

Formerly: *The Best Positive Thinking Book*

Intentional Living

~

Handbook for a Happier Life

by Tor Pinney

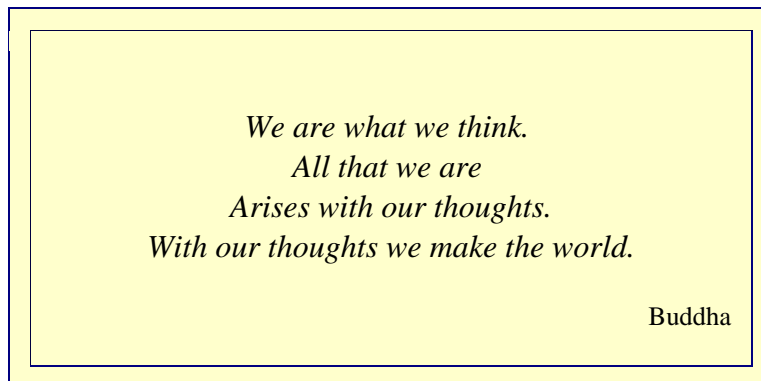
~

© 2012 Tor Pinney – All Rights Reserved

All rights reserved under International and Pan-American Copyright Conventions, including the right to reproduce this book, or any portions thereof, in any form without the prior written permission of the copyright owner, except for the inclusion of brief quotations in a review.

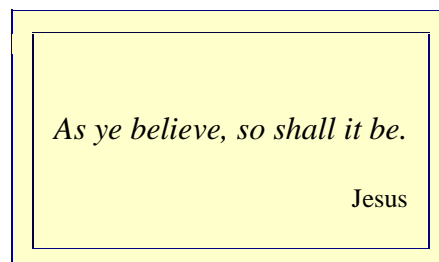
Until this book is published commercially, I offer it as a gift to all private individuals who would read it and apply its principles to improve the quality of their lives.

A handwritten signature in blue ink, consisting of a horizontal line with a small flourish underneath.



For thousands of years, wise men and prophets have told us that we create our world with our thoughts; that what we believe will come to pass. Moses, Buddha, Virgil, Plato, Sophocles, Aristotle, Dhammapada, Jesus, Freud, Emerson, Darwin, Einstein, Carnegie, Peale, Tolle and many others shared this simple yet profound truth.

Today we know that thoughts and beliefs originate in the subconscious mind, a source of remarkable power. We also now know that it is possible to train or program the subconscious to better accommodate our desires. Cerebral programming generates belief, a very real, super-creative force that has the capacity to manifest itself physically. When you know how to create and control your beliefs, you have the ability to literally re-create yourself and your world, to live your life intentionally and be happier. Here, for the first time, is a simple, straightforward handbook of the specific techniques, ancient and modern, that enable anyone to harness this awesome power.



ACKNOWLEDGEMENTS

Heartfelt thanks to Thomas Pinney and Chris Callaghan for their generous assistance proof-reading and editing this text. Their input was invaluable, but the responsibility for the content of this book rests solely with the author.



WARNING - DISCLAIMER

This book is designed to provide information pertaining to the subject matter covered. It is sold with the understanding that the publisher and author are not engaged in rendering medical, mental health, religious or other professional services. If such expert assistance is required, the services of a competent professional should be sought.

It is not the purpose of this manual to reprint all the information on intentional living that is available to the author and/or publisher, but rather to complement, amplify and supplement other texts. You are urged to read all the available material, learn as much as possible about intentional living and tailor the information to your individual needs. For more information, visit a library or a large book store.

Intentional living is not a fix-it-fast scheme. Anyone who decides to learn and practice its techniques must expect to invest time and effort. For many people, intentional living is an extremely effective self-improvement tool.

Every effort has been made to make this manual as complete and as accurate as possible. However, there may be mistakes both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source of self-improvement information. Furthermore, this manual contains information on intentional living only up to the first copyright date.

The purpose of this manual is to educate and entertain. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.

By reading this book you agree to be bound by all of the above.

CONTENTS

<p>Introduction My Story What is Intentional Living</p> <p>How Intentional Thinking Works The Human Computer Programming the Mind The Subconscious Mind Hears and Obeys Reprogramming the Mind Reality Projection</p> <p>The Techniques Take the First Steps Choose Your Goals State Your Goal Include Affirmations Boost Your Self-Image Repeat Your Goal Often Supercharge Your Statement Visualize Your Goal</p>	<p>Erase Your Old Programming Enter the Twilight Zone Listen to What You Say Talk to Yourself Reprogram Yourself Instantly Make Audio Recordings Use Hypnosis and Self-Hypnosis Breathe Deeply Don't Worry Avoid Negativity Share with Others Commit to Success Try - and You'll Fail Pray and Meditate Live Intentionally Beyond Intentional Living</p> <p>Summary</p>
--	--

To my daughter, Lisa,
and my grandchildren Reece, Gabrielle and Jordan

May you realize all your dreams.

INTRODUCTION

Imagine what it would be like if you could create your own reality. What would you do if you suddenly discovered you could decide the course of events, make things materialize or vanish, change your life situation, become whomever and whatever you wanted to be. What if you could overcome bad habits, maintain good health, achieve any goal, produce a brighter future, have more, be more and help others do the same? What would you change in your life?

As you are about to discover, you and every other human being were born with this innate power to create your own reality. Incredibly, relatively few people even know they possess it, let alone how to access it. Yet each of us does have the ability to consistently turn desires into reality, to shape ourselves and our world, and to project our future. With practice and determination, it is an easy, natural thing to do.

Consciousness of our powers augments them.

Vauvenargues

Intentional living is a practical, powerful discipline based on fundamental truths that have been taught repeatedly through the ages. However, until now simple, concise, detailed instructions on how to actually *do* it have been elusive. The following pages contain these instructions, distilled and condensed from the teachings of many.

Intentional living is a two-phase process involving intentional thinking and reality projection, the first triggering and empowering the second. They are not hard to do. The fact that this book is so thin attests that there isn't all that much you need to learn or know. On the other hand, the techniques do require practice, discipline and persistence. Simply reading this book won't change much for you. You're going to have to work at it, especially in the beginning. To gain anything of material and lasting value from these lessons you must apply them, repeatedly. If you do, you will be rewarded with a vastly happier, richer, more fulfilling life in a reality of your making.

Two notes:

- Unless otherwise noted, all formal definitions in this text are quoted, composed or derived from The Oxford English Dictionary (5th Edition), Webster's Third New International Dictionary, and Princeton University's WordWeb database.
- The boxed quotations scattered throughout these pages represent some of the wisest and noblest minds in the history of human civilization. They have been telling us these things for thousands of years. It's time we listen.

The empires of the future are the empires of the mind.

Winston Churchill

MY STORY

It may interest readers of this book to know something of the writer. More to the point, this biographical excerpt serves to illustrate how intentional living can operate. However, if you're anxious to get on with discovering that for yourself, you can skip forward to the 'What Is Intentional Living' chapter on page 12.

*Life is a mirror; it reflects back
to the thinker what he thinks into it.*

Ernest Holmes

My personal experiences with intentional living began as I approached my 30th birthday. I was broke and dissatisfied. That's not to say I was miserable - on the contrary, I was living a bohemian dream life of my own choosing - but now I wanted more. It had long been my dream to sail the oceans of the world aboard my own sailboat. I had by this time acquired the skills, but I lacked an adequate boat. The one I owned, a 50 year old classic wood ketch, was somewhat dilapidated and decidedly limited. What I desired now, *more than anything in the world*, was a much newer vessel, solid and seaworthy, capable of carrying me across oceans and fulfilling my life's dream. I thought about it constantly with passionate longing.

I didn't know then about the discipline of intentional thinking, let alone the possibilities of reality projection. Yet instinctively I sensed that I needed to improve my self-image and the image I presented to the world in order to set in motion the changes I sought. As a stepping stone, I decided to gain more offshore experience sailing larger, finer yachts - and get paid for it.

My first step in that direction was a modest one. I bought a little gold anchor pendant, a charm barely an inch tall that caught my eye in a store window. I was never one to wear jewelry - I still don't - but I decided that gold anchor would represent to me my commitment to take my love of sailing to a new and professional level. I could ill afford the money I paid for that trinket, but it turned out to be a brilliant investment. Hanging around my neck on a length of sail twine, it became my constant reminder of where I was heading and my determination to get there. In fact, wearing it made me feel like I was already on my way.

Next, I studied and sat for my U.S. Coast Guard captain's license exam. With that credential in hand, I sold my old ketch, printed up a resume and some business cards that said "Captain," and set about looking for work. It didn't take long – I was eager, confident and reasonably qualified – and over the next few years I lived the glamorous life of a yacht delivery captain and charter skipper based in the Virgin Islands. I sailed tens of thousands of nautical miles aboard beautiful yachts and got paid for it, just as I had planned. However, it didn't pay all that well. I wasn't broke anymore, but the ultimate dream of owning my own ocean-going sailing vessel still eluded me – by at least a hundred thousand dollars. (In today's dollars that'd be closer to half a million.) I was nowhere near being able to afford a yacht like that, and at this rate I never would be.

*If one advances confidently in the direction of his dreams,
and endeavors to live the life which he has imagined,
he will meet with a success unexpected in common hours.*

Henry David Thoreau

I had realized my desire to become a professional sea captain just by making it a clear goal, deciding I could and would do it, and then focusing my thoughts and energies on getting there. I was actually a bit surprised at how easily it came. Lesson learned, but I sensed there could be more to it.

That's when I began reading about how to realize desires, books like *The Power of Positive Thinking* by Norman Vincent Peale (Random House), *How to Win Friends and Influence People* by Dale Carnegie (Simon and Schuster), and others of that genre. In each I found nuggets of instruction for clarifying, empowering and directing thought in order to achieve goals. But I had to dig through mounds of religious dogma, seemingly endless testimonials and distracting psycho-babble to find those nuggets, the actual techniques for doing this, buried as they were in those texts. I thought then what a wonderful boon it would be to find a book that simply presented the techniques so that I could get on with doing it, without all the preaching, storytelling and fluff. Since no one has yet written such a book, I am writing it now. May it prove useful to others who wish to improve – even *revolutionize* - their lives.

I did ascertain enough of the how-to's from those worthy tomes to put the ideas to the test. I would *think*, or more accurately, *believe* my dream boat into existence. Well, I am here to tell you that almost exactly one year after I began practicing those techniques in earnest I stepped aboard one of the finest cruising sailboats in the world - *and it was mine*. Eventually that magnificent vessel carried me across oceans and seas on a six-year adventure of a lifetime.

A brief description of exactly how that came to pass may serve to illustrate how a desire, clarified as a goal and transmuted in the mind into a belief, will project itself into the real world with such force that it literally materializes (*materialize [verb]: come into perceptible existence; become actual fact*). In my case I had already done some things right by instinct; I had clear goals – to become a professional captain, to have money, and to obtain a new cruising sailboat - and I had *a burning desire* (note the italics; that means it's important) to achieve them. I used a talisman, that little gold anchor, as a *constant reminder* of my commitment to those goals. Of equal importance, I began taking steps toward my goals *as if they were already a done deal*; earning my captain's license, selling my old boat, getting cards and a resume printed up, etc. I wasn't just sitting around wishing for something. I got off my butt and started making it happen. Still, I needed all the help I could get. The few basic techniques I've mentioned had been enough to propel me to the level of professional captain. But there still remained the Holy Grail of my dreams, my own ocean-worthy, half-million-dollar cruising sailboat.

I started practicing in earnest the handful of intentional thinking techniques I had garnered from my reading. Before long I began believing I could *and would* get the boat I so craved for myself. With that bold certainty, I commenced reviewing the vessels available at that time, going about the selection process methodically and confidently, certain that I could have any boat I chose, price notwithstanding. I didn't know how yet, but I believed it was happening.

