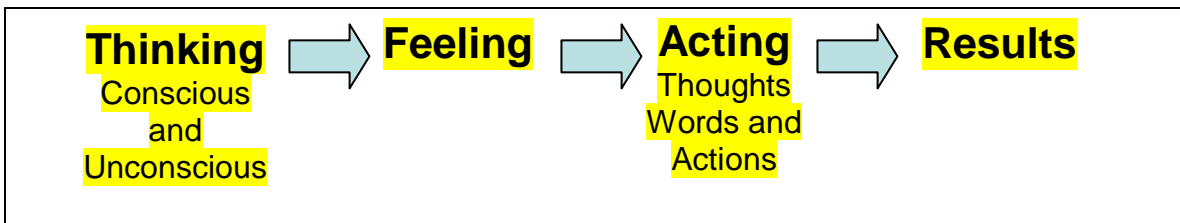


The Law Of Thinking

The Law of Thinking follows the model of basic creation we've discussed. We live in a thinking-based universe, thus all things come from thought.



Whatever we think, informs our feelings, which informs our actions, which together creates our results.

In our conversation on the Law of Attraction, you were invited to explore four questions

1. What do I want to attract?
2. How do you hope to feel when your desire is met?
3. What can you do right now to feel that feeling?
4. What do you think you would you do if you already had your desire met?

The first question, ***“What do I want to attract?”*** speaks to desire. It speaks to the life we wish we had.

Once you tap into desire, the next step to manifesting this new desire is to look at your thinking.

The Law of Thinking states that your power to manifest is limited by only one thing: your thinking. Beyond that, your manifestation power is unlimited.

Contrary to what you might have learned in the past, **what you create is NOT predicted by:**

- Your education
- Your intelligence
- The amount of money you have in the bank
- What you look like
- Your talent
- Your connections
- Your resources
- Your age

- Your gender
- Your heritage
- The place you live
- Your past experience
- Your physical abilities
- Your health

**What you create is predicted by one and only one thing:
YOUR THINKING**

Think of something you feel is beyond your control – your body, your appearance, your age, your finances, some world issue or problem – whatever it is. And consider how convinced you are that you can't have what you want because of that one thing.

Christopher Reeve was told by experts and by the physical experience of his body that he would be completely paralyzed for the rest of his very short life. He defied all logic by living years past anyone's expectations and regaining movement in his hands arms and torso. This defied the limits provided by other people, as well as his physical experience.

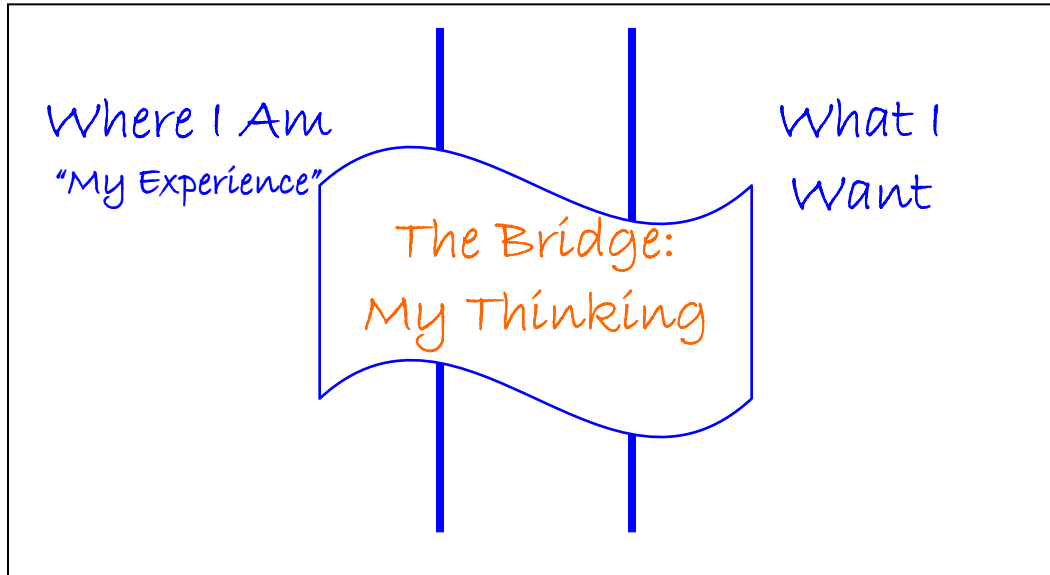
You might say that Christopher Reeve didn't achieve what he set out to – full recovery of his health and physical body – but I challenge you to look at the heavy thinking that he moved through to manifest what he did.

