



Everybody Wins

Lesson 4

Taking Charge of Your Creative Mind

Your creative mind can be likened to a combination of your personal will and your imagination.

Learn how to take charge of your creative mind and you have the key to making your life whatever you want it to be, a key that nothing or no one can ever take from you. For the use of mind is the most important activity in life. Everything begins in mind. That which you can conceive you can achieve. There is no goal too big to be realized, no dream too great to be had, business success, family unity, companionship, creative expression, prosperity, even physical healing. All things are possible, if only you believe.

In the Be-Do-Have model discussed in previous lessons, I stated that the “Doing” and “Having” parts of life really don’t get us to “Being” anything. You cannot feel happy, satisfied, loved or successful on an ongoing basis simply by doing certain things or having certain things. You can only Be when you come from Being.

And there’s an old saying that when you’re up to your neck in alligators, it’s hard to remember that the initial objective was to drain the swamp.

When you are surrounded with problems and dis-ease, it’s hard to feel happy and satisfied. It can be difficult to experience joy throughout your day when the specifics of your life are not working.

From here on this program will deal with how to create the reality you desire in the Doing and Having portions of your life. Simply stated, it will deal with you getting what you want. Know that when we focus on these areas, we are working from the principles that something is better than something else, the grass is greener on the other side of the fence, its better over there than where we are.

This does not mean that the principles and tools discussed are not valid; it just means that sometimes we are part of the game of “When I get the results I want, then I will be OK”. It’s really fairly simple, I’ve been sick and I’ve been healthy. I think being healthy is better. And I do not believe the idea that being sick can give a person great lessons and truths that cannot be gained by any other method. I would rather be healthy and learn what I need to learn through living my life as if it were a joyous adventure.

So let's play this game of results according to your needs and your aspirations. As you learn how to create the things you want, what you will find is that the Being you discover, the innate joy you find about your life has always been there. It's just been hard to recognize while surrounded with our perceived challenges, problems and environmental conditioning.

This process that you and I are about to enter into will be much more enjoyable, and you will get there faster and easier if you come from Being. That is, don't get stuck on getting there.

Have fun in the story you are living, enjoy what you have and let's get on with creating a new story so you can have even more of what you want.

Why Bother

In California there's a coastal aquarium where marine biologists are concerned with the intelligence of animal life in the sea. During one experiment a savage barracuda and its natural prey, a Spanish mackerel, were placed in the same aquarium with a glass partition separating them.

Unaware of the transparent barrier, the barracuda quickly attacked the mackerel, but was stopped by the partition. After repeatedly bumping its nose, the barracuda finally quit trying. It had become conditioned to believe the barrier existed even though it could not see it. The scientists then removed the glass partition. When I read this study, those two fish had been swimming in the same tank for over two years with only an imagined barrier between them. The point is, after the actual barrier had been removed, the barracuda could still not get to the mackerel because of its environmental conditioning.

It may be a little unnerving, but this is the same type of conditioning that you and I have been exposed to throughout our lives. The main difference is that the initial barrier we experienced was probably not a real barrier, but one we were programmed to believe in. Many of the thoughts that we have about our abilities to be happy, healthy, satisfied, loved, loving or wealthy, have probably never been tested in the real world, and yet you and I function based on the premise that they are in fact real.

Do not waste your time debating whether or not you're capable of all things if only you believe. The point is, most of your limitations are self-imposed. They are beliefs that have been programmed into you by your environment and you have proven them true because you believed and acted the part. Not only that, the universe was supporting you because that's what you believed. The good news is, you can make these self-imposed or programmed beliefs disappear. You can change your mind.

And you do that one step at a time. Remember, taking charge of your creative mind is a lifelong process of being at choice.

As Emerson said, “To come into full realization of your own power is to condition your life in exact accord with what you would have it to be.” You can do it. Just start where you are and follow the directions of this program, listen to the lessons daily and follow through with the action steps.