I went to boat shows and checked out all the top brands, the best on the market. Finally, I chose a particular make and model built in California. It was everything I'd dreamed of and more, a superb sailboat. I clipped a photograph of that boat from a magazine ad and taped it up on the mirror in my cabin (I was the hired captain of a 60' schooner at the time). Every time the picture caught my eye I said, out loud or mentally to myself, "I'm getting that boat. She is mine. That's *my* boat." I spoke these words with the passion of my burning desire to possess it, visualizing myself at the helm, owner and captain, setting out to sea on a grand adventure, the wind in my hair. I also employed other intentional thinking techniques, all of which (and many more) are revealed in this book.

My belief grew to a certainty. I *knew* I was getting that boat. It was very exciting and it swept me irreversibly forward. Then an idea came to me, seemingly out of the blue, that if I could somehow help the builders sell more of their boats, I could earn one for myself.

*You can get everything in this world that you want,
if you'll just help enough other people get what they want.*

Zig Ziglar

By coincidence (or so it seemed), a friend had recently shown me how to write a business proposal. So I composed one for this purpose and sent it to the manufacturer. They were impressed with my presentation and obvious zeal for their product and invited me to visit the factory to discuss the idea. Full of the confidence generated by my mind-generated belief that I was going to have one of their boats, I bought a plane ticket and flew 3,500 miles from the Virgin Islands to California, where I met with the owners of the company. I assured them I could sell their boats on the US East Coast, where they as yet had no representation, saying I'd maintain a demonstrator to exhibit in boat shows and take prospects for test sails. They liked that. I said I'd open a sales office in Fort Lauderdale and represent them properly, full time and aggressively. They loved that. Then I confessed that I didn't have the money to pay for the boat yet, but that if they'd just send me one so I could get things started I would hand over my commissions from the boats I sold until they were paid in full, with interest. Well, that they had to think about over lunch. And when they came back they said YES.

YES! I floated out of that meeting, I was so excited.

That marked the beginning of my career in yacht sales, something I'd never imagined doing a year earlier. It was quite a change from my previous life, but I found I enjoyed it. Once I got going, I used the intentional thinking techniques (and professional sales techniques, which I studied constantly) to make lots of sales and earn lots of money, much more than what most other yacht brokers were making. I printed "\$100,000" on an index card and propped it on my desk so I could see it constantly and repeat, "I've got that money. It's mine." (I've learned since then to up the ante, to ask more of life. Why not? But at the time, \$100,000 seemed like a lot; it was as far as my young imagination went, and again, in today's dollars it was more like \$500,000.) As it turned out, I surpassed that goal because I had committed five years to building my nest egg, and business – my business, anyway - was good *in spite of a recession*. At the 4½-year mark, I had enough savings set aside to sail around the world for the next 8 or 10 years. As for the boat, I had paid it off in the first 18 months.

So, I owned my dream boat free and clear – the exact boat I had set as my goal, brand new - and my bank balance exceeded my financial goal. I sold my yacht sales business, set sail, realized my dream and lived happily ever after. More or less.

What this summary skips over, what you just have to experience for yourself, are the countless “coincidences,” large and small, that aided me in my quest; the way things flowed and seemed to work out, sometimes miraculously; the timely way people and resources came to my aid when I needed them and sometimes before I even knew I needed them, like the friend teaching me how to write a business proposal when he did as if in planned preparation for what I would soon be doing.

Of course, my own enthusiasm and determined effort played a major role in my success. I worked hard, put in long hours, and came up with some smart innovations. Still, it was my firm belief in success that ultimately made it happen. That’s what moved me and my whole enterprise so resolutely forward. And it was the projection of that belief outwards that convinced others and gave rise to ways and means that I could not have imagined when I first taped that photo on my mirror. Ideas and information came to me, friends, associates and even complete strangers assisted me, opportunities knocked and doors opened, sometimes like magic. It *was* magic, literally.

magic (noun): any practice that invokes (seemingly) supernatural powers; influencing the course of events and producing extraordinary physical phenomena using supernatural power.*

**supernatural (adjective): beyond the natural or ordinary (but) capable of being experienced by ordinary means; transcending nature in degree and in kind.*

People sometimes tell me I’m lucky. Well, what is luck? One dictionary defines it as “an unknown and unpredictable phenomenon that leads to a favorable outcome.” That may apply at the roulette wheel, but my “luck” isn’t unknown or unpredictable. The whole point of intentional living is to create outcomes of your choosing, *intentionally*. You make your luck.

There is much to be gained by learning to live intentionally, so let’s get on with it. For the sake of clarity, we’ll begin by defining our subject’s main terms.

WHAT IS INTENTIONAL LIVING?

Intentional living is the purposeful practice of improving the quality of life by applying the techniques of intentional thinking and reality projection.

- *intentional (adjective): done on purpose; deliberate*
- *living (noun): the condition of being alive; the passing of one's life in a particular way; conduct or manner of life*

Intentional thinking is the discipline of clarifying, empowering and directing thoughts to foster beliefs that improve the quality of life.

- *thinking (noun): the action of using one's mind to produce thoughts*
- *belief (noun): trust, confidence; faith; mental acceptance of a statement, fact, doctrine, thing, etc as true or existing*

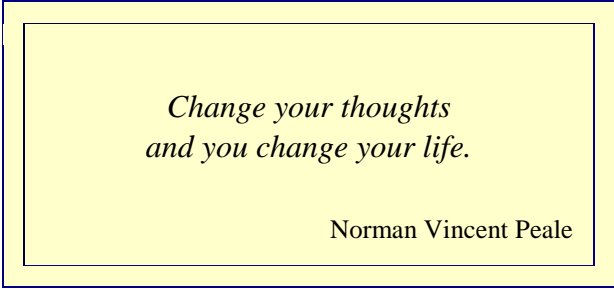
Reality projection is the act of influencing manifest creation with beliefs.

- *reality (noun): the actual nature or constitution of something; what actually exists; what has objective existence*
- *projection (noun): the action of throwing something forward; propulsion; an external (esp. visual) manifestation of a mental image, idea, etc*
- *influence (verb): to affect or alter the conduct, thought or character of by indirect or intangible means; to have an effect on the condition or development of; determine partially; modify*
- *manifest (adjective): clearly revealed to the mind or the senses or judgment*
- *creation (noun): all that is*

Therefore,

- *manifest creation: all that is clearly revealed to the mind or the senses or judgment*

Intentional living as we're going to explore it in this book constitutes both a skill and an art. Like any skill it can be learned and mastered by practicing specific techniques, and like any art it is limited only by the imagination, dedication and passion of the artist. The techniques you will learn in the following pages are easy to grasp; anyone can do them. They require nothing but persistent application and your desire to succeed. Nevertheless, they are incredibly effective. Using them promises a vast improvement in the quality of your life, and success at practically anything you endeavor to accomplish.



*Change your thoughts
and you change your life.*

Norman Vincent Peale

HOW INTENTIONAL THINKING WORKS

The Human Computer

To understand how intentional thinking works it helps to understand a little about the workings of the human brain and the mind that dwells there. Your brain functions much like a computer. In fact, the human brain is the most powerful computer in the world, able to perform many times more functions per second than the world's largest man-made supercomputer. Each of us possesses this incredible instrument. It starts out with a basic, instinctive operating system with which it runs our body's involuntary functions. From then on it continuously records and stores new data, downloads and develops new programs, and performs functions and calculations based on these data and programs.

The human mind, the cognizant energy that resides in the physical brain, may basically be divided into two active categories: the conscious and the subconscious. The conscious mind is our awareness. It handles all rational thinking, like deciding what to wear and what to do next. It is the part of us that makes value judgments such as true or false, good or bad, etc.

The subconscious mind, which scientists tell us occupies at least 88% of the brain, controls automatic and instinctive functions like heartbeat, glandular activity, digestion and so on. It also stores our memories. In fact, it is said that every single thing you have ever experienced in your life, real or imagined, is recorded in your subconscious. Eminent brain physiologists Dr. John Eccles and Sir Charles Sherrington explain it this way: "When you learn anything, a pattern of neurons forming a chain is set up in your brain tissue. This chain, or pattern, is your brain's method of remembering."

Using this stored information as its standard, the subconscious guides and directs your conscious thinking and develops your personality. The conscious mind, the part with which you are "thinking" right now, is constantly deciding what is and isn't "real", what's right and wrong, and what, if anything, to do about it. You *feel* like you're in control of these decisions and actions, but each of your rational thoughts is first filtered through the subconscious. Your mind does a sort of rapid file search to review all past related experiences and instructions regarding the subject. Only then does the conscious mind make its decision.

*The conscious mind may be compared to a fountain playing in the sun
and falling back into the great subterranean pool of subconscious from which it rises.*

Sigmund Freud

So our conscious choices are strongly influenced and largely created by the information and experiences stored in the subconscious part of our brain. The subconscious tells us how to feel and act in a given situation based on recorded data it has categorized as factual, information it *believes* to be true. Clearly, it is the subconscious that has ultimate control over us and our lives.

Programming the Mind

If your subconscious controls you, then the obvious question is: Who or what is controlling your subconscious? The answer is programming.

*You will become what you think about most;
your success or failure in anything, large or small,
will depend on your programming.*

Shad Helmstetter, Ph.D.

What to Say When You Talk to Yourself

Scientists tell us that the subconscious, the brain's memory bank, accepts and records all information fed into it, much like a computer accepts correctly entered data. It is the nature of the subconscious to record everything it perceives, and to accept as fact - to *believe* - whatever it perceives repeatedly. It does not judge the value or veracity of the data any more than a computer does. It simply records and retains, giving special consideration to repeated (and sometimes traumatic) entries. When an idea is entered repeatedly, and especially with intense emotion, the subconscious catalogs it as "real" and it becomes a cerebral belief *regardless of whether the idea itself is true or false*. A new chain of neurons is set up in the brain tissue and the information is stored as fact.

These accumulated, recorded "facts", this programming, determine your beliefs, which in turn guide your rational thinking. The subconscious mind's belief system is the map by which the conscious mind navigates. Naturally, the more flaws the map contains, the more misguided are your thinking, attitudes, feelings and actions. Just imagine trying to drive across the country by following a faulty map. It would be almost impossible to get where you want to go.

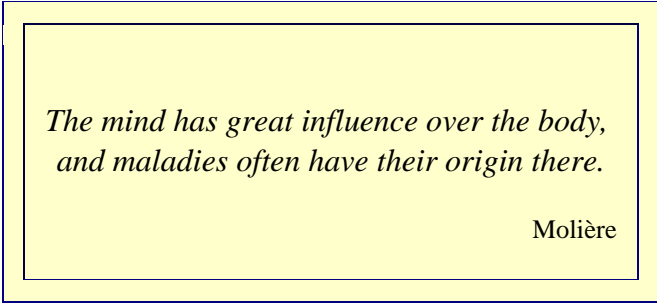
Yet all of us have false information stored in our subconscious. Negative beliefs, often implanted deep within us since childhood, can dictate much of what we become in life. A child who is repeatedly told he's no good (or stupid or spoiled or fat or selfish or inferior) will carry this belief with him into adulthood and, unless something happens to change his mind, unless a new program overwrites the old one, his life will prove the truth of this learned, negative belief. A cycle is created in which the negative belief expects and projects the negative experience, which then reconfirms and strengthens the belief. That's why negative thinkers have plenty of proof that their pessimism is justified, because negative things keep happening to them.

Be careful how you interpret the world. It is like that.

Heller

Most of us were saturated with negative programming during our most formative years. One study estimates that the average 18-year old has been told “No” or “you can’t” nearly 150,000 times in his or her young life. Even well-meaning parents and teachers will often correct a child using threats and negative statements. In addition, these adults carry their own life-long programming which they can’t help but pass on to their young. By the time we’re old enough to start figuring things out for ourselves, we’re doing much of our figuring with a brain already heavily burdened with a severely biased and misinformed view of reality.

Negative thinking affects your health as well as your attitude. It is a medical fact that negative thoughts, worry and stress can make you physically ill. That’s not so surprising when you remember that the subconscious mind controls bodily functions. In fact, as we shall see, thoughts and especially beliefs tend to externalize themselves in general, to express themselves on the physical plane.