Crossing the gap from no movement to some movement required tremendous re-thinking, or *re-believing what is possible.*

More than this, people close to Christopher Reeve say that he experienced profound peace through his experience. He discovered extraordinary inner power, and through that power was able to move mountains in the world. He raised money and became a powerful voice for those with spinal injuries, and raised millions of dollars to move research and discovery forward decades. He himself may not have been able to get up and walk before his passing, but his experience will free thousands, even millions, from their limited state for years to come.

What you think about EVERYTHING, determines the results of your life.

The Gap Between What You Want And What You Experience



Notice the diagram above. On the left is where you are, or more accurately, your “experience” of where you are.

On the right is where you tell yourself you want to be – the things you want, the feelings you want to feel, and the unmet desires you long for.

In between is the bridge between where you are and what you want. This bridge is your thinking.

Here’s how the bridge works, whatever you *think* you need to do, be, or have to get to the other side of the bridge is true for you.

Think of an un-met desire that you have. Write it down on the right side of the page.

And now consider for a moment, what you think you need to do, be, or have, for this thing to manifest. Make a list of these things. You have to be honest here. You can’t just write down the things you *wish* were true. You can’t just write down what others have told you is true. You have to write down what you secretly believe, and probably worry is true. And you might even have contradicting thoughts on your life. Actually, you probably do. You might believe on one hand that you have to work hard, and on another that results only come from being at ease. Write all your thoughts down about what it might take to manifest your desire.

Here is an example...

Desire: Raise \$2Million for Rescue Inc. in 2009

What I think I will have to do, be, or have?

- I have to work hard
- I have to have a clear message
- I have to inspire people
- Lots of partners will be involved
- I need to set up lots of speaking engagements
- We need a beautiful website
- The viral video has to be innovative and exciting
- It will cost \$100K+ to promote our event in the fall
- I will have to work hard to convince people to pay \$1200 for the event in the fall
- We need to reach 5,000,000 people for the campaign to work
- I have to be heart-connected
- We need to help people discover personal prosperity
- It will take a lot o time – more time than I have
- I will have to be loved and accepted by thousands to do this
- It will be difficult asking so many people to be involved
- ETC.

For me, right now, this is the bridge I must cross to make it to the other side to my desire.

This is the bridge for me, because this is what I believe. This is my thinking.

On the other hand, someone else, we'll call her Jane, could have the same desire to raise \$2 Million for Rescue Inc. and she would have a completely different list. For Jane, this might be the easiest thing in the world. For her, it might be two or three quick phone calls and the money is raised.

And for yet someone else, we'll call him Joe, he might look at the desire to raise \$2 Million this year and have only one thought about it, "It's impossible. I have no idea what to do." And for Joe, because that's his thinking, this desire would be impossible.

On the surface it might appear that the difference in thinking between me, Jane, and Joe comes from our personal resources, intellect, contacts, past experience, or bank account. But I encourage you to look deeper.

It is the way I think about where I am, what I have, and what I can do that limits me – not the other way around.

Wherever there is a gap between what you want and what you experience, lives an unbelieving.

Your thoughts create your reality, or your experience of reality, anyway. If you were to list all your thoughts out – all your conscious and subconscious thought together in one long list – you would be able to clearly see that your current life is a perfect reflection of your thinking.

If you were to have different thoughts, you would have a different current reality.

And in fact, until you have different thoughts, you will not experience a new reality.

Your reality reflects what you truly believe, not what you would like to believe. Thus if you want to believe in the law of attraction, and you want to believe that all it takes to cross the bridge from where you are to your desire, is simply to think nice thoughts – but deep down you don't really believe that's true – then you'll never cross the bridge to your desire.

But you might say, "Well I've done all the things that I think I'm supposed to do! I've taken all kinds of action, I've asked all kinds of people for help, I've done everything I know to [fill in the blank], but I'm still not seeing results."

If this is the case, then look inside and you'll find still another part of you that doesn't believe you can have what you want – or doesn't believe you are worthy.

So even though you have checked off a long list of actions and to-dos to travel to the other side of the bridge to your desire, the part of you that still doesn't believe you can have your desire, the un-believing part of you, **Your Un-Believing Self**, keeps adding more things to the list of what you have to do to be worthy.

Are you starting to see why some desires are easy for you to fulfill, while others are much more challenging?

Your Un-Believing Self keeps pulling you to the left side of the page.

Thus, the key to manifestation is to study your thinking. Study your beliefs about what is required to cross the bridge from your current experience to your desires. And to study your beliefs, it's important to understand an important distinction about thinking.

