

Excuse Me - Your Life is Waiting - Lynn Grabhorn

For well over a decade my passion has been a grand spiritual journey into what I call "the physics of thought," toward the end that a deeper knowledge of this somewhat outrageous topic might provide ways for all of us, myself in particular to get more out of life. My studies have taken me everywhere from learned professors of physics to deep within the esoteric sciences, from plain old medicine and just about everything in between to the point where I decided I could call myself somewhat of a lay expert on the subject. The only problem was that, knowledge or no, "getting more out of life" wasn't happening and it was beginning to tick me off. Something was missing, and I flat-out couldn't put my finger on it. So I dive into this information (ultimately hundreds of hours worth) and in two weeks I'm stunned, in one month I'm flabbergasted, and in ninety days there's such a turn around in my life, I say, "That's it! I gotta write about it so the rest of the world can flip along with me." And so, in my own prosaic words and style I've reissued here the profoundly simple teachings from the Hicks family in Texas, spiced with my own angles and buzzwords, my own observations and experiences over the past years, and blended it together with my years of study. I unashamedly offer the finished product as the greatest missing link to life and living ever known to mankind, which means I've done this stuff and am still doing it and will never stop doing it. because, by damn, it works! How do we get what we get in life? Why do some people seem to have it all while others suffer so? Why did that bozo bump into you on the freeway? Why did that little child have to die so young? How come that guy got promoted, and not you? Why can't everybody have prosperity, and joy, and security? Like Jessie was small, I mean really small. His bat seemed longer than he was. He stepped up to the plate with unceremonious confidence and proceeded to hit the very first ball so far out over the bushes that they never did find it. I was flabbergasted, the crowd went ballistic, and Mindy looked at me and winked. This impossible scenario repeated itself four more times. Little Slugger Jessie was a sensation, a phenomenon in the flesh. And with the research I was doing on the physics of manifesting, I damn sure wanted to find out what made this little half-pint tick, just as Mindy knew I would. When most of the backslapping was over, I wedged my way up to him through the crowd and asked if we could sit down and talk for a minute. When we reached the top of the bleachers I said, "Jessie, how do you do that? How do you hit so many home runs?" "I do not," he offered innocently, waving a casual goodbye to some of his teammates. ***"Each time I get up to bat I just feel what it's gotta be like to connect, and I do." Although I didn't know it at the time, Jessie had just described the fundamental principle of manifestation known as the Law of Attraction, the physics that creates every moment of our day. We create by feeling, not by thought! That's right, we get what we get by the way we feel, not by trying to slug things into place or control our minds. Every car accident, job promotion, great or lousy lover, full or empty bank account comes to us by the most elemental law of physics: like attracts like. And since most of us haven't felt too hot about what we've had for most of our lives, we've become highly gifted masters at attracting an overabundance of circumstances we'd rather not have. You want a new car? You got it! You want to work successfully for yourself? You got it! You want to close that deal? Make more money? Have a great relationship? Live without fear? Have a spiritually fulfilling life? Have superb health, freedom and independence? You got it, if you know how to feel it into being. The Law of Attraction, like attracts like is absolute (and has nothing to do with personalities). No one lives beyond this law, for it is the law of the universe. It's just that we never realized until recently that the law applies to us too. This is the law behind success or failure. It's what causes fender-benders or fatalities. It is, to the point, what runs every waking moment of our lives. So if we want to turn our lives around, or bring in greater abundance, or health, or safety, or happiness of any kind, we have only to learn the simple steps of manipulating our "feelings," and a whole new world of plenty opens for the asking.*** Probably the most destructive thing we've been taught is that life is born of a series of circumstances served up to us on this gigantic platter called Pot Luck, or Fate, starting always with the parents we were born to and the environment in which we grew up. If we were born rich, we got a lucky draw. If we were born poor, struggle would be our more common destiny. If we found happiness, it was by the cherished touch of Lady Luck. If some drunken idiot crashed into us on the freeway, it was rotten fate. We've been caught that we gain only as we labor, chat action is the magic word. Do, do, do; work, work, work, strive, sweat, toil, and then if our luck holds, we just might come out ahead. But the greatest obstacle to living our potential comes from toddler days when we were trained to look for what's wrong—with everything! With our jobs, our cars, our relationships, our clothes, our shapes, our health, our freeways, our planet, our faith, our entertainment, our children, our government, even our friends. Yet most of the world can't even agree about what right or wrong is, so we war, and strike, and demonstrate, and make laws, and go to psychiatrists. "That's life," you say. "We have to take the good with the bad, the ups with the downs. We have to be on guard, work hard, do things right, be watchful and hope for a break. ***Yes, that's the way life is.***" ***No, no, and NO! That is simply not the way real Life is, and it's time we faced up to how we actually do create what we have in our world, our empty or full bank accounts, our grand or boring jobs, our good fortune or bad, and everything else in this arena we so nonchalantly call reality. How do we do it? Don't laugh; it all comes from how we're vibrating! Everything in this world is made of energy: you, me, the rock, the table, the blades of grass. And since energy is actually vibration that means that everything that exists vibrates. Everything! Including you and me. But even though there's only one energy it vibrates differently. Just like the sound that pours out of a musical instrument, some energy vibrates fast (such as high notes) from high frequencies, and some vibrates slow (such as low notes) from low frequencies. Unlike the cones from a musical instrument, however, the energy that flows out from us comes from our highly charged emotions to create highly charged electromagnetic wave patterns of energy, making us powerful but volatile walking magnets. The electromagnetic vibrations you send out every split second of every day are what have brought and are continuing to bring everything into your life, big or small, good or bad. Everything! No exceptions.*** Tom pooh-poohed my fears by telling me how proud he was of me, and that he had never seen such a clean, uncomplicated deal. But I was a nervous wreck. It was too unreal, it would never happen. And it didn't! On the day—the day—the big sale was to close, the buyer found legal cause to back out. My worse fears had come to pass. Twice more that happened until I finally told Tom just couldn't handle the pressure and stress of these big-commission closings that came down to the wire but never happened. All he ever said was, "Sweetie, you blew 'em away with your fears. You got to feel those tender little suckers close, feel yourself shaking everybody's hand, and feel yourself out there celebrating. You gotta know it's going to work, honey, or trust me, it never will. If you can't feel it happening, it won't." But they also proved something else perhaps even more important. They found that the more emotion the thinker and sender. Charged his thoughts with, the clearer the picture turned out to be! ***These fellows were possibly the first to prove that there is magnetic energy attached to our thoughts, and that thought is propelled by our emotions. What they missed, though, is that because the vibrational waves (emotions) we send out are magnetically charged, we are literally walking magnets, constantly pulling back into our world anything that just happens to be playing on the same frequency or wavelength. For instance, when we're feeling up, filled with joy and gratitude, our emotions are sending out high frequency vibrations that will magnetize only good stuff back to us, meaning anything with the same high vibratory frequency that matches what we're sending out. Like attracts like. On the other hand, when we're experiencing anything that joy isn't, such as fear, worry, guilt, or even mild concern, chose emotions are sending out low-frequency***

vibrations. Since low frequencies are every bit as magnetic as high frequencies, they're going to attract only cruddy stuff back to us, meaning anything of that same low frequency that will cause us to feel (and vibrate) as lousy as what we're sending out. So whether it's high vibrational joy, or low vibrational worry, what we're vibrationally offering in any moment is what we're attracting back. We are the initiators of the vibrations, therefore the magnets, the cause. **Like it or not, we have created and are creating it all. We may be flesh and blood, but first and foremost we are energy-magnetic energy at that! Which makes us living, breathing magnets. Crazy as that may sound, it's high time we woke up to the fact that we are electromagnetic beings tripping around with this mind boggling capacity to magnetize into our lives whatever in the world we desire by controlling the feelings that come from our thoughts. But because we exist on this planet in a predominantly low frequency field of energy born of over six billion people who are vibrating more feelings of stress and tearfulness than joy, we involuntarily cake in those vibrations and react to them. Until we consciously learn to override the pervasive low frequencies in which we exist, we will keep recycling unpleasant outcomes into our lives day after tiresome day.** Just like swimming in salt water, if we don't wash the residue off, sooner or later it's going to make us mighty uncomfortable. There's just no way around it; the way we feel is the way we attract. And more often than not those feelings come from our thoughts, setting up the instantaneous electromagnetic chain reactions ultimately cause things to happen, to be created, to be withheld, or to be destroyed. **Our feelings go out from us in electromagnetic waves. Whatever frequency goes out will automatically attract its identical frequency, thus causing things to happen—good or bad—by finding their matching vibrations. Happy, high vibrations attract happy, high vibrational circumstances. Yucky, low vibrations attract yucky low vibrational circumstances. In both cases, what comes back causes us to feel just as high or low as what we had been transmitting (feeling), because it's an exact vibrational match to what we sent out.** So instead of being one, constant, well-aimed tuning fork, we're more like a whole bunch of them clustered together, each having a different pitch or frequency, and collectively pinging haphazardly all over the place with our up-down, up-down emotions. Since one minute we're pinging high and the next minute we're pinging low, causing one frequency to cancel out the other, nothing much ever changes in our lives, or at least not very rapidly. Only we're not tuning forks. What's coming back to us as a result of the jumble of unfocused emotional energy (vibrations) we spew out every instant are rarely pleasant little pings, but a relentless procession of messed-up, hit or miss, unplanned events and circumstances. Needless to say, what we've been creating with all this indiscriminate flowing of energy is pure pandemonium at worst and a second-rate life at best as we continue magnetizing into our day-to-day existence every experience, person, game, happening, encounter, incident, event, hazard, occasion, or episode by however we happen to be vibrating. Which means feeling. What a long way we all had come! Tony and Ginger and I had spent years in various degrees of financial chaos because we didn't know a thing about controlling our energy. Each in our own way, as bill-paying time came and we'd look at how much we needed but didn't have, the more uptight we'd get. The more we focused on what we didn't have, the greater our negative energies would grow, magnetizing even more debt along with less income to offset it. Our emotional focus on the lack of what we had was continuing to magnetize more of the same back into our experience, usually bigger and meaner and nastier than the month before. The process is like tossing a boomerang, one of those things you pitch away from you that circles back for you to catch (or clobber you if you're not looking). **What we send out—vibrationally—is what we get back. So until we change our vibrations, we're going to pull back to us whatever we've sent out. To put it another way, if we don't stop feeling and sending out downer vibrations, then downer circumstances are all we're going to pull back! We get what we emotionally focus on! Focus on what we want with passion and excitement, and presto! It's on its way. Focus on what we don't want with the same passion (such as worry, concern, etc.) and presto! It too will be on its way. The universe doesn't give a crapshoot whether we want something or don't want something; it works strictly off of the physics principle we call the Law of Attraction. We send the magnetic feelings out, the universe obediently delivers. It doesn't react to our pleas; it only responds to our vibrations which come purely from how we're feeling. Does it matter what caused the feelings in the first place? No. They could come from a thought, from an outside event, or just from a general mood. But regardless of how they are initiated, the events that make up our lives come solely from our moment-to-moment, day-to-day, year-to-year outflow of feelings.** Since what we send out is what we get back, and since what we send out comes from what we've been focusing on, it might behoove us to pay a damn sight more attention to what we're thinking about, and how that is making us feel. **Focus on what we want, and it will come if we don't sabotage it. Focus on what we don't want, and it comes too, usually with more of a wallop to it than it had to begin with! Each one of those thoughts (which is very much alive) carries the emotional vibration, or signature, from when you thought it, and it goes out to find and hook up with other thoughts that have identical vibrations. When two thoughts of the same emotional intensity come together, they vibrate more powerfully at a higher, faster frequency than one by itself. You not only have your own downer thoughts about bills clumping together out there and growing bigger and more powerful with each new dejected feeling you send out, but now they are joining up with other downer thought-balls on the same frequency sent out from other people. They clump together in matching frequencies of fear and anxiety, and can easily be headed back your way unless you get yourself turned around emotionally.** Meaning that sooner or later, one or more of those junk bombs with all sorts of unpleasant stuff attached to it from everybody else's worries is going to come back and sock you loud and hard. If you're still vibrating the same way and broadcasting your wavelength on the same frequency. Now you have a real mess on your hands; more bills than you had in the first place, along with a lot more disagreeable circumstances that may or may not have to do with paying those bills. Your car breaks down, and you don't have the dollars to fix it. Your washer goes on the fritz. Your kids break someone's window. Your dog attacks some nice soul out for a walk. And on Super Bowl Sunday, with a houseful of rabid fans, your TV blows its stack. **Your "attracting magnet" is powerfully turned on with that emotionally charged downer vibration, and will keep on attracting more garbage like a homing beacon until you change that vibration. Once you do, the boomerang doesn't return; someone else will get socked with it instead of you.** Let's take a more pleasant item of attention, like a new car. If you focus on the car you want, and keep focusing and keep focusing, you'll get it. But if you focus on the fact that it hasn't come yet, or the lack of it, or how you can't afford it, then that's exactly what you'll attract: a whole lot more "no car." So you say, "Well hell, that just proves this stuff makes no sense; I've been focusing for years on what I want, namely more money, and I still don't have it." Right! Because first there's the subject of money, and then there's the subject of the lack of money! And guess what 99.9 percent of us have been focusing on most of our lives? Right again. We get what we focus on. Focus on the lack of what we want, and we are guaranteed to get more of it because, through matching vibrations, we magnetize it in. It is Law of Attraction, pure and simple. If we think emotionally about something long enough, whether it's something we want or something we don't want, it's going to be coming into our world, like it or not. **What comes to us has nothing to do with what we're doing physically, or how worthy we are, or how good we are, or what our nonexistent destiny may be. It has only to do with how we are vibrating! Which means feeling. Which means attracting. Here are the four steps to deliberate creation, the four steps that are guaranteed that's right, guaranteed to bring into your life whatever is your passion and much, much more. They are guaranteed because they are universal law, the basic principles from which all creation has sprung. Now they are yours, if you want them.**

Step 1. Identify what you DON'T want.

Step 2. From that, identify what you DO want.

Step 3. Get into the feeling place of what you want.

Step 4. Expect, listen, and allow it to happen.

Your health turns around. Your bank account fills up. Your relationships do whatever you'd like them to do. Sales close. Promotions happen. Life becomes a daily joy. It's real. You can see it working. And then you know, you genuinely know, the only one at the helm of your ship is you. It really, truly is just you! **As we embark on this adventure of living the Law of Attraction, we come very soon to the rather disturbing conclusion that there truly is no such thing as a victim, and chat continuing to play the game of being a victim to anything or anybody guarantees only continued discontent from the relentless emission of low vibrations. Oh sure, the rest of the world is still doing it, blaming "them" for what happened rather than their feelings; blaming "circumstances" for their bad luck rather than their feelings; blaming the drunk on the freeway, or the rotten boss, or the economy, or God for messing them up, rather than their feelings.** But once you start to see the Law of Attraction in operation, you ultimately come to understand that there is no such thing as a victim; never has been, never will be. **There is no good luck, bad luck, good fortune, or coincidence. There is no destiny, fate, or providence. There is no big judge in the sky keeping score on how right or wrong you've been. There is no karma from past lives nor penance. That's all victim stuff. And there is not a victim among us, only co-creators in thought and feeling, powerful magnets attracting like bees to honey the matching frequency of our ever-flowing vibrations. You never again have to believe that circumstances outside of you control your life. You never again have to believe that it is wrong to want. You never again have to believe that some great power outside yourself is pulling the strings, or that anyone or anything other than you is in control. You never again have to be afraid of "them" or "it," no matter who or what they may be, unless you so choose.** So how did we get in this mess? You got it! More than six billion people (plus however many more there have been over countless centuries) being born into vulnerable, lack of, fearful vibrations, all focusing on what they don't want and getting more of it. It was never intended to be that way, but in our anxious state of needing to find a reason why things never seemed to go the way we wanted them to, we figured it had to be the fault of some factor separate from us: the government, the economy, our boss, our marriage, our background, our education, our rotten luck, even God. The reality is that we are already worthy, there is no test to pass, and sin is nothing but a man-made abomination to foster control by others. The real reality is we have come here to thrive, and prosper, and live this grand human experience in light-hearted joy, not in struggle and pain. We have come here to have fun while we learn, to grow without suffering, and to harvest our desires in the absolute knowledge that we can have it all once we learn how to handle our energies and meaning of our emotions. We came here with a guaranteed freedom of choice mandated by the very nature of our existence. The time has come for us to exercise that birthright. **We are caught in no one's web. We are bound by no circumstance. We are victims to no conditions. Rather, we are beings who possess the sacred ability to implement any outlandish desire our limitless minds can concoct, for we possess unregulated, unrestricted, uncontested freedom of choice, no matter what those choices may be. It's wake up time. It's time we remembered how to make choices happen.** It's time to take our heads out of the sand and accept that it's no accident we get what we get in life. It's time for us to stop creating from the improper default setting and remember the secrets of the ancient wisdom we once knew so well before recorded history, wisdom that allowed us to create our passions with simple intent. It is time. You deserve it all. You deserve to have all of your aspirations realized, no matter what they may be. You have only to want it and **Feeeeel** it, and a whole new life of extraordinary happiness will be yours. Not can be; will be! That is a cosmic guarantee. The process of creation is the same everywhere, whether it's a star system or designer jeans. **Give thought to something you've infused with the appropriate feeling which creates the appropriate vibration and here it comes. All the positive thoughts in the world won't make any difference, nor being a good person with a generous heart, nor praying, visualizing and meditating until dawn, nor even knocking our heads against countless stone walls in our fervent attempts to capture life-long dreams. None of that will create a thing until we launch the magnetic vibration to pull those dreams in through our infallible magic genie called feelings, that electro-magnetic authority of which dreams are made. Learn to identify a good feeling from a bad feeling. That's it. Learn to do that and you've got the course made. You can create anything your heart desires.** This is the secret that transforms us into deliberate creators instead of creators by accident. This is the power that changes wishful thinking into actuality, the simple art of being able to identify a good feeling from a bad one. That's all there is to it; end of lesson. This is what "good luck" is all about. This is what closes the big sale, gets the beachfront house, fosters good health, brings spiritual fulfillment, and puts comfortable sums in the bank! Feelings, those things we're all so terrified of if they happen to be negative, are nothing more than electromagnetic charges of energy that go zipping through our body, seconds off by our thoughts. The only reason we go to such lengths to avoid them is that some of those negative emotions don't feel so hot. We don't like the sensation they give us. So we stuff them way down deep where we think we don't have to deal with them anymore, and where, frankly, they're raising holy hell with our magnetics. We feel bad when we think any kind of thought that doesn't have to do with joy, like guilt, loneliness, anger, resentment, worry, doubt, frustration, stress, even mild concern. Those are all fear-based thoughts that vibrate within us at an extremely low frequency, which is why they don't feel good. They are totally contrary to our high-frequency natural state. On the other hand, we feel good when we think thoughts that have to do with joy, such as appreciation, delight, pleasure, exhilaration, enthusiasm, reverence, awe, gratitude, love, all those warm fuzzies we relish when they happen. **The reason those thoughts feel so good to us is because they vibrate at a high frequency, which most definitely is our natural state.** No one can swallow cut up glass and expect to feel good, yet that's what we do all day with our somber thoughts and feelings. **We literally bathe ourselves in unconscious negative energy (from our own thoughts as well as everyone else's) which is totally contrary to our natural state of joy which is why we rarely ever feel pumped up. We can't not as long as we're swimming all day in the low-frequency energy that we think is perfectly normal.** Most of us have this crazy notion that we just sort of popped into this place quite by accident. Not hardly. We each came with a partner, this profoundly loving, exclusive chaperone whom we have, by and large, chosen to ignore. Call it Inner Being, Higher Self, Expanded Self, God Self, or Mickey Mouse; call it what you will, it's that greater part of us we're attached to that comes with the physical package. We can't be physical without it, for it's the source that keeps us alive (not Living, perhaps, but alive). It is the pure positive energy of All That Is, of which we are a part; the pure positive energy of Life, which we are. Didn't you ever feel like there's some secret part of you that knows everything there is to know but just doesn't stick its head out? There is. It's that broader, older, wiser part, that vastly expanded extension of each of us that communicates with us in the only way it knows through feelings! This expansion of ourselves that we came in with vibrates solely in a place, which to us would feel like nirvana (and then some!), way up there on the frequency scale. In fact, that part of us wouldn't know a vibration of lack or stress if it tripped over it in a black hole. But if we were vibrating that fast, we wouldn't stay physical, so we get as close as we can with the high vibrations of plain old joy, exhilaration, appreciation, elation, all those luxurious sensations that equate to happiness and well-being. Which is why it feels so good to feel good. You're vibrating closer to your real Self. You and your nonphysical Self are in sync, plugged in together in that marvelous high frequency and all it has to offer. **If we're sending out vibrations of lack or worry, the kind that make us feel**