*The mind has great influence over the body,
and maladies often have their origin there.*

Molière

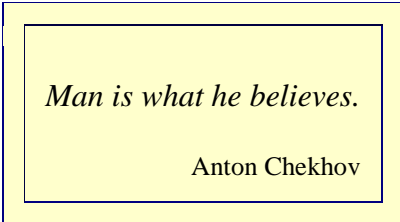
Of course, not all of our programming has been negative, but most of us carry around inside us a considerable load of counterproductive beliefs - some researchers say more than 75% - and those beliefs adversely affect and limit how we think, feel and act. They can actually prevent us from accomplishing much of what we desire. Through no fault of our own, most of us have been heavily programmed for failure in at least some areas of our lives.

The Subconscious Mind Hears and Obeys

Physical health is not the only way in which thoughts and beliefs express themselves. Your subconscious beliefs are constantly influencing what you think, say, feel and do, striving to make you and your world conform to their idea of how things are. The subconscious mind is simply acting on the information it has stored, working around the clock to make you into the person it believes you to be. And it does this without judgment.

If it has been told that you can't lose weight or that you're really out of shape, it is working hard, right now, to see that you stay flabby. If it holds the belief that good jobs are hard to come by, your subconscious is carrying out its instructions, making sure you have a hard time finding a good job. If you are in the habit of saying, "I'm getting old," your subconscious mind responds by saying, "Affirmative. Information received repeatedly. I will do as instructed and direct your body, your attitudes, your feelings and your behavior to get old." If you constantly admit, "I'm really bad at remembering names," your subconscious says, "Understood. I will make sure you do not remember names." Your subconscious simply hears and obeys. It does what it is told.

Now, suppose you repeatedly said, "I feel terrific. Every day I wake up full of energy and I just know I'm going to have a great day." If you were to repeat this statement often enough, how do you suppose your subconscious mind would respond? Repeating such a phrase will set up a new chain of neurons in the brain's tissue, establishing itself as a cerebral fact. Once the brain becomes convinced that you feel terrific and energetic and are having a great day, it will strive tirelessly and very effectively on your behalf to make that your physical reality - whether the belief is initially "true" or not. Quite simply, *your brain does whatever it is programmed to do.*



Man is what he believes.

Anton Chekhov

So, if your subconscious controls you, and programming controls your subconscious, then who or what controls your programming? Well, if you're like most people the answer is everyone and no one in particular. Unless you consciously take charge of the information fed into your subconscious mind, it will be left to chance. And statistically, chances are much of this random programming will be negative and will work against you every day of your life.

*We are thought. Thought leads us.
Therefore, the secret of our destiny lies here:
in regulating our thoughts.*

Antonin Sertillanges

Reprogramming the Mind

The good news is that you can take charge of your programming any time you decide to. You can change how you feel, what you do, what you're capable of doing, what you are and what you accomplish in your life by changing what you think and believe. By replacing negative thought patterns with positive ones, you can literally reprogram yourself and re-create your reality.

The power of belief on the human body and mind is well documented. In the early 20th century, Dr. Emil Coué discovered what would become known as the placebo effect by observing that medications accompanied by assurances of their effectiveness worked better than the same medication without assurances. Dr. Coué went on to experiment with mental programming and achieved over five times the average success rate in curing patients by simply changing their beliefs. His main method? Getting them to say often, 'Every day in every way I am getting better and better.' Incredibly, that was enough to gradually change their beliefs, which in turn gradually changed their physical condition. Dr. Coué's book, *Self-Mastery Through Conscious Autosuggestion*, helped clarify and popularize many principles of intentional living.

Let us train our minds to desire what the situation demands.

Seneca (4 B.C. - A.D. 65)

When you apply the intentional thinking techniques in this handbook, you actually convince your subconscious mind, by means of repetition and visualization, of a new truth. In the words of Dr. Eccles and Sir Sherrinton, "...since the subconscious cannot distinguish a real from an imagined experience, perfect mental practice can change or correct imperfect electrical patterns grooved there." This means that you can actually reprogram your subconscious mind simply by practicing the right mental techniques.

These grooved neuron patterns in the brain are the physical building blocks of your beliefs. By creating new patterns in the brain tissue you can control or change your beliefs, and by determining and improving your beliefs you determine and improve the way in which your mind directs your thoughts, attitudes, feelings and behavior - in other words, your life. There is a system of cause and effect here that clearly connects your achievements to your mental programming. It goes like this:

- What you achieve from day to day and from year to year is largely a result of your actions. If you act appropriately in any given situation, if you do the most useful, most suitable thing, you are more likely to achieve a desirable result than if you act inappropriately.
- How you act is directed by your feelings. The way you feel about something determines or affects what you do and how well you do it. Your feelings about yourself, your finances, your health, your family and your job all cause you to behave as you do in these areas of your life. Good, positive feelings foster good, positive action and results. Negative feelings do the opposite.
- Your feelings are in turn formed and controlled by your attitudes, the way in which you view the world. A good attitude towards your job, for example, will create in you good feelings at work, which in turn cause you to act and perform well. Naturally, the results of your work will reflect this.
- Attitudes are generated by beliefs, that which your subconscious holds to be true. If you believe that you are attractive to the opposite sex, your attitude towards them will be confident because you just assume they are interested in you. When you socialize, your positive, belief-generated attitude will make you feel secure about yourself and so you will tend to act confident, relaxed and open, easily presenting your best side. The result is that people will tend to feel at ease and comfortable with you, which makes you an attractive companion. Their attraction is the end result of your belief.

- Beliefs are created by mental programming. All that information about yourself and the world that you've been subconsciously recording and storing all your life is the material from which your beliefs are constructed. If it was drilled into you at an early age that "money is the root of all evil," then that belief will be stimulated - that "file" will be "accessed" - wherever money is concerned in your life. Even if you really *want* more money, the belief that money is evil will subtly affect your attitudes, feelings and actions toward having more money and can seriously hamper your efforts to achieve financial goals - without your even being aware of it.

Thought is the seed of action.
Emerson

- All attitudes, feelings and actions are expressions of thought. All thoughts originate in and are filtered through the belief system that your subconscious has constructed, and...
- What your subconscious believes is what it has been programmed to believe.

So, that's how it works: Programming creates beliefs, beliefs create attitudes, attitudes create feelings, feelings direct actions, and actions create results. Clearly, if you can control or change your programming, you can control and change your results. Intentional living is designed to give you direct control over this natural process. It enables you to alter or delete old, negative programs and replace them with new, positive instructions to your subconscious computer, reprogramming yourself with information and instructions of *your* choosing, for your benefit.

You can program your brain to make you do and feel virtually whatever you want.
Simon Reynolds

In a nutshell, this is the secret to the power of intentional thinking and the key to intentional living: Your mind directs and controls you according to the instructions it receives. This is how and why intentional thinking works *on you*. However, the beneficial effects of an intentional belief system extend even further. Much further.

*Your perception of the world
is a reflection of your state of consciousness.
You are not separate from it; there's no objective world "out there."
Every moment, your consciousness creates the world that you inhabit.*

Eckhart Tolle
The Power of Now

Reality Projection

Once you believe something good about yourself, people around you tend to accept it as true by the sheer confidence you exude, by the way you act and the things you do. They even pick up the energy you emanate subliminally, are naturally attracted to its positivity, and will be inclined to help you towards your goals. Even people who previously hampered your progress, or else had no interest in you at all, suddenly become your allies. They are impelled to assist you by the positive effect you have on *their* feelings. This is one extension, one projection of intentional thinking.

There is yet another effect of deep-seated belief that is perhaps harder to comprehend, but is nonetheless real. Consider that thought is energy, measurable as electrical activity in the form of nerve impulses sent to and received from cortical neurons in the brain. It is always present, even during sleep. Neuroscientists use electroencephalography (EEG) to record this electrical activity, which is maintained by billions of neurons constantly exchanging ions. When ions push neighboring ions of similar potential, an electronic wave is created. Scientists refer to this as volume conduction. Most of us simply call them brain waves.

*Our thought is the key that unlocks the doors of the world.
There is something in us that corresponds to
that which is around us, beneath us, and above us.*

Samuel McChord Crothers

Your mind constantly broadcasts these ionic waves, these electrical expressions of thought energy, these subconscious beliefs, transmitting them into the atmosphere around you. Your immediate atmosphere is, of course, connected to everything else, as all things are, atom by atom. We may conceive of the whole as an omnipresent ocean of energy that comprises our world and our universe. In this way, beliefs are subtly yet infinitely projected outward (and inward) to all of creation.

Quantum physicists appear to be on the brink of explaining what happens next. In his book, *The Power of Now* (New World Library), Eckhart Tolle writes, “One of the greatest insights that has come out of modern physics is that of the unity between the observer and the observed. The person conducting the experiment, the observing consciousness, cannot be separated from the observed phenomena, and a different way of looking causes the observed phenomena to behave differently.”

Strong beliefs stimulate the fabric of our interconnected universe, our shared reality, and (and this is the magic and the mystery of it) all of creation responds by helping manifest those beliefs, by making them so in the physical world. Intangible yet infinitely powerful forces conspire to guide and support your efforts, oftentimes appearing as happy coincidences. New ideas occur to you. Doors open and opportunities arise, seemingly “out of the blue.” Good things begin to flow toward rather than away from you. Ultimately, with your active participation, that which you believe and focus upon comes to pass.

This response to belief, the uncanny way that good things begin to happen through reality projection as you apply the techniques of intentional thinking, is the great hidden power of this discipline, the happy magic of intentional living. You don’t have to accept (or reject) my word for this. Experience it for yourself. Then you’ll know. You will know what the sages and prophets have known for millennia, and a whole new world will open up to you.

Reality is merely an illusion, albeit a very persistent one.

Albert Einstein

Reality projection, then, is the act of subconsciously stimulating reality so that it manifests a belief. You project your reality the way an old fashioned slide projector casts images onto a screen (and like an old projector, it may take some practice to bring the images into sharp focus). Once you master the process, you become an artist with a blank canvas; you can put anything you want on it. Your belief is your cosmic paint brush, guided and limited only by your passion and imagination, giving you the power to paint yourself into a wonderful picture, to reconstruct your life situation, to design your own future and make it so. You can have or become whatever you want.

*A vivid thought brings the power to paint it;
and in proportion to the depth of its source
is the force of its projection.*

Ralph Waldo Emerson

This power lies within every single human being, including you. Reality projection works whether you believe it or not - whether you even know it or not - as it is working at this very moment and has been throughout your life. The difference is, starting now you can decide how it will work for you, what it will do. *Learning to choose and project your reality is one of the greatest, most useful lessons of life on earth, and one of the most rewarding.*

Now hear this: Intentional living is not a passive endeavor. It requires discipline and action. This is what separates intentional thinking from wishful thinking. It also requires persistence. Buddha is reputed to have said, "The secret to success is to begin and to continue." Apply this to the techniques of intentional living and you will succeed at everything.

Make up your mind to begin now. Decide to take control of your life in a way you never have before. You possess the absolute power to change anything and everything for the better. Start practicing the techniques of intentional thinking and reality projection and stick with it. You will be absolutely amazed at what you accomplish.

Mind is ever the ruler of the universe.

Plato

THE TECHNIQUES OF INTENTIONAL LIVING

Take the First Steps

What you need is a check-up from the neck up.

Zig Ziglar

Nearly all of us have things about ourselves or our life situations that we'd like to change. Whether it's better health, better grades, more loving relationships, a promotion at work, a slimmer figure or a fatter bank account, it is human nature to have desires. However, if you take the wrong action, or no action at all, to make your desires a reality, then your chances of achieving them are not very good. Realizing a desire, getting the right results, requires right actions, and right actions begin with right thinking. So if you have unfulfilled desires and want to realize them, the first step is simply to recognize that you need to improve your way of thinking. The second step is to decide that you will do it. The third step is to begin and the fourth is to continue.

*The highest possible stage in moral culture
is when we recognize
that we ought to control our thoughts.*

Charles Darwin

Now you're ready to create some new patterns that will dramatically improve your life.

Choose Your Goals

Without a goal you have no direction, and without direction you don't get anywhere useful. It's like practicing archery without a target. If you want to score you've got to have a bull's-eye to aim at, and you've got to see it clearly.

