

Chapter One

Discovering the Magician Within You

I can sing a rainbow.
Graham Hamilton

You were born with the power to create the life you want.

But if you are like most people, your life at the moment contains a number of situations and circumstances you don't want....and at the same time, lots of things you do want are not yet a part of your life, even though you may have tried long and hard to achieve them.

This leads to an obvious question... "If I have so much creative power, why does my life contain so many things I don't want and why have I failed to achieve the goals I do want?"

The answer to this question is deceptively simple.

Your life is the way it is because up to now, your creative power has been working UNCONSCIOUSLY. In order to change things you will need to become CONSCIOUS of this power and learn to re-direct it. As you do this, you will stop creating things you DON'T WANT and begin experiencing more of what you DO WANT.

In doing this you will become aware of a power you were born with but which you have never learned to use.

The purpose of this book is to describe the process I went through in making the shift from unconsciously creating what I don't want to consciously creating what I do want and to help you in making a similar change, if you care to do so.

The key to the whole process is to realize that the secret power we are talking about lies in the CREATIVE POWER OF YOUR THOUGHTS.

Put simply, YOUR THOUGHTS CREATE YOUR LIFE. Because most of your thoughts are unconscious, you are doing a lot of unconscious creating. Your job from now on will be to become more conscious of your thinking and learn how to plant into your mind specific kinds of thoughts, so that the process turns around.

This is easier said than done, as you will find out.

Developing your personal power

Down through the ages many masters have spoken of developing this kind of power and their advice has always been the same - *know thyself*.

They meant that the key to mastery over the outer world is gaining mastery over the inner self - to choose for ourselves what we think and how we feel.

The rewards of developing this power are personal happiness, peace of mind and worldly success. But developing this degree of mastery takes discipline. The journey to the inner self is not for the faint of heart.

This book outlines a system to develop the power to transform various aspects of your life, so you will be able to remove what makes you unhappy and put in what makes you happy.

As you study the concepts, do the exercises and practice the techniques, you will find that your awareness, your control and your power grow. You will discover that you really do have the ability to create conditions and circumstances of your choosing. The key to the entire process lies in learning to use your mind in a way that may be quite different from what you have been taught before.

We each live in two worlds

The first step is to realize that the mind operates simultaneously in two worlds - an outer, physical world of events and an inner, world of thoughts. Like a cat perched on a windowsill, your conscious awareness sits at the interface of both worlds, looking both outward and inward.

Sometimes your awareness is directed outward, to the physical world, making you conscious of what's going on around you. At other times it's directed inward, to the world of thought, making you conscious of what you are thinking. Most of the time you are not really conscious of either. This causes problems.

Because we have blind spots in both worlds, the relationship between these two worlds is not easy to figure out. There are aspects of both worlds we are simply not aware of.

At first glance the outer world seems separate from the inner world. But this is an illusion. The two are intimately connected. In fact, your two worlds are really just different aspects of one overall reality reflecting something going on very deep inside of you. Your job from now on will be to figure out what that "something" is.

Perception and reality

What we call our "reality" comes down to what and how we perceive it. What we perceive in the outer world is a reflection of what we conceive in the inner world. Our beliefs about reality influence our experience and perception of reality. Our perception of reality is distorted and influenced by what we think and how we think.

One clue to this whole idea of "connection" is to explore the nature of our private, innermost FEELINGS.

Most people's feelings are simply a reaction to what happens in their outer world. At first, this seems obvious - something happens to us and we feel either good or bad about it, so we naturally think our feelings are caused by what has happened.

But this is another illusion.

Our feelings are not caused by what happens but by the meaning we attach to what happens. Since ultimately the meaning of any event is chosen by each of us, (usually unconsciously) our feelings are really the result of our thinking...not of the event itself.

We may perceive and even believe that events cause our feelings, but the reality is quite different. As you learn to give each event a positive meaning (and a positive feeling) your world will undergo a profound shift. Cultivating the skill of consciously giving events a positive meaning will be one of your main tasks from now on.

