

Have you ever watched as a child talks and plays with his or her imaginary friends? They seem to be so sure the friends are real, and to watch them in action sometimes we almost believe it too. As a child we all have the ability to create our own reality through our imagination. We are kings and queens of massive castles and forts. We are a knight in shining armor or a beautiful princess who lives happily ever after. Our reality truly does exist in our mind...until we are taught by well-meaning adults that our imagination is simply that...make believe. But to tell you the truth there is really much more to it than that. Our thoughts and beliefs really do create our reality. Our lives are a reflection of the things we routinely think, believe and most importantly...FEEL.

In the past several years there have been many books and movies that have come out that discuss this same topic. The Secret, What the Bleep, The Power of Intention...and so on, and so on. I have personally had exposure to several of these and at times I thought it was, pardon the expression, “a crock of @!#^\$! I could not understand how faking it to my self was going to change my concrete real-life situations. I mean I always understood the basic principle of the power of positive thinking, obviously when we think and say happy things others respond more friendly. And I learned at an early age while working in customer service in retail that the “kill em with kindness” philosophy was always the best way to regain the trust of an unhappy customer. But how could thinking and believing for money and success truly bring those things into my life? How could creating a vision board out of magazine pictures and glue turn my tangible life around? As a logical “type A” personality, I could not really grasp how this concept could really manifest change in my life...that is until I tried it. I mean REALLY TRIED IT! Much to my surprise...as simple as it sounds...IT WORKED!

Sound too good to be true? I was always the person who says “if it sounds too good to be true it probably is.” But in this case I’d say this concept fits into the small percentage of things that sound to good...but are really true. Just ask any of the richest most successful people in the world and most will tell you that their secret to success is not their college degree, their family fortune, or their tendency to be a workaholic. They are where they are at because they believed they could. And not only did they believe it with their mind, they believed it in their heart and soul. They felt it! I’ve tried to share this concept with some people I know and I typically get the same response from those who have seen no change in their life. They say “I’ve tried that and it doesn’t work”. Of course you can’t argue with someone like that because if they believe it won’t work...it very simply...won’t. And that is exactly why they did not gain any positive change. They did not truly, deep down in the furthest depths of their being believe it to be true. And if you don’t believe it and feel it as truth it probably won’t manifest in reality.

Now I will admit this is not always easy to do. I myself find that when life rolls along seemingly smooth, I forget to spend time “feeling my dreams into reality”. Then I see that things begin to backslide. Fortunately I have now become in tune enough to recognize when I am not “doing the work” mentally and emotionally to keep my dreams coming into reality. So when this happens I begin to be more conscious of my thoughts and feelings and then notice that the positive shifts begin again. This brings up another key point to manifesting your dream life...you must think, believe, and feel it consistently for it to work. You can’t just simply do it once then go back to continual

negative thinking and expect the positive change to happen anyway...it just doesn't work that way. If you really want it...I mean REALLY WANT IT, you've GOT to be consistent. Of course, we can't all do it 100% of the time, but if the time you are thinking and believing significantly outweighs the times you are not, you will be making progress. I will be the first to admit that I don't do it as often and as consistently as I should, thus the occasional backslide. But if most of the time we are in the right frame of mind our dreams and goals will become a reality.

So remember that anytime you say, think, believe, or feel anything negative, whether about yourself, your job, your finances, your family, or anyone...you are bringing more of that negative aspect into your life. Take a moment to find something positive about it and focus on that instead. Continue to focus on the positive aspect and see if things don't change. Want to manifest some physical item or money into your life? Then everyday spend five minutes with your eyes closed and focus on the feeling of actually having that in your life as your own. Want to find the perfect love? Spend five minutes everyday with your eyes closed and focus on that feeling of being with that person and what they would be like. Do this consistently with belief and feeling and see if things change in your life for the better. I'll be they do. And while you're waiting for them to manifest, you'll enjoy a great daily journey through the Magic of your Mind. Enjoy!

"Whether you think you can or you can't either way you are right." ~ Henry Ford