Setting a goal can be a little scary for some people. It's a commitment and not all of us like to commit ourselves. You might even catch yourself thinking things like, "What if I fail? Wouldn't I look foolish?" or "That's asking a lot. I shouldn't ask for so much." This kind of don't-even-try thinking is usually a self-image/self-esteem issue. The Boost Your Self Image chapter below provides a self-image-enhancing affirmation that will benefit anyone having trouble committing to a goal now. In effect, your first goal becomes ridding yourself of the old I'm-not-good-enough programming that's holding you back. So if you feel reluctant to commit to a goal, to realize even one strong desire, then skip ahead a few pages and begin with the self-image-enhancing affirmation provided there.

Whether you start by boosting your self-image or by setting a goal, you have to make the first move. You want it? Here, you can have it. *Just say what it is and say you're going for it.*

*The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings and material assistance will rise up to help you.
The simple act of commitment is a powerful magnet for help.*

Napoleon Hill

Any desire can become a goal. It's up to you to decide which ones are most worthy of your effort; which will best contribute to your overall happiness or the happiness of someone else. You can make a goal out of nearly anything that you feel is lacking in your life, but choose carefully. Be certain that the object of your desire does no harm to anyone. Intentional living gives you an awesome power. Use it wisely. Abusing it, using it for dark purposes, would inevitably backfire; you'd wind up harming yourself.

Be careful what you ask for. You just might get it.

Anonymous

Only you can decide what is most important to you. Let your heart be your guide. Perhaps you desperately wish to improve your health, or to lose weight. You could quit smoking or get a promotion, a better car, a happier domestic life, more romance, or a house for your family. Perhaps you'd like to find a job or start a successful business, earn more money, get more organized, score higher grades in school, earn a degree, close more sales, have more energy, slow down your pace, perk up your social life, be more assertive, be less aggressive, overcome a hot temper, have more free time, help others, look better, excel in sports, get more done, be more creative, stop worrying, reduce stress, overcome loneliness or depression, travel abroad or gain confidence and higher self-esteem. Or, maybe you'd simply like to be happy.

No man is happy unless he believes he is.

Publilius Syrus

Maxims

There is virtually no limit to what you can accomplish with intentional thinking and reality projection, but it is best to begin by focusing on just one goal. Others can soon follow. Take time now to think about what it is you most want to achieve. It might help to make a short list of your greatest desires and then narrow it down to the top three. Pick one of those and begin with that. Take your time, sleep on it if you like. Choose, and then proceed.

State Your Goal

Once you've decided on the goal, the surest way to pin it down is to write it down. Writing your goal forces you to think it through and state it clearly. You don't have to be "good at writing" to do this. Say it in your own words in plain language, as you would speak it. Take some time doing this because it is important. It's the foundation upon which everything else builds. Here are some guidelines for stating a goal effectively:

Be brief. Summarize your goal in a few sentences or a short paragraph.

Use the present tense. Describe what you want to accomplish as if it is already a fact, as if it is already taking place. It doesn't matter that you know it hasn't happened yet. The point is to stimulate your subconscious mind to take action. Saying things like, "I'm going to...", "I will...", "I should...", "I'd like to...", "I wish...", and "I want..." does not tell the subconscious to do anything *now*. It will record the statement and it will believe you, but it won't take action. When stating your goal, say "I am..." or, "It is..." This challenges the subconscious to bring your external reality into accord with the belief, and to do it now.

Be specific. Describe what you want in detail. You're going to get exactly what you ask for, so paint a complete picture of how you want it to be.

Set a date. Set a reasonable deadline for achieving your goal.

Paint yourself into the picture. Describe yourself and your feelings as if you have just accomplished the goal: How are you feeling? What's different for you? What is your involvement in this scenario? What are you doing with your achievement? What is it doing for you? Your subconscious mind needs to be told how and where you fit into the new reality it must create.

*The man who believes he can do it is probably right,
and so is the man who believes he can't.*

Dr. Laurence J. Peter

Deal with issues that relate to the goal. You usually have to fix more than just the symptoms of a problem to solve it. Take a hard, honest look at yourself and get at the causes, the reasons that this area of your life has not been all you'd like it to be. Look past your superficial, rational excuses for the situation. Do not blame someone or something else. *Ask yourself what old programming created the problem in the first place.* Many people who have trouble acquiring or keeping money, love, health or any number of other things, are suffering from a lack of self-esteem, a poor self-image. Deep down inside, they (in their subconscious mind) believe they are not worthy of success; that they don't deserve it or that they're not smart enough or good enough to have it.

So that your subconscious can fully devote itself to a new program, it is often useful to edit, overwrite or delete the old, contradictory programs that have been working against you. You can do this most efficiently by facing up to them, seeing what they are and acknowledging their origins. They will lose power quickly in the light of your consciousness.

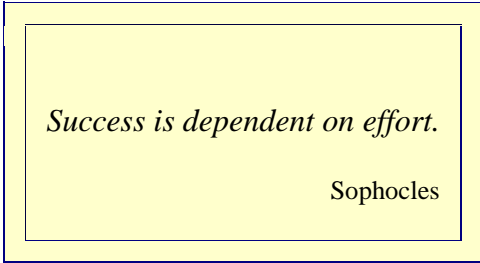
Give yourself permission. Include in your stated goal that it's OK for you to have it and that you deserve it. Give yourself permission to succeed.

Everything that can be thought at all can be thought clearly.

Ludwig Wittgenstein
Tractatus Logico-Philosophicus

Say it's easy. Unless you want to work extra hard for your goal, include in your written goal statement that this is easy for you to accomplish. Let your subconscious mind know that it should make this a smooth process for you.

Specify how you are accomplishing this goal. State your plan. What can you do to attain the goal, to help bring it about? Reality projection opens doors, but you have to get up and walk through them. Sometimes it will merely suggest a door that you can open yourself. The old adage, "Fortune helps those who help themselves," is especially true in intentional living. As the new programming takes hold, your subconscious mind will automatically guide you and help you recognize appropriate actions to take. Let it know up front that you are willing. Any ideas that you have, specific or general, of actions you can undertake to help achieve your goal will give your mind something concrete on which to focus.



Success is dependent on effort.

Sophocles

Limit the use of negative words. When stating your goal, limit or avoid negative words, especially the word “not” and its derivative “n’t” as in “won’t”, “isn’t” and “can’t.” The subconscious mind responds more positively to a positive statement. Instead of saying, “I am not poor,” say “I am rich,” or “I am free of debt and I have \$100,000 in the bank,” or “I have all the money I need.” When stating goals, and for that matter whenever you speak, get in the habit of turning negative statements into positive ones.

That said, a strong, negative affirmation can sometimes be very effective for reinforcing determination to quit a bad habit. “I do not smoke. I never smoke.” is an example.

Here is a sample of a written goal for a house. You could substitute any other object of desire, such as a boat, a car or a dream vacation.

Our New Home

“My family and I are moving into a 3-bedroom house by next June, in a good neighborhood (or in your favorite part of town, or wherever), with friendly neighbors, trees in the yard and a tire swing for the kids. I see us living happily together in this house and loving it. Our house has a front porch, a large living room with a fireplace, a game room, a bright, modern kitchen and three bedrooms. It’s perfect for us. Finding it is easy. We earn and save enough money for this. We can afford it and we deserve it. I’m studying and learning about creative real estate purchasing and financing to make it even easier to afford. We’re getting our house.”

To know the world, one must construct it.

Pavese

Notice that this goal statement fulfills all of the basic requirements: It is brief yet specific, in the present tense, states when, visualizes and paints you into the picture, expresses enthusiasm, says it's easy, specifies what you're doing to get it, says you deserve it, and contains no negative words.

You can have any number of goals, long- and short-term, although it's best to focus on one at a time in the beginning. Using index cards or half sheets of paper, make up a card deck of your goals, one statement per card. If you don't have a specific goal in mind at this time, but would like to experiment with intentional thinking, you might make it your goal to be a top performer, or to do at least one thing every day to help another human being. Or simply choose to feel more cheerful and energetic every day.

*Happiness doesn't depend upon who you are or what you have;
it depends solely upon what you think.*

Dale Carnegie

Include Affirmations

Goals define a situation you intend to realize or an object you're striving to obtain. They often require a paragraph to complete the descriptive image. Affirmations, on the other hand, assert basic truths or facts, real or intended, in positive, one-sentence statements. They may be included within goal statements, but can stand on their own so that the qualities affirmed are themselves the goal.

Here are some positive affirmations of better health and an all-around better life:

- Life is good.
- Today is good; tomorrow will be even better.
- Every day in every way I get better and better.
- I feel strong, healthy and energetic all the time.
- I like myself; I like who I am.
- I am successful, confident and content.
- I am happy, healthy, wealthy and wise.
- I achieve my goals easily and effortlessly.
- I am a magnet for money. Prosperity is my natural condition.
- I _____ (fill in the blank).

It is not that I think or believe, but that I know.

Sir Arthur Conan Doyle

Remember, goal statements and affirmations are descriptions of whom you want to become, what you want to achieve, or the way you want things to be. They may be the exact opposite of how things actually seem to be right now, and they often are. They describe the reality you desire. We'll look at more examples of affirmations and goal statements further on.

Stop reading now and take some time to write your number one goal. If it takes an hour, or several hours over the next few days, that's okay. Just follow the guidelines above and work at it until it says exactly what you want it to say.

Boost Your Self-Image

Your self-image is the overall person your subconscious mind believes you to be, a product of lifelong programming that creates or negates self-esteem and self-confidence. Self-image determines how capable, confident and successful you feel. It holds an opinion of your place in society, your state of health, your degree of wealth, your overall state of mind and the image you present to the world around you. The way your subconscious mind “sees” you, your self-image, is the person it works 24/7 to create and maintain. Some of this benefits you; some of it probably doesn’t.

The longer you have bought the thought, the truer it is.

Shad Helmstetter, Ph.D.

If you want to be more financially secure, identify and change the areas of your self-image that have restricted your income until now. *You are where you are because of you. It is you that you need to change.* Do that and the rest of the world will fall into place, the money will come. You may need to convince your subconscious that you deserve to have lots of money, to change an old, “I’m just a common working man” self-image that has been holding you back, or overcome a childhood belief that money is bad or is only for the upper class. Maybe you identify with parents who were poor but proud and you have subconsciously clung to the notion that there is some kind of nobility in poverty. Or perhaps as a young adult you chose to cultivate an ascetic persona as a spiritual practice. Identify these self-defeating self-image programs and then use intentional thinking techniques to overwrite them. Otherwise, these old programs will continue working against you even while you are entering a new, “I have money” program.

Know Thyself.

Greek aphorism

If you look hard enough you will find, more often than not, that a faulty self-image is at the root of many common complaints: lack of money, poor health, obesity, drug addiction, sexual disorders, lack of love and habitual worry to name a few. One of the goals of traditional psychoanalysis is to discover and expose these old, deeply engraved, counterproductive beliefs in your own inadequacy. It's perfectly all right and sometimes very beneficial to combine psychoanalysis with intentional thinking, but with or without outside help you must dig deeply into yourself to find and face your hidden issues. In your heart, you already know what they are. Drag these ancient lies out where you can see them and name them. They're nothing but bad programs, a tiny pattern of neurons in your cerebral cortex. Once you acknowledge them, you can easily replace them with intentional, image-enhancing beliefs.

Adversity introduces man to himself.

Anonymous

Among your goal statements, include an affirmation for improving your self-image, even if you think you're all right in that respect. The sample given below, like all sample statements in this book, is a general guide. Feel free to alter it to suit yourself. For example, if you feel like you're unattractive or unpopular, add something like, "I am attractive. People like me and like being with me. I'm good company and fun to be with." The idea is to include programming aimed at building up the low points in your self-image, while leaving the good opinions intact.

Not everyone says things the same way. Wherever my wording seems awkward or unnatural to you, change it so that it sounds more like you. Work with these samples; make them your own. Start with this one right now. Copy it and then change it to suit yourself.

