your vision -- to manifest your goals and dreams.

I've come to realize that there's an unfathomable, yet recognizable, divine order to this universe. It's ever present and always working in alignment with what we need for our highest good and spiritual unfoldment and growth. I've learned not to analyze or question it anymore.

### ***Living in Awe***

I continue to live in awe at the magnificent adventure life continually is. I'm convinced that it's extremely important to always imagine and think about what you want in life, while at the same time letting go of thoughts of what you don't want. In other words, let your imagination work for you and not against you. Make friends with your thoughts. Know that you are exactly where you need to be in life and, at any moment, you can choose to experience something else simply by taking responsibility and consciously choosing to think differently. This reminds me of the fantastic line by writer Nikos Kazantzakis: "You have your paintbrush and colors. Paint paradise, and in you go."

There is power in what you think and say. But I'm not saying that all you have to do is put different pictures in your head and say a few positive words and immediately your life will turn around. I am saying that in order to change, you must start with your images, thoughts and words. They will then get stored in your subconscious as reality. Then you will start acting on that new reality. I use visualization for everything from healing relationships, to increasing my prosperity and fitness level, to finding parking spots, and tapping into higher levels of creativity and peacefulness.

These days most of my visualizations and affirmations have to do with being in perfect harmony with the Divine within and staying open to this guidance. I want to be an open vessel through which God's will is manifest in my life. My human mind is not usually aware of what God's will for me is, but my Divine Mind is. Every day, through prayer and meditation, I consciously surrender all to God, holding nothing back; and I ask for awareness, strength and courage to act on the guidance I receive. In adopting this way of living, I have seen more changes and far greater fulfillment in my life than I could have imagined possible. The indwelling Spirit in you, makes all things new. This Divine power completely regenerates, renews, restores and rebuilds your life and world. I realize that Spirit can do for me only what it can do through me. "When you unlock the human door you are caught up in the life of the universe where your speech is thunder, your thought is law, and your words are universally intelligible," said Ralph Waldo Emerson. And similarly from Neville we find, "Be still and know that you are that which you desire to be, and you will never have to search for it."

So follow your heart's desires. Commit to your dreams and regardless of appearances, don't give up. Persevere and you'll find the way to freedom. And choose your highest and best thoughts and words at all times.



As mentioned above, there are many sample affirmations, visualizations, and other countless, detailed “living your highest vision” tips and suggestions available in my books and audio albums, including ***The Joy Factor, Walking on Air, Celebrate Life!, Health Bliss, Wired to Meditate, Be Healthy~Stay Balanced,*** and ***Choose to Live Peacefully.***

But if you only want to purchase one comprehensive and immensely thorough program that provides all of the tools you’ll need to reinvent your entire life, create high-level success in all areas of your life, and bring your dreams and goals to fruition in record-breaking time — for yourself, your family, and your loved ones, choose my best-selling program ***Renew Your Life: Choose to Live Fully.*** This 14-title complete program is popular worldwide and has already been enjoyed by people internationally from Australia to England, from China to Ireland, from the United States to Italy, and from Japan to France. For more information on this bestselling program, to read a variety of endorsement testimonials from around the world, or to order immediately, [\*\*please click here.\*\*](#)