How your two worlds affect each other

That the outer world can affect the inner world seems obvious. What might not be so obvious is that THE CONNECTION GOES BOTH WAYS. In other words, our thinking affects the outer world!

The process that brings this about is quite subtle, but we can easily prove it to ourselves because any time we change an attitude the world shifts. The fact that you can change your reaction (and your feeling) about any outer event will give you proof you're your thinking can affect your world. Doing this with control can take considerable insight and awareness.

The good news is that to create our desires as physical realities we don't need to change the world. We need only change our thinking. The outer world will then be transformed automatically. Changing your thinking changes both your worlds!

Two sets of awareness - two sets of senses

As we examine the outer world our OUTER AWARENESS gathers information using our OUTER SENSES. As we examine the inner world, our INNER AWARENESS gathers information using our INNER SENSES.

The operation of the inner awareness is subtle. When it gathers information from the past we call it memory. When it gathers information from the future we may call it day-dreaming (if the information is positive) or worrying (if the information is negative). But the inner awareness is always operating, gathering information from different areas of our inner world, and most of the time we are not conscious of what it is doing or how it is doing it.

To consciously direct the inner awareness so it gathers specific information from specific areas of the past or the future is a major aspect of the your new skill of conscious co-creation and can take considerable effort to master.

A later chapter gives a detailed description of the INNER FIELD OF TIME in which the inner awareness moves. You will receive specific instructions on how to move your awareness around within this inner field of time. How well you develop

this skill determines whether you become a victim of circumstances or a creator of them.

Controlling the movements of your inner awareness is THE MASTER KEY which unlocks a storehouse of inner knowledge and power. As we bring various aspects of the past and future into the present to be examined, we discover that we have everything we need to heal the past and create our dreams.

Matter and energy are two sides of the same coin

Einstein's famous equation, $E=mc^2$ shows that matter, energy, time and space are simply four different aspects of one overall reality.

Scientists now understand that

- the physical and the non-physical worlds are connected,
- knowledge depends upon belief,
- the observer influences the results of every experiment,
- expectations influence the conditions we encounter.

Magicians have always known this.

Ultimately the power to transform your reality depends upon your belief. Your power is only as strong as you believe it is.

How much creative power do you believe you have today? Are you prepared to do the necessary work to change this belief?

We each have two brains

In the mid 1970's a scientist in California named Roger Sperry performed a remarkable experiment. In an effort to cure a patient's epilepsy, he cut a bundle of nerves connecting the two halves of the patient's brain. As a result, Sperry came to realize that we don't actually have one brain. We have two! He also discovered these two brains do quite different things.

After the patient's brains were cut, Sperry discovered that the patient could talk about what he held in his right hand because this hand was still connected to the language center in the left brain. But he couldn't talk about what he held in his left hand because the operation had severed the connection to the language centre.

Sperry discovered that using his left hand, the patient could draw a picture of an object previously held in this hand. This proved that his right brain retained the memory. But because his brains were now divided, different information was held by each brain! His right hand literally didn't know what his left hand was doing! When asked, "Do you know what you are holding in your left hand?" his head nodded Yes while his mouth said, No!

The source of your inner conflict

Sperry's discovery gives us insight into the conflict we each experience when we feel something to be true that our thinking says is false or when we feel we want something but think we don't deserve it.

The conflict between thinking and feeling creates endless problems for each of us. It interferes with our ability to achieve happiness and success. It makes us chase

after things we think will make us happy and blinds us to the treasures we already possess. It tricks us into behaviors we know are unhealthy as though we are driven by some unseen force. As our private, inner conflict spills over to affect our public, outer world, it makes our lives a confusing jumble of conflicting beliefs, behaviors, emotions, desires and fears.

To erase our conflicts and create harmony in our world we need to control both our thinking and our feelings. This can be tricky.

Regaining the balance in our lives

To regain balance in our lives and access our personal power, we each need to embark upon a private, inner journey, following a private inner logical and emotional path. We need to investigate, understand and exercise both our brains.