Self-Image

“I am a special person, unique in all the world, truly exceptional. I have some remarkable talents, skills and abilities. I can do anything I set my mind to. It’s easy. I simply set a goal and then I achieve it using intentional thinking and reality projection. I’m intelligent and knowledgeable, and I’m learning more all the time. Every day in every way I get better and better. I’m proud of myself. I look good, I feel good, *am* good. Other people find me attractive, too, and fun to be with. I like how I act, how I think, and how I do things. I’m a great person, worthy of great success. I deserve all the good things life has to offer. Life is awesome - *I’m* awesome - and I feel great.”

You are just as you think you are - no better, no worse.

Jason Ramon

La Aventura

Through reality projection, your subconscious mind can and will help or hinder your efforts to succeed depending on how success fits in with its image of you. It is your subconscious self-image that is guiding you now as you set your goals. Pay attention and don’t short-change yourself by asking too little of life just because some old programs are whispering to you, “That’s too much. You don’t deserve to have so much.” It is as easy to aim for \$100,000 as for \$10,000. Which you choose is largely a matter of what you believe you’re worth. For that reason, it may be wise to postpone setting major life goals until after you have treated yourself to a few weeks or months of intentional self-image programming. There’s no rush. Starting today the rest of your life is going to keep getting better and better.

Now let's consider how to use the positive goal statement or affirmation you've created.

Repeat Your Goal Often

Repetition is the key to programming the subconscious mind. The subconscious records everything, but it *believes* what it hears over and over again. The more you repeat your goals and affirmations, the more your subconscious mind will believe them and do what it must to help you manifest them.

The essence of belief is the establishment of a habit.

Charles S. Pearce

Once you have your goal clearly stated in writing, make a half-dozen copies of the statement using index cards or half sheets of writing paper. Tape up one copy next to your bed, where you can see it from your pillow. Tape another copy in a corner of your bathroom mirror, and others on the refrigerator, the dashboard of your car, your desk or work place – anywhere you are likely to see it often in the course of your normal daily activities. Carry a copy in your pocket or wallet, too. Every time you see one of these notes, read it – out loud when you’re alone, or silently if you’re not. Do this many times a day, a dozen or more, every day. Say it with heart and conviction, as if you’re stating a fact. (Note: Once you have memorized your goal statement you can, if you wish, replace the paper notes with any small object that will remind you to repeat the statement when you see it. Bits of ribbon or colorful dot stickers can work.)

In addition to using notes and objects as reminders, if your goal can be represented graphically, find or make a photograph or a precise illustration of it and put it up where you’ll see it most often. The subconscious is very receptive to visual stimuli. A picture is a direct way to impress the image of a goal clearly in your mind. Every time you look at the picture, say to yourself, “I have that. That is mine.” or whatever your goal is regarding the object. Similarly, a talisman may be a handy way to continually remind you of your goal, as did the anchor charm described in *My Story* at the beginning of this book.

Again, *repetition is the key to programming the subconscious mind*. The more you repeat your goals and affirmations, the more your subconscious mind will do to manifest them. Don’t stop repeating the goal until you have achieved it. Remember, the secret to success is to begin and to continue.

The totality of true thought is a picture of the world.

Ludwig Wittgenstein
Tractatus Logico-philosophicus

Supercharge Your Statement

Whenever you repeat your goal, say it with feeling, from the heart. Nothing empowers a thought more than passion, strong emotion. When you speak and think of your goal with an ardent, urgent, *burning* desire, that intensity absolutely supercharges your statement, branding it deeply into your subconscious, which will in turn act with greater vigor, propelling the instruction into the world around you with unstoppable momentum. You're not making some wimpy wish here. You are summoning the object of your greatest desire, inciting the very fabric of the universe to manifest it. Project your goal forcefully, passionately, from the heart.

What ardently we wish, we soon believe.

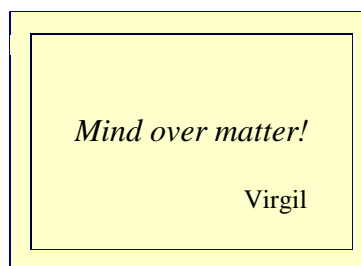
Young
Night Thoughts

Visualize Your Goal

Visualization, picturing things in your mind, is another powerful technique for imprinting a goal upon the subconscious mind so that it becomes a belief. Visualization amounts to intentional daydreaming. It's fun. Here's how to do it. It may be easier, at least at first, to close your eyes.

Picture a vivid image of your goal's object, the thing or situation you most desire. See it as if you have it or have just accomplished it. Be very specific. See the colors, hear the sounds. Notice all of the details of possessing or achieving it. Picture the people involved, how they're feeling and acting, what they're saying. Infuse the scene with your own excitement at having accomplished it, thinking to yourself, "I've done it. It's mine. This is great. YES!", only say it your own words.

Most importantly, put yourself in the picture. Seeing and feeling yourself enjoying the achievement of your goal is the whole point of the exercise. You are giving vivid visual and emotional instructions to your subconscious mind, telling it exactly what it must accomplish *for you*.



Practice this visualization often, many times a day. *Repetition is the key to intentional thinking.* And supercharge the picture with your burning desire. If you're wishy-washy about wanting it, your subconscious is going to be wishy-washy about arranging it. Feel your ardent craving for this goal, see it fulfilled, revel in the bliss accomplishment, savor the sweetness of success. Know that you have this.

Erase Your Old Programming

As you start practicing these techniques you may find your mind resisting you, trying to inject doubts and pictures of failure during your goal repetition and visualization exercises. Your subconscious may be reluctant to give up its old, negative habits. After all, they've been running things their way for a long time. But now you're in charge. Just set those negative thoughts aside. Glance at them, recognize them for the lies they are, and then dismiss them. They will gradually fade away. Focus on the positive statement.

*For purposes of action nothing is more useful
than narrowness of thought combined with energy of will.*

Henri Frédéric Amiel

Here is a 20-minute visualization exercise for purging old, negative, counterproductive thought patterns and replacing them with new, positive ones. Sit or lie quietly and close your eyes. Take three deep breaths, exhaling slowly each time. Let your body relax. Now, visualize your new, positive, intentional thoughts as a white light forming above you and then flowing in through the top or crown of your head. See it wash over your brain and penetrate into your mind, deeper and deeper. As it does, the white light washes out old, brown/black, negative thought patterns lurking in your brain's crevices, old programs that have been polluting your thinking and fouling up your life. Picture the white light dissolving that sooty negativity and flushing the debris away, leaving behind clear, sparkling, uplifting patterns of thought. Let the light continue cleansing your brain until there are no more dark shadows lurking, only the clean, clear white light of your intentional thinking.

Another purging technique is to personalize your mind, to talk to it as though it were a person. Say to it, "You old, negative thoughts and beliefs no longer control me. You are false. I don't believe in you anymore. I have a new way of thinking that is helping me achieve my goals. I am intentional and all my thoughts and beliefs are intentional. I only have thoughts that work for me and help me achieve my goals."

Whether you think you can or you can't, you're right.

Henry Ford

As with all mental reprogramming techniques, repetition and emotion are the keys to entering new instructions. The more often and more passionately you do the exercise, the sooner and more strongly it takes hold.

Try these exercises now. Sit quietly, close your eyes, take a few long, deep breaths, and visualize the white light cleansing your mind. Then repeat the purging affirmation above, with feeling. It's pleasant, easy to do and very powerful. When you've finished you will have taken another big step in the direction of making your desires a reality.

Enter The Twilight Zone

In between sleep and wakefulness, those brief moments just before you drift off to sleep and just when you are waking up, the subconscious mind is particularly susceptible to suggestion. A gateway opens and for a few moments you can emplace an intentional message more effectively than at any other.

Each morning when you first realize that you're no longer asleep but before you open your eyes or move to get up, mentally repeat your goal to yourself. Feel your burning desire to achieve it. Visualize it clearly in your mind, in full detail and living color, with yourself in the picture. Make this a habit, so that you automatically perform this brief ritual every single morning. Likewise every evening, after you've gone to bed and closed your eyes, just when you feel yourself about to slip off into sleep, repeat your goal passionately. Fall asleep with that thought and image clear in your mind. Using the Twilight Zone in this manner comprises one of the most powerful intentional thinking techniques. Take advantage of it.

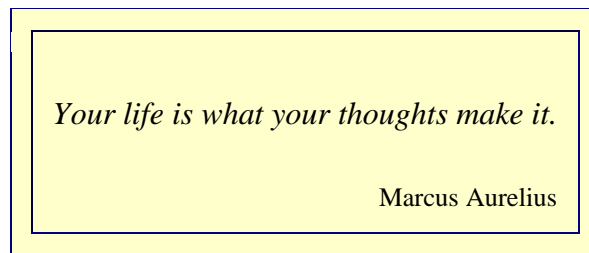
Sometimes I've believed as many as six impossible things before breakfast.

Lewis Carrol

Listen to What You Say

Intentional programming includes not only what you say or picture silently inside your mind, but also what you say out loud, whether it is to yourself or to someone else. Your subconscious listens to and records every spoken word, and what it hears often it believes. Start paying attention to what you say whenever you speak. Ask yourself, "Is this what I want my subconscious mind to be recording? Is this what I want to be or become?"

In particular, beware of those little, self-deprecating one-liners people often say half-jokingly, like, “I’m getting too old for this,” “I never win anything,” or, “What do I look like, a millionaire?” Knowing what you now know about how the subconscious mind works, you can see how dangerous and damaging these seemingly innocuous phrases can be. Stay alert for them. You may be surprised how frequently you (and others) speak negatively. Stop yourself every time you catch yourself saying something negative and replace it with an intentionally positive statement instead, like “I can do this easily,” “Today’s my lucky day,” or “I can get that if I really want it.”



Talk To Yourself

Self-talk is the technique of actually talking to yourself, out loud or in your mind, and holding down both sides of the conversation. To avoid feeling self-conscious, you might prefer to practice this technique out loud when you’re alone, such as in the shower, on a walk or in your car. Self-talk is perfect for giving yourself a pep talk, a fun and powerful way to kick off an outstanding day. It might go something like this:

“Hey, good morning, good lookin’. Looks like another great day today. How are you feeling?”

“Wow, I feel terrific. I had a good night’s sleep, I gave my subconscious mind a healthy dose of my goals as I was waking up, and now I’m getting ready for a great day today.”

“Yeah, well, you’re sure *looking* good. I do believe you’ve lost a little weight lately?”

“You bet. I am a lean, serene winning machine.”

And so on. Just make it up as you go along, in your own words. Play with it. Imagine starting every day with someone telling you how great you look, how energetic you feel and what a great day you're going to have. You'll step out into the world feeling fantastic. That not only sets your mood for the entire day, but actually makes the world a brighter, happier place – for you and everyone with whom you connect. Self-talk can be a little bit silly and a lot of fun. Best of all, it tells your subconscious mind how things are so that it knows what kind of reality to project for you. So, what kind of day do *you* want to have today?

Self-talk can also be more serious. It is an excellent technique for working out a problem. Discussing a problem with yourself has several benefits. For one thing, you can say anything that comes to mind with no fear of being judged or embarrassed. You're free to be completely open because you're talking to someone who already knows you inside out. You can be honest and straightforward with your questions and your answers. Talking out loud allows you to put your thoughts into words, which sometimes helps pinpoint issues, get specific and clarify your thinking.

Reprogram Yourself Instantly

Do trivial irritations sometimes get under your skin and upset you more than they should? One rude driver can ruin a whole morning. That's because your emotional response to an unpleasant stimulus impacts you physically as well as mentally. It literally "gets under your skin," stimulating glandular activity that causes chemical changes in your body which can affect how you feel long after the incident is past.

Here's an easy way to change how you're feeling; instant, on-the-spot programming that changes how you feel about and respond to what's happening right now. Used often it will also create permanent changes in the way you feel, think and react, but just brightening your mood for the moment is always worthwhile. You will feel better right away, and you'll carry some of that good mood with you the rest of the day.

Man is only miserable so far as he thinks himself so.