Accurate Thinking Versus Polar Thinking

As we were brought up, we were given a foundation to understand the world through polarities. We learned right and wrong, dark and light, good and bad, fat and thin, etc.

We learned that things live on a spectrum between two opposites. And through our life experiences, we decided that it's better to live life at a particular place within that spectrum.

Two of these polarities became the center of our thinking mind:

- **Good and bad**
- **Right and wrong.**

We got into the habit of seeing things as either one or the other. And depending our personal set of beliefs about who we are and how we choose to operate (as a result of what we believe about ourselves), sets the tone for how much good and how much bad we want to take in.

Polar thinking is very useful for learning the basics of life. It keeps babies from hurting themselves. It allows order to come into a home where a toddler lives. It creates a simple view of the world where a child can function and operate.

The problem is most of us never graduate from this simplistic and skewed view of the world.

We train our thinking to immediately assign good/bad or right/wrong.

Certain things are universally seen as bad – like death, sickness, and war.

Whereas other things are universally seen as good – birth, health, and peace.

But the truth is, that **we as humans assigned these values** – good and bad and right and wrong. These things aren't implicitly good or bad. But we believe they are because that is how we individually, and as a culture, decided they were.

And thus, to be accurate, one would not say “*Death is bad,*” but rather “*The way I perceive death is bad.*”

Nor is it truly accurate to say that “*Stealing is bad,*” but rather “*The way I perceive stealing is bad.*”

You might say that I'm splitting hairs. But actually, notice how the difference in the two statements opens up a new possibility... **it opens up the possibility for you to perceive things in a new way.**

When you tell yourself, ***"Death is bad,"*** it's a **forgone conclusion.** It is stated as a fact. There's no wiggle room in that. And the statement **leaves no room for you to make an *authentic choice* about it.**

However, when you tell yourself, ***"I perceive death as bad,"*** you can experience the statement in a completely new way. First, because you declare that you are perceiving it, **you are conscious that you are the one making the choice** to see death as bad. Second, because you are making the choice about how you perceive it, **you give yourself the opportunity to question your perception.**

You can ask yourself:

- **"What if I didn't perceive death (or whatever) that way?"**
- **"How else could I perceive death (or whatever)?"**
- **"What would be a radically empowering way for me to perceive death (or whatever)?"**

The more ways you can perceive death, the better. The more open your thinking is to death (or whatever), the more malleable your thinking is. And because your thinking determines your current reality (or your experience of it), by practicing accurate thinking versus right and wrong thinking, you open yourself to creating new thoughts.

The Key Is To Think Empowering Thoughts

“Our subconscious mind has one goal and one goal only: To keep whatever it has been programmed to believe - its belief system - in tact and protected.

“Just think of all the information that comes to you each and every day. Millions of pieces of information are within your awareness all the time and yet your magnificent mind filters out most of it and only allows into your consciousness what IT thinks best supports its own pre-programmed picture.

“Our subconscious is so strong at convincing us that we are RIGHT about what we BELIEVE, that we are willing to literally DIE in order to protect those beliefs.”

– David Neagle

As you take power back over your thinking – changing your language to reflect your perceptions of things, versus stating things as they as fact (when they aren't) – **you will start to wonder which thoughts are “true.”**

Often times when someone begins a process of questioning their thinking, it leads them to a very scary place, which is **“What the heck should I think?”**

Because we live in a thinking universe and because you were given the divine gift of free will, what to think has been left up to you.

And this is a powerful responsibility. So large a responsibility, that most people never get around to questioning their thoughts for fear of the uncertainty and ambiguity they might discover.

I personally believe that **moving into this place of uncertainty and ambiguity is good.** It helps a person see how bound up in inaccurate thinking we all are.

However, I will offer one steady word of advice about where and how to direct your new model of thinking.

Simply this:

“Choose thinking that empowers you and others.”

And there are, as you apply this key, thousands upon thousands of layers to this simple statement.

Rather than looking for thinking that reflects your past, or your bank account, or your old beliefs, or your limitations, or your upbringing, or your painful incidents

from the past, choose to think the thought – and take the aligned action -- that empowers you and others.

From moment to moment simply ask yourself,

- **“What thought would allow me to see myself as empowered?”**
- **Or, “What thought would allow me to see others as empowered?”**

And follow that up with a second question:

- **“What action would allow me to see myself as empowered?”**
- **Or, “What action would allow me to see others as empowered?”**

Action Steps:

1. Take the actions from your Un-Believing Self
2. Follow your physical world action plan for your 90-Day Creation.
3. Be sure to make your powerful requests of others.