anything other than joyful, we've pulled the plug from that unseen partner, and now everything is working at crossed purposes, and feels that way. It's like giving a youngster a big, fluffy new teddy bear, then snatching it away. Youngster isn't going to feel too hot about being disconnected from the thing, which gives it so much joy. So when we feel good, we're connected, vibrating closer to the higher frequency of our Expanded Selves. When we feel bad, or down, or not much of anything, we're disconnected and flowing the foreign vibrations of low frequency negativity throughout our bodies. In other words, if it's not about joy, it is always negative. If it's not about joy, we've swallowed cut glass. The good news is we don't have watch our thoughts every second of every day to get our lives back on track. All we have to do is stay turned to how we're feeling, up or down, good or bad. Well, if it's all fitting together, I feel like I'm sailing to the moon. My gut feels all excited like when I'm streaking down a roller coaster. But if I don't have that feeling, we can do a hundred takes and not one will ever be right, even if it sounds okay to the producer. It just won't be right. It's gotta be that joy, that's all; just pure joy from my gut. Then I know we've got it. This time, it came right away on the first take, and I knew we were done. So did everybody else. It was just pure joy, and I could feel it in every cell of my body. I always do. You know what I mean?" No, I surely did not know what she meant, though I do now. This rough and tumble gal had no idea that what she was experiencing was the actual vibrational shift from low to high frequency energy surging throughout her body. Nor did she create it on purpose, as we'll learn to do. All she knew was that she could feel something very special happen inside her when her group clicked in, and she rightly called the sensation "pure joy." Now granted, the kind of Feel Good/Feel Bad awareness I've been talking about may be a whole lot more subtle than hers, but unlike her joy sensations which only happened when everything outside of her jibed just right, ***we're going to learn to click-in joy at will. That singular intent to feel good is built into each and every one of us, and if we'll just pay attention to it, we'll have a personally engraved treasure map to happiness. Here's why: When we're having good feelings about anything, it means we're on track with our Original Intent—to feel good, to be happy, and to vibrate way up there. It means we're on track toward something we've long wanted or even recently wanted. Either way, having it come our way will make us happy. We're on track toward something we believe will enhance our life, therefore make us feel better, therefore raise our frequencies, therefore bring us closer to our natural state, which is the whole challenge of our being here. So here's the key: Original Intent always manifests as desire, desire for anything that will get our passion going, be it a new red Ferrari or a desire to live in harmony with all life.*** It might show up as a new desire for a clean garage, to learn western dancing, or to run an old-fashioned hardware store in the country. Or it could be an old desire to live by the beach, or learn to play the piano. Either way, it's a desire, something we want. You're focusing on the lack of your car rather than the joy of having it. You're sending out such a bunch of negative Feel Bad vibrations, your Expanded Self is waving big Red Flags and shouting, "Hey, friend, you're feeling bad because you're focusing on the fact that you don't have the car. Keep thinking like that and you're sure to get more of the same, a whole lot more No Car. If you really want the thing, start feeling good when you think about it, then watch what happens." You've just been given a Red Flag warning in the form of a gloomy feeling called negative emotion. The warning says you're focusing on something you don't want—the lack of having the car—all because of your perception that you can't afford it. That downer feeling is a Red Flag, your clue that the way you're flowing your energy (thinking and feeling about it) is guaranteed to keep your car away. So now all you have to do is change the way you think and feel about that car (your desire), and it's yours. We get what we focus on; focus on the lack of something, and that's what we're guaranteed to get, because what the universe gives us, in every moment of every day, corresponds precisely with what we are vibrating. The bottom line is this: if we're not feeling up when we think about something, we're flowing some degree of negative emotion, a Red Flag warning telling us to pay attention to what we're sending out. From our focus on lack, we can never attract the opposite. To attract whatever it is we want into our life, we have to change our focus, which will change our feelings, which will change our vibrations.

1) You identify what you DONT want. (You don't want any more of not having the red car.)

2) You identify what you DO want. (That's easy.)

3) You get into the feeling place of what you want. (That's where we are now.) Then,

4) You expect, listen, and allow it to happen.

Now, instead of wishing or yearning for the car when you see it or think about it which only makes you feel lousy anyhow start appreciating that little sweetie. ***Appreciate its style, its wheels, its interior, its speed, its ego appeal. That is most surely going to make you feel and vibrate a whale of a lot faster and higher than focusing on the lack of it all. And it's only the high vibration that will feel it in, not the low. Let's keep going. As you bathe in the all-encompassing pride of your soon-to-be acquisition, and drink in the opulent new-car smells, and mirror-like finish, and out-of-this-world sound system, all of your increasingly magnetic vibrations are totally positive, which means you're sending out a powerful new signal that's creating an unobstructed pathway for your desire to magnetize itself into your world. If, on the other hand, you allow yourself to be turned on by chinking about your dream car, and insist to yourself that things are now in the process of turning around—no matter what you may see in front of you to the contrary!*** Then those positive thoughts will ultimately magnetize in your desires. They must; it's the physics of the universe. Remember, it's the feelings that will do it, not the thoughts alone. It's the feelings that create the magnetism and the vibration in the waves we send out. It's the feelings, the feelings, the feelings that come from our thoughts! We hear it all the time from our media: another bombing, another arson, another rash of some awful bug. ***So everybody focuses on the awfulness of the happening, which just serves to magnetize in more of the same. Did they have guns in school, and gang rapes, and buildings being blown up, and serial arsonists in 1865? No, because they didn't have the media to create the focus to cause the vibrations to bring it about in masse. Instead, they had newspapers and posters about their train robbers and bank robbers, so what they got more of was train robberies and bank robberies. Trust me, the Law of Attraction was just as active in Billy the Kid's time as it is today, because it's the fundamental law of creation throughout the universe. Focus with repeated intense emotion on something we don't want (or do want), and sooner or later that something is going to be in our lap.*** Of course, there aren't two kinds of energy, one that makes us feel good, and one that makes us feel rotten. But there are varying degrees of Feel Good vibrations and Feel Bad vibrations to any thought we send out. We'll call them positive energy and negative energy, even though it's all the same, just vibrating differently. Every time we think of anything, we're flowing some kind of positive or negative energy (feeling) toward whatever it is we're thinking about, and the litany never changes: ***as we think, we feel; as we feel, we vibrate; as we vibrate, we attract. Then we get to live the results. Two things are going on each time we think seriously about something. First is the vibration that is set up from the feeling the thought evokes (happy, sad, etc.). Second is the activation by our emotions of little specks of thought I call thought practicum. Once these magnetic specks are activated by our feelings, they are instantly programmed to magnetize in accord with whatever it was we were vibrating.*** So we think about something, and think about it some more, and talk about it, and mull it over the next day, and the next and the next until pretty soon there are so many of those same-frequency thoughts flitting around out there, they start clumping together like dough balls. The more thoughts we send out of the same kind, the bigger these clumps grow until they become expanding clusters of awesome magnetic power big enough to form their own immensely powerful whirlpools of magnetic energy, either positive (happy) or negative (bummer) in nature. These power centers, vortexes of monumental magnetic energy, now draw

into their whirling centers anything and everything of similar vibrations including you, which will eventually cause events to happen. Before you know it, you've been sucked right into the middle of some happening you initiated with your recurring thoughts and feelings. It might be the thing you were focusing on, or it might be something completely different, yet made up of the same vibrations. Although we can certainly flow feelings without thought, in our example it's the repetitive thinking that has set up the repetitive feelings that has started the magnetic ball rolling. The critical point to remember here is that the more we think about anything, whether it's something we want in our lives or something we don't want, the faster we're going to magnetize it into our experience. That, in a nutshell, is the universal Law of Attraction: **"That which is like unto itself is drawn."** **There are no victims here, just flowers of energy; in our case, flowing right into the unfortunate forgetfulness that we've always had the power to create our lives and our world however we damn well wanted it to be. Instead, from our lack of understanding energy flow, we became masterfully adept at creating to default. But we don't have to chew on all this newness by ourselves, for we are not alone on this ride. We each have a profoundly loving partner of incomprehensible knowledge, beauty, and power, a greatly Expanded Self, an Inner/Outer Being to whom we are irrevocably joined for this physical ride, a Being whose devoted support never leaves us, and whose Guidance is as tangible as the last emotions we just experienced, those precious jewels we call feelings, feelings, feelings, the magic genie of all creation.** So here's the flash: Continuing to live life as a victim of circumstance, forever focusing on what's wrong with everything and everybody, will never, ever, bring the life desired. It will only bring one thing: more of whatever it is we're wanting so desperately to change. The recipe for creating anything is really quite simple. Take good or bad feelings (meaning positive or negative vibrations), bake with varying degrees of emotion to increase magnetism, and here comes what we've attracted, like it or not. **What we have focused on, and how we have vibrated about it, is what we have gotten from birth. So if we've been in a constant search for ways to fix all the things around us we don't like, or even if we have allowed them to be there but still haven't liked them, then we've been in a constant state of focusing on what we haven't wanted. For years! It takes only sixteen seconds to link up vibrationally to whatever we're focusing on. That's right, only sixteen seconds of pure, focused thought, good or bad, negative or positive. In that brief time, we start to vibrate on the same frequency as whatever it is we've been emotionally thinking about, which means we're ripe for attracting that thing, if we keep it up.** Needless to say, we've all had an ocean etchings we've thought about over and over in repetitious sixteen second segments, all those vibrations of frustration, and tension, and concern over the countless things we didn't want, didn't like, couldn't handle, didn't know what to do with, or thought we had to put up with. Which is why, for most of our lives, we've continued to attract more of the same. Charming! Up to now, that's the fundamental way we've sculpted our lives, by this ceaseless attention to all the things we could do without, producing an unceasing undertow of negative tension. Remember, I'm not talking daily rage here, just that perpetual silent murmur of "gotta fix it, gotta do it better, gotta make it right, gotta find a way" that's called either quiet concern or Knoc-in-Gut. And on the other side of the same coin, it's called "gotta accept it, gotta live with it, nothing I can do about it, like it or not" with the same thing, same vibrations. **Imagine being a youngster turned loose in the biggest, brightest toy store you've ever seen in this whole wide world, and being told you can help yourself to whatever you wanted. Wow! It's almost too far out to imagine, yet that's what our universe is, one gigantic toy store where anything we've ever wanted to play with is either already there for the pickin's, or waiting to be created. All we have to do is feel what we want and magnetize it in.** Let's say, for example, that here in your magic toy store there's an exciting new job waiting for you. Or maybe it's your next house, the one with every conceivable luxury and more silly gadgets than you've ever seen. Around the corner there's a fantastic new relationship (or a polished-up old one), and hot dog! There's your up-dated body with all the appropriate corrections. This is terrific! But where are all of these goodies going to come from? Are they just going to fall from the sky or come from our guardian angels in the outfield? No, they're going to come from you. To pull them in, all you have to do is want them with a gut-blasting, Feel Good vibration. What has been is not a result of anything or anybody "out there," nor is it a result of good or bad luck, a result of being a good person, a righteous person, or a sanctimonious ass. What has been has nothing to do with family, or government, or schooling. What has been in our life comes squarely from where our focus has been. And a major part of our focus has come from antiquated beliefs, those smelly old philosophies that were pounded into our heads, or that we blindly accepted as reality from way back to toddler days. We were jammed full of them then and still are archaic patterns of thought about what we think reality is, thought patterns that frankly belong in the garbage can. Poor Fred lived in a perpetual world of Don't Wants, believing the more he focused on them and stewed about them, the better chance he had of making them go away. He saw himself as a helpless victim required to submit to the greater powers that be who were waiting to snip his ecumenical rise in the bud. Looking back on it now, I can see why people didn't want to be around him. Although his sermons rarely reflected his negativity, folks intuitively picked up on his energy, and didn't wane any part of it. Again, this is an extreme example (they're the only ones I remember) of how most of us have lived, and yet... and yet? These kinds of moldy old beliefs, such as the powerful ones Fred had concerning authority and fate, are our biggest roadblocks to purposeful creating because they come up and clobber us whenever we think we'd like to take another direction. You know the kinds I mean: you think you'd like to get a new job, and up shoots the highly charged emotional thought, "Oh I can't because" or a new car: "Oh I can't, because" or a new relationship: "Oh no, no, no, **I Really** can't, because." **They are our ancestors' values and ethics about "shoulds" and "if onlys" and "rights and wrongs."** **They are outdated philosophies from our religions that cell us we can't have a better life until we check out of here, or chat "only through suffering can we hope to achieve the kingdom of God."** **They are convictions about accomplishment and success and working and earning. They are beliefs that have compelled us to look forever for what's wrong with everything, convinced we must find ways to fix it all before we can move ahead: the job, the environment, our mate, the government, the schools, our kids, and mostly ourselves.** "Gotta fix it, gotta fix it, gotta fix it; don't want it this way, don't like it that way, gotta fix it." Perhaps our most damaging beliefs, though, are the cherished ones we hold about how it's always the other guy's fault: our bonehead leaders, our drunken families or our horny boss. We blame with the constancy of the rising sun, thinking there's nothing wrong with that because that's how the world operates. We're certain that blaming makes us feel better, so we do it some more, and some more, and some more, never having a clue how destructive such negative vibrations have been and are being to our lives. **But here's the good news: no matter what today's parade of psychologists and counselors say to the contrary, we do not have to dig up all chat useless junk to make life work our way. With some simple cricks of the trade, and the awareness that this is really no more difficult than paying attention co how we're feeling, we simply learn to override all chat moldy old scuff; that's kept us imprisoned for so long, living an arduous life that we always thought was perfectly normal. There's only one place negative energy all negative energy comes from: our Don't Wants. Sometimes we, call it guilt; other times we call it fear, or blame, or worry, or doubt. But for now, so that we can stay out of all the hackneyed psychiatrists' junk, we're calling it all "Don't Wants." Hard as it may be to believe, the majority of our daily thoughts and therefore feelings are about things we don't want: big and little, here and there, now, back then, and in the future.** This kind of thinking is endless, mostly automatic and unconscious, and horrendously restraining. Take a look: **We don't want to drive to work in bad weather. We don't want to be late to work.**

***We don't want to displease the boss.
We don't want to buy bad meat at the store.
We don't want to look bad.
We don't want to have our kids hurt.
We don't want to get the flu.
We don't want to get fired.
We don't want to stand in a long line.
We don't want get up in the morning.
We don't want any more bills.
We don't want to live in such a cold climate.
We don't want the light to turn red.
We don't want to get a divorce.
We don't want to fail the test. Etc., etc., etc., etc., etc., etc., etc., etc., etc.***

Focus on any one for any length of time, and you'll see it in your face before you know what hit you. Even worse, the collective power of all the personal conscious and unconscious Don't Wants we spew out energetically all day long becomes the vibrational mixture that makes up our individual world. Like it or not, that mix is normally negative.

***If only I had had different parents.
If only I had gone to college.
If only I hadn't married that one.
If only I had taken that job.
If only I hadn't switched lanes.
If only, if only, if only.***

If **Onlys** are simply the past tense of Don't Wants. "I didn't really want those parents." "I didn't want to have to search for work without a degree." "I didn't want an unhappy marriage." "I didn't want such a poor paying job." "I didn't want to get in a car accident, but I switched lanes." And then there are all those tricky Negative Wants which are nothing more than Don't Wants in disguise:

***I want to get well.
I want to get out of debt.
I want to lose weight.
I want to stop smoking.
I want our lousy marriage to shape up.
I want my spouse to get a better job.***

You may think you're being positive by not stating a Don't Want, but where's your focus? It's taken dead aim on precisely what you Don't Want any more of in your life. And since we get what we focus on. Here it comes to meet you. ***And yet, our endless life-focus has been on Don't Wants. We don't want to have to work so hard, we don't want our car to break down, we don't want this and don't want that all day long, which just magnetizes in more of whatever it is we're not wanting. Let's say there's something about your job you don't like, or you drive a broken-down car, or you've got a mate who's driving you bonkers. And let's say you think about this Don't Want again and again. Well, each time you go back to that subject and add another sixteen seconds to it with some juiced-up emotions, you're not only growing it and adding more power to it, you're making it a whole lot easier to think about. Like cutting a trail in the jungle, you swack here, and swack there, and pretty soon you have a nice clean path on which to trek back and forth. So you do. On the same subject! You think about it, and think about it, and think about it until pretty soon it's so easy to think about, you can hardly get it out of your head. And before you know it, the very thing you haven't wanted to happen has!*** If you don't want—real bad—unpleasant neighbors to move in next door, you're ripe for attracting nerds with barking dogs, and keeping them there. If you don't want real bad any more problems with bills, those problems are sure to get worse. If you don't want it real bad then be alone for the holidays. Whatever you include in your vibration for sixteen seconds or longer is on its way to you, whether you like it or not. So when you're talking about all the things you don't want, and flowing out only sixteen seconds of feeling each time you talk about one of them, that thing has now become a part of you, part of your everyday vibration. Pretty soon you're living it, not liking it at all, vibrating it, talking about it, complaining about it, stewing over it and making it an even stronger match to your daily vibration than it was in the first place. You are vibrating with the very thing you do not want. Now that thing can't leave you. It is part of you. No matter how much you keep grumbling over it or worrying about it, it cannot leave! It is now included within your everyday vibration. And the more you live it, focus on it, and brood over it, the stronger your vibration becomes to match and hold this thing you want so badly to get rid of. There's another problem. ***Remember the tuning forks where you ding one in a room and all others of a matching frequency ding right along too? The same thing happens with our thoughts. As you think more and more about something, you're not only attracting more of whatever it is you're thinking about, you're dinging and pulling in anything else ANYTHING else that just happens to be on a similar frequency. By thinking about one, you're sending out an open invitation to anything else that happens to be pinged on the same frequency. If it's a vibratory match, it can be yours, whether you were focused on it or not.*** Didn't you ever notice that when one thing starts to go wrong, so does everything else? That's because the vibrations you're sending out are matching up with all sorts of different scuff on the same wave length. By your thinking about that one thing over and over again, you're creating a spiral of thought that has now been made considerably bigger with heaven-knows-what-else swirling around in its magnetic center and headed your way. Don't Wants can be huge or trivial, but either way, when we're focused on one or a hundred and one, we've got negative currents streaming out of us that are most definitely not going to magnetize back anything even remotely close to joy. They can't. They're on a vastly different frequency. And so around and around we go, existing; that's all, just existing, holding ourselves apart from the higher energies of bubbly well-being which is our true state, and our absolute, irrefutable right. ***Two things are certain: 1) Think long enough about something you don't want, and either you're going to attract it, or it's going to attract you, and 2) Think about a Don't Want with any amount of feeling behind it, and you will automatically attract other lousy happenings of a similar frequency. Don't worry, it's not that tough. All we need to do is go back to our magic genie, feelings, and learn to identify how it feels to flow "this kind" of energy, or "that kind," and learn to recognize when we're feeling down or up, bad or good, zoned out with no feeling or really happy. But let's back up here for a minute, to vibrations. Everything in the universe responds to vibrations; it is law. And with us here on this planet, that means touch, smell, color, taste, hearing, and emotions. We each are physical extensions of much, much more than what we see, extensions of a much more vast non-physical Being, our Source energy that just happens to be expressing itself, right now, in a human body.*** When we vibrate in sync with that energy, we feel good. And vice-versa: when we feel down, it's because we are vibrating out of sync with that pure, positive energy. Don't Wants mean we are out of sync; as we look at something and say "I don't want this," two things happen. First, there's no way that Don't Want can possibly go

away, because we're holding it in our vibration by our very attention to it. And second, we feel bad, down, low, nothing at all, or any other kind of feeling that is anything but happiness. **And so, the more in sync we are with our Source energy, the better we feel. And the more out of sync with our Source energy we are, the worse we feel. Or let's put it another way: feeling good is natural, but not normal to us right now. Anything less than that is unnatural, and sadly, quite normal to us right now. Our primary problem with negative emotion is that we rarely think we have it. Yet, if we were flowing the high frequency of joy all the time, rather than any lower vibration which joy is not, we would be overflowing in such a profusion of prosperity, affluence, and success—not to mention sublime happiness, perfect health and well being—that none of this would matter. So here's the scoop on this state we call normal, which for about 99 percent of the time is nothing but negative vibration: Negative vibration of any kind, of any intensity, from any excuse, means we've cut ourselves off from Life. We're existing, but not Living. Big difference! Negative vibrations mean we've shut ourselves off from our Source. Negative vibrations occur when we refuse to allow ourselves to think about what makes us happy. Negative vibrations come from living with Don't wants.** And that's the only place they come from. We cannot be thinking about what we don't want and expect to get what we do want. That's like trying to mix oil and water; mixing low frequencies with high frequencies will never happen. One will always override the other, depending on which is more dominant at the time. Even feeling moderately concerned shuts the door to abundance and well being which is our God-given birthright. A Don't Want is a call to wake up, a call to come out of hiding, switch gears, and pull in real Life. So bless them all, every negative emotion you ever had or are having, no matter how abhorrent or commonplace. They're the most valuable assets you have, your springboards to well being. Granted, it's going to take a little getting used to the idea of cheering for something like stress. But hey, if you've got it (and who doesn't?) and can admit it and feel it, you've just taken the first and biggest step in learning to be a deliberate creator:

Step One: Identify what you Don't Want.