Most of us recognize the importance that belief makes in the successful accomplishment of any endeavor. Whether you believe you can or can't, you will probably be right. The exciting thing about taking charge of your consciousness is that you can program yourself to believe anything you want. Imagine how much better you will feel about yourself and your life when you're surrounded with beliefs of, I AM, I CAN, I WILL.

Developing a consciousness that is based on positive expectancy and positive belief cannot be left to chance because too much of our environment still focuses on fear, shame, guilt and disease.

This is not because we enjoy tearing ourselves down or that others do, it is simply because of our background that speaks to limitations and fear such as, “Don't bite off more than you can chew,” “Don't try to be somebody you're not,” or “This is too good to last.” We are conditioned in too many instances to look to our weaknesses rather than our strengths – to look at problems rather than solutions. But positive beliefs and positive expectancy can be developed by choice, and once developed they will lead you to whatever you want.

In my years of teaching and speaking about the principles of success I have met thousands of people who shared the “miracles” they created in their life through changing their consciousness. Miracles in abundance, miracles in health, miracles in relationships.

Your programming determines your beliefs, and your beliefs determine what you do and what you have. Your choice is: who's going to do the programming in your life, you, or somebody else? Who is going to tell you what you can and cannot do? Who will decide your limitations? Who will determine your potential? And again the question is who do you think you are?

Basically what you are going to do in the process of taking charge of your creative mind is take charge of your personal will and your imagination. For our purposes here, personal will can be broken down into three components, Focus, Actions and Thoughts.

By focus I mean, what do you want? It's your choice of destination.

If you wanted to go to Hawaii and spend a week lounging on the beach, you would not go to a travel agent and say, “Give me a ticket” and just stand there. You would give the agent at least the basics of where you wanted to go, when you wanted to leave and when you wanted to get back. That's the way it is with your focus. Simply stated, if you don't know where you're going, you will probably end up somewhere else.

What is so exciting about you beginning to take charge of your focus is you will be spending more and more of your day moving to what you want instead of being focused on problems and challenges. It's not that all the issues you are dealing with go away; you just begin to train your mind to be looking for solutions.

And as you move through this program and follow through with the action steps you will notice that you have most of the answers you need to begin right now to focus on the reality you want.

Remember, this program is about you learning how to create the reality you want, even if you are not sure that's possible, you get to start right where you are.

Your focus should be about your ambitions, your priorities and your aspirations.

Getting clear on your focus, your choice of destination is the process of choosing who you want to be, what you want to do and what you want to have.

How do you want to wake up in the morning?

What do you want to feel about yourself and your life?

What do you want your prosperity to be like?

How do you want to earn your living? What are your dreams?

Focus is your first step in creating the life you want. And as you are creating that life, your focus can also be about your method of travel, such as joy or a sense of wonder.

The second aspect of your personal will relates to the physical action portion of getting what you want.

Much of the unconscious mind is about action. Remember that its goal directed and action oriented. Couple this with our strong beliefs and opinions about action, such as who you are speaks so loud I can't hear what you say or, your actions speak louder than your words, and what you have is evidence that goal-directed action facilitates believing even more than just choosing to believe something.

The action I am referring to here is, what goal-directed action do you think you will need to take to make sure what you want becomes a reality?

This can be a challenging area for some people, because we have been taught to look outside of ourselves for the answers we need. And there is always a "New" list of what we need to do to really be OK. We need to forgive enough, let go enough, be willing enough. On and on the list books make the rounds and we are taught that we aren't enough unless we have done the new fad of what needs to be done.

When I was facing my health challenge part of me wanted someone else to tell me how to create the reality I wanted.

I had been taught to look outside of myself for the answers I needed and too many times what I thought was discounted as I was encouraged to believe like my “teachers”.

Oh how I wanted a magic pill. I was confused by all the different methodologies stating that their way was the best way, or the only way.

But in the end I got what I wanted because I was willing to explore the magic of choice until I found how to use it my way.