During the course of this journey, we'll come to discover what we really want, how we really think and what we truly believe. We'll discover what we feel and why we feel it. As we progress on the path we'll recapture the sense of wonder we experienced as a child, when fantasy and reality were one. We'll also discover a great wellspring of creative power lying within us waiting to be tapped. Harmony within will create harmony without.

For each of us, the journey both begins and ends with gaining an increased knowledge of ourselves. We begin by sorting out our thinking and sorting out the various pieces of our lives. Then we need to put them back together again so they fit together in a new way. We need to take ourselves apart and put ourselves back together again.

A magical process

This is not simply a book about positive thinking. Instead, it is a guide book for your own personal voyage of self-discovery and a hand book for coming into conscious cooperation with the creative forces of the universe.

Your success in creating the external conditions you desire will depend upon your gaining an increased awareness of yourself and your power. Since your personal journey involves a re-examination of both your inner and your outer worlds, the program outlined in these pages has a dual nature to it.

The first aspect of this process involves discovering the source of your creative power and learning how to use it. The second involves deciding what goals you want to create for yourself and deciding what kind of person you would like to become. This is vital. Since your external circumstances will always reflect your inner nature, the new reality you create will really be a reflection of the new person you are becoming.

What type of work do you want? What kind of lifestyle do you wish to live? What type of man or woman do you wish as a partner? How healthy do you wish to be? What effect would you like to have upon your family, upon your community, and upon your world? How can you achieve your own happiness?

As you progress through this book you will discover your own answers to these questions.

Although the information in this book is organized into chapters, it actually revolves around five main themes which weave throughout the text. You will encounter different aspects of each of them in various places throughout the book.

These five themes are:

- Motivation,
- Attitude,
- Goals,
- Imagination,
- Consciousness,

The first letters of each of these words, taken together, spell "MAGIC"

This word represents five powerful skills you must master if you are to consciously create the life you want. I'll briefly discuss each of these in turn.

Motivation

A motive is actually two things at once. Firstly, it is a reason to act. Secondly, it is a force for movement.

To persevere along our chosen path we must know both what we want and why we want it. A clear idea of WHY we want something transforms our intention into a force which propels us from one reality to another.

Attitude

Attitudes do several things at once. They filter thoughts, so we think more of one kind of thought and less of another. They shape our perceptions, so we notice different kinds of things in both the inner and outer worlds. They give meaning, form and texture to both our worlds. Our attitudes determine both the conditions we meet the emotions we feel. When we expect resistance we encounter it. When we think ourselves unworthy of success we feel frustrated wanting something we think we don't deserve.

To work with your attitudes means to work with a form of energy most people are simply unaware of. To consciously choose attitudes that work for you allows you to create both new opportunities and new emotions.

Attitudes form patterns which can be discovered and changed. In a later chapter we will explore a powerful method for uncovering and altering these patterns. You will learn to delete negative attitudes and insert positive attitudes. When we adopt the attitude that success comes from doing what we enjoy, the more fun we have, the more success we experience. Changing your attitude about life changes your life.

Goals

To design our destiny means to decide the ultimate meaning of our lives - to live life on our terms. If we don't know what we want we will never have the power to create it nor will we feel satisfied with what we already have. We can use our left brains to sort out the pieces of our lives and our right brains to choose new patterns for them. We can create a written plan that serves as a road map to the future of our choice. Doing this will focus our mind, balance our personality, rid us of stress and keep us

physically and emotionally healthy. As we continue this process we discover that anything we can imagine in our inner world we can experience in our outer world.

Imagination

The imagination is the connecting link between the inner and outer worlds. The ability to control your imagination is the mark of the master. People with no control over their imagination get trapped in worry. This makes them victims of their thinking. They might end up being inner realities that don't exist physically.

The most valuable talent each of us can develop is the ability to hold in our mind a clear image of a desired situation while holding in our body a positive feeling about it. This skill connects us to an unlimited wellspring of positive energy that helps bring the imagined situation about. Control creates power. Controlling our imagination enables us to use our thinking and our feelings as creative forces, bringing into being the realities we want to create.