There are two kinds of Don't Wants; Universal and Personal, with Universal being the most common and the easiest to spot. Universal Don't Wants are world-wide dislikes, things no one on the planet wants any part of, such as empty bank accounts, sickness, poor relationships, unfulfilling jobs, misshapen bodies, low self-esteem, leaky roofs, broken-down cars, being robbed, being assaulted, being in a terrible accident, even global warming. That's enough for openers. Personal Don't Wants are simply the mildly unpleasant things of life that bother only us, not always others; things we personally would prefer to avoid such as speaking up at a meeting, killing spiders, sewing holes in Junior's socks, or long-lasting jury duties. These happen less often than Universal Don't Wants because we don't expect them to happen that much, so they don't. But doesn't matter a damn if a Don't Want is Universal or Personal, intense or mild, constant or passing. **The point is to catch it, see it feel it, or whatever else it takes to identify it and change it. Which means changing feelings from a Feel Bad to a Feel Good Fast. The trick to flying up into the wonderful world of Feel Good requires nothing more than starting to think about Wants instead of Don't Wants. Because Wants and Don't Wants are so easily mistaken for each other, with the usual winner being the 'Don't Want, here's where we need to use a little caution. Take for instance the thought, "I don't want to get the flu." While what you're saying is that you want to be well, where is your focus? It's smack on what you don't want, so that's how you're vibrating. By the Law of Attraction, if you're giving your attention to it, you're vibrating it and breathing life into it in this case, the flu.** A strong feeling of "I don't want to fail my exam" is a kind of focus you can do without if you want to pass the thing.

"I don't want to be ripped off."

"I don't want to be sick when I'm old."

"I don't want my car to break down."

"I don't want to live like this."

"I don't want so many taxes."

"I don't want to make a mistake."

"I hate war."

Even more tricky though, is when we're saying "want," but vibrating "don't want," like so:

"I want out of this relationship."

"I want a job that pays better."

"I want the government out of my life."

"I want to get out of debt."

"We must stop rain forest destruction."

Where's your focus? In each of those, it's on what you don't want, not on what you do want. All we have to do is pay attention to how a thought makes us feel. If what you're saying or thinking makes you feel like sailing to the heavens in sheer delight, you're into a Want (Green Flag). If it feels as if you just stepped into a soggy dark cloud, you're into a Don't Want (Red Flag). In fact, if it gives you any sort of feeling other than warm fuzzies, you have a Don't Want working. Just rethink, rephrase, refocus, and re-feel until you've found a way to snuggle into your warm-fuzzy Want and are vibrating there safe and sound. All right, now say, "I want the happiness I have now (in my life to expand into ongoing, boundless joy." What's that feel like? Is it a whole lot better, right? "I want out of debt." No need to ask how that makes you feel. Instead, go for, "I want to use my talents in a way that will be fun, fulfilling, and really profitable. I know I can do that." Or, "I intend to create more time to look into fun, new money-making projects." Or, "I feel alive when I'm being creative." Big difference in feeling from "I want out of." But don't get caught up in the words or you'll end up like an inside-out pretzel. Just stay tuned into how you feeeel when you say or think something. Then experiment with different statements. **When you find one that gives you wonderfully pleasant feelings, you just plugged into your Source power. If it doesn't cause you to smile, if it doesn't cause you to feel cushy-warm inside, it's a negative vibration and a Don't Want. If it doesn't feel like a warm fuzzy, either don't say it or change it around. So here are our choices: Either we learn to identify a positive vibration from a negative vibration and take control of our Wants over our Don't Wants, or we stay in this negative sea of garbage to fly as blind as everybody else for the rest of our days. Struggle, discord, conflict, disease, and not a lot of happiness will be our reward. Harsh words, perhaps, but they come with a simple solution. We become the generator of thought rather than receiver! Now we're in a new ball game, no longer living at the whim of others' emotions. **We've stopped being the hapless, vulnerable passenger. We're in the driver's seat. Outside forces become irrelevant. The past becomes immaterial. We're finally off the default setting. Our life, forever more, is of our own choosing.** Well, the minute my underwriter told me the loan had been declined, I put two and two together and realized right off the bat I was into some serious Don't Wants, royally vibrating and flowing the apprehensive energy that had not only whacked my loan, but attracted that whole chain of cute little events in the car. It didn't take me long to flip the switch from Feel Bad to Feel Good. And I kept at it and at it, even though the loan had already been rejected. Although it looked hopeless, I refused to see it that way any longer and went to work on changing my focus, my feelings, my vibrations, even my clothes when I got home (that's carrying it a bit far). The next morning, the lender called to tell me they had found a loophole, the loan was approved and would fund in a few days! Was it**

luck? No way! It was the deliberate, purposeful change of focus, change of feeling and change of energy flow. I had already gotten what I didn't want, so I wasn't too tough to identify my Want, get into the feeling place of having it, and flow, flow, flow. It's not always that easy to turn a Don't Want around after you've jumped out of the plane without your parachute, but this one worked. There it is, right below us. The area looks just like Earth, has the same terrain, the same-shaped people, same everything. It all seems identical to Earth except for one ghastly condition everything is gray: the landscape, the buildings, the cars, the animals, the bodies. It's all the same color, even the same shade! The people have no oomph in them, because everything is the same. They have no challenges, no hurdles, no obstacles, no contrast! Who'd want to live in such a place? What would be the point? Nothing to rise above, nothing to desire, no differences to appreciate, nothing to inspire enthusiasm, it is simply a place of incalculable boredom, which is precisely what we came here to Planet Earth to avoid. We came in search of diversity and differences. We came, strangely enough, for the contrast. So we have choices; lots and lots of choices offering us not only the opportunities to live and enjoy whatever in this bountiful world we desire, but also to find out just how much torture and deprivation we're willing to put ourselves through before permitting those desires into our lives. Let's face it, we are unequaled wizards at identifying what displeases us, but not too hot at allowing ourselves to identify what we really, really do want so that we can magnetize those things into our lives for the sheer joy of having them. **Do you remember when you were in, say, third or fourth grade? Not only were you old enough then to understand disappointment and how much it hurt, but you were already a seasoned veteran at knowing how to avoid those feelings. You found out early in life that the more you wanted something, the more you experienced the heartache of not having it. You probably just stopped wanting unless, of course, you had an ironclad guarantee that your Want would materialize. Even before that, as a toddler who relished exploring, you waddled over to the glittering glass vase on the TV set and got screamed at: "No, no, don't touch!" Not once, not hundreds of times, but some sixty thousand times (say researcher) in a three-year period you were told, "No, bad, you don't want that!" By the time you reached your fourth birthday, you were thinking twice about wanting much of anything. Wanting equated to "bad." Finally, with the exception of the littlest dreams the ones we know are prudent and obtainable, we stop dreaming altogether. And there we stay, in the bleak sanctuary of Sameville, protected by the erroneous belief that if we dream small and nothing happens, we won't be hurt big. Crashing a lifetime of programmed deprivation can be a bit scary, primarily because it means changing.** But crash it we must if we are to become creators by intent instead of creators by accident. And honestly, learning how to want productively (and finding out that it's okay) is not that big of a deal once we learn how to want, instead of don't want.

Real Wants

First are the Real Wants that come from the Don't Wants. "I don't want to go to my in-laws for the holidays; instead I want?" "I don't want to live here any more; instead I want?"

Negative Wants

Next are Negative Wants, the ones that have to be flipped over before you can step out of them. You can spot them by how you feel, since they never make you feel good until you get your intent refocused. **"I want to be well" has a clear focus on the apparent fact that you're not. That's a Negative Want. "I want to be rich," presents the same difficulty. Both are coming from a place of lack that causes us discomfort by the very fact that we don't have what we're wanting. Negative Wants are always Don't Wants and can be tough to spot unless you tune into your feelings. If you're overweight and want to be thin, and you say innocently enough, "I want to be thin," that's a Negative Want and will never, ever feel like a warm fuzzy. It's coming from longing, or yearning, or empty wishing, all negative energies. It's coming out of need, which is fear; not out of desire, which is excitement. Naturally, you would not be wanting something if you had it, but if your only focus is on the fact that you don't have it, it will never come.** It can't, for your focus is on its absence. If what you want and the way you are stating it is not making you feel good, it's Negative Wanting and needs to be flipped to become a positive intent, an excited desire.

Rightful Wants

Finally, the third kind of Wanting I call Rightful Wants for the simple reason that we have a right to our desires, no matter what our religions may say to the contrary, or our parents, or friends, or co-workers. **We have a right, by virtue of our existence, to test our creative skills in any manner we choose. We have a right to displace any Don't Want—any Don't Want—in our lives with a Want, at any time. And if it pleases us it will probably also please others. If not, well then, so be it. With Rightful Wants, we accept the very real fact that it is not only appropriate and proper, but critical for us to want; anything anywhere of any kind in any amount in any shape to any degree at any time we so desire. Anything! Anything on the face of this earth if those things will take our lives off of hold, get us out of Sameville, and start us vibrating closer to the joy channel of our real Selves. This is the only reason we have Wants, to make us feel good when we have them. What are your smallest, your biggest, your oldest, your newest, your most deeply hidden desires, ambitions, aspirations the ones that are so far out, so impossible, so unobtainable, that never have you so much as whispered them aloud to anyone not even to God? What are they? What have you stopped allowing yourself to want?** This planet is not Sameville! We came here for the contrast. We came here to learn how to manifest our desires. We came to learn discernment and to cultivate this strange art of wanting which equates to manifesting. Instead, we got ourselves caught in the pointless skill of diligently collecting Don't Wants. We came to learn how to create our desires, fulfill our dreams, prosper, and take this exquisite experience called "being physical" to its zenith. You only have to make one decision just one and that is to be happy. But you will never start down that road until you allow your Wants your dreams, your desires, your hankerings to come out of the closet, not just peek around the corner of a cracked-open door, but come all the way out! Like any hidden talent that you've either consciously or unconsciously known was there but didn't feel comfortable bringing out, once you accept the fact that wanting is part of you, and that doing it is really okay, it becomes fun. joy starts to flow. **You begin to vibrate differently, for when you are in joy with Life you cannot vibrate negatively and you cannot attract negatively, only positively. When you are in joy with Life, you cannot feel insecure, ashamed, unworthy, unsafe, guilty, or inferior in any manner, because you aren't vibrating there. You cannot feel lack of any kind. Nor can you attract it. The only thing you will do as you begin to unlock your Wants is vibrate more joy, more abundance, and more freedom into your experience. Small price to pay for dreaming, wouldn't you say? One of the best ways to uncover some of those long-hidden Wants is to pretend. Remember, all that's required for you to have it—whatever "it" might be—is wanting it and feeling it, without explanation, excuse, apology, or reason.**

Step Two: Identify what you DO WANT

So the very act of wanting carries with it the rather obvious implication that you surely do not have it, and if you do not have it, how in the Sam Hill can you feel good about it until you get it? You can't! Not as long as you keep wanting things the old way. **The dilemma comes from our thinking that the burden of acquiring what we want is all on us, that we're the ones who will have to figure out how to get it, how to come up with the money for it, how to arrange for it, how to make it happen. Once we get that far, our next thoughts are usually something like, "Oh hell, that's just not possible," which invariably causes us to stop wanting. It is an easy resolution, straight from our old programmed way of thinking. The key to**

having whatever your most divine heart desires—bar nothing—is finding a way to feel good about your Want: not wish for it, yearn for it, long for it, sigh for it, or feel discouraged about it, but just feel good about it. (Remember, need is from fear, desire is from excitement. They are at the opposite ends of the vibrational pole.) So here we are in this quandary. We're wanting, which usually makes us feel bad, because not only do we not have what we want, we haven't the foggiest idea how to get it. The solution? Change the feeling! When you want something, hold your thoughts on that Want for a few moments until some sort of feeling comes up: any kind, good or bad, Red Flag or Green Flag, doesn't matter. Then tune into that feeling. If you feel low instead of jazzed, disheartened instead of turned on, you're thinking about not having instead of having. You're thinking about the lack of what you want. On the other hand, if you're feeling even a twinge of excitement, or a nice warm buzz, you're on target. The whole process of creating on purpose is about getting our thoughts OFF what we don't want, ON what we do want, and keeping them there. Once we've gotten that far, our job is to find ways to feel good about those Wants instead of lousy when they are nowhere to be seen and would appear to have no way of showing up. So here's how we feel good—in fact terrific—about wanting something we don't have, or we think is impossible to obtain, or don't deserve to have, or could never afford, and is entirely too complicated for a tired brain to figure out anyhow. This is the most important component of the Law of Attraction that is guaranteed to pull in Wants rather than Don't Wants: Once you know what you want, you must find the **Feeling Place** of having that Want, while at the same time staying out of the feeling place of not having it. In other words, feel (get jazzed about) what it would be like to swim (if you don't know how), rather than feeling embarrassed when everyone but you runs into the water. **Feel (get jazzed about) yourself in your new job, rather than constantly crabbing about and feeling trapped in the one you have now. Feel (get jazzed about) your pride in accomplishment as you approach the platform to receive your well-earned degree, even if you haven't started classes yet. Feel (get jazzed about) what you want your new mate to be like, and how great it will be being together. Feel (get jazzed about) what it will be like owning your own airplane, and the joy and pride of flying friends and family all over the place. Now you're vibrating in harmony with your greater Self. Your desires are joyously included in your vibrations, magnetizing, growing bigger each time you feel the reality of them for just sixteen seconds. You've broken out of the negative vibrations of social consciousness to live in—and vibrate in—the only energies that are capable of drawing that Want to you, the higher, hallowed frequencies of Feel Good. Once in that space, you and your Want are literally ping-pong together. Instead of flying Red Flags and ping-pong in harmony with the lack of your desire (which means you'd be pulling in more lack), you're flying Feel Good Green Flags and ping-pong in harmony with having it, whether "it" even exists yet or not. As long as you don't spend too much time worrying about why "it" hasn't shown up yet, that jazzed, stoked, turned-on, high, happy vibration you feel when you think about having it will eventually magnetize it right into your lap.** The help a Want magnetize in, we need to get our juices running so we can flow out as much positive, excited energy as possible. One of the best ways to do that is to talk about the "ways" of wanting something. The What defines, but it's the Whys that charge your battery and start the juices running. So by stating your Whys, you're giving that want a much-needed jump-start. Like your car with a dead battery, until you energize that battery with a charge, your car is going nowhere. No charge, no go; no oomph to your Want, no magnetism; no magnetism, no get. Yes! Finally this gal was cooking on the front burner! Her juices were running and her vibrational frequencies were becoming higher and higher, magnetically charging up that growing Want-thought with every new thought she fed it. I kept asking why, and she kept telling me because, because, because, and with each because, her frequencies were soaring. This "thing" was now becoming a part other, incorporated in her vibrations. **Ask yourself over and over why you want something, and keep asking, and keep asking, and keep asking, even when you think you have no more answers. Then pretty soon you'll be in dreamland feeling marvelous, just where you need to be to magnetize this thing in. Now! Here's where you want to summon your will power to stay in that vibration as long as you can, maybe up to half an hour or even all day. But if it's just a couple of minutes, great, that's enough to get the swirl of energy started. Remember, you need only sixteen seconds to get the same vibrational thoughts clumping into an energy vortex, then another sixteen seconds, and another, and another. If you slip into "Forget it, that's just an impossible dream" in the middle of your upper, simply change vibrational gears, think about something that makes you feel good, get your motors revved up again, and you'll quickly override that Red Flag vibration** (Don't forget, the universe gives us precisely and only what we are vibrating in every moment of every day) nothing more, nothing less. But you gotta taste it, feel it, smell it, and drool over it before it's going to happen. You gotta talk about it until you can feel yourself living it, and then talk some more until those turned-on feelings, the fundamental element of Step Three, come to you with the utmost ease.

Step Three: Find the feeling place of your Want.

After you've started to get your Wants out in the open, there's one more step that's helpful here, and that is turning your Wants into Intents. **Because the word "want" might still cause some emotional blisters to erupt, you may feel a whole lot better "intending."** **Intending is sort of a combination of "I want and I expect." And a good place to start is by intending for small things throughout the day. Not only does this provide some valuable practice along with rapid evidence, but it opens up new and much needed energy pathways that have never been opened before. And each new pathway means you're receiving more of that higher flow of Source energy than you were before, so feeling good becomes easier which opens you to more and higher energy.** I make it a point to intend with little things all day long. I intend to arrive at my destination safely. **I intend to be on time and feeling great. I intend to find a convenient parking place. I intend to feel good in my clothes. I intend to sign the deal. I intend to keep my bank account at a certain level or beyond. I intend to find joy all throughout the day (not such a little thing). I intend to help my clients feel at ease. And, as long as my valve is open while I'm intending, they always come about. With major, larger Wants, if you will turn every Want into a statement of intent, and allow yourself to feel the power behind it, like Yes, you'll be amazed at what transpires.** "I intend to move by next year", which means "I haven't a clue how it's going to happen but I know I'll find out, because it will.

"I INTEND to have a new relationship!"

"I INTEND to learn to line-dance!"

"I INTEND to have a full bank account!"

"I INTEND to find happiness in all that I do!"

"I INTEND to make new friends!"

"I INTEND to find a deeper spiritual connection!"

You must feel the strength when you speak it. Feel the authority, the force of command, the muscle behind the energy leaving you. The completion. But use with caution. Intending is a dynamic unto itself not to be abused and never to be turned into a mindless habit. Dare to want. Dare to dream new dreams. Dare to take your old dreams out of the closet and dust them off. Give yourself permission to want; in fact, make yourself want. Then pick a funky, nonessential little Want and start talking about why you want the thing until you get the hang of clicking into that turned-on feeling. **Before you know it, you'll be having physical manifestations on your hands, and I'm here to tell you, when that happens, it's a screamer of the first degree. Then get over the guilt of wanting and get that Want motor revved up, for wanting brings the passion, passion brings joy, joy**

brings more wanting, and now you're creating on purpose. You are the inventor and partaker, all in one. (Never mind being the design engineer who has to figure out how something will come together. That's no longer your job.)

I want joy to radiate through my heart.

I want my whole family to feel joy.

I want to know that everything is always okay.

I want to have a greater sense of freedom.

I want to know I have choices.

I intend to see more choices.

I intend to trust that all is well with the world.

I intend to learn deliberate creating.

I intend to learn to become an energy manager.

I intend be aware of my resistance.

I intend to be aware of my feelings.

I intend to enjoy life to the fullest.

I intend to have more fun.

I intend to lighten up.

I intend to have a closer connection with my Source.