Sannazaro

Instant reprogramming may be a single thought expressed in a few words. For example, just before starting a chore you're not really looking forward to (like cleaning up or exercising), clap your hands together once and say, "This is going to be fun. I'll have a good time doing this today. I love __ (seeing my room clean, keeping in shape, or whatever) __." Saying the chore is going to be fun and reminding yourself of the desirable result the activity will achieve, why you're doing it, will actually make you feel better about doing it, allow you to enjoy the time more, and help you do a better job. Over time, the introductory hand clap becomes a triggering device for that little shift in consciousness.

Every morning, after you've done your Twilight Zone goal repetition and visualization, sit up on the edge of your bed, put your feet on the floor and say out loud, "Oh, boy, this is going to be a *great* day." As you say it, clap your hands together once loudly on the word *great*. This simple, silly act will get you going on the right foot every time. Just doing it can't help but bring a smile to your face. Try it first thing tomorrow morning. See for yourself.

Typically, when someone asks, "How are you?" or "How's it going?" it's more of a greeting than a question. Even so, your subconscious is going to register your reply, so think intentionally about your answer. How *are* you? How do you *want* to be? How do you want things *to be going* for you? Will you start reciting your list of troubles to the person, and so reinforce a sad reality in your own mind? Would you just reply with a lethargic "Fine, thanks," or "Oh, I'm OK, I guess," choosing that kind of blah day for yourself? Instead, every time someone asks, "How are you?" or "How's it going?", always answer, "Great!" or "Fantastic!" or "Better by the minute," and do it with a smile, no matter how things seem to be going or how you feel at that precise moment. Make this a habit and it will repay you with better days and a better life.

When I fool the people I fool, I fool myself as well.

Oscar H. Hammerstein
"I Whistle a Happy Tune"

Whenever you catch yourself feeling upset or angry, when something sets you off, relax your muscles, take a deep breath, open your hands, and say to yourself, “I don’t like the way I’m feeling right now. This feeling is not doing me or anyone else any good. I’m not even angry for the reasons I think. I want a new, brighter way of looking at this situation now.” Your anger will abate. If it doesn’t, take three deep breaths, each time exhaling slowly, and repeat the exercise. You may also gain some insight into your reactions to external stimuli, spot some old programming that needs to be exorcized.

If traffic jams or stoplights normally annoy you, get in the habit of saying to yourself, “I don’t mind traffic. It gives me a chance to slow down and practice my intentional thinking techniques. The world won’t end if I get where I’m going a few minutes later. In fact, this is valuable time for me and I enjoy taking advantage of it.” Or you might say, “I like stopping at traffic lights. It gives me an opportunity to practice my deep breathing exercises (see page 52), which make me feel peaceful and relaxed. The more red lights, the better I feel.”

You can often talk yourself out of a bad mood and into a good one. If you’re feeling blue, say to yourself, “This will soon pass. No need to worry about it. I’m creating a better, happier reality day by day.” Say it with enthusiasm, several times. Then take a deep breath and exhale it sharply, expelling the sadness from your heart and lungs. This simple affirmation eases depression, especially once you’ve gotten in the habit of doing it. The more often you practice instant reprogramming, the faster and more effective are the improvements.

Nothing in the universe so solid as a thought.

Emerson

Any of these mini-exercises are twice as effective if, in addition, you do three simple things: (1) Form a great big smile with your mouth, the kind that crinkles the corners of your eyes. Even if you don’t feel like smiling at all, make the face. (2) At the same time, press your tongue against the roof of your mouth, and (3) tap the middle of your chest solidly with your finger tips. Do this for about one minute. The smile and the tongue position actually send biochemical signals to the brain that stimulate feelings of pleasure and happiness. The chest tapping stimulates the thymus gland, which releases chemicals into the bloodstream that create feelings of pleasure. Take a minute and try this right now. See, it really works.

Instant reprogramming is a practical intentional thinking tool for your everyday use. Anytime you feel yourself getting annoyed or upset over some minor inconvenience, make up something positive to say about it. Remember, it doesn't have to be true; it only has to be something you'd prefer to be true. Your subconscious mind will get the message - and project it. It is entirely up to you whether to feel bad or feel good in your daily life. How do you want to feel?

The revelation of Thought takes a man out of servitude into freedom.

Emerson

Make Audio Recordings

A digital voice recorder can contribute to the practice of intentional thinking. Recorded goal statements and affirmations are effective mind-programming tools, creating a virtual "other person" who tirelessly repeats them to you. Your subconscious mind will hear what the recording says about you, will come to believe what it hears repeatedly, and will strive to make that belief your reality.

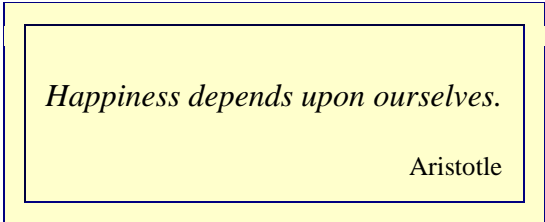
You can make your own recordings. It's fun and easy, and you don't have to be a professional announcer to do it. Since the recordings are only for your personal use, it doesn't matter if they sound homemade. And don't worry if you think your recorded voice sounds odd. Just do it. You can record directly into a pocket-size digital voice recorder – they're available for under \$50 - or use a computer and then transfer the audio files to an MP3 player for maximum mobility.

Technology and mind must eventually merge.

Lisa Catherine

For recording purposes, first re-write your statements and affirmations in the third person, as if you're saying these things to someone else about themselves. Replace the words "I" and "me" with "you", "mine" with "yours", "myself" with "yourself" and so on. The subconscious listens not only to what you say about yourself, but also and sometimes especially to what others say about you. By using third person pronouns on your recordings, you create a message in which "someone else" is saying these positive things to and about you. This is a good balance to the first person statements you repeat to yourself, and the subconscious mind will readily accept this new input.

Speak clearly when you record, pausing slightly between each sentence and phrase, but don't overdo it. Be natural. Repeat the important points two or three times. Then listen to your recording a few times a day – for example, while you're dressing in the morning or commuting to work, during a break or on a walk, and as an alternative at Twilight Zone time. Play them on speakers at home or in the car, or use headphones or earbuds for privacy. If, after awhile, you find you're getting bored hearing the same recording over and over again, re-record it. Even if the text is much the same, the new voice inflections will freshen it. Alternatively, you could get your spouse or a friend to record your statements for you.



Happiness depends upon ourselves.

Aristotle

You don't necessarily have to just sit and listen when the recording is playing. It's perfectly all right to also listen when you're busy with other things; brushing your teeth, cooking, cleaning up, driving and so on. You can even play it while you're napping. Your subconscious is listening and recording the information, even when you don't think you're paying attention. If you like, you can add soft, pleasant instrumental music in the background.

Most times, though, pay conscious attention to the recording playback. As you do, visualize the goal, seeing and *feeling* in your mind the images the recording is describing. You can also repeat each line out loud, speaking in the first person, i.e., saying "I" when the recording says "you," and so on. The more you put into these exercises, the more you'll get out of them.

*The growth of the mind is still high adventure,
in many ways the highest adventure on earth.*

Norman Cousins

Audio recordings are affordable, easy to use and effective. Here are two sample goal statements for recording, which you can alter to suit yourself. Remember to use the third person “you” in the recording, to repeat the key phrases, and to leave time in between lines for you to repeat the sentences out loud in the first person, “I”:

Quit Smoking

You want your lungs and throat to be clear, strong and healthy.

You want to live a long, strong and healthy life.

You love to breathe deeply; it makes you feel strong and healthy.

That is why you do not smoke. You never smoke.

You are a non-smoker. You are proud of yourself for quitting. It feels so good not smoking anymore.

Whenever you see a cigarette, or even think of one, you immediately say the words, “I do not smoke. I never smoke.” - and you don’t.

If you ever pick up a cigarette, you immediately break it in half and discard it. That’s the only thing you’ll ever do with a cigarette, break it in half and discard it.

Smoking is foolish, stupid-looking, debasing, low-class, dirty and destructive.

You have no harmful habits controlling you. You are 100% free of tobacco.

If you ever feel a need to fill an emptiness inside of you or to relax, you take several deep breaths of clean, fresh air. You do not smoke. You never smoke.

Your weight remains the same as a non-smoker. Your body is trim, firm, strong and healthy. Instead of eating snacks, you drink large glasses of pure, clear water or eat a piece of fruit. You do not overeat and you do not smoke.

Every time you think of a cigarette, you say, "I do not smoke. I never smoke." and you don't.

You would much rather breathe in clean, fresh air and be strong and healthy.

You are living a long life in perfect health because you never smoke. You are smoke free for life.

Being a non-smoker is easy for you. You like how you feel. All your senses are clear and alive. Your sense of smell and your sense of taste are getting better and better every day. Your energy and stamina are increasing more and more every day. Your lungs are clear. You feel great.

You are free of tobacco. You do not smoke. You never smoke.

He who desires but acts not, breeds pestilence.

William Blake

Money

You are wealthy. You have all the money you need to do everything you want to do in your life.

You like money. Money is good. Money makes life more fun.

You like having plenty of money tucked away in savings and investments.

You also have plenty of pocket money, cash for daily needs.

You attract money. Money comes easily to you. You find new ways to increase your income, and you act on them.

You always have enough money available to you, and you can always get more.

You deserve it. You deserve the best. You earn good money and you're entitled to it.

You are also generous with your bounty. You enjoy helping others less fortunate than you.

You deserve to have financial wealth. Money is fun. It gives you the freedom and the power to live the way you choose to live, and to help the people you care about.

You earn money by working at jobs or projects of your own choosing. You're capable and productive when you work, and everything you do is profitable. You have the Midas touch.

You work smart, not hard. You are creative and talented. You see how others do it, and you find ways to apply that to yourself. You enjoy your work. You get great satisfaction and pleasure from a job well done.

You study and read about acquiring wealth and you learn more and more every day. You constantly recognize and take advantage of new opportunities to earn more money. You also put your money to work earning even more money for you.

You create your goals, you program yourself with them, and you achieve everything you aim for. And that includes lots of money.

Abundance comes easily and effortlessly to you.

You have plenty of money and you love it. Having money is fun. Life is great.

Use Hypnosis and Self-Hypnosis

Hypnosis is a state of deep relaxation in which the subconscious mind is very open to suggestion. It's a shortcut and direct portal to the subconscious, similar to the Twilight Zone time we've discussed and even more direct. A goal statement or affirmation given to you under hypnosis can implant more effective programming than many days, perhaps even weeks, of verbal goal statement repetitions.

One hypnotic suggestion is worth hundreds of conscious repetitions.

Dr. P.J. Gillingstein

If you can find and afford a qualified hypnotherapist, you can speed up your reprogramming significantly by having him or her feed you your own positive statements while you are hypnotized. There are also many ready-made hypnosis recordings for sale on the internet, covering many topics. Just type “self hypnosis CD” into a search engine such as Google to find the vendors. Prices and quality vary quite a bit and there is no standard quality control, so these recordings can be a hit or miss proposition.

You must never use hypnosis recordings while you’re driving. In fact, you must be doing nothing other than sitting or lying down by yourself where you won’t be disturbed by people, pets, telephones or any other distractions. A hypnosis recording is self-explanatory. You simply sit or lie still and follow the instructions.

Hypnosis is among the fastest-acting and most effective subconscious reprogramming tools available. Use it regularly and you’ll achieve your goals sooner. In some cases, such as quitting smoking, you can get instant, same-day results.

Breathe Deeply

Several intentional thinking exercises, including hypnosis, begin with deep breathing to relax you. Deep breathing is a simple practice of enormous value to the body, mind and spirit. You would do well to make a habit of practicing it regularly, if only for a minute or two. Do it while you’re engaged in other activities in the course of the day, and also set aside 5- to 15-minutes at least once a day to focus solely on deep breathing.

*Few things are more important than breathing.
Fewer things are more beneficial than breathing correctly.*

Master Arel

To practice deep breathing, first loosen your belt or waistband and any other constrictions. Inhale through the nose and as you do, gently push out your stomach. This makes room for the lower lungs to expand and fill completely. Continue to inhale, filling first the lower lungs and then the middle and upper lungs, until your lungs are completely full. Then, exhale *very slowly* through the mouth, taking as long as you can to expel all the air, first from the upper lungs, then from the lower lungs by gently pulling your stomach back in to help compress the lower lungs and push out all the carbon dioxide. Then inhale again as above, and so on. As you're doing this, give your complete attention to each breath, feeling the air flowing gently in and out, feeling your body respond to its caress.