Know that as you move through this program you are going to find how to take charge of your creative mind **YOUR WAY**.

The third aspect of our personal will pertains to our thoughts.

When we are focused on the outcome we want, doing what we think we need to do to have it and thinking thoughts that support us in following through, we have the basis for believing that the outcome we desire is going to happen.

That's what I mean by taking charge of your personal will, you take charge of your focus, your actions and your thoughts.

As discussed in previous Lessons, many of the situations we find ourselves in are the result of our programmed responses and beliefs. It's the same way with our thoughts. Most of our thoughts are habits of thought. We do not choose them, they come from our past experiences and they are automatic. And many times these thought patterns from our past do not support us in creating something new.

An example of this kind of programming was when in the middle of my illness I realized I did not believe I would ever again be perfectly healthy. I was so busy making everybody wrong for the limitations they wanted me to accept, I hadn't gone within myself to find out what I believed. That was another major choice point for me in understanding how to create the reality I wanted.

As you move into taking charge of your creative mind you will need to pay attention to the ongoing mental dialog that's going on within your own mind. And it is much easier to know what thoughts will support you when you are clear in your focus and have a plan of action that you believe in.

What do you want to think about as your listen to these lessons? What do you want to believe about you using this program to take charge of your life? That's what taking charge of your mental environment is about. You have a choice and the purpose of choosing your mental environment is simply to choose thoughts that support you in following through with specific actions.

Focus, Action and Thoughts, all things that you have control over. That is your Personal Will.

The next step in taking charge of your Creative Mind is the combining of your personal will with your imagination.

Taking charge of your imagination is about training your mind to imagine things so vividly, it's like being there. And science has proved that your mind cannot tell the difference between a vividly imagined experience and a real experience. What this means is that you can begin to record information in your mind as true, simply by using your imagination.

This "applied imagination" is much like daydreaming about something by choice.

Like choosing a mental dialog that supports your focus and actions, so to using your imagination to support you becomes natural when used in conjunction with your other choices. When you are clear about a result you want, have a plan you are following and consciously choosing positive thoughts to support creating that result, it is much easier to control your imagination because all you have to do is day dream or imagine following through with your action and positive thoughts.

What do you think your life will be like as you begin to integrate the choices you make?

Personal Motivation

Simply stated, I think motivation is that thing which allows us to channel our actions and behavior towards the accomplishment of a specific task. It's what moves us to make the choices necessary to get the desired result. There are three basic types of motivation. The first is fear.

Fear motivation impels a person to act, because they fear the consequences if they fail to act. In business and industry fear motivation is used in the form of reduced earnings, layoff, loss of status, dismissals, etc. All fear motivation is negative in nature. It can be destructive and result in limiting the growth of an individual because its very basis is restrictive.

The second type of motivation is incentive motivation. Where fear motivation holds out the threat of punishment to get things done, incentive motivation promises rewards to achieve the same objective. Incentive motivation does have its merits and it's generally better than fear motivation, but it has the same basic limitations.

Both fear and incentive motivation are temporary, in that sooner or later the incentives or punishments must become bigger and bigger to achieve the same results. Both of these types of motivation are also external in nature. Someone or something else provides the reason for doing things and therefore, we lose some control. Yet the biggest drawback in using either fear or

incentive motivation is that neither of them makes a change in the basic personality of the individual.

The third and most effective kind of motivation deals with attitude. Attitudes and beliefs are nothing more than habits of thought, and habits can be acquired. They can be developed and formed; they can be learned. Your current attitudes and beliefs are the result of the learning experiences you've had in your past, your environmental conditioning.

Attitude motivation is simply channeling your actions and behavior towards a specific objective, because that's who you are and what you do. You can develop attitudes that motivate you by reprogramming your internal computer. You can choose the beliefs that will run your life and program them into yourself. Then the motivation you desire becomes a natural part of who you are.