The point is to get over the stigma of wanting, and do it. Dare to want whatever in this whole wide world will give you pleasure, for wanting is taking charge, wanting is creating. Wanting and manifesting those Wants into reality is fulfilling your reason for being. And therein lies the true richness of Life. But once you get the hang of how you're focusing and flowing your energy, and see what the all-too-obvious results of that are, it becomes a snap. Well, almost! Let's do a quick review before diving in deeper, and take a look at how far we've gotten into the Four Steps of Deliberate Creation. ***We've reasonably examined Step One: Identify what you Don't Want. We've moderately examined Step Two: Identify what you DO want. And we've taken a pass at Step Three: Find the feeling place of your Want. Now we're getting to the real guts of Step Three, the tough part: learning how to feel good about something we want and don't have. Yet it's been precisely that kind of thinking that has made our lives so difficult. When circumstances have not suited us (which is more times than not), our first reaction has always been to search for physically aggressive remedies to remove it, release it, repair it and correct it.*** We are, after all, physical beings. "Don't like it? No problem!" Whack, bang, smack: fix it! But, if whatever it is we're trying to accomplish doesn't get fixed, or it seems too big to change, or too overwhelming to attain in a time frame, which suits us, we get all disgruntled and frustrated. And you already know the results of that scenario; in the energy of our disgruntled and frustration, we're simply attracting a whole lot more of whatever it is we're trying so darn hard to fix. First I got her talking about all the things she didn't want. That was easy: lose the house, lose the respect of her friends and children, lose the chance to paint professionally. Then we started on the Wants, piece by piece. We zeroed in on the house first as that was the most pressing that, and any other subject relating to money. Liz could speak of nothing else because that's all she'd been thinking about. Her paintings weren't selling; so all the money was going in the wrong direction out! "Okay, Liz, the first thing we're going to do is get you feeling good and vibrating differently." "Feeling good? You twit! How on earth do you expect me to feel good when I'm about to lose everything Clint and I ever had? That's why I'm calling you, to figure out how to sell my paintings. If they'd start selling, everything would be okay and I'd feel as good as you want me to feel." That was precisely the problem. All Liz could see in front of her was the lack of what she wanted. The more she looked at all she didn't have, and all that was not coming in, the worse she felt. The worse she felt, the more frantically she'd run around in circles crying to turn it around. The more she ran, the worse she felt, and the worse she felt, the more nothing sold. She was focused completely and perpetually on the grim conditions of the moment, believing them to be the sum total other reality. Facts were facts. Her attempt at supporting herself through her art was not working. "I've got to face reality," she'd sigh with resignation. But I kept at it and finally got her turned around to talking about why she wanted to keep the house, which at the time she felt was a preposterously stupid thing to be talking about. "All right, all right! I want to keep the house so I won't have to move." (That was a Don't Want, but I wasn't about to confuse her with details.) "And why don't you want to move?" Suddenly there was a softening as she said, "Well, because Clint and I loved this place so, and it still feels like 'our' place, like Clint is still here with me." (Her resistance to Feel Good energy was softening.) "None of that feeling has gone, and I do so cherish the way it makes me feel except when I think about having to make the payments." Bit by bit, we worked more into her love of their home until I heard such a sweet joy coming through. She was feeling good, and then some. Her valve was wide open. "Liz! Stop! Right this moment I want you to feel what you're saying." "What do you mean?" "How does what you're saying make you feel?" "Well, wonderful, of course! Nurtured, taken care of my God, safe! Oh yes! It feels so warm and safe!" "Good! Now hold on to that feeling. Got it?" "Yes, I've got it." "Feels good, doesn't it!" "Sure it does, it feels great." "All right. From that place of safety, from that place of feeling so good, think about how you'll feel when you're easily making payments on the house. Never mind how you're going to do it. Never mind you can't do it right now. Where you're going has nothing to do with where you are now. Nothing! You've got to remember that. This condition you see yourself in doesn't mean a thing. Once and for all, take your focus off of it or you'll never get where you want to be. Got it?" "I think so, but how." "Never mind how! Your only job is to find ways to feel good, and to forget about what's staring you in the face. You want to find ways to feel a little better, and a little better, and a little better until you feel pretty good, and when you feel pretty good, in those moments think about making those easy payments on your house. Can you do that?" "Of course. Think about the thrill of selling your paintings, not from a place of gotta-do-it, but with a 'yeo-wee, I am doing it' kind of elation. When you think about it from that perspective, how does that feel?" There was a long pause, then, "Oh gosh, freer than a bird. Heavenly!" "Right! That's the feeling! That's what I want you to go to that feeling all the time. Liz, cake your focus off of your current negative conditions. Stop looking at them, stop thinking about them; that only makes you feel worse. ***You've got to remember that your only job is to feel good. Period! Then let the universe take care of the rest.***" ***Liz felt so wonderful talking about how she and Clint loved the house that she figured she could re-create that feeling fairly easily. At any rate, that's where she began. It took three months and a phone bill that would kill a cow, but at the end of that third month (which just happened to coincide with the end of the year Liz had originally given herself to make good with her art), not only had Liz sold enough paintings to cushion herself for a while, but she had acquired an enthusiastic agent (or whatever you call them in the art world), she was scheduled for her first local showing, and she had been commissioned with a fair amount of dollars up front to do a small mural in a private office building. The challenge is to take our focus off the object of our anxieties or irritations, and find the happier feeling of what we want in its place. In other words, we need to stop fixing, and start feeling good. You've got a batch of nasty conditions on your hands, none of which are going to make you feel particularly sunny as you think about them.*** But think about them you do. And think about them. And think about them. So of course they get bigger. All of those negative conditions, known more endearingly as "problems," are nothing but irksome Don't Wants, but they are so common to us and such a part of our world, we take them for granted as part of life. In fact, we wear them as honored badges of identity, a sort of one-upmanship in the

sorry game of who can be the biggest victim. And naturally, the more we stew about them, or brag about them, the bigger they become. Some negative conditions are serious problems, others simply minor annoyances, yet whatever they may be, they are so prevalent, so all pervasive, that we've made them a way of life. However, negative conditions are nothing more than the result of our own past focus and feelings and energy flow. That's all they are. Our negative energy flow was the cause, and the unpleasant conditions are the effect. There is only one way to stop the messes in our lives from getting worse: stop focusing on them. If we can accept—from the depths of our being—that our problems are not caused by our boss, our mate, our raucous kids, the IRS, or the drunk on the freeway, then we have a chance to wipe those problems away in the same way we attracted them: by our energy flow, only this time, through a significantly different vibration. **We do not have to face up to or put up with anything. All we have to do is learn to flow our energy differently, for nothing affects our experience except how we flow our energy. Nothing!!! With some things in our lives, those that are pleasing to us, our valve is naturally open. Because those conditions gratify us, our positive energy is attracting more positive things. But as we look at the majority of negative conditions (problems) around us, our valve is slammed shut. Our connection to our Source energy is barely enough to keep us breathing, and we wouldn't know a vibration of joy if it walked up and smacked us in the face. We're annoyed at this, steamed at that, worried about them, wondering how to correct this, complaining about that, afraid of God-knows-what-all, depressed over everything, and vibrating such unceasing currents of negative energy all the time, it's a wonder we ever have any moments of joy at all. Whatever mess or happiness we are living in this very moment, whether it be as an individual, a family, a nation or a planet, that mess is the sole and direct outcome of how we were feeling and flowing energy yesterday, and the day before that, and the years before that.** The Law of Attraction doesn't work a little here and a little there. It simply is: for you, for me, for the cosmos. We magnetically attract what we vibrate, and we have created it all, from fender benders to global wars. So, from this moment on, never, ever accept reality as something to which you must resign yourself. Take your thoughts beyond whatever is in front of your nose that you don't like and put them on what you do like. If you don't, your so-called reality will never change. **Granted, some ugly things may be glaring you in the face right now, or threatening you, or looking like a hopeless situation, but they are not set in stone! They must never be reluctantly tolerated. Unpleasant reality is nothing but an effect caused by negative energy flow. We can either live with those effects and suffer, or circumvent them and have a ball. Finally came the top of the ladder. You walked tentatively out to the end of the board. Your heart pounded so hard you could barely hear the kids below shouting you on. The water seemed five miles away. You didn't really want to do this thing, while at the same time you did. Something in you knew this was epic, the greatest moment you would ever know, that if you did this, you would never be the same. You jumped. What a rush! You made it. And indeed, your life had changed forever. The toughest part of ungluing ourselves from the high dive habit of an on-going problem (for that's all problems are, are habits) is forcing ourselves to release our preoccupation with it. Like so: You don't have to change it; you just have to stop focusing on it! Is it tough? Yes! Can it be done? You bet!!! But you have to start someplace, and that someplace is a decision that, somehow, you're going to change your focus. Then comes actually doing it, changing your focus to something more pleasant so you can change your energy.** It is impossible to solve a problem in the same frequency in which it was created, so you make a decision that for as long as it's with you, that problem will no longer be the focal point of your life. Like having a cut on your finger; you know it's there and yes it hurts when you think about it, but you don't allow it to govern your everyday living. You believe it will heal and go away, and so it does. **Just remember, the most important part to changing an unwanted condition is simply: you don't have to change it; you just have to stop thinking about it! All it takes is that willingness to jump.**

Trick #1. Switch focus. Now!

The moment you recognize you're focusing on the condition with your worry-motor running (or ticked-off motor, or blame motor, etc.), find something else, anything else to think about that will get you to feeling even a tiny bit better than you do at present. And find it right now! **Switch your thoughts to your mate (if you've got a great relationship), your home, a song, your doggie, your new sweatshirt, a chocolate sundae, making love, your upcoming vacation, your last vacation, a special restaurant, your youngster asleep; ANY thing!!! Make yourself do this, staying there until you can feel your mood begin to change, which means your energy has changed no matter how slight. Once you make the feeling switch, then start talking out loud about what it is you want (that's "want," not "don't want") in place of your unwanted condition. By doing that, your focus is now off of the condition, your Intent motor is running in its place, and you've gotten your valve open enough to begin the turnaround.** And for heaven's sake, never mind that your Replacement Want may seem impossible. Just get into it and forget the "how to's." If you can't get into your Want/Intent feeling mode, never mind. Just stay in the feeling of some pleasant new focus for as long as you can. The longer (and more often) you can stay in that higher frequency, the quicker your unwanted condition will begin to dissipate. Conversely, the more you retain your focus on whatever has been bothering you, the longer it will stay around.

Trick #2 Tender-talk it out. Now!

When you just can't seem to get your focus off the condition, start some soothing talking to yourself, out loud, much like a loving mom or dad might comfort a little one. **Tell yourself all the comforting things a youngster would want to hear: that it's going to be okay, that things are in the process of changing, that you've always been safe and always will be, that you have nothing to fear. Keep talking warmly for as long as it takes you to feel that subtle little switch happen, and you can feel your resistance to the higher energies backing down.** You are relaxing into well-being, your resistance to that Life-giving Source energy is lessening, and you're quieting down. Stay there as long as you can, with your focus off the disturbing condition.

Trick #3 Tough-Talk it out. Now!

This is tough-love kind of talk out loud to yourself, one on one. But here's the trick: you need to get tough, not down on yourself. **Don't you ever get down on yourself when you find you're focusing on an unwanted condition. What you're after here is some horse-sense reasoning (where you firmly point out to yourself what will transpire if you continue to focus on and stew over the condition. Then you tell yourself quite matter-of-factly what will happen when you remove your focus and change your vibration.** "Now look, Charlie, you got yourself into this mess, and you are going to find a way to get yourself out. But if you're going to stay in this mood and stew about it all day long, you know the situation is going to get worse. So get off your pity pot and find some dumb thing to feel good about. Hell yes, I know you don't feel like feeling good right now, but." Who cares if you believe it or not? Fake it until you feel the switch in feeling cake place, that subtle shift in your energy.

Trick #4. Do something fun. Now!

Get physical! Go for a walk, polish your car, brush your cat, buy a new suit, bake a cake, play poker, trim your flowers, go to a movie, whatever turns you on that will take your stuck focus off the condition and soften your resistance to flowing that higher energy. **Once you feel the shift happen, start talking out loud, gently at first, about what you want in place of the unwanted condition. With any of these cricks, keep in mind that old expression, "Fake it 'til you make it." You switch focus, you talk warmly, you talk tough, you go for fun, you pretend, but the point is, you do it the moment you realize your attention is on the unwanted condition, and you stay there until you feel your feelings flip over. They will! The**

shift in focus is: Away from the unpleasant Now, onto the pleasant Want. Away from the unpleasant Now, onto the pleasant Want. If all you can muster at first is just a scrap of Feel Good about your Want, then fine. When you get having your valve open twenty percent of the time from focusing on your Want, then celebrate! You are headed in the right direction, which sure beats vibrating 100 percent of the time about a lousy "what is." Slowly by slowly, that big chunk of energy that created the condition in the first place is being displaced and replaced by open valve Source energy vibrations. Pretty soon you'll be able to vibrate at somewhere around fifty-fifty: 50 percent on the condition and so percent on something more pleasant. Now you're truly beginning to take control of your life; sprinklings of your desired changes will start popping up everywhere. **Ah, but the real fun comes when you get to the point of switching energies at the drop of a hat the instant you realize you're tuned to negative. Now you've jumped up to sixty-fourty (60 percent with higher frequencies, 40 percent on normal), and finally up to seventy-thirty, or even eighty-twenty. At this point, right before your eyes, you'll watch new events, new people, new circumstances pour into your life as if by magic, one right after the other, to create the new occurrences you so deeply desire. Not too bad for simply feeling good. Just remember, however fast your Want comes is directly related to how fast (and how permanently) you can switch your focus OFF what is keeping you in a negative vibration, and ON where you want to go.** No matter how dire your condition may seem at the moment, it is not permanently glued to you. You just have to decide what you want in place of your problem, then provide the Feel Good frequency that will give it birth. But no circumstances are beyond our control. What's going on in your world at this very moment doesn't mean a thing. It is only a result, that's all it is. No matter how unyielding conditions appear to be, you can always flow Feel Good even Feel Better energy around them to change them. If you can know that in the deepest part of your being, the rest of this deliberate creation business will be a breeze. It's taken me longer than I care to think about to own up to the realization that it's not what I do-do-do that makes a difference in my life, but how I'm flowing my energy. I had always been a deep believer in action being the magic word that nothing would come to me without great effort and exertion. **The truth is that whatever it is we want to fix, all the desperate things we think about doing will have precious little effect on influencing our experience. Nor does it matter how we do what we do, or how much, or how often, since most of our doing is initiated out of negative, flap-around energy rather than inspired, breeze-along activity. Most of the world will agree that it's only through "doing" that all things happen. Give us a problem, and we Hi Ho Silver into Frantic Action, looking for ways to sell more, earn more, accomplish more to fix it, fix it, fix it. Yet deliberate creating is about flowing energy to attract, not about trying to push rivers upstream, which is Hi Ho Silvering. Hi Ho Silvering never works. You just can't muscle into anyone else's world unless you've been vibrationally invited, any more than anyone can intrude on your world unless you've sent out the vibrational invitation. You cannot bulldoze something into place and get the results you truly want, no matter how hard you push and shove. Does this mean we stop doing? We just substitute inspired doing for wasted doing by stopping our constant knee-jerk responses to everything. Then, with our focus held enthusiastically on what we prefer in life, the right moves to make come to us from a place of open valve inspiration. Action becomes a joy instead of a "have to." Ideas abound. We open to the Creative Life Force and find ourselves being led seep by step, easily and flawlessly, to wherever it is we wish to go.** When a feeling-alarm rings in response to a condition, and you get that knee-jerk response to Hi Ho Silver into Frantic Action, just cool down and relax. That changes the thought, which changes the feeling, which changes the vibration and allows the universe and your Expanded Self to take over. And so, contrary to popular belief, you do not have to get all your ducks in a row before allowing yourself to feel good. The only thing you have to do in regard to any condition is to stop looking at the fool thing, stop responding, and find a way to feel better. Habits of a lifetime—and eons of inherited genes, die-hard. **Just do your best to remember that whatever you're currently living is only the result of past energy flow. Remember that "needing" something to change will always flow negative energy and hold it to you. Finding a way to become excited about what it will be changing into will flow positive energy and get the desired revisions started. Stop being uptight over anything. Instead, tell yourself in all gentleness that however unpleasant the conditions may seem to you now, they are not going to control you, and that yes, you absolutely can find a way to open your valve in spite of what's happening. And you will! Then your answers will come, opportunities will come, and you'll soon find more ways to alter your situation than you can imagine.** So bless the rotten conditions if you can, for without them you could not possibly know what you don't want. Cast your gaze to what can be rather than what is, and dive into all the wonderful feelings not longings I of how fantastic it will be when you're there. Then, what is there, comes here. "Turning on" has usually meant getting ready to jump somebody's bones, but that's not what we're talking about here. Our new kind of turning on is a conscious, intentional nipping of our inner switch to a higher frequency to get us vibrating at a faster speed, like right now! Any time we remember to do it every time we remember to do it all the time as often as possible every hour on the hour or every time you pass a red car, stray dog, or mom and baby. Whenever! I'm not kidding. If we don't learn how to get our frequencies up there and outta here, we don't stand a bloody chance in hell of becoming deliberate creators. Which means, unhappily, that we will forever remain creators by default. Which means victims. Since "Changing Frequencies 101" was never an offered course in school, it becomes a skill we have to learn on our own. But with a few more tricks of the trade under our belts, it can happen easily. To pass the time as I was driving around to appointments, I started playing with my energy. I already knew how to switch rapidly into an intense Feel Good mode, a kicky little thing to do I called "running my energy." **I'd just inflate a vigorous feeling of "up," and in almost no time my body was buzzing in response to the altered frequency. I also knew if I folded a desire into those high feelings (think about it while I was up), it would stand a good chance of coming about.** But that's all I knew! Frequencies, vibrations, negative and positive energy flow, the Law of Attraction, I had only a casual understanding of these things. Then I realized this whoosh was the same kind of yipes, feeling you get if you have to swerve abruptly to avoid hitting another car. Or the kind I felt many years ago at the precise moment my boss told me I was fired. Whoosh, right in the pit of my stomach. At first I didn't know what to make of it or how to link it all together. Here were vastly different situation eliciting a broad spectrum of equally powerful reactions yet they all seemed to end up physically in the same place my gut. **Our emotions register first in our adrenal glands which is why, when we're startled or frightened, we experience that rush in the pit of our stomach, or solar plexus, where the adrenals are located. When fear hits us, the adrenals are socked with a sudden burst of electromagnetic energy causing the immediate release of adrenal secretion, which we experience as Whoosh! So why wouldn't the adrenals respond in the same manner to incense energy manufactured from joy? Energy is energy, after all, no matter what has moved it around. Whether we feel a rush of extreme panic, or a rush of sublime joy, the energy floods through the solar plexus, stimulating our adrenals, and registering as a highly noticeable, physical sensation: WHOOSH! I was thoroughly intrigued and started to experiment even more. Sure enough, I found I could control how intense my Feel Good vibrations were by how much Whoosh I had in the pit of my stomach, and vice versa. I could control the intensity and duration of Whoosh by however much Feel Good vibration I could generate. It was fantastic! Not much Whoosh meant not much Feel Good, and not much intensity, so not much change vibrationally from where I had been. But a big Whoosh or rush in my solar plexus meant I was really turned on vibrationally to some kind of elevated feeling: excitement, delight, deep appreciation, or whatever. It meant I was flying high without chemicals, and it proved itself every time. The rush never came without my turning on some form of joy.** And I never,

ever had the rush, or buzz, as long as I was just flat lining, which is feeling neither good nor bad, but just plotzting along. WOOSH! would come that feeling in my stomach as I turned on the joy, followed in moments by a sort of soft bubbly feeling, or buzzing, all over my body. The more I buzzed, the more business I'd get, so I'd buzz even more. **It was magic. The money was flowing in so fast I actually stopped counting. Running my energy became such a routine pastime I could almost forecast how much business would come in by the intensity and frequency of my buzzing. Not quite! What I didn't know then was that even the slightest shift of my focus to anything that was unpleasant would not only pull in the undesired consequences of that negative focus, but would instantly cast a barrier between me and incoming goodies, including money! That little lesson was soon to come. No matter where I looked, things were extraordinarily positive, and of course, so were my vibrations. My energy level was off the charts, my social life was thriving, and my ancient wardrobe sprouted anew from carefree shopping sprees, all while my business boomed. And before the year was out, I had even launched a new enterprise totally separate from the mortgage business. I just kept unconsciously observing the good stuff all around me, running my energy and pulling in more. How good could it get!? Then things started to go haywire.** The market changed and so did my focus along with it. As interest rates began to rise, business began to dry up. Now all my attention was going to, "No, no, don't let the rates go up. Don't let the market dry up. Don't let this gravy train crash." If someone had said to me then that "what is" is only the platform from which you launch your next creation, I would have punched their lights out. I was really, really worried, so of course the problem kept getting worse. Because I had been so preoccupied with the bad turn of events, I had long since stopped buzzing. Instead, I had shifted my focus completely to what I didn't want (the market to get any worse) rather than to what I could have so easily created (lots of business in spite of the market). But I didn't know that. **The worse the market got, the worse I felt. And the worse I felt, the worse my business got. Instead of writing a new script and finding the happy-feeling place of the way I wanted it to be, my fear was pulling in more fear. Trouble was glaring me in the face in major proportions. I borrowed money to live on. I flew into every kind of Frantic Action I could think of, hired a salesperson who was into more lack than I was (naturally; that was all I could attract), sent flyers farther out into neighboring towns, and generally thrashed about anxiously for new business. It didn't come. I had plunged headlong into creation by negative focus, centering 100 percent of my attention on everything I did not want. I had so entrenched those Don't Wants into my vibrations and made them such a dominant part of me, I was pulling in more and more nasty stuff by the truckload. It was not a good time. It was somewhere right around that emotional low when a bunch of my all-too-enthusiastic friends began insisting I look into this material they had gotten hold of about the Law of Attraction. I was so down in the dumps, I really didn't care if they had discovered a shipload of authentic Aladdin's Lamps, but to get them off my back so I could be alone in my misery, I gave in. Five minutes is all it took for me to see why they were so excited. At last, here was "the rest of the story," all the pieces that for so many years I never even knew were missing. I couldn't have been more elated if someone had given me fifty million dollars. Within one day I designed and dove into my thirty-day program. What I most assuredly had not known was the single most important item in the Law of Attraction which says, "What you focus on, chum, is what you get!"** All I had to do was get my focus off the down market, off my lack of money in the bank, off the fact there were still no loans coming in, off my debts, take precise aim with my focusing, and sail away into the sunset. Oh, sure! It took more than a little while, but it finally worked. I became one of the few brokers locally who did not go out of business and continued to make good money in a rotten market. What a joy! And eventually, through persistent attention to my focus, I was able to turn my one-person business into a large and highly successful tri-state enterprise. Sometimes that switching will take a little (or a lot of) prodding; other times you'll find you can switch over in the blink of an eye. But no matter what it takes, the point is to do it, to switch from down to any notch up from there. **There are three basic ways to start feeling good, and we've already talked about two of them. One is to look for, or think about, anything that gives you pleasure. The second is to talk to yourself until you bring about a change of vibration. The third, which we'll explore now, is called "buzzing," which gives you a Right Now change in vibration. Buzzing is one of the easiest and fastest ways to raise your vibrations. Naturally, different occasions call for different techniques. Sometimes one approach will do the trick, sometimes two or three methods are required to drag us out of our addiction to negative emotion. Buzzing is just one way, but it's a technique I've found to be such pure dynamite, I use it almost every day of my life, if only for a moment or two. One of the reasons learning to buzz is so easy is that there's a jump-start you can use to get it going. What you're reaching for here is a feeling that emanates from the very depths of your being. Once that's activated, a sensation you can achieve in less than a second—your whole body has switched gears to vibrate on a much higher frequency. Your valve is wide open, the Creative Life Force you were attached to by only a thread just to keep you functioning is now flooding through you. You are in absolute alignment with your Inner Being/Expanded Self.** And you can feel the sensation right smack in the pit of your stomach! That's what makes buzzing so much fun. Through emotion, you're creating an undeniable physical sensation to use as an indicator of the vibrational change in your body. The whole process is nothing more than a quick one-two, and **Bingo!** You have turned on.