You will become more and more relaxed and at peace. Just concentrate on the breathing. As other thoughts come into your mind, gently set them aside and return your full attention to your breathing. You'll notice your heart rate and your entire metabolism slowing way down, so that after awhile you only need to take one breath every minute or so. This is extremely restful and healthful, both physically and mentally.

Try it right now. In a few minutes you will feel very, very peaceful.

Don't Worry

Worry is a self-perpetuating, habitual form of negative thinking generated by fear. It interferes with intentional thinking and reality projection. It saps your energy, clouds your judgment and locks you into a downward spiral of depression and misguided action. Worry can cause or exacerbate illnesses such as ulcers, heart disease, high blood pressure, skin disorders - the list is a long one. The old saying, "I am sick with worry," is often a self-fulfilling prophecy. Worry really can make you ill.

*The optimist sees opportunity in every danger;
the pessimist sees danger in every opportunity.*

Winston Churchill

But chronic worry is nothing more than a negative thought pattern, identification with an imaginary, fearful future that doesn't exist. It is a thought-created pattern and, as we now know, thought patterns can be changed through intentional thinking.

The first step towards freeing yourself of worry is to practice emptying the mind of it. Whenever you feel burdened with worry, or before retiring at night, sit or lie quietly and practice deep breathing as described above. Give your attention entirely to each breath, feeling the air flowing gently in and out, feeling your body growing still. After several long, deep breaths, start to consciously relax each part of your body beginning with your face. Concentrate on letting the muscles go slack in your forehead. Hold your attention on it until it is entirely relaxed. Then move to your eyes and once they are fully relaxed, your nostrils, lips, cheeks and jaw, one area at a time. Focus your attention on each muscle group until it is completely relaxed before moving on to the next. Take your time. Meanwhile, continue the slow, deep breathing as you take your attention down to your neck, your shoulders, along your arms and through your hands, allowing the muscles go limp in each body part before continuing, right out to the tips of your fingers. Now do the same with your chest, stomach, groin, thighs, calves and feet, one area at a time, right down to the toes. This process may take you 10 or 20 minutes. It's all right. Don't rush it. Feel your whole body melting into earth's gravity. Let it go.

Why are ye fearful, O ye of little faith?

Jesus

Matthew 8:25-6

Now, as you continue your deep breathing, mentally say to yourself, "I empty my mind of all worry, all negative thoughts. I have nothing to fear." Think this each time you exhale, picturing worries flowing out and away with your breath like a dark mist leaving you and vaporizing. Let it all go out of you. When you inhale, visualize the gentle white light of peace flowing into your lungs and radiating throughout your body and mind, banishing all shadows of negativity.

Continue taking long, deep breaths of fresh air and exhaling very slowly until you have exhaled all worry and stress from your body and filled yourself with light and peace. Then mentally repeat three times, "My body and mind are now completely free of all fear. I am full of light and peace. I am at peace."

*The primary cause of unhappiness is never the situation
but your thoughts about it.*

Eckhart Tolle

As you lie there completely relaxed, think, “I am victorious over all my troubles. I have the power to project good things for myself and for others, and to make these good things real. I can overcome all obstacles to happiness through intentional thinking and reality projection. I overcome all obstacles with intentional thought repetition. There is nothing to be afraid of, nothing to fear. I am at peace, free of fear, full of light. All is well in the universe. I am at peace.”

If you are getting up after the worry release exercise, first stretch your body’s muscles gently to start the circulation moving a bit. Get up slowly and just sit for a few moments, observing your surroundings in a meditative way, until you feel ready to move. You always want to bring yourself gently back from deep relaxation. If you’re ready to go to sleep for the night after the worry release exercise, then position your body for sleeping and commence your nightly Twilight Zone goal repetition and visualization exercise. Your goal is a pleasant, positive message with no anxiety attached to it, just the happy picture of your dreams achieved, and the deep, burning desire that you feel for this achievement. Sleep well. Your worries are gone and your goals are materializing.

Don’t worry about a thing, ‘cause every little thing is gonna’ be all right.

Bob Marley

We often make the mistake of thinking the cause of our worry is the subject of our worrying at that moment, the thing or things we’re worrying *about*. But situations are not responsible for habitual worrying; they merely provide a target, a focus for expressing a more chronic internal anxiety. As soon as one situation is resolved, people who are prone to worry inevitably find something else to worry about.

Worry is an expression of fear. Fear arises from negative mental programming, subconscious beliefs that tell us bad things are going to happen or could, things over which we have no control. In order to banish worry permanently you simply need to *believe* (1) that things work out well in the end, (2) that life is essentially good, and (3) that you are capable of meeting life's challenges and handling anything that's thrown at you; you will overcome obstacles and emerge victorious. Once you believe that, you won't worry. Self-confidence and a generally benign view of life are among the most all-around beneficial programs you can upload into your mental computer. With them you can handle anything; without them you'll tend to find a lot to worry about – needlessly.

Believe! No storm harms a man who believes.

Ovid
Amores

If you worry a lot, use affirmations to build your self-confidence and self-esteem, and put them to work for you. Refer to the sample “Self-Image” affirmation given earlier, and develop your own from that. You can also write a goal statement to rid yourself of needless worry and anxiety, to become fearless. Also, practice the deep relaxation exercise above.

Thoughts rule the world.

Emerson

Avoid Negativity

It's amazing how much negative input you can receive from people around you, even family and friends who care for you. Most don't realize they think negatively and will deny it if you point it out. Yet many people are, to varying degrees, slaves to their own negative beliefs, and they can inadvertently pollute your thinking, too, without even being aware that they're doing it.

*If you keep your mind sufficiently open,
people will throw a lot of rubbish into it.*

William A. Orton

Be alert to this very real threat to your intentional development. Guard yourself against the daily negative bombardment. As you become more adept at thinking intentionally, you will begin to recognize this negativity, this unintentional thinking, even in its subtle forms. For example, how often do you hear people say things like:

“Wouldn't you know it? It's my day off and sure enough it rains.”

“With my luck, ...(something negative)...”

“Don't get your hopes up.”

“I wouldn't count on it.”

“Why bother, I know what'll happen.”

“Well, I'll be damned.”

“I'm such a klutz.”

“I could never do that.”

“I *hate* that.”

“I'm sick and tired of _____.”

“I wish _____.”

“I never was any good at _____.”

“I *knew* this would happen.”

“Some people have all the luck.”

“I'm getting old.”

“I must be losing my mind.”

“I'm just being realistic.”

Recognize these phrases? Have you ever said them, or others like them, yourself? Each of these quotes affirms and projects a negative idea. The last one, “I’m just being realistic,” is a favorite rationalization of the unintentional thinker. Unfortunately, for such a person the statement is true. Reality projection manifests unintentional, negative thoughts as surely as it does intentionally positive ones.

*There is no rule more invariable
than that we are paid for our suspicions
by finding what we suspected.*

Thoreau

If you pay attention, you’ll begin to recognize the negative attitudes around you. Become aware of them so that you can avoid being influenced by them. Catch yourself whenever you start to speak or think a negative thought. Stop and find a more positive way of expressing yourself. Your subconscious mind is listening to everything you and others say, and it will do its best to create in reality whatever it hears repeatedly.

While you are learning to reconstruct your own thinking patterns, avoid the company of negative thinkers. They’ll drag you down with them if you let them, not necessarily out of any conscious ill will, but as the saying goes, “misery loves company.” It can be contagious if you’re over-exposed to it. When you do find yourself conversing with people saying negative or worrisome things, don’t join them in their negativity. Instead, inject some positive, hopeful points into the conversation. You will cheer up yourself and oftentimes others, as well.

Exposure to positivity is equally infectious. Seek out upbeat people, achievers and winners, and spend your time with them. They will encourage you and help you achieve your goals. As your own intentional thinking patterns become fixed in your mind, you may be able to go back to your more negative friends and uplift them, perhaps show them a better way, without being brought down by their negativity.

*The one who says it cannot be done
should never interrupt the one who is doing it.*

The Roman Rule

Share with Others

Once you experience the awesome changes intentional thinking brings about in your life, it's natural to want to share your revelation with people you care about. Friends and family members are likely to notice the positive changes in you and your situation, so your example will attract their interest anyway. Do them and yourself a favor and introduce them to a better life through intentional thinking. Those who are open-minded enough and motivated enough to use it will thank you forever after. When you think about it, just about everyone you know would benefit by reading this book and applying the techniques explained here, wouldn't they?

If you are a parent, you owe it to your children to help them get a good start in life. Program them to succeed. Correct them using positive reinforcement rather than negative statements: Instead of saying, "Your room is always such a mess," or "I'm sick of picking up after you," say to them, "When you put your things away, you do it so well. You're the best room-cleaner I've ever seen. I'm proud of the way you can clean up a room when you set your mind to it."

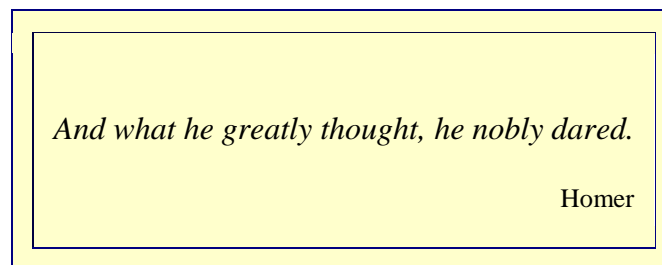
Thoughts are mightier than strength of hand.

Sophocles

Make intentional thinking audio recordings for your young children, perhaps with some of their favorite music playing in the background. On it, tell them repeatedly that they are good, smart, happy, kind, loving, brave, generous, popular, good looking and capable of doing anything they want to in their life. Tell them how much their family loves them and how proud of them you are. Create in their minds the image of what you want them to become. You can play the recording while the kids are playing with their toys and even while they're napping. Their subconscious minds will absorb the message even if they're not consciously paying attention.

The programming you give your children now will determine much of how they live the rest of their lives. Paint them a bright, optimistic picture; fill them with self-confidence, self-discipline and high self-esteem. Teach them the techniques for creating a happy, healthy, successful life.

Commit to Success



By now you have a goal clearly stated and you have begun and are continuing the repetition, visualization and audio recording techniques. You're on your way to achieving your goal. Now, start acting like it.

Make plans, get started, do the groundwork as if your goal is becoming a reality, as if it's a foregone conclusion, as if it's a certainty. If, for example, your goal is a new house, start researching the real estate market in earnest. You really are getting ready to buy a new home, even if the ways and means aren't yet clear to you. Read the "houses for sale" ads, and go see the homes that sound like what you're looking for. Shop around for homeowner's insurance. Read books on creative real estate financing and use that information to get your house. Tell real estate brokers about your plans and ask them what they can do to help you find and close on your new home.

Don't fight the problem, decide it.

George C. Marshall

Talk about your goal like it's a done deal. Rather than saying, "I'm hoping to get a house someday," or "I'm trying to figure out how to buy a house," say, "I'm buying a house. I'm so excited about it, I've already chosen the paint colors I want." Tell it to family and friends, but only discuss it with those who are supportive. Don't listen to "realistic advice" from negative thinkers. When someone starts telling you why you can't possibly accomplish what you're planning, just smile to yourself and go inspect another house – "in a good neighborhood with friendly neighbors, trees in the yard and a tire swing for the kids."

Acting as if you have already succeeded is reality projection at the nuts & bolts level. It creates a reciprocal relationship between cause and effect. By acting as though your goal is already achieved, you reaffirm and encourage your mind's belief in it, shoving it in the right direction. It's like saying to your subconscious, "Hey, this is what's happening. I'm already doing it. What are you waiting for? Get with the program." By bolstering your mind's belief, you strengthen its ability to guide your actions towards achieving the goal. Your subconscious will work even harder to project the reality you are portraying, which in turn will cause you to act this way even more. So, your actions are both a cause and an effect of your belief, and your belief is both a cause and an effect of your actions. You are creating a positive, constructive, intentional, self-perpetuating cycle that can only spiral to one conclusion. You'll get the house.