Consciousness

Even though the earth exists at one point in space, its gravity reaches to the farthest edge of the universe. In a similar manner, your body exists at one point in time but your thinking reaches to the farthest limits of your past and your future.

Your conscious mind straddles the boundary between the physical and the non-physical. You have the ability to hold in your mind thoughts of the outer world, thoughts of the inner world, or both simultaneously.

As the focus of your awareness moves from the inner world to the outer and back again, your emotions become forces that either drawing your desires to you or keeping them away. What each of us actually creates depends upon the strength of our motivation, the pattern of our attitudes, the clarity of our goals, the mastery of our imagination and the cultivation of our consciousness.

Cultivating your skills in these five areas will give you the power to achieve your goals, as well as to experience happiness, health, wealth, peace of mind, harmony in your relationships and success in your world. You will gain freedom from fear and the ability to both give and receive love. People will begin to recognize you as a champion. You will become a force in the world.

As we progress on this personal journey of awakening, we discover that each of us has a magician inside of us. As we gain access to the power of this inner magician our power increases and our lives become magic.

Chapter Two

What is Thinking, Anyway?

*Row, row, row your boat, gently down the stream... merrily,
merrily, merrily, merrily... life is but a dream.*
Child's Nursery Rhyme

Since the purpose of this book is to give you more power over the way your life is unfolding and since I've already said that the key to this power lies in gaining increased control over your thinking, I'd better define what I mean by the term, "thinking" so we are on the same page. What is thinking, and what happens in your mind when you think? Here is a definition we can use...

*Thinking is the process of constructing
a model of reality in order to understand your experience.*

The following story will illustrate what I mean.

Imagine that you and I are sitting in a coffee shop one day and I begin telling you of a picnic I had the previous Thursday with a friend of mine in a grassy field by a local river. Imagine too that I tell you this friend brought her Irish Setter along. In order to understand my story, you need to understand the terms, *last Thursday, field, river, picnic, friend, Irish Setter*, and so on... otherwise you won't know what I'm talking about.

But of course you do understand these words. And as you sit listening to me, you unconsciously construct in your mind's eye a mental model of the scene I'm describing. You see us sitting by the river having a picnic, with the dog playing near by.

This is what thinking is ... creating a model of reality in order to understand your experience. Your experience in this case is listening to me tell my story and the model you created is your little internal movie, or "mental snapshot" of our picnic.

Because this internal activity is automatic, you don't consciously think about the fact the picnic you see in your mind is not the actual one that took place, that it's only a model. You don't actually see my friend, the river, the grass, the dog, or the picnic area. You just see internal representations of them with your inner senses.

Now, suppose we meet each other on the street again the next day and I'm pushing a young, blind lady in a wheelchair, as her seeing-eye dog walks alongside. As I introduce you, you suddenly realize she's the friend I had the picnic with.

As soon as this realization hits you, you replace your original mental picture with a new one. This gives you a new understanding of my story, because you didn't

originally imagine my friend to be blind, or in a wheelchair, or that her dog was a seeing-eye dog. (As a matter of fact, the same process might have just happened as you read this anecdote... did it?)

This story illustrates my point.

This process of internal model making and re-making is usually completely unconscious. Since we don't normally get the kind of feedback as you did in my example, we normally aren't aware of how inaccurate our internal mental models are. (Let's face it: if you hadn't met the two of us on the street the next day you might never have known that your original conception of our picnic was totally inaccurate.)

Because the process is automatic and unconscious, after you've constructed one of these concepts, you store it away ready to be used again later without realizing that it's inaccurate.

You can use the same concepts over and over again for years...never realizing that your idea of something may be quite different from the thing being referred to.

This story illustrates what happens inside each of us. We construct models of reality called concepts to try and understand our experience, while remaining completely unaware that our internal models may contain completely false information.

Many times the differences between our concepts of reality and actual reality don't matter much. But understanding the process of constructing these models is absolutely vital. The differences between your model of reality and your actual reality lies at the root of some fundamental aspects of your life. If you don't understand this process, you won't understand why your life isn't working, and you won't be able to change things for the better. You'll continue to think the problem lies in the world when it really lies in the way you think about the world.