Jump-Starting

Since we're sort of dead batteries until we get charged, **I found the best way to get a buzz started was by doing something physical that would jump-start me into a nice feeling. So, lacking cables, I used a smile! That's right, a meaningful little smile, the kind that feels like butter melting on a hot roll; the kind of smile you couldn't help but break into at the sight of newborn kittens tumbling all over each other, or a baby giggling just for the sake of giggling. Not a phony grin, but a loving, tender smile as if a youngster had just brought you their most cherished treasure. It's a smile on the outside, yes, but it originates from a rich, caring feeling on the inside. As you take that feeling and pull it up from the inside, you'll feel yourself smiling from the deepest point of your being. Now you're at what I call the Gentle Inner Smile, a warm, lovely sensation that feels like a soft buzz or a delicate whirling.** Maybe even a little tingling here or there. Now please! Don't go looking for exploding missiles here. The feeling is going to be very, very subtle at first. You're not waiting for a tornado to slam you around, just a delicate—but noticeable—shift in your energy. That shift will always feel like it's coming from inside and sometimes from behind your ears, sometimes from your heart, sometimes from your solar plexus, sometimes from the top of your head, sometimes from all over you. If you don't feel it right off the bat, stay loose and don't worry. Just state your desire to the universe (to feel the buzz) as a Want or Intent, and I promise it will come. So, in something like one or two seconds, you've gotten a buzz going with the Gentle Inner Smile (believe me, you'll know it when you have it), and radically changed your energy. It's an instant Feel Good, and an instant raise in frequency jump-started with a warm smile on the outside to chat smooch Gentle Inner Smile on the inside.

Next, the Replacement Feeling

The high frequency feeling of the Gentle Inner Smile is fine but hard to hold onto or intensify unless there's some other more familiar feeling to replace it. So you pick some pleasant feeling like appreciation, gratitude, wonder, etc., and hold onto that as your predominant vibration, like so:

- 1) You jump-start with a facial smile as warm and tender as possible.**
- 2) Right away, and with your physical smile still going, you reach down inside and pump up the tender feeling**

coming from that smile until it becomes the melted butter, the warm fuzzy of your Gentle Inner Smile, and you can feel a soft little buzz somewhere, no matter how slight.

3) Once you have got the Gentle Inner Smile going, you replace that warm fuzzy with a special flavor of your own choice such as affection, or enthusiasm, or just plain old being tickled pink (one of my favorites). Pick whatever up feeling is easiest for you to manufacture at will, and hold it there for as long as you can.

4) (Optional!) If you want to, this is a good time in this high energy to fold in a specific Want/Intent, but don't do that until you've gotten used to experiencing the overlay emotion (#3) for a period of time.

That's all there is to it; you're off and running. You've jump-started with a Gentle Inner Smile to get your motor running. Then you've given it the necessary gas to keep it going by overlaying, or replacing, the jump-start with your choice of an elevated emotion. Let's say you picked Tenderness as your replacement feeling. All right, once you've got your Gentle Inner Smile going, you simply conjure up whatever it takes to get the feeling of Tenderness running. Maybe that's how it feels to rub a glorious rose up against your cheek, or gently caress a loved one, or painstakingly tend to a wounded animal. You want to intensify that feeling as much as you can until you can feel the physical shift of energy in your body, no matter how subtle. What you're experiencing is simply energy in motion made more conspicuous by your switch in frequencies. At first you may notice the energy Whooshing in your solar plexus, like that sinking feeling you get in a dive on the roller coaster. The feeling may radiate from your solar plexus up the back of your neck to your head, and you may feel little tingling sensations all over your skull. After a while you may feel it running simultaneously to your head and down to your groin. In fact, you might even feel a slight sexual arousal. Not to worry, it only lasts a moment, but it is proof positive that your energy has finally cut loose and is starting to flux and move around. What all this is about is feeling good, since nothing is more important. Nothing! Nothing is more important than feeling good, and it doesn't matter beans how you do it. If standing on your head in Times Square will do it, terrific. If smelling newly cut wood will do it, grand. Anything it takes to get you to that place of feeling better than when you started. You know when you're there; you can't miss it. Whether it's just a decision to feel good in the moment (or even to feel just a little better), or you're orchestrating a new kind of Feel Good around a particular Want, you can usually find dozens of different oddball ways to turn on if you really want to. But there's one way I reserve of "when all else fails," because I seem to always resent having to get into it. That last resort for me is finding something positive about whatever irksome thing it was that closed my valve in the first place. Find something, anything! Start talking to yourself about it, fake it, con yourself, and pretty soon you'll feel that subtle little click into Feel Good energy (or at least into a Feel Better), and your valve will slowly open. (Because a hundred other drivers are flowing irate energy all around you, the traffic Jam might not change for a while, but at least you won't be screwing up other areas of your life by flowing such garbage out.) Now frankly, when I'm in a crappy mood, there's nothing I enjoy more than staying there. I still love to bitch and stew because it feels so good. The sad part is though, I also know every time I do that, my whole world is being negatively affected, not to mention I'm attracting more of whatever it is I'm bitching about. I'm just not willing to let that happen—much—any more. So begrudgingly, I'll find some stupid, dumb, meaningless, insignificant thing about whatever it is I'm mad at that I might—possibly—begin to consider as a positive aspect of this situation or individual; something I might—just possibly—be able to appreciate. Then, looking very much like a defiant brae who has just been scolded, I'll think of some way to begin talking to myself (almost always with a pout) to pump up whatever positive aspect I was able to muster. **Just remember, when you've got negative feelings of any kind flowing out (even about porch lights), they are doing a lot more than amplifying that situation. They're acting like the front-line defense of the Dallas Cowboys, blocking all of your Wants from breaking through your massive line of negativity. At the same time, those negative feelings are attracting all sorts of other unpleasant events in the process. Worst of all, if it's a negative person you're getting all riled up about, you're being sucked right into their disconnectedness. How can it possibly be worth it? Any way you stretch it, no matter what the reason for the negative thought may be, the important thing is that your valve is closed. So get it open!** There are a couple of ways, and the first one you already know. You fake the feelings of what it might be like to have your desire, talking about it with imagined emotions until your mouth waters, and **Click!** That's the direct way. The other is indirect, and one I approach with much reverence, for usually the feelings I am calling forth are from deeply cherished and very private memories. We've all had them, those special moments in life we can never forget nor describe, moments we might call an epiphany. They are touchstones, locked away forever in our own secret treasure chest of life's most precious and significant encounters. On a quiet night, perhaps when the stars are bursting and the air is filled with nightly fragrances, find yourself a comfy spot, relax into the beauty of the moment, and take yourself back in memory to that special time. Or as you sit musing by the window early one morn, watching the sun begin her trek across the skies, go to that touchstone in memory. Go to that never-to-be-forgotten moment in your life and allow yourself to experience its robe of loving remembrance fold about you. What was the flavor of that touchstone to you? Was it awe, or unspeakable love, or spiritual revelation, perhaps supreme contentment, or wild joy, or nonsensical frivolity. The feelings need not be labeled, only acknowledged as a treasure of your being. Then, when you can find no other way to call forth the feelings of your desire, or in moments of despair when you can find no thing to quiet your pain, when you can find no means to feel other than that which you are feeling, go to your touchstone, for there you will find the comfort of unconditional love from your Inner Being/Expanded Self. **When your knowledge and your awareness is on chat feeling place, you and your Expanded Self are one, and you will no longer be able to focus on your emotional block nor on your pain.**

The Magic or Appreciation

There are only three states of being we run around in all day long. If we could be even a little more aware of which one we're wearing during each moment of the day, we'd have a big leg up to changing our vibrations.

Victim Mode

This is the oh-dear-they're-doing-it-to-me-again-and-there's-nothing-I-can-do-about-it frame of mind where we go nowhere but around in negative circles, forever magnetizing the same old same old.

Flat-Lining Mode

In the Flat-Lining Mode, we're neither down nor up, just bumping along on second-rate gas. We're not flowing our energy to anything, and surely not attracting anything. In Flat-Lining we're not only living the results of our own erratic flowing of energy, but that of everybody else's. (Like attracts likes, remember?) Very unpleasant! And what most of us do most of the time.

Turned On Mode

Now you're up! You're on! **Your high frequencies are no longer attracting the negative vibes of others. You're fueled with the pure positive energy of well being, vibrating in harmony with your Expanded Self, flowing positive energy out and pulling positive events in while being wrapped in unsurpassed safety and security. Victim Mode, Flat-Lining, or Turned On, we will always find ourselves in one of the three. Our goal, of course, is to make it the Turned On Mode as often and as long as we can, which is why we look to the high, high energy of appreciation. The vibration of appreciation is the most profoundly important frequency we can hold, for it is the closest thing to cosmic love that exists. When we're appreciating, we're in perfect vibrational harmony with our Source energy. You can jump-start it, or you can jam straight to the feeling, it makes no difference. What's important to know is that one minute of loving the intense**

energy of appreciation overrides thousands of hours spent in Victim or Flat-Lining Modes. But take care! No fair just thinking appreciation. That won't wash, thinking is out and feeling is in. You can't just make a decision that you're going to appreciate something and let it go at that. There has to be that surge of significant emotion flowing up from the depths of your being for this to work. Sometimes in the supermarket I'll pick the meanest looking low-life I can find and just open up and douse the unsuspecting soul with the highest vibration I can muster. Maybe it's appreciation or maybe it's honest-to-God love. One time I did that to a scroungy old biddy, who looked like she'd rather eat me than let me pass. I blasted her, and in that very moment she wheeled around, searching angrily for whatever she felt hit her, while I smiled back in pure innocence. You start with acceptable "targets," like someone you wouldn't mind sitting next to at a lunch counter if you had to. Then you move up, bit by bit, to targets that are increasingly difficult for you socially, until finally it doesn't make any difference what kind of slob they are. The vibration of appreciation is also the highest, fastest vibration we can use for attraction. If we would shoot appreciation at anything and everything all day long we'd be guaranteed to have heaven on earth in no time, living happily ever after with more friends, more money, more beautiful relationships, in total safety, and closer to the God of our Being than it's possible to fathom. **"The One" has finally come into your life and you're walking on air with your head in the clouds, consumed with such a euphoric feeling, it defies description. You're in love! Nothing bothers you. The world is sweet, the day is glorious and it's spring in the middle of winter. Strangers are beautiful. You're floating. You're in love! Did you know that you can turn that feeling on at will? I don't mean the heightened sexual sensations, but the emotional intoxication, the heady elation.** You can walk right out your front door and be in love, and I'm here to tell you that nothing, but nothing feels as good or will raise your vibrations as fast as that. From there, you can either float on that vibration all day, knowing you are pulling in your Wants, or you can put a specific Want right in the middle of that head-in-the-clouds feeling, flowing your newly spiked energy right out to your oncoming desires. **Remember your first love, how everything seemed to fall into place for you? Problems seemed trivial in a world overflowing with newness, like God just polished the sky. Be there again. Be in love, and you'll feel yourself come intensely alive. The only thing missing will be the sexual turn on; other than that, everything else will replicate the real thing, because it is the real thing. It's what You are; all you're doing is plugging back in. Besides that, it's a barrel of fun to pretend. And while you're at it, notice the buzz it brings to your body, and that quiet stirring in pit of your tummy. Whether male or female, there is within you a softness, a gentleness, a sweetness so beautiful you might weep from the feeling, were you to touch it. Aggressive or tender, beggar or billionaire, we all have it, for it is what we are. This sweetness has nothing to do with personality. It's not about being weak rather than strong, a doormat rather than a mighty general. It has to do with you, for it is what you are. To awaken this presence (usually well-hidden), you need only put in the request. Make it a Want or Intent, then wait, listen, perceive, and allow yourself the experience. Once you have felt this sweetness, this preciousness within yourself, you'll be able to call up the sensation in a moment, anytime you wish. However, it takes extraordinary grit to permit yourself to live it, for in this gentle place is the highest vibration of all that you are. Once you have found this naturalness, you have come Home to yourself.** Your world will never be the same, for you will never be the same. And neither will your vibrations. **A rotten day is nothing more than a closed valve. You're having a negative energy orgy. It's not a big deal, go on and have it. Give yourself permission to experience the whole bloody downer, so that no negative feelings get stuffed. But if you really do want out of the vibrational gloomies, then one way to do it is to let your eyes fall on the smallest, most insignificant thing you can find, jump-start with your physical smile, reach down to your Gentle Inner Smile and love that little no thing in any way you can.** Maybe it's just a speck of dust, or a magazine, or a wire cord. Flood appreciation to it for Just being, wrap it in love as if it were the most revered treasure of your life which had been long lost and now is found. You'll be amazed at how easily your vibrations will change. I use this ploy when I'm completely down in the pits but no longer willing to stay there. However, when I'm this down, it generally takes a few hours for much of anything to work, so that wild dancing becomes a real scarcer. It literally cracks open the stuck energy to where I can eventually click back into Feel Much Better. Then, within hours, the phone scares ringing, business picks up, friends invite me over, and ideas scare to gurgle again. It's always worked. The point is, do anything you can think of to help you feel better. Also, when you're clearly down, tender talking to yourself reassuringly by name works wonders; "It's going to be okay, Corky, I promise; everything's going to be all right. You're going to be fine." Just talk about anything that's soothing until you feel better. Until you can find that buzz of appreciation, or being in love, or gratitude, even when common sense says you haven't a thing to be grateful for, you're not flowing your energy to anywhere you want to go. But if your desire is to blast out into a new life for yourself, then learn to turn on any way you can, on matter what's happening around you. **No Mater What! Most of us have always had this notion well, it's more than a notion, we raised that way that in order to obtain the things we desired to have, we had to match the level of those desires with equivalent personal efforts. In other words, if all we wanted was an ice cream cone that would take only a minimal personal effort on our part. If, on the other hand, we desired to become the first governor of our state heading a brand new political party, we would gear ourselves up for an entirely different level of personal effort called push and shove. Indeed, we have always believed that in order to even come close to obtaining any of the larger, more significant things we desired beyond ice cream cones, it has meant either knocking our brains out to obtain them or forgetting them altogether. Well, first comes the inspiration, the ideas. They come because you've been spending more time in those higher frequencies feeling good, buzzing, and turning on. Then, after flowing goodly amounts of Feel Good energy to one or more of those great new ideas, you start to act on them, yes, but now from a place of hallowed inspiration rather than negative pushing, and so your actions now become as inspired as your idea, and everything that's coming to you is coming from a place of high frequency.** Something amazing begins to happen. No matter how complex or involved the ideas seem to be, you find them falling into place and flowing along with the ease and sureness of an uninterrupted mountain stream. Your ideas were inspired; now, too, are your actions to bring those ideas into reality. All from your higher-frequency energy flow. Let's say one day you're just bopping along, feeling great, and you get an idea. It's a fantastic idea, just the kind of thing you know would work if you only knew how to do it or had enough money or enough education or enough support or enough? There are only two ways you can go when you get a bucketful of Guidance downloaded on you: You can say "Oh, that's just nuts a good idea maybe, but" and promptly close your valve. Or, you can decide to shut up and listen, and trust what you're getting. If you've been regularly stating some Wants, and your valve has been open more than usual, you can bet you'll soon be receiving Guidance in the form of ideas to help direct you toward those Wants. If you decide to go ahead with one of these ideas and follow the course of activities that will continue flowing into you as hunches or concepts, you'll be going into action, yes, but now we're talking inspired action versus Hi Ho Silvering; inspired ways to accomplish your goal, inspired activities which will be fun, inspired techniques and methods which you'll find yourself performing with the greatest of ease instead of trying to push everything upstream of ease instead of trying to push everything upstream against an unyielding current. Now the flow begins. What it might take disconnected person years to do, you whiz through in a few months, guided only into the most productive activities by your thoroughly jubilant Expanded Self. I was performing the work of a dozen people, running one business and creating another while authoring and producing an elaborate new program by myself in almost vintage years. To be sure, most of my friends thought I had gone mad. **Ah, but what they didn't know was how effortlessly everything was materializing. There was**

no Hi Ho Silvering, no frantic pushing or shoving. This time I was connected. Everything flowed as if on a greased slide. Pieces fell magically into place. I'd wonder how to do something, the answers would float in, and I'd easily accomplish whatever needed to be done. No fret, no worry, and not a doubt in the world. Truly, I was having a ball. Sure it was a lot of work, but it was easy work because the plays were being called straight from the sidelines by my guidance coach. **Any problems that came up were solved as fast as they appeared. Everything—for both companies—kept falling into perfect alignment. I was in the flow of Life. I never questioned a new idea or a new direction, for the How To's were always right behind the idea. And never once did I feel down. Spontaneity became my middle name. I stopped worrying about time. The high frequency magnetics emanating from me were so powerful that they were mobilizing the next circumstances and events for me to walk into almost before I had finished the last ones. I was I dazzled by what was happening, yet all I was doing without knowing it was flowing positive Feel Good energy and implementing the inspired ideas that were coming in a steady stream. It doesn't get more exciting than that.** But you don't have to be starting a new business to have ideas, or hunches, or insights. Whether your Want is to find the fastest way around the traffic downtown or to find a new mate, all you have to do is pay attention to the signs that will come to make it happen and learn to trust them! A phone call that comes out of the blue from an old friend, a TV show you normally don't watch, a feeling you got to read something, or call someone, or take that other road instead. These are all gentle little shoves from your Expanded Self, your Inner/Outer Guidance helping you stay on course towards your joy, even if it's just a better parking place in the rain. You've blasted Feel Good energy out there, mixed it with Wants, created corridors of energy flowing into massive vortexes, and now as you step into those vortexes, the guidance comes. Your impulses to act to do this, go there, call them are coming from the magnetic activity initiated by your focused energy. Sure, I was overjoyed to see the Law of Attraction so blatantly in action. But truthfully I was numb. It was all so bloody obvious, so indisputable. My vibrations had been at an all-time peak. Then came a pressing requirement, but without an ounce of resistance such as, "I'm in trouble, I'll never find it, what'll I do?" **With my vibrations at that pitch, I had instantly magnetized the solution, receiving loud and clear directions from my Expanded Self in the form of a super-strong hunch, which I decided to follow. But man alive, how melodramatic can you get? How did it happen? Who knows? Who cares! I got the hit, trusted it, acted on it, and it worked. The point is to get off autopilot and pay attention. Listen! Stay alert for that little push, watch for signs, and tune in to hunches. If it feels good, it's Guidance. Most of us don't let ourselves believe something can happen unless we can see ahead of time how all the pieces are going to fit together. So start watching for dues. Watch for the masterful coming together as all the missing parts take form and start dropping into place like magic. Now you've entered the uncanny world of synchronicity, you're plugged in, connected to your Source energy, going with the flow. But you'll never see it, or learn to trust it, if you're not watching for it.** When they got home, George switched on the local TV news as usual, and saw his wobbly red truck in the middle of a pile up, squashed between two cars not a mile down the freeway from where they had exited. There were two fatalities. That was one tuned-in lady who followed her Guidance without hesitation. How many of us would have listened, much less acted by taking another road? **The cosmic joke is that we were designed to do just that, to live by our senses, not by our brains. But over the eons we've learned to think, our responses instead of feel them, totally backwards from the way all the rest of nature lives. Animals and plants do it (live by their senses), while all of us closed-down, disconnected humans snicker at it. But when you really start playing the Feel Good game, I promise, it's better than an all-day ticket to Disneyland. You listen and do, listen and do, listen and do, trusting your Guidance without hesitation.** So if you have five dozen friends and family telling you to do "this," but your deepest impulse is to do "that," always, always follow your impulse (provided it feels good!). Why? Just do it a few times and you'll see why. Your Guidance system is doing all it knows how to get you where you want to go to follow your Original Intent. So give it a chance. Tune in and listen up; that Expanded Self knows what it's doing. **The first, you remember, is to identify what we DON'T want. The second is to clarify and state what we DO want. The third is to get into the feeling place of those Wants. And now the fourth: Step Four: Expect it, listen, and allow the universe to bring it. Translated that means no more pounding something into place to make it happen. It means we tune in and listen to our guidance. It means we follow what we get without hesitation. It means we stop trying to figure out how we could ever make our Want transpire, because we aren't the ones who have to figure it out anyhow. All we have to do is act on the inspirations coming from our Expanded Self, keep our valve open, expect that our Want is on its way, then step back and let the universe do its thing, staying out of the trap of impatience as much as possible. (For that matter, even staying out of patience, because patience is just a closed valve pretending to be open with all its focus on what hasn't happened.) The universe is a better organizer than you could ever think of being, so give it a chance and stay out of the way.** You've given the universe a task, you've sent out your magnetic energy, now settle back and allow the manifestation to unfold. If your Want hasn't shown up in whatever you consider to be a reasonable amount of time, it simply means you've been more in the feeling place of not having it, and less in the feeling place of having it. That's all right. You're not doing it wrong; you didn't lose the instruction book. The deliberate flowing of positive energy is so foreign to us, it often seems to be an impossible task, while the resistant feelings we're so accustomed to—and therefore never notice continue to dominate our day. **That's when it's time to let it be okay let it be okay that your Want hasn't shown up yet. You know that it will, but it's perfectly normal that it hasn't yet. First, check out what you're flowing energy to. There's not much point in flowing energy to and manifesting more of—any of your Don't Wants. Next, check out your intensity of energy now. The greater your excitement, the more ardent your passion; and the more ardent your passion, the faster your manifestation. (Ask your Guidance for help with your passion and you'll get it.) Next, check your repetitions. How often do you get yourself jazzed about your Want? If you had a great start, got all worked up about it for several minutes and then never thought about it again, it may come someday (though doubtful). But if you keep yourself hyped up about it, talk about it several times a day to yourself, your parakeet and your roses, and embellish the story every time you do, you're not only keeping the momentum going, you're building it. Although sixteen seconds is all that's necessary to add to the forming vortex, if you'd get turned on and really buzzing about this thing for just ten or fifteen minutes every day, it will be in your face before you I know it, providing you keep your focus off its absence. The law of Attraction is never inconsistent. The universe will bring you whatever you want in the appropriate time. The key always is focus!** Those tracks are our resistance, our inner critic, our old ideas of social rights and wrongs and our old low-frequency security blankets being laid bare by the higher frequencies. The greater our wanting is, the greater the energy we're pulling in, just as the more forceful the stream of water is, the more cracks will be uncovered. All of a sudden we feel rocky, vulnerable, exposed to the elements without protection as what has been hidden away for so long surfaces to struggle for survival. Ultimately what has been hidden will die away, but not without a fight. This can make for some rather bumpy, emotional rides. As you discuss it with yourself, whatever it is that has been uncovered to cause those unpleasant old feelings to reemerge will show itself in the form of an old belief, an old fear, an old Don't Want. Once you unveil whatever it is, if you'll take just three minutes a day to talk it out and talk it down (as in Tender Talking), talk it out and talk it down, talk it out and talk it down, most of that will dissipate within thirty days, along with the unconscious resistance that's been blocking your Want. Passion is creation! **Contentment is swell, but passion makes it happen. Contentment is an open valve, a nice safe haven with no negative focus, a place of rest.**