Sometimes life appears to be like climbing a never-ending ladder. Each rung has new opportunities and new obstacles. Some people believe that sooner or later each of us rise to a level of incompetence where we stay because we do not have the ability to continue. It is my opinion that with each new rung comes a new "Pass of Pain," and because of our ideas and beliefs regarding change, we do not reprogram ourselves to adjust. We stay where we are, which is a little bit over our heads. In other words, the responsibility for stagnation or inadequacy is not that we have limited abilities, but that we cease developing our untapped potential.

Your mind is like a fertile garden. Whatever ideas you plant there will flourish and prosper. You, as a unique and self-determined individual, have the ability to replant your garden anytime you want. Remember, if you think of yourself now as you were in the past, then your past must resurrect itself and become your future. That's because the form of our lives, the results we create, come from our consciousness.

You and I, as unique individuals, create based on the total of what we believe. To change our lives and what we perceive our lives to be, requires that we change or reprogram what we think. It requires planting seeds of thought that support what we want to be, and nurturing them until they become the dominant thoughts of our minds.

AND, it's not a matter of success or failure; it's simply a matter of picking a new idea and sticking with it until it becomes a tangible reality.

Get involved with your life. Figure out who you are and who you want to be and then create yourself to be that. Seeds of negativism, doubt and insecurity will grow within your mind just as easily as seeds of love, joy, success and positive expectancy. You have the choice of what new seeds will be planted in your mind. You also have the choice and the ability to weed out any thoughts that do not support who you want to be. Nothing is more important than the thoughts you think, for they are growing into your reality.

Can you imagine what your life will be like as you take charge of your creative mind?

As you learn to be at choice and create the consciousness you want, you will begin achieving things you've always dreamed of. As you start on this journey of change, come from Being. Enjoy who you are, decide what you want to be and condition yourself to be that.

Through integrating the choices you make you are becoming the writer, the director and the star of your own movie. And if you are not doing that you end up playing bit parts of someone else's movie.

As you use these concepts don't get attached or hung up on any of the specifics that are going on now. Hold fast to your vision, your dream and as you integrate the choices you make to create a consciousness of I Am, I Can, I Will, you will find that these attitudes start to pull you towards those things you want, and it will no longer be necessary for you to push yourself.

In other words, do not try to be different from the picture you have about yourself. This only causes frustration and anxiety. Change your picture.

You will be dealing with attitudes and habits of thought which have been formed over long periods of time and changing them may also take time. You may become frustrated along the way because some changes do not come as rapidly as you would like. I know I did.

What you are, what you do and what you have is a result of what you think. The only permanent way of affecting or changing the results we obtain is to change our habits of thought. When I hurt my back it took almost 11 years to heal the infection in my spine and another few years to create my body so it was pain free. I chose health and stuck with it and I achieved what I wanted because I used the tools of choice. You can that with your priorities and aspirations.

You can develop attitudes of strength, confidence, happiness, satisfaction and positive expectancy. All you have to do is spend a few minutes each day and reprogram yourself. Get involved with who you are. Begin to recognize the kinds of thoughts you have and begin consciously to change those thoughts to the kinds of thoughts you want.

These four tools discussed in this lesson regarding Focus, Actions, Thoughts and Imagination are the basic tools of choice. They can be used to accomplish anything. There are many variations of these tools, but these are the basics. Learn to use them and you will master your ability to take charge of your creative mind.

Action Steps:

These first four lessons set the stage for using choice and creating the life you want.

Continue writing in your Thoughts and Ideas section of your journal. This week spend 5 to 10 minutes a day and summarize what you think about the ideas explored in these first four lessons. How would you tie them together so they make sense to you? How might you use these concepts to assist you in creating what you want?

You may want to start by answering these questions:

Are you your past and the things that have happened to you or do you want to be more than that?

What do you want to believe about your consciousness creating your reality? Where do you want to set your limits?

Do your current beliefs and attitudes support you in having the life you want?

What do you think would happen if you began to consciously integrate your choices and take charge of your Creative Mind?

This is your party. How do you want to make it up?