If you don't wake up to what's going on inside of you, you may live the rest of your life trying to change the outer world instead of changing your thinking!

You mind has lots of concepts and models in it

One goal of this book is to wake you up to the fact that these mental models exist and have a huge impact on your life.

Here are some examples of concepts already existing in your mind.

- A concept called your *self-image* determines what you can and can't do.
- A concept called the *world* determines what is possible and impossible.
- A concept called your *past* generates feelings and emotions in you.
- A concept called your *future* determines what is likely to happen to you.
- A concept called *other people* influences how you interact with people.
- A concept called your *mind* determines how it operates, what information it contains and some of the things it can and can't do.

It's important to realize three things about your inner concepts:

1. that they exist;
2. that they are false;
3. that they can be changed.

Many of your mental models were created by you as a child and are highly inaccurate. To develop your power you need to realize that they are there, that they can be changed and learn how to change them. When you succeed in changing your thinking, new possibilities, new powers and new abilities become available to you.

Much of the work of developing your personal power comes down to becoming conscious of some of your unique, automatic thought patterns, then changing them until the new pattern becomes automatic in turn.

Start paying attention to your thinking. Try to notice the kinds of concepts that exist in your mind. Simply being aware of them will take you a long way on the road to increasing your personal power.

As you investigate your inner world and change things around a bit, you will discover that you have talents and abilities you never thought existed. You'll discover that the world is quite different from what you imagined, that other people operate in ways you didn't realize, and you'll discover that the key to getting what you want in life is quite different from what you thought.

Chapter Three

Wake Up to Your Power

*Nothing determines who we
will become so much as the
things we choose to ignore.*

Sandor McNab

Why your life is the way it is

Whether you are *conceiving* your inner world or *perceiving* your outer one, you are using the same nerves. A continuous feedback loop connects your inner world and your outer one as your mind is constantly projecting your internal models outward, where you experience them as external reality. This leads to the basic illusion I spoke of in the first chapter. The contents and characteristics of your outer world are shaped by the contents and characteristics of your inner world.

When a couple walking in the park sees a large German Shepherd dog running toward them, one person becomes afraid while the other begins to smile. Each person thinks he is reacting to the same *physical* dog. In fact, they are reacting to different *mental* ones.

You have been largely unaware of this process until now and have paid little attention to the contents of your mind. Yet the circumstances of your life reflect what is going on inside of you. The qualities and characteristics of the contents of your mind are constantly being projected outward, appearing to you as qualities and characteristics of the physical world.

If you believe in obstacles you will encounter them.

If you believe in angels you will see evidence for them.

If you believe people respect you, you will feel respected.

If you believe other people are against you, you will encounter resistance.

As long as you remain blind to this on-going feedback system, you'll accept the negative aspects of your life as things you simply have to put up with. But It doesn't have to be this way. When you change your mental models your life will change.

You have as much freedom to choose the contents of your life as you do to choose the furniture in your home. But if no one has shown you how to exercise this choice, you won't have this power. As you begin to control your thinking, you will gain creative power over the contents of your life.

There are many levels of unconscious thoughts and many ways to consciously influence them. The basic skill is to become aware of the patterns which already exist in your mind and to gain a measure of control over them.

Changing your personal reality

Until now you've considered your world to consist of events. You've focused your attention on trying to produce more of the events you want while avoiding those you don't. But this isn't the way it works. You've been focusing your efforts in the wrong place

Your personal reality is not so much made up of events but of your perceptions and the meaning you attach to these perceptions. When you take apart this unconscious network of perception and meaning you discover that your past, your present and your future have changed. Events haven't changed but your life has!

This is personal transformation in the true sense. Exercising this power leads to a new understanding of your past, since memories that used to trigger pain now trigger pleasure. It changes your future, since what formerly intimidated you now excites you. Over time, as your thinking changes, your external circumstances begin to line up with the new pattern of perception and meaning laid down by your new thought patterns.