But passion makes it happen. Passion is living. Passion is creation. Passion is about feeling your power. When negative conditions pop up for whatever reason (as they always will because we require the contrast), instead of talking about how tough things are, dig down and feel your power. You're not only connected to the force of well being, you are that force. That force is Life. That force is passion. And passion is creation. Passion comes from the excitement of having something in the making. Contentment, on the other hand, comes from looking at something already achieved, more like a satisfaction. Contentment is positive energy, true, but it's not a fuel; it won't take you any place. It is not energy of creation. If you think you're lacking this most intoxicating of feelings, passion, check to see if you're still talking about or focused on a Don't Want. There's not a Don't Want in the universe that can evoke passion, for all that Don't Wants will ever get you is negative energy, closed valves, greater resistance, and more Don't Wants. Passion doesn't mean rah-rah cheerleading, or spastically bouncing off walls. Sure, passion comes in various degrees of excitement and enthusiasm, but more important, passion is a strong inner knowing. It's a quiet sureness that life no longer has you by the ear lobes, and that the tiger you're holding by the tail is actually you! You want more passion? Then follow your joy! Go smell more roses, watch more sunsets, find more grass to walk barefoot on, visit more favorite restaurants, laugh more, find more places to explore, go to more ball games or plays, indulge in more hobbies, be more spontaneous, play more golf, listen to more music, find more places to skinny dip, smile more, have more fun. Now you're vibrating in open-valve passion. And passion is creation. If you're spending some time each day talking about each of your Wants, not worrying about if or when they're coming, not trying to force the how-to's of bringing them in, staying plugged into your Guidance and following it without hesitation, those Wants will come. By your own power, they must. The word "God," for instance, can evoke either a highly positive or powerfully negative vibrational response, depending on who's doing the speaking—or listening—and what their background and association has been with that word. We have a truckload of these juiced-up words in our language, but there's only one, which can lay claim to consistently winning the "Top Negative Word Vibration" award. That word is "money," the most highly charged word in any language that uses the scuff. With most of us, the beliefs associated with this word are so incredibly incense, the moment we speak, think, or hear it, we send out walloping negative vibrations all over the place. Of course, all that does is create an impenetrable wall around us that guarantees blockage of this most sought-after commodity into our lives. Just by speaking that dumb little grouping of sounds, we're stalling the very thing we most desire. More like "all that misery." From the time we were tiny tots, at least for the majority of us, we learned that the word money equates to struggle, shoulds, musts, have to's, gotta's. We learned how the subject felt to Mom and Dad, to uncles and aunts, to grown-up family friends. We learned the anxiety that surrounds the word, and the anguish. We learned, for the most part, that it is the be-all and end-all of what we believe to be life, so we had better make damn sure we have it, or else! Actually, that learning curve began well before toddler days, back in the womb where we absorbed all the many vibrations of our parents' struggles and fears. Because we never learned about flowing energy and getting out of negative vibrations, we spend our lives with thoroughly closed valves over this subject, fighting a battle we can't possibly win until we become so tired, so discouraged, our body finally responds to the perpetual negativity, and we die.

Screw Old Beliefs

Ever since legal tender was first created, no one has had enough. So as we think money, we immediately think "not enough," and now can you start to see the picture? Money equates to not enough, which equates to lack which equates to Feel Bad vibrations which faithfully supplies us more of precisely what we don't want any more of lack. The good news is we don't have to get in there and dig up all our moldy old beliefs about money to allow the abundance to flow; we only have to override them. **What trips us up is we think it has to be earned, fought for, worked hard for, struggled for. Yet money, like anything else, is nothing but energy. And attracting it like anything else, is nothing more than an energy flowing proves. This time, instead of staying in those old "forget it" feelings, you create a new script to paste a fresh, high vibration over the old one. Creating a new script is nothing more than making up a grand little daydream and stepping into it emotionally. That's the important part: you've gotta get into your daydream emotionally or you're just blowing hot air. You're concocting a present-time whimsical narration about your want, spoken out loud (writing is second choice) as if chatting with a friend. It must never be about what is going to happen only about what has or is happening now. And you make the telling of this real enough you can taste the satisfaction, enjoyment, fulfillment and joy in every nuance, every increment as you muse along. Just remember, you must feel the passion behind every word. You no feel, you no get—because without the new feelings, you'll have no vibrational change. It's those juicy, intoxicating emotions behind your words that cause the positive vibrations necessary to bring this about. Make-believe or not, you're creating a new magnetic vortex with your virgin images and impassioned feelings. Just don't make your story so outlandish that you can't get into the feelings, or you've defeated your purpose. As the vortex begins to grow from the first sixteen seconds of happy relating, and the next sixteen seconds and the next, the high vibrations flowing out from you begin to cancel out the lower vibrations of the ones you're living now, completely overriding your current "what is." When that switch over to higher frequency kicks in, everything you need to bring your made-up little story into reality including you is being drawn into that new vortex. Just start talking, describing with relish all the joys that \$25,000 has brought you. Take it slow, allowing yourself plenty of time to feel the words and pictures as you move along, and time to allow more ideas for your use of the money to pop in. While this is "pretend as-if" right now, if you'll make your narration so real that you can merrily taste/smell/feel/touch and live it, pretty soon you will.** "It's all built now, and oh, we do so love it. Our favorite time is just after dinner. We sit out there, just the two of us (you're feeling every phrase savoring every detail as you go along) under the stars. And do you know, this whole thing has brought us closer together? Oh sure, it was a big mess at first, but even the kids are using it now, after school. We got them their own table and chairs, so they sit out there now to do their homework. I tell you, that patio is the best thing we've done in years." You've got to give that money someplace to flow to, so tomorrow when you do this, talk about how it feels to soak in your new hot tub; and the next day, at length about the new planes you just bought, etc., etc., relishing and delighting in each little thing as you talk and feel, talk and feel. You've taken the \$25,000 required for your patio out of the old Feel Bad scripting and created a shiny new dream script to paste over it, one that is genuinely over-flowing with all sores of easy to believe, Feel Good energy, though still only a make-believe creation. **Gradually it sank in that I didn't need to create a multimillion dollar Steven Spielberg production number, just a moderately believable little story I could tell myself or friend about. So I started over again with a greatly coned-down tale that was much more credible to me. Instead of talking about money pouring in, I gave it someplace to flow to. I talked about how easy it was to be able to pay my bills, how nicely all my projects were falling into place, how my mortgage programs were being so well received in the market. That felt good. I told myself a new twist on the same stories every day for weeks, creating new characters and new circumstances to keep the stories alive. When nothing seemed to be happening, I'd get discouraged wonder what I'd been suckered into realize I was right back into negative give out a big sigh and start scripting all over again. Then it broke open. I got some astounding in fact, revolutionary new ideas to bring in four times the business with half the usual effort. New people popped in to help out, and in about six months I was back on track making a comfortable living. In a year and a half, my income went from comfortable to**

brehtaking, increasing a stunning 830 percent. Old feeling habits may die hard, but oh happy day, die they did! So if you have a hankering to travel, never mind how you're going to get the dollars, just start chatting (or writing) your fantasy script and flowing Feel Good energy to where you want to go, as if you were there now. Feel the breezes, taste the food, wear the tan. If you always wanted to own a racehorse, never mind how you're going to get the dollars. Start talking about your script and flowing Feel Good energy to the kind of horse you want as if you had him now, along with the trainer, the facilities, the applause. Feel the mane, smell the horse smells, wear the roses. That's all there is to it. You replace the old negative script-vibration of "I can't, I don't know how, I'm deranged," with a positive new one that jams you a smack into the enjoyment of having it now. You speak it and feel it the way you'd want it to be if you were living your fantasy this very moment, unfolding an ever broadening variety of savory descriptions until you feel the whole thing click in and become real. You've become so caught up in the daydream, it's like you're living it this very moment. You are no longer a reactor to conditions you have become a creator of conditions. **"I want to have \$20,000 of passive income per month so I can feel free."** **"Great! Now how does that feel?"** **"Oh, it feels fine for a minute, but good grief! How would I ever get that kind of money in this market?"** **"Forget the money. It's only a grubby pile of paper. Talk to me about what you'll do with the money after the bills are paid."** **Bit by bit, a long-hidden collection of dreams unfurled.** He and his wife, Sara, would go to Bermuda where they had always wanted to explore the possibility of retirement. They'd take the grandkids on a cruise somewhere. They'd turn the basement into a full-blown stereophonic music room and on and on. Right in the middle of his reverie, I said, "Hold it! That feeling place where you are right now is where I want you to bring each of your sales people. **Tell them to forget the actual paper dollars they've specified and start focusing instead on what things the dollars could bring them. Then start flowing energy towards those things until they reach the same passion you just experienced. This way you've got them sneaking in the Feel Good back door. By avoiding any of the negative connotations usually associated with dollars especially when they're out of them they'll unconsciously allow the cash to magnetize in.** **"Your people want what we all want, Chuck: not the stupid pieces of paper, but the experiences that come with having them. Make them promise they'll do this for thirty days, at least once every day for ten or fifteen minutes."** **Every day this gang was connecting to their Inner Beings/Expanded Selves, feeling inspired for the first time in months. They were sending out highly charged waves of positive energy to the universe with their individual Requisition Lists, and the universes was responding with circumstances, incidents, ideas, and motivation in accordance with their levels of intensity. Best of all, it became infectious, and apparently still is.** An old belief is a nothing but a vibrational habit that we respond to like trained seals. Put another way, we have pretty strong attachments (beliefs) to what we've been taught, and even stronger attachments to what we've lived. Yet those old beliefs we hang on to, and respond to are nothing more than the way we used to think life worked, like having to struggle. **Get a hundred dollar bill or the biggest bill you can possibly afford (don't skimp!) and stick it in your wallet. Now, go shopping. If you can manage a full day, that is great. If not, go for lunchtime in the mall, or someplace where there are lots of shops. You're looking for everything you'd like to buy with that \$100. Maybe it's a Walkman, or a pair of slacks, or a football, or a new dress, or some tools, or a bed cover; anything at all that turns you on that you'd like to own. You still have that \$100 in your pocket, so you say to yourself (while you feel your delight), "Wow, I could buy that with my \$100; no problem!" "Terrific, I could buy that!" "Man, that's just what I've always wanted, and I have the money to buy it!" You're not adding up the items to come to \$100; you're looking for all the individual \$100 items you could actually buy right now with that \$100 if you wanted to. By the time you're up to somewhere around a thousand items, look what's happened. You've just emotionally spent \$100,000 which is going to go a long way toward helping you feel prosperous, overriding a flock of those old vibrational thought patterns about lack.** Prepaying isn't for cruises and castles and custom cars. Prepaying is used more for intangibles, for creating a desired environment or atmosphere in order that a particular event or happening can come about. It's more "this is the way I want it to happen" energy you flow to a stream of daily happenings and decisions like: "I intend to roll into a close-in parking place at the show tonight." **"I intend to get my report finished with ease, and on time."** **"I intend to enjoy the day."** **"I intend for my lunch meeting to be successful for both sides and enjoyable!"** **This is prepaying, sending out your vibrational intents ahead of you with feeling to arrange your day and circumstances, as you desire them to be. Prepaying is much like writing a new script, only not so involved. It's a quick shot. When you've gotten used to prepaying with little things on a daily basis, start in with the larger business snags maybe a client you're having trouble with or a sale chat's been on hold. Spend some time seeing and feeling the way you want the meeting to go or the contract to be signed: seeing and feeling, seeing and feeling in a series of quick shots throughout the day. Got a desk piled high with work? You are on overload with details? So pre-pave the day to go with ease before you get there. See yourself breezing through the work. Speak your Intent and tell the universe why you want it. Then don't you dare pick up one piece of paper until you flow buckets of positive energy to get that valve of yours open, or you'll be right back in the overload soup. Prepaying is simply sending your energy ahead of you, programmed with the frequency of your desire. Sometimes you send it to a specific place, sometimes you spray it around, and other times you send it to a person. Granted, you can't change somebody's mind, force them to act against their will, or do anything that's against their nature. But in tense situations, you can pre-pave to create an atmosphere of trust and openness, which will spawn congeniality.** The groundwork is done; the rest is up to you and your Guidance when you get there. Tell the universe what you want, flow a batch of pure, positive buzzing to it, feel what it would be like to have it come about, then know it's going to happen. That's prepaying. What you're going for is group magnetics. The focused energy of any group squares itself in strength, whether positive or negative energy, so you could be talking some incredible dynamics here. If you have only two people with their energy focused on one goal, that energy squares itself by two, so it becomes the equivalent of four. However, if you have a bunch of people blasting away at one goal, now you're talking serious magnetic, and a tremendous potential for change, providing most don't revert back to "can't be done" kind of thinking. However, if you can get everyone in your group feeling the excitement of a contract being awarded, feeling pride for the guy who got it signed, seeing/feeling a considerable new crowd of customers in the store, seeing success happening while feeling the value of their own contributions to that success, the exponential force of this type of magnetics is colossal. It will change forever the way you do business.

Just Remember:

- **It's not about money; it's about how you're flowing your energy. The money will come when you stop looking at how much of it you don't have. You can't look at "not enough money" and feel anything but negative emotion, which disallows the flow. So find more ways to open your valve.**
- **Instruction books always accompany inspiration, so forget the "How To's." They'll appear.**
- **Emotionally spend the money you want, again and again and again to give the energy outlets into which to flow. You can't say "give me X-amount of dollars and then I'll decide what to do with it." Decide what to do with it first; that's the asking that allows the energy to move in. The energy of money needs outlets; no outlets, no money.**
- **Make a habit of emotionally spending. Observe all sorts of things while you're driving around and start saying, "I'd like that!" "Ooo, I'd like that, too!" "Wow, look at that; that's for me and that and that and that and that" while you get into**

the feeling place of having them. Now you've got Want-momentum going and will find yourself being pulled into circumstances that will either bring the most intense of those desires into your reality, or create openings to allow others to pop in.

• Open to receive! Put those signs all over your house, "Open To Receive!" Place your intent that you are going to lower your resistance to "shoulds and shouldn'ts," and that you're going to learn how to receive. Make it a Want: "I want to learn to receive." Then get over the guilty victim mode that says you're only a good person when you're giving; that's dogmatic hogwash!

• Don't take score too soon. You can't write a script today, and say, "Where is it" tomorrow.

• Watch your excuses. You'll never pull in the bucks with valve-closing excuses such as "not enough education," "they only hire from the inside," "inept staff," "bad timing," etc. Even if you've got all the "proper" things going for you like education, training, and positioning, none of that will count for squat if you let excuses get in your way.

• If you've got a bunch of negative people in your life right now who are strongly into lack, that's a pretty fair indication of what station you're still tuned into. You might want to take stock.

• Want to measure the amount of negativity in your life? Check the amount of dollars you have coming in. For those of us who have had to struggle with money most of our lives, considerable negativity going out means not many dollars coming in! For us, dollars come or stay away in direct proportion to the negative energy we are or are not vibrating.

*• And finally, always remember that what has been has nothing whatsoever to do with what can be! If you've had a tough time all your life, you have the tools now to turn that around. If you've not had the sales you'd like to have had, the salary, the recognition, the success, the peace, the happiness, and/or overall prosperity you'd like, that is all readily changeable. How fast? You have only to start flowing differently on a fairly regular basis, and a new world will follow as surely as night follows day. It must. It is cosmic law, the physics of the universe. Relationships, be they with a spouse, partner, friend, or business associate, are, like everything else in our world, about how we are vibrating. Period. And how we are vibrating is coming from how we are feeling. Period! If we are verbally or mentally accusing, berating, or disapproving in any way, we are attracting negatively. If we are feeling trapped, ignored or neglected, unsafe, misunderstood, or short-changed, we are attracting negatively. If we race in to please, rescue, or placate, we are attracting negatively. Now granted, when two people are involved, there are two doing the vibrating, and rarely do those vibrations match. Nonetheless, we are the sole and exclusive creator of our experience, not our partner, not our parents, not even the boss who just got us fired. So as hard as it may be to swallow, it becomes a matter of looking at our own valve, our own reactions, our own focus, our own energy flow, because as long as we're glaring somewhere else past or present at all the stuff we don't like, not only are we inviting more of the same, we're locking all the good things we'd like to see in its place. The bottom line is, if our partner, or anyone else who classifies as a relationship, has some dorky little habits that annoy us (Don't Wants), and we focus on them with even moderately closed valves, all we're doing is perpetuating the dorky habits we'd like to erase, because we're holding them in our vibration. And therein lies, the cause of every downward spiral of any relationship that ever went sour; the relentless though surely innocent attention to disagreeable conditions, no matter how meaningless they may appear to be. As any small, unimportant aggravation begins to snowball into something major from our continued focus and negative energy flow toward it, we'll start to get more of other unpleasant things on that same wave-length, as well as enlarge the petty thing we've been grousing about. That means not only will that infamous toothpaste cap never gee put back on the tube, but that very irritation has the potential, with our constant negative focus, to escalate into an unwanted extramarital affair, a fender bender, a layoff, even a divorce. **"The worse it gets, the worse it gets," remember? A constant flow of annoyance over anything will, sooner or later, turn ugly. It must. Like attracts like. Sure, when someone is pushing our buttons, every ounce of us wants to push back. But it's never about what we do in a relationship that equals what we get. Never! It's not even about how our partner is flowing energy. Like everything else in our world, whatever it is we have in our face has come squarely from how we ourselves have been feeling, flowing, and vibrating. There's just no other way to put it; if you want to change the conditions of your relationship, you're going to have to change your vibrations.** Oh sure, more times than not we're probably justified in our accusations, but so what! There's not an ounce of well-being that can squeak through the low, thick vibration of blame, whether it's justified or not. In fact, the electromagnetic energy of blame is so potently charged as it flows from us to others, it can cause those who are usually fairly dependable to mess up all over the place. And for sure, sending blame-energy to someone who's been nasty, stupid, abusive or drunk only amplifies the condition you'd like to see changed. **The more I knee-jerked into fuming blame, the more this thing was falling apart right before my eyes. Then I realized what I was doing, switched to appreciation for the normally efficient personnel, and in less than fifteen minutes they called to apologize. Everything was there; the loan had been approved. Let's say there's a bunch of things in a partnership we don't like, some big, some just trivial little things we might even think we're ignoring. But "little" does not exist, and "little" is usually our biggest problem. If something is big enough for us to label, even if that label is "little," there's no way we can say we're ignoring it or accepting it. We're focusing on the bloody thing so obviously, we're flowing energy to it and making it bigger. The bottom line is that if we're bothered by something, whether our being bothered is justified or not, we're attracting negatively; that's the way of it! It may be only a mild annoyance over clothes hung backwards. Or it may be as terrible as the fear of abuse. But regardless of the emotional intensity, that negative attention to "what is" will always cause even greater problems, because that's the script we're writing. That's magnetics.** If you're with someone who strongly desires not to change, and you do, universal physics will probably split you up and keep you that way. Yes, that may sound fearful, but ask yourself why you'd want to stay with someone who creates their life through negative energy flow? So never mind your partner's valve. In fact, never mind your partner! Take your focus off of what's going on around you and insist to yourself that you get your own valve open any way you can, no matter what.*

No Matter What!