As you wake up to your power to make these kinds of changes you realize that the activity of both your brains is intertwined like two snakes fighting. It's difficult to tell if your thoughts are leading your feelings or your feelings are leading your thoughts. To separate the activity of each brain requires insight and awareness. The best way to gain this insight and maintain this awareness is to begin keeping a journal in which you keep track of certain kinds of ideas. I'll explain more of how to do this as we go.

Unconscious thought patterns

Working with unconscious thought patterns involves working with powerful forces of which most people are blind. When you know what to look for you can see their effects everywhere. From now on begin to notice the following kinds of thought patterns:

Images

If I ask you the color of your favorite shirt you can tell me, proving you have a visual memory. Yet many people are blind to the flow of imagery constantly playing just beneath the surface of their awareness. Write this statement on a card and carry it with you so you'll be reminded of it on a continuous basis: *My ability to visualize is improving daily*. This will prepare you for the visualization training you will be doing shortly.

Self Talk

You have a little voice carrying on continuously just below the surface of your awareness. Sometimes this voice says things you don't want to hear. Unless you take control, these unwanted comments can affect you in ways you don't want. Learning to change the content and the tone of this internal voice is a very powerful way to influence your internal and your external world.

Denial

Have you ever noticed yourself thinking something like, "*It looks like such and such is true, but that wouldn't make sense, so I must be mistaken.*"? The decision to ignore information that doesn't fit with your beliefs is an unconscious mechanism your mind uses to avoid painful feelings. Denial is very influential in creating the unwanted conditions you have been experiencing up to now. Catching yourself doing this will become one of your most powerful tools in creating the life you want. Failing to notice yourself doing it will keep you from developing any real power.

Negative feelings

Your feelings provide a vital clue to the thinking patterns of your right brain. Learning to control them is one of the most important keys to developing your power. We think of ourselves as logical beings because much of our thinking seems to happen in a logical sequence. But feelings are different. They aren't logical. They endure over time, influencing the content of your experience. You can feel good for a few minutes, angry for days or depressed for weeks. The shock of a powerful negative event might effect you for years. On the other hand, a friendly glance from a stranger can cause your feelings to shift in an instant.

Intuitions, emotions and states

It's important to pay attention to your feelings since how you feel affects how you think. We can divide feelings into three categories: **intuitions, emotions and states**, each one more intense and exercising more control over your life.

Intuitions are subtle nudges, giving you valuable insights helping you make choices.

Emotions are powerful forces which affect your thinking and your perceptions. They influence your memory of the past and your expectations for the future. They affect your perceptions of your past, your present and your future. Things which mean one thing when you're feeling *up* can mean something entirely different when you're feeling *down*. Emotions create self-fulfilling prophesies. You'll expect less success when you're feeling down than when you're feeling confident.

It is a great mistake to deny your negative feelings and dismiss them as of no importance. Emotionalized thoughts are powerful creative forces. One moment of anger can destroy a relationship you have spent years nurturing.

States are intense emotions that charge your entire being for good or for ill. Some examples of states are anger, fear, confidence, being in love. Although any emotion will influence your thinking to a certain degree, an intense state can transform a heaven into a hell or a hell into a heaven.

We consider states so important that we even identify people by their states. We call one person a *worrier*, another an *optimist*, a third *scatterbrained*. These terms also describe the worlds in which these people live, since each person's life reflects their predominant states. Developing and maintaining a set of positive states not only allows you to enjoy the present. It also allows you to remember more positive things in the past and to expect more positive things in the future. A state of

self-confidence increases the chances of bringing your positive expectations into your life as physical realities.

The underlying premise of this book is not simply that you *can* create your reality but that you *are* creating it right now, unconsciously! Unconscious mental images, self-talk, feelings, intuitions, emotions and states are powerful forces which are creating definite effects in your life today. Becoming aware of them gives you insight into why your life is the way it is and provides you with powerful tools to begin changing it. As you wake up to the existence of these unconscious thought forces, you wake up your power to influence both your inner and your outer worlds.

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