The only way you'll ever have a relationship the way you'd like it to be is to script it that way and stay with that script until it comes about, either with this partner or another with whom you're in greater vibrational harmony (which means, if you haven't already guessed, being a whole lot happier). **You have to take your relationship-killing focus OFF whatever it is that's closing your valve and put it ON to what you want in life. In other words, take your focus off your Don't Wants, put it on your Wants and keep it there. If you've got a drunk on your hands, open your valve and write your new script. If you've got an unemployed partner on your hands, open your valve and write your new script. If the two of you are fighting over money, open your valve and write your new script. You start talking with your partner about what you want and why, not what you don't want and why.** Though they had been abundantly aware of their inability to pay me, their primary focus was on their love of the place and all the ways they intended to fix it up, not on their lack of money, so we had a vibrational match-their and mine. If they had a vibrational fully, all the appreciation in the world wouldn't have made a bit of difference. That bastard! He wouldn't return of my calls. He's just like all the rest, so engrossed in his own petty world he has no time for mine. He seems to have time for his other girlfriends, though." **All she could do was blame, blame and attract so many more clones, so fast, it becomes the standing corporate joke. Off and on someone felt a twinge of compassion and said**

something like, "How can such a beautiful girl like that have such a string of bad luck? With all she's got going for her, how could that happen or string of bad luck? No. This beautiful young woman was attracting from her old vibrational script, her old habitual way of viewing men. Her script never changed. She knew she could attract men like bees to honey, and indeed she did, but they all ended up being the same kind, attracted by what she was continually vibrating. As each poor clone would turn up, only to pass into extinction, she'd flow out yet another litany of negative Don't Wants to attract the next one, and the next and the next. Since her dominant vibration regarding her string of ex-boyfriends was always "that rotten person," that's all she ever attracted: "rotten person" replicas. The blame she held in her memories sent out such powerfully magnetized vibrations, there was never a chance for a different kind of relationship to activate. It goes without saying that the exalted position of forgiveness can come about only after one has first convicted. Which means the way we usually look at forgiveness is not much different than blame. Which means we rarely, genuinely, forgive. Something happens, somebody says something, and then like the trained seals we are, we vibrationally bark, but now let's say that we've decided to forgive somebody. How nice. **Forgiveness is a releasing of our resistance to positive energy, not the transgressor's at whom we are so benevolently aiming our forgiving smile. Forgiveness is about forgetting the thing ever happened in the first damn place. Because unless we let it go, we'll keep getting more of it, that's why. If we hold on to it, it's in our vibration. And if it's in our vibration, we're either going to attract it, or something similar in vibration over and over and over. If there is a need to forgive, there had to be judgment or blame preceding that need, otherwise there'd be no reason to forgive. And judgment or blame that means we're focusing on a Don't Want. So the first step in forgiving (and you're probably not going to like this) is releasing the resistance that caused the blame in the first place, meaning the ability to say and mean, "Who cares? Who gives a hoot? Maybe the idiot did do something awful, something really tasteless. So what?" What we're talking about now is honest-to-God unconditional love, something I'm sure not one in fifty million of us has ever understood. I didn't. I always thought unconditional love meant you loved somebody in spite of what a degenerate they were, which of course meant I was still focusing on their degenerateness, holding it in my own vibration. What unconditional love really means is: "I will keep my valve open to well-being no matter what crazy thing you've done." (Remember, you don't have to change it or even like it; you just have to stop focusing on it!) It means, "I don't need conditions to be just right to be happy. I'm not going to pay any more attention to your silly habits, because I don't need everything to be perfect for my love to flow to you." "You can be nasty, you can say mean hurtful things, but your choice does not affect my choice, which is to keep my valve open and feel good. I am no longer blaming any negative conditions and/or your negative habits for the way I feel!"** Sure, I know that sounds nearly impossible, but what's it going to take for us to allow happiness? The neat thing about getting into this space of "I don't give a hoot what you do or did, my valve is staying open anyhow" is that you are automatically allowing the kind of conditions to come in that you want definitely the name of the game. You are no longer hinging how you experience life on the actions of others. I'm saying forget it, get your own valve open, write a new script, and vibrate your way out of that mess. Am I saying to forgive an adulterer? No, it is not in that old way. If the agreement between the two of you is monogamy, I'm saying forget it and get your own valve open if you don't want it repeated in this relationship or the next. Either you're going to vibrationally pull in the harmony you desire, or a new mate. **Even a little bit of forgiving at a time will work, then a little more, and a little more if that's the only way you can do it. But one thing's for sure; unless you want more of the same, forgiving ultimately means forgetting! The plain fact is, focusing on what you don't want in a relationship is never going to get you what you want. Never in a billion years. For a relationship to change to your liking, it's gotta be: Focus off the condition; Focus onto opening the valve yours. That's the only way your unwanted conditions are ever going to change, and the only way your relationship will survive.** If you'll think about those questions for a minute, you'll see the focus is squarely on the other guy. And when it's on you're joining with that vibration, merging it with your own until your valve becomes as closed as theirs. Your focus is on the negative condition, which is giving you more negative feelings than you had to begin with. And even worse, you're helping your friend to more negativity than they had before you joined up with them vibrationally. So how do you help? The first thing to do is get into a good feeling place and get your own valve open before you do any thinking about the person. Then you can inspire not ensure, just inspire that same valve openness in the person you're thinking about. You're no longer attempting to paint on their canvas, but you're genuinely offering them paints and brushes. Instead, as you think about them, see them the way you want them to be. If there's anything within them wanting to move forward, your bursts of positive, loving energy will have a strong influence on their thinking, feeling, and being. **That's why prayers for the sick so rarely work. When we see the one for whom the prayer is being offered as being deficient in some way, we're coming from a place of lack. We are viewing that person as deficient in some way, when in fact they are every bit as adequate as any power in the universe. They've just forgotten; and for a time, so did those of us doing the praying.** I have a friend whose father was dying of an empty life 3000 miles away on the opposite coast. Every night as she went to sleep she would send her father healing thoughts, hoping to help him come around. But in her own saddened state, she was seeing him in his lack, alone and melancholy, a pathetic picture of a man without friends, without incentive, without the will to live. He kept getting worse. **Then she got wind of the Law of Attraction and realized she had been doing exactly the opposite of what had been her intent. After that, as she lay in bed each night, she would see her dad as he used to be: vital, filled with fun, spirited, gregarious. She re-felt the wonderful times they had playing tennis together and the merriment of the family skating on the local pond. She could feel herself just melt into the joy of those feelings and times. Within three days her dad called saying he felt better than he had felt in years, and would it be okay if he came out for a visit!** If you've been exploring the ins and outs of deliberate creating with the Law of Attraction, and your mate hasn't, you may be in for a little pulling apart unless good old mate decides to come along. If you've offered paints and brushes until you're purple, with no response, then you might be in for some pulling apart. Or maybe you're ready to pull apart anyhow. Either way, let's take a look at some new ways to consider this breaking up scene. First off, we've got another one of those emotionally charged words to deal with. This time it's "relationship." Not real high on most people's Feel Good lists, that's for sure. Just thinking of that word packs almost as much negative wallop as "money." Maybe it started with our own family, or maybe just with our own troublesome partnerships, or both. It doesn't matter. The very word "relationship" evokes a mixed bag of longings and shivers in the same breach. So it stands to reason (pre-becoming a deliberate creator) that when we break up, or are faced with that possibility, or even if we've already done it, the thought of getting into a new tangled web is not always enticing. And yet, that's what we do, get right back into another twosome with the same script or worse. Only the players have changed. Let's say you're out of it now, living by yourself. **You're enjoying this deliberate creating routine, and so you decide you're ready for a venture with a new partner. But what's the first thing you think about? The old one!!!! And nine times out often, that thinking comes packed with some heavy negative vibrations. Just like the attractive model who couldn't get the kind of guy she wanted, you become locked right back into attracting a clone of the last one, or worse. You have to change the script and get those vibrations you're holding onto OUT". You have to manufacture, somehow, a revised feeling about your ex. If you don't, if you keep holding on for dear life to the resentments, angers and peeves, your next go-around can't help but be the same sort of thing or worse, because that's the vibration you're putting out: resentments,**

angers, and reeves. What you vibrate is what you get. You can't vibrate with thoughts of "back there" and expect to get something totally different "up here." This might not be thrilling news to you, but relationships never die. They never cease. Just by virtue of the two of you (or three of you or twenty of you) having been together in a house, or an office, or a club, you have a vibrational tie that never stops. So if you let any one of those ties remain negative well, you know the rest. That vibration will be forever radiating out from you, looking for its match. Maybe you lived with a physical abuser, or maybe just a jerk. If you don't want more of the same, you have to find something to love about that blockhead, something you can appreciate to let you break the negative vibrational ties. Otherwise, no matter how long you wait between partners, and no matter how much so-called healing you think you've done, you'll be pulling in the same junky things you didn't like about your ex, because you're still focused on them, grumbling over them, telling friends how glad you are to be rid of them: not to mention being mad at yourself for putting up with them for so long. If you're thinking about it, and feeling it, you're still vibrating it, so you will attract it. So love 'em, whether or not they were or are lovable. Appreciate them, no matter how justified you may be in sticking pins in their voodoo doll. **Break the chain of negative attraction, then you can find your answer as to leaving or staying. And if you do leave, you won't be attracting a clone on the same old negative wavelength. Try as we will, fix-it kits don't work. When we decide someone needs fixing, all we're doing is viewing them as "wrong," flooding them with negative energy. Instead, if we can find something, anything to appreciate about them, and plant the seeds of potential new growth about them with our positive vibrations, we open up a chance for change. If you want to help someone out of their immediate suffering, sending a simple "It's going to be all right" will usually quiet them down and give them an opportunity for a moment of Feel Good.** As Pollyannaish as that might sound, it's a soother for them, and a respite for you. Now they're in a place to accept your paint and brushes, or not. If they choose not, so be it. But joining them, even in heartfelt compassion, will only compound the misery by magnifying the negative vibrations: theirs and yours. Nonetheless, they scarred having family meetings to voice their Wants. As might be expected, the first few go-a-rounds emerged as long lists of Don't Wants from everyone, particularly from the son. But after a while quite a while everybody was stating their positive Wants openly and enthusiastically. The next step was to get into the Whys. As soon as they did that, the true colors of desire began to fly. All anybody wanted was to feel better than they were currently feeling, so that became their joint intent. From there, miracles began to pop. For the first time ever, they all truly wanted to be together, to do things together, go places together; they wanted to feel like a family. It was working! Although the son's grades didn't exactly fly off the card, he turned around enough to stay in school, while both Mom and Pop stayed pretty much off his back. And both Mom and Pop were determined to keep their own valves open and see their son as a spirited, happy young man, they vibrationally merged with the son's underlying intent, so that the drugs eventually vanished without intervention. Like everything else, when we stop getting lost in the conditions and start dealing with our own valve, life takes on a new glow. **If we would look for ways to appreciate and praise, rather than to criticize and blame, we can be the essential catalyst that helps tip the scales up to positive attracting for everybody, including ourselves. Keep a watchful eye out for valve-closing statements like "I love you, but" or "Why don't you ever". Look instead for valve-opening statements such as "I don't know how it's going to turn out for you, but I know it's going to be fine." "I never worry about you, I never worry about us because I know whatever is in store will be good."** And there's another plus to appreciating family folk; once your valve is swinging open, it's swinging open to everything, not just family. You can be appreciating your mate of present or past, and your new job will happen! You can be a single parent appreciating your children, and your new mate will happen! You can be appreciating your home, and your problem kids will turn around! **It's all energy; it's all vibration stemming from how you're feeling. So write your new script, don't worry about the whens or hows, give up noticing it hasn't happened yet, get your eyes off of the other guy's valve, and find ways to open yours. Before you know it, it won't matter what anyone else in your house or on the planet is doing, because you are no longer a responder; you are now an aware creator. Illness in any form is nothing more than our negative energies choking off so much of our Life flow those higher frequencies that are our natural state that cellular damage results. Illness exists for only one reason: someone has flowed more low frequency energy than high.** Which, of course, is why so much illness exists. Find the generally happy person, the one who constantly pulls themselves up and out of negative emotions, and you'll find a healthy person. Always! People who are sick have shut themselves off in some degree from their Lifeline. It may not be so obvious on the outside, but in some way or other, they've closed their valve off to their Source energy through worry, blame and guilt, whatever. **It is a connected person flowing Life force energy through their body can never, ever, be affected by those things. What causes illness is body-starving, the disallowance of Life Source energy so critical to health and well being. If, for instance, you've been in a serious accident, it didn't happen all of a sudden out of nowhere. As you look back over the years, could you say your pattern of thought has leaned just a little toward low frequencies: anger at family, ticked off at circumstances, aching to be liked, fear of failure, blame, concern over finances, hidden guilt over whatever? It would have to be so, or you would not have had the accident. That negative momentum builds over time, and builds and builds until finally you step into your self-made vortex with another who has his tuning fork pitched the same as yours. And you come together, often head on. Low frequency energy is the cause; body damage either accident or illness is the effect whether it's been building for a few weeks or several decades.** First, get the jump-start smile on your face, then move into a buzz from that Gentle Inner Smile. When you've got that going, reach back in time to the little kid in you, because the game we're going to play is the game of "What If." "What would I do if." "Where would I go if." "How would I play if." If what? If you were healthy as a horse! If you were young, and strikingly good-looking! If you were the frisky, frolicsome youngster you used to be or always wanted to be! if you had three wishes and could do anything you wanted to do, and have anything you wanted to have. Get into it and live it as much as you can until the feelings of fun and excitement flood through you. (If you're feeling foolish, that's a indication of how stuck you are meaning generally negative vibrations.)

Let's Pretend, Part Two: "Back Then"

Now call to mind (and feeling) some actual times when you truly were vibrantly healthy and happy, and the buoyant feelings that went with those times. You can't look at how much you don't want your illness, and expect to open your valve to well being at the same time, any more than you can look at not having enough money and feel good about it. It's got to be one or the other, open valve or closed. Feel good and allow the Life force to flow through you to wellness; or be scared stiff, cut off the Life flow, and perpetuate the illness. Cancer has never been the cause of death to the body, but cutting off the Life force through fear, anger, blame, or any other negative vibration will do it every time. If you will allow yourself to really get into playing "What If" and "Back Then" and stop being such a stuffy grownup, you will reach the feelings required to begin bodily changes. The moment you do, the moment you feel yourself as healthy as you used to be or want to be, and can feel it throughout the depths of your being, you launch a whole new creation of you out into time that now exists in a vortex of thought as surely as a tree stands in the forest. You may not be in the forest to see the tree, but it's there. You know it's there; now don't ignore it. First came her idea to work out at the gym. A good start, but she was astonished to find she couldn't even fake a desire to go to the gym if she was allowing herself to feel fat! Even more important, she found that as long as she was focusing on her weight, any notion of sticking with a diet, past the first few pounds, went out the window. **So back she went into the visualizations and pretending games where, at first, she had to almost bully herself into feeling the weight she wanted to be. It worked. As long as she**

continued to pretend thin, and feel thin, and keep her focus off of feeling fat, she could maintain her not-too-stringent diet with relative ease, and no longer had to fight with herself about going to the gym. I don't know what her weight was before, but this lovely young woman was a picture-perfect size twelve when I saw her. The secret to reversing anything within the body is to get your focus off what you don't want, find any way you can to get into that feeling place of what you do want, then know with a certainty that the laws of the universe are working and must bring that felt vision into reality, as long as you don't squelch it and same thing with your Expanded Self. It's here playing around in a body (yours) for the sheer experience of it all, for the learning, for the fun. When it tires of this, it will do something else, but it won't go out like a candle. It can't; it's pure energy, and you can't snuff out energy. **So isn't it interesting that the biggest fear we continue to vibrate, and then stuff away to vibrate even stronger, is the fear we have of death? Fearing death is a deplorable learned response we picked up long ago from a bunch of power-hungry fanatics, religious and otherwise, who wanted to play the game of "Let's Control the Masses." And they did, brilliantly. Get a bunch of people to fear something like death, and you've got them right where you want them under your oppressive thumb. That's how all the stupid rumors about devils and evil and hell and some big judge in the sky got started, by using fear as a mechanism of control. But since energy can't die, and all of us are most assuredly energy-based, fearing death is nothing but a monumental waste of time that evokes nothing but more negative energy. The sad thing is, we've been so cleverly taught to fear death, we've totally forgotten how to live.** As it always is in any so-called accident, it was Mrs. T's vibration that did her in, even though it was a co-creation. She was pinging on a particular frequency and pulling in everything of like vibration, which, in this case, wasn't too cool for her. Just simple physics; you hit that one tuning fork, and every other tuning fork on the same wavelength is going to respond. Someone or something need only match you in frequency, and the attraction begins. Which one (event, person, circumstance) will get to you first or the one with the strongest intensity? And you will keep on attracting and merging, attracting and merging, attracting and merging until you get so tired of the gloomy game, you eventually check out, as Mrs. T. did. Or you change your frequency. If an accident involved two or more people, it was a joint exercise in negative attraction. **If it was an accident that involved children too young to develop their own negative emotion, then those youngsters picked up their vibrations from their environment. If it was a plane crash, those on board of all ages magnetized themselves into the event. If it's just a dent in your car, your valve has been partly open. If both you and your car got creamed, your valve has been pretty well closed. If you broke your leg on the slopes, your valve's been partly open. If you busted up your whole body, your valve's been pretty well closed. I could go on, but it's sort of valve-closing to dwell on all this stuff. My point is that nothing, but nothing, but nothing comes to us by accident. Not our lotto winnings, not our new loves, not our illnesses, not a freak of nature, not an accident. They've all been drawn to us electro-magnetically by our feelings and our vibrations. Nothing in our world ever has, or ever will, come to us except by our own vibrational invitation. No matter how many people love you, no matter how much you give to the poor, no matter how well you run your business, no matter how delightful and pleasant a person you truly are, if you have negative vibrations of any kind running, even in your manner of speech, you're going to attract some kind of bummer.** Just state your Wants every day, write (and then speak) new scripts about your body, your health, your looks, your life. And pretend. Get into the feeling place of what you're pretending, and become one who is so aggressively flowing your own energy and vibrating in the frequency of joy that you override all that you—or anyone else—might have been flowing before. Not only will your body joyously respond but there will be no more accidents. Laugh more at everything and lighten up. **There is only one thing you need do in order to have the body you desire; you have to find ways to be happy. A little at a time at first, until nothing else in your world matters, not your body, your family, your old doubts only your focus on being happy. And please, "closed valve" does not mean nasty or mean. Just because someone was killed in a hurricane or bomb blast in no way implies they were anything but warn, lovely people. It simply means they had unconsciously enveloped themselves in all the negative vibrations of mass consciousness that cause one's life to be so tough. When your valve is open, when you make a decision to be in joy with life no matter what, you automatically step into a suit of absolutely impregnable well being in which nothing bad can ever happen to you. It is simply a vibrational impossibility for "bad" to happen to you in that high frequency.** Trees may fall on your neighbor's home from an over abundance of rain, but yours will stand firm. Loose dogs may poop in your neighbor's yard, but not yours. Your friends may be caught in the snowstorm, but you'll get home safely. Your area may be targeted for mail theft, but your box won't be touched. If you're low on gas a million miles from nowhere, someone will come to the rescue. If the flu bug is walloping everybody, it won't touch you. And you'll always miss the plane that crashes. **All this and ever so much more from being wrapped in your own Feel Good energy, the frequency that guarantees our well-being. One person is vibrating fear; the other is vibrating inner fury. By their own matching frequencies, they become co-creators to an ugly event. If you don't give your attention to the things you do not want, they cannot become a part of your experience, because they will not be included in your vibrations. You can only attract the rapist, murderer, or robber by thinking emotionally about being that victim, or by vibrating with other negative emotions that just happen to match the attacker's frequency. Your every emotion creates the experiences of your life. Needless to say, there are all kinds of prejudice: race, religion, color, sex, body weight, education, etc. Yet the one who is feeling prejudiced against is the most powerful in this co-creation, flowing out strong negative vibrations of persecution, of being disliked, wronged, or victimized. What about young kids being raped, or being born un-whole, or starving in Africa, or being killed in regional wars? Sad to say, they have usually picked up the negative vibrations from their folks well before being born. Those vibrations stay with them and grow in direct relation to the vibrations of the adults who are raising them until the youngsters are old enough to decide they no longer want unpleasant experiences in their lives.** These children have become victims by default. Suicides, car accidents, pregnancies, drugs, guns. When teenagers are raised in negative energy (which rarely shows on the surface) and are taught only guardedness from birth, they operate primarily in a state of fearful vulnerability. Feeling out of control, they live by negative wanting as they search for ways to reconnect with the positive energy of Life. **Drugs, sex, and other taboos are what they choose to fill the void they feel, born of a life lived with little or no connection to their Source energy. We cannot separate ourselves from consciousness flow. We cannot say, "Well, it wasn't MY fault this happened." Oh yes it was! It was and is the fault of each and every one of us. We are a part of that consciousness flow, and our energy affects the whole as strongly as adding drops of red ink to a small glass of water; the change is clearly evident. We are not separate from the whole! Everything we think and feel has monumental impact on the overall vibration of mass consciousness. So see and then feel things to be the way you'd like them to be.** It would take only a few of us doing this on a regular basis to initiate desired changes. A noble goal, perhaps, but it beats making things any worse than they are by "isn't it awful" the situations you want to change. **Whenever you see a group of any kind expressing hate or outrage, you're seeing a group very cut off from their flow of well being, and completely out of harmony with their Expanded Selves. Living in bitterness and anger is living with one whale of a lot of negative emotion and a valve that's closed tight. If you want to change something, you've got to change the way you're thinking about it. That's all there is to it. The reason all these things are getting so out of hand is that the media focuses on them with a gargantuan hunger, and therefore, so do we. Being against something isn't going to make it better.**

In fact it's going to make it worse, because now you're including it in your vibration, flowing more "isn't it awful" out there to join with other thought forms vibrating at the same frequency. In other words, quit with the Don't Wants and focus on your Wants. The moment you do that, the moment you refuse to wallow with the rest of the world in their endless discontent, you will become one who will make a momentous difference by flowing the magnitude of your higher vibrations. The Law of Attraction doesn't pick and choose. What applies to an individual applies to a group, no Negative focus attracts negative events, to ourselves and to the planet. Like attracts like, and we attract as we vibrate, not as we decide. It's not right versus wrong or good versus evil. It's closed valve versus open valve, connected versus disconnected, happy versus unhappy. This may smart a bit, but the answer is that we're all here to have the experiences necessary to learn our various lessons, whether we're playing the role of good guy or bad guy. An injustice of any kind is always a lesson for both sides. Somehow, some way, no matter what the devastation or loss may be to our brothers and sisters around the world, it's imperative we come to accept that ugly co-creations are happening everywhere for individuals to learn whatever is necessary for them to learn, all having to do with how they're flowing energy.

As appalling as their circumstances may seem to us, if we join in their pain we are reinforcing that pain along with the circumstances that caused it, not to mention that we're setting ourselves up for some highly unpleasant stuff of our own. Instead, you could be seeing and feeling those starving people as the healthy, happy people you know they have the wherewithal to be, and just that opening of your valve might help your new job come quicker, while offering those you are wrapping in high frequencies some much needed paints and brushes. (We can never paint their canvas for them; we can only offer our energetic assistance.) You could be seeing and feeling the planet as fully restored against atom bomb tests, and just that opening of your valve might help your crops flourish while helping to nourish the planet. You could be seeing and feeling those two countries enjoying a grand new rapport, and just that opening of your valve could improve your marriage while helping to create new international relations. ***We cannot hold ourselves above responsibility for what is happening around the world today, for the planet mirrors the predominant vibration in which it is encompassed. We cannot say the awfulness is simply the result of others' evil, or wrongdoing, or even ignorance. What is happening to our planet and to the peoples upon it has been caused by only one thing: the vibrations from our own thoughts and feelings. Everybody's! Not just the Hitlers, or the Custers, or the Husseins, or the Kahns (all of whom have been aberrations created by mass energy). Everybody's! So rather than the "isn't it awful," when we finally start saying to ourselves "Nothing is more important than my feeling good," we can begin to break those destructive negative talk patterns.***

Then, by God, we truly start to make a difference with what is happening around the world. Flow your appreciation for the life they continue to nourish, for the oxygen they are still contributing to the planet, and stay out of the "isn't it awful" energy that will eat up our oxygen supply faster than thousands of tree-choppers ever could. If only a few of us will do this, the chopping will soon cease! So guess who's creating the shortages? We are! ***It's that very concern we all have over not having enough that's diminishing our supplies. Each and every one of us is responsible for manufacturing those shortages, when in fact there's no lack of anything: jobs, forests, water, gold, or lovers. There can't be, for the universe does not operate on the principle of lack; lack is strictly a man-made phenomenon. When we scare flowing appreciation to what's there, and feeling the enormous abundance of this perfectly balanced planet instead of focusing on her dwindling resources or the greed of plunderers, abundance of everything will return to create the heavenly playground we came here to experience. If it's people you're concerned about, open your valve to the greatest love you can muster, and flow it out to those beings of your concern. See them in their scares of perfection, rather than lack.***

If it's the ailments of the planet that are your worry, see her in health, not disease. She's been drenched for so many eons in negative energy. This is hardly a time to add to it by talking about all the terrible things we're doing to her to make her worse. Talk about what's right with her, not what's wrong. Quit with the "isn't it awful" energy. Then dolphins multiply, forests grow, ozone layers mend, waters clear, oceans heal. See her in peace, and you will help to bring it about. ***The only thing preventing our global desires from flourishing on this planet is the phenomenal mass force of perpetual negative vibrations which cut us all off from the primal Life force of well being. That force of energy is so commensurate, so absolute, if only a few of us will maintain this vision, backed with the vibrational joy of it being a reality, that supremely positive force will override the depressed vibrations of billions, and this planet will do an about-face fast! The moment you make that decision to change your energy, whether it be sadness from a divorce or anger over polluted lakes, the entire universe coalesces in that instant to cascade well being into every crevice of your physical existence. It dumps it all over you, and around you, and through you. The only thing you have to do is say Yesh! to it all, and to Life, and wake up to how good it feels to feel good.***

Then you know from the very depths of your being that everything really is all right. No matter how it, may look, no matter how it may seem, no matter what the media may report to the contrary, you and this precious planet, and most who are on it, will always be all right. ***If there had been no money coming in, I knew my valve had been closed with worry and fear. When money was more abundant, I knew my valve had opened some. When no money was coming in, I had to do a lot more of what I call "flip-switching," the rapid altering of one's energy from negative to positive. A freedom of life is waiting for you that is beyond any capacity I have to describe, a freedom so unnaturally extraordinary that one can only know it through the joy of living it. I'm talking about total personal freedom: freedom from boredom or monotony, from needing to prove or justify, from needing to need, from anxiety, and from all the imprisoning shoulds of life we have so staunchly placed upon ourselves. I'm talking about the freedom to exist as we desire, the freedom to acquire, to be outrageous, to prosper, and even to excel if that is a desire. I'm talking about creating your own Utopia, not next year, not in the next decade, but now.***

Her valve was not open. This gal's addiction to fear had long ago turned into a need; her fear had become her fix. She felt her props would be knocked out from under her if anyone dared suggest she could wipe away her fears forever just by finding ways to feel better. To even broach the subject was sincerely terrifying to her. Fear was her identity, her security blanket, and she wasn't alone; that same reaction came from many. "Give me the keys to happiness, but don't you dare take away my insecurities or I'll feel stripped and vulnerable." Our ever-present need to need.

There are only two steps to my introductory program:

1) Remove your focus from any major thing that is currently causing serious fear (worry, concern, anxiety, stress, etc.) And keep it off! Notice I didn't say to remove your focus from all things negative, just the current, pressing items, because these are easiest to spot and feel! They are always major, in-your-face Don't wants to some kind that are causing you to be uptight.

2) Establish a flip-switch topic for each day by finding one new item about yourself to appreciate. A flip-switch topic is one you've established for the day. It's ready for you ahead of time to flip into the moment you realize you're feeling anxious, or a little down, or even moderately out of sorts. It's a topic you've chosen to have handy so you don't have to frantically search for some valve-opening thing to think about.

The First Ten Days

That's all there was to my program:

- 1) Keep my attention off anything that caused me to worry (Which mostly pertained to finances), and***
- 2) In its place, instantly install-flip-switch to-whatever was up for me that day to appreciate.***

At any rate, self-appreciation is what I chose, and instantly found that switching from negative to positive was much easier to do. Now I had something concrete to flip into, although I was finding it difficult to feel the appreciation, as opposed to simply thinking to feel it with an intensity that might start a buzz, even if the item for the day was nothing more than my shaved legs. As the first ten days began to wind down, I was aware of dramatic changes beginning to take place. Those out-of-nowhere sensations of foreboding that would wash over me for no apparent reason throughout the day were down to about two, from dozens. The overwhelming preponderance of negative vibrations had ceased, and with that realization I felt as if I had just conquered Mount Everest nude. I was euphoric! Also during those first ten days I became aware of how difficult it was for me to allow myself to fantasize, to want, to desire. Oh sure, I'd give vent to the usual things like more money, enjoying more time to do my work and so on, but rarely did I ever allow myself to indulge in my deepest dreams. If a fantasy did cross my mind, such as my lifelong desire for a secluded second home on a beautiful mountain lake, I'd simply sigh and shove it deeper inside to remain a forbidden longing. It took a few months before I could allow the flood gates to open once again, but open they did. Not all at once, to be sure, but gradually. One Want after the other was finding its way to my door, some big ones, and lots of fun little ones. I'd love to tell you that all my old habits were gone in thirty days, but of course that's not the case. ***Even today, with the money flowing in great abundance, it takes all my concentration to remember that what I accomplish is not about how hard I work, or how smart I am, but how I'm flowing my energy. So I keep writing new scripts, talking to myself constantly, and flip switching. Now, instead of an Appreciation-of-the-Day item, I have a Want-of-the-Month to fall back on which serves two purposes: it creates more vibrational time there-fore more passion for the energy to flow to a specific desire, and it gives me that safety net of always having something ready and waiting in the wings to flow to when I need it the most.***

Step 1. Identify what you don't want

Step 2. Identify what you do want

Step 3. Find the feeling place of your Want

Step 4. Expect, listen, and allow the universe to deliver and keep your focus off those conditions!

Major Don'ts

- ***Don't take score too soon. If your Wants haven't started to appear yet, relax. And keep your valve open.***
- ***Stop trying to fix anybody else; that's valve-closing stuff. You don't have to fix anything; you just have to stop thinking about it.***
- ***Stop thinking the world has to change before you can be safe. You create it through your energy flow.***
- ***Don't take anything that happens in your life for granted, good or bad, large or small. It came into your life because you magnetized it there, so pay attention to what you're creating.***
- ***Stop focusing on, responding to, or worrying about how to control conditions that haven't changed yet. That's only getting you more of the same.***
- ***Don't try to label how you feel when you're down. Stop calling it guilt or frustration or whatever. Just know you are out of sync and find a way to get back in.***
- ***Stop being a wimpy wanter. Want big in quality, as well as quantity! And don't ever stop creating new Wants. The ultra high energy You are needs outlets to flow to. Create them!***
- ***Stop thinking it can't happen. That vibration will guarantee it won't.***
- ***Don't wait to feel good before you turn it on. Turn on all day long. Make it a habit. Buzz for no other reason than to keep your frequencies up, your valve open, and your resistance down to high-frequency energy.***
- ***Don't take this so seriously; that just makes for closed valves. Lighten up, have fun, and it will happen faster.***
- ***Don't ever, ever, ever take uninspired action while your valve is closed, or while you're in the middle of a problem. Get your valve open first, then listen for your Guidance before acting.***
- ***Don't try to find the ugly, dark, nasty causes of whatever it is you think is wrong with you. Stop it! All you're doing it giving more attention to what you don't want.***
- ***Don't live for the end result, saying "I can't feel better until it happens."***
- ***Don't beat up on yourself when you feel bad or close your valve. You only feel bad in a Don't Want, so congratulate yourself that you recognized it. Until you know what you don't want, how will you know?***
- ***Stop thinking about anything that closes your valve: any thing, any body, any situation, any event, any circumstance, any place, any movie, any food, any driver, any boss, any scene, no matter what, No Matter What!***
- ***Stop joining bandwagons of grievances loaded with closed-valve, disconnected beings. Flow your energy to what you do want, and affect the whole.***
- ***Stop talking about your illness and causing your body to degenerate even more. Start talking about how your body is rejuvenating, and open your valve to allow it.***
- ***Stop with the "issues" game. Having issues is nothing but an excuse to stay in negative vibrations.***
- ***Don't yearn. It's just a negative awareness that you don't have something.***
- ***Stop thinking that there's anything outside of you that is making or can make a difference.***
- ***Don't be afraid to look at something you don't want. Look at it from all angles, then charge up your wanting. Don't justify your feelings with a "I'm right and you're wrong," even though that may be the case. That closes your valve and plugs up the flow of energies to all other areas of your life. You plug up one, you plug up all.***
- ***Don't regret anything; that's exceptionally heavy negative flow.***
- ***Never, ever start a new project, business, venture, undertaking, activity, relationship, or anything before scripting it and flowing some excited, passionate energy to it for a good long time.***
- ***Don't think it, feel it. • Don't think your reactions, feel them. • Get off your case. If you goof up, so what? Just decide to change it. • Quit trying to find yourself, Begin, instead, to allow yourself a grand life is your right. You are your life; therefore, you are your right. • Don't ever forget, you are not a carpenter or secretary, you are a force of Life. Act like it! Become it! • Don't give up; don't you ever give up!***

Major Do's

- ***Allow yourself time in each day to dream, desire, imagine, intend, want, and time to flow energy to them all, flow energy to them all, flow energy to them all.***
- ***Whenever you're feeling less than good, stop, regain your balance, and find a way to feel a little better, then a little better, then still a little better. Every Feel Better is a raise in vibration.***
- ***Use everything you know to flip-switch out of negative focus into any kind of warm fuzzy.***
- ***Make more statements in every day about what you want, and why: big things, little things, nonsensical things. The more Wants you have, and the more you get excited about them, the more your energy will flow.***
- ***Make more decisions in every day, about your mood, your safety, your work, your relationships, your parking places, your shopping. As with Wants, decisions summon the energy and provide outlets.***
- ***Ask yourself constantly, "How am I flowing my energy?" "How am I flowing my energy?"***

- Give more time to your subject, and get off the fact that it hasn't happened yet. It's forming, it's on its way.
- Talk tenderly to yourself every day. Out loud.
- Watch for clues that things are happening, for concurrent events, for synchronicity.
- Keep writing outrageous new scripts. • Pay attention to how you're feeling. • Replace your "things to do" list with a "things to feel" list.
- Find new ways to feel a little better every day. Be creative. Be inventive. Be outrageous.
- Pat yourself on the back for every obstacle you've created. Without them, you cannot know what you want.
- Think only about what you want, instead of the lack of it.
- Accept once and for all that you are the creator of your experience.
- Start your day with the intent to look for positive aspects about everything then intend to find them.
- Ignore how someone else is flowing their energy, and pay attention to your own, only your own.
- Remember that nothing— nothing— is more important than feeling good, even if it's just feeling better.
- Use your Want-of-the-Month like a life saver; it is.
- Start small to flip-switch from a negative to positive vibration. Soon that small thought will gain the momentum necessary to launch you into a major Feel Good. • Expect your Wants. Expect them!
- Learn to turn on at will, no matter how you choose to do it. When you turn on, you open your valve, you lower your resistance, you vibrate positively, you attract positively.
- Stay alert to how you are Feeling, and the rest will be easy.
- Stay out of the past; it doesn't exist.
- Become aware of the feeling tones you roam around with all day long, from dawn to lights out. Stay awake.
- Live in the feeling place of your Want every day.
- Or just live in Feel Good and watch how fast your Wants come.
- If you wake up feeling great, pump it. If you wake up feeling lousy, change it.
- Calm down, relax, soften up, get natural, be closer to You.
- Draw out that sweetness deep within you. Find it, feel it, allow it, and fan it. Male or female, we all have it.
- Listen for your Guidance, and then act; never, never, never act before.
- Follow your impulses; that's your Guidance.
- Learn to look at contrast without having to cross the line into negative resistance.
- Practice flowing appreciation to street signs, buildings, red lights, or other outdoor objects as you're driving.
- Be aware of the very real obstacles you're creating with your resistance to your Source energy.
- If all else fails, smile a phony smile. Just cracking your face moves your vibrations up.
- If something's bugging you, get over it.

You can't screw this up. You can't make a mistake or a wrong decision. It's impossible. In fact, you never have made a mistake; you only invited lessons to help you get out of vibrating negatively. Now you know! So be gentle with your self, take it easy, play with the energies, become curious, laugh more, smile more, experiment. See how long you can hold a buzz or how fast you can turn it on. Find out what gives you joy, then do it. Play with your Wants. Play with it all, but remember, this is all very, very new, so please, please, please don't get discouraged. Practice is what this new way of thinking and being is all about. It has to be; it's too new, too foreign. Right now, this concept is just so many words on paper that may sound enticing, but the proof is in the pudding. And that means practice! Practice flowing the energy. Practice flowing it to your Wants, or practice just flowing it. Learn to turn it on at will in any situation wherever you are whomever you're with whatever's happening. You control your life by controlling your reactions to life. So practice! You can't think it; you gotta feel it! So practice becoming a lover. If it's something you want with a passion, love it all over the place. Caress it emotionally in the most tender, yet ardent vibrations. Embrace it with fervent devotion. Cradle it to your bosom. Enfold it with a depth of love so blazing, so afire, so beautiful it takes your breath away. Practice flowing passionate love. That's warm fuzzies big time! So learn to feel, feel, feel good or bad positive or negative. **If a feeling ultimately opens the doors to the treasures of the universe, how bad can it be? If you want it enough, you'll learn to feel it.** Then learn to feel good, no matter what. This whole approach has to be conscious, deliberate. Knee-jerk responses have to go out the window. **If you want to change the conditions of your life, you have to change your vibrations, so practice until you can change them in a blink. If you're not feeling warm fuzzies, you're either flat-lining or feeling tacky. Either way, you're sending out: negative vibrations. If you have a problem, talk it out to yourself for ten or fifteen minutes every day. Explore it out loud until you've found out what's troubling you and you've talked it down. Every time you do that, you permanently leave a little more resistance behind until finally you've dumped enough to allow your vibrations and your experience to change. Just remember, the way you think is the way you feel, and the way you feel is the way you vibrate, and the way you vibrate is the way you attract! It's all energy. That's all, this world and universe is. You can either be its master or its victim. By learning to control the tenor and flow of your electromagnetic energy, you are learning to take control of your own destiny, steering your ship wherever you desire.** When storms come, you know what created them and what to do. You are in absolute control, headed toward reaping the sumptuous rewards of a life that is to the fullest extent of its possibilities at long last being lived! **Get two wire coat hangers and cut an "L" out of each one, about 12" long for the main part, and about 5" for the handle. Cut a plastic straw to go around the handle so that they'll swing easily, then once you have the straw in place, bend the bottom of the handle up to hold the straw in place. They'll swing without the straw, but not as freely. Now you have a pair of what I call Woo-Woo Wands. Hold the wands loosely out in front of you as if you were pointing a gun. Keep them about chest high and about 10" from your body. They flap all over the place at first, in response to your energy, so give them a few moments to settle down and stop wobbling. Once they've settled down, you're ready to play. With your eyes straight ahead, recall with feeling some very unpleasant event from your past. Depending on the intensity of your emotion surrounding that event, the wands will either stay straight ahead (weak intensity), or will point inward tip to tip. The wands are following the electromagnetic bands around your body, which have contracted as a result of the negative frequency generated by your unpleasant thought and emotions. Now make your frequencies turn positive by thinking about something incredibly wonderful, or loving, or joyous. Or focus on one of your children, or a pet, and literally flood them with love. The wands will now expand outward quite rapidly as your energy field expands in answer to your positive energy flow. To demonstrate how energy follows thought, focus your attention on an object to your far left or right, and watch the wands follow your thought. Or begin focusing on your Expanded Self, your Guidance, and watch them spread apart in reaction to the enormous increase in energy such emotional thought creates. The more you play with this, the more adept you'll become at feeling the vibrational shift that takes place within you as you change from one frequency to another.**