Of course, when you act like something's already a done deal, the people you deal with tend to assume it's happening, too. Their belief in your success will propel things forward even more rapidly, both physically and metaphysically.

To succeed in the world, we do everything we can to appear successful.

Duc de la Rochefoucauld

So, commit yourself completely to your goal. Leave no room for failure; no easy out, no Plan B, no safety net. Go for it with enthusiasm, determination and certainty. If you're afraid or unable to do that, then work on reprogramming your self-confidence and self-esteem. You really can do this. You can have what you most desire. Just use these techniques.

Try - and You'll Fail

Don't ever *try* to do something. When someone says, "I'm *trying* to do such and such," it really means, "I'm leaving plenty of room in my mind for failure. I don't really believe I'll succeed. When I do eventually fail, you can't blame me - because I *tried*."

Trying is the farthest thing from intentional thinking. Starting now, commit yourself to removing the word "try" from your vocabulary. Literally, don't say that word anymore. Replace "I'll try" with "I will" or "I won't".

In the words of Yoda, the mythical Jedi Master of the Star Wars movie series, "There is no try. Do or do not." Wiser words were never spoken.

Pray and Meditate

Intentional thinking and reality projection are nonsectarian and nondenominational. They work with any religion, or without any religion. In an effort to avoid offending anyone's personal beliefs, this book has used phrases like "manifest creation," "the very fabric of the universe", "ocean of energy", "all of creation", and "infinitely powerful forces" when referring to, well, "That Which Is". You can just as easily insert the word God or Spirit or Krishna or Allah or Being. Or not. Intentional thinking does not conflict with any truth-seeking spiritual teachings. On the contrary, it enhances and compliments faith in the Almighty, and may better enable you to serve that higher power if that is your desire.

If you believe in a personal God, there is an immensely powerful intentional thinking technique available to you in the form of prayer. The power of prayer is well documented; it can literally work miracles, and it works in direct proportion to one's faith, one's belief, as does reality projection.

The no-mind not-thinks no-thoughts about no-things.

Buddha (ca. 500 BC)

Meditation is the practice of stilling the conscious mind, of going beyond thought. If you practice meditation, you can tag on a little intentional thinking at the end. Just as the Twilight Zone time and the hypnotic state render your subconscious mind especially impressionable, so too does the deeply relaxing state of meditation. When the conscious mind is still, you experience an immersion in being, a oneness. There is no thought. However, as you are returning to “normal” consciousness at the end of your meditation, but still “in being,” a portal is open presenting an opportune moment to think, visualize and project your heart’s desire.

Live Intentionally

happiness (noun): a category of pleasurable emotions ranging from contentment to ecstasy

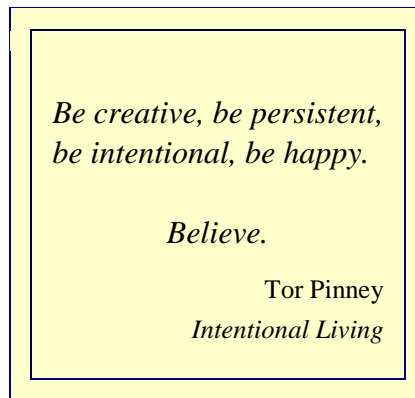
The pursuit of happiness is an inalienable human right, a primal trait, the great motivator. It drives us to do, to build, to achieve. We seek happiness through the fulfillment of desires, selfish and selfless, materialistic and non, beginning with basic needs such as food, shelter and companionship, and then adding pleasures, predilections and luxuries ad infinitum. We’re happier, for a while, when we realize a desire, win an objective, achieve a goal. However, the flush of possession inevitably pales, as does the happiness it brought. Happily, happiness is renewable, and so we hatch new desires and set off once again in the Great Pursuit.

Desire is the very essence of man.

Benedict Spinoza

This, then, is the essential human activity, pursuing happiness by procuring what we and those we care for need and want, by realizing our desires. How successful you are at it depends on how you think, feel and act, which as we have seen are behaviors governed by your subconscious programming. Accidental programming yields haphazard results. Intentional programming produces desired results. Which, do you think, is better for you?

Intentional living is the step-by-step process for realizing desires, thereby increasing the happiness in your life. This is the “handbook for a happier life.” Here’s hoping you use it for your greater happiness and for the greater good. Live intentionally.



SUMMARY

Intentional thinking and reality projection can be mastered by anyone. You need only to begin and to continue applying the techniques taught in this manual. Here is a review of what we have learned:

What is Intentional Living?

Intentional living is the purposeful practice of improving the quality of life by applying the techniques of Intentional Thinking and Reality Projection.

What is Intentional Thinking?

Intentional thinking is the discipline of clarifying, empowering and directing thoughts to foster beliefs that improve the quality of life.

What is Reality Projection?

Reality projection is the act of influencing manifest creation with beliefs.

The Human Computer

The human brain functions like a supercomputer. Your conscious mind is your awareness and does your rational thinking. The subconscious is the mind's memory bank. It records and stores experiences and information, and influences your conscious thinking and actions based on this stored data.

All that we are is the result of what we have thought.

Dhammapada, c. 5th century B.C.

Programming the Mind

The subconscious mind is a product of its programming, the information it has received since birth and is still receiving now. Typically, it records and stores a great deal of negative input and misinformation, which misdirects your thoughts and actions and adversely affects your life.

The Subconscious Mind Hears and Obeys

The subconscious accepts as true anything it perceives repeatedly. It then strives to bring about that which it believes, to make it “real.” You can determine the reality your subconscious mind creates for you by consciously taking charge of the information repeatedly fed into it.

Reprogramming the Mind

It is possible to correct or replace negative subconscious thought patterns with positive ones, creating a happier, more constructive belief system in the subconscious. This benefits your feelings, attitudes, actions and results. You can also create entirely new subconscious beliefs in specific goals and perceptions.

Reality Projection

Your subconscious projects outward that which it believes, physically influencing you and your reality to conform to its vision of what is true. Your beliefs, positive or negative, intentional or accidental, are dynamically transmitted into the atmosphere and all of creation responds by helping to make that belief materialize in the “real” world.

The Techniques of Intentional Thinking and Reality Projection

Take the First Steps

To realize unfulfilled desires, first acknowledge the need to improve your way of thinking, then decide to do it, then begin and continue.

Choose Your Goals

Make a list of everything you desire in your life, select the one most urgently important to you, and make the fulfillment, achievement or acquisition of that your first goal.

State Your Goal

- Be brief, write a few sentences or a short paragraph.
- Use the present tense.
- Be specific, include details.
- Set a reasonable deadline.
- Paint yourself into the picture.
- Deal with related issues such as old, negative programming.
- Give yourself permission.
- Say it’s easy.
- State your plan, what actions you are taking.
- Avoid negative words.

Include Affirmations

Affirmations - uplifting, single-phrase declarations - may be included within goal statements, but can also stand on their own as goals.

Boost Your Self-Image

Your self-image is who and what your subconscious mind believes you to be. The product of lifelong programming, both good and bad, it is the person your subconscious projects and maintains. Some of this benefits you, some probably doesn't. Use affirmations and goal statements to improve your self-image.

Repeat Your Goal Often

Repetition is the key to programming the subconscious mind. The subconscious records everything, but it *believes* what it hears over and over again. The more you repeat your goals and affirmations, the more your subconscious mind will do to manifest them.

Supercharge Your Statement

Emotional intensity supercharges a goal statement, engraving it more deeply into the subconscious, which then acts with greater vigor to project that reality. Whenever you repeat your goal, *feel* the urgent, *burning* desire for it.

Visualize Your Goal

Visualization is a powerful way to convey a goal to the subconscious mind. Create in your mind's eye a vivid picture of your goal as if you had just accomplished it. Be specific, see and hear the people you want to include. Put yourself in the picture. Supercharge it with your burning desire and repeat it often.

Erase Your Old Programming

Beware of old programming resisting your intentional thinking exercises. Dispel these harmful beliefs using the visualization exercise for purging old, negative thought patterns, and by verbally rejecting them. As always, repetition and persistence are the keys.

Enter the Twilight Zone

Your subconscious mind is particularly susceptible to suggestion just as you are waking up and just as are about to drift off to sleep. Use these times to send your intentional thinking messages, verbal or visual, more effectively than at any other time.

Listen to What You Say

Your subconscious listens to and records every spoken word, accepting repeated statements as truth. Therefore, pay attention to what you say. Is it what you want your subconscious mind to be recording? Is this what you want to be or become? Stay alert for seemingly casual negative statements.

Talk to Yourself

Use self-talk to give yourself a pep talk every morning, and for clarifying problems by discussing them with yourself.

Reprogram Yourself Instantly

Instant reprogramming is a brief action or a thought expressed in a few words that changes how you feel on the spot. Examples of opportunities to use instant programming include:

- just before starting a chore you're not looking forward to
- as you get out of bed each morning
- whenever someone asks, "How are you?"
- when you're upset or angry

Practice the "three simple things" that stimulate pleasurable, happy feelings.

Make Audio Recordings

Use a digital voice recorder or computer to record your goal statements and affirmations in the third person. Play it often, sometimes listening and repeating and visualizing the goal, and sometimes when you're otherwise occupied such as working, driving or even napping.

Hypnosis and Self-Hypnosis

Hypnosis is a shortcut to the subconscious and an extremely effective mental programming tool. It can significantly speed up the process of transmuting conscious, intentional thoughts into subconscious beliefs. Whether you employ a professional hypnotist or purchase ready-made hypnosis recordings, avail yourself of this most effective subconscious mind reprogramming tool. You will realize your desires and achieve your goals much sooner.

Breathe Deeply

Deep breathing is good for the body, mind and spirit. Practice it regularly while engaged in other activities in the course of the day, and also 5- to 15-minutes a day as a focused exercise. Loosen clothing constrictions, especially around the waist. Inhale through the nose, gently pushing out your stomach to allow the lower lungs to expand and fill, followed by the middle and upper lungs. Exhale slowly through the mouth, emptying the upper and middle lungs, then the lower lungs by gently pulling your stomach back. As you're doing this, give your complete attention to each breath, feeling the air flowing gently in and out, feeling your body respond to its caress. Repeat and continue.

Don't Worry

Habitual worry saps energy, clouds judgment, causes depression, misguides action and can make you physically ill. It is an expression of fear, a negative thought pattern that can be changed with intentional thinking. Worry can be relieved using the deep relaxation exercise and affirmations suggested in the Don't Worry chapter, and with goals and affirmations crafted to overcome anxiety and build self-confidence and self-esteem.

Avoid Negativity

People around you can pollute your thinking with negativity, often unknowingly. Be alert for this to avoid assimilating that self-destructive programming. Watch out for negative phrases people utter as if they're axioms, such as "Don't get your hopes up," "Some people have all the luck," and "I'm just being realistic." These all affirm and project negative beliefs. Avoid the company of negative thinkers. Spend your time with upbeat people, achievers, and winners.

Share with Others

Share the joy. Introduce your family and friends to intentional thinking. Just about everyone you know would benefit by reading this book and applying the techniques explained here. Parents in particular owe it to their children to program them for success from the beginning, and to teach them with positive reinforcement rather than negative statements and threats.

Commit to Success

Plan and act as if your goal is a reality, a foregone conclusion. Talk about it that way. Ignore "realistic advice" from negative thinkers. Acting as though your goal is already happening strengthens your belief and encourages others to assist you. Make no excuses. Commit yourself completely to achieving your goal.

Try - and You'll Fail

When someone says, "I'm *trying* to do such and such," it really means, "I'm leaving plenty of room in my mind for failure. I don't really believe I'll succeed. When I do eventually fail, you can't blame me - because I *tried*." Trying is the farthest thing from intentional thinking. Remove the word "try" from your vocabulary. There is no try.

Pray and Meditate

Intentional living is non-religious, yet it compliments and enhances any and all religious doctrines. The power of prayer is well documented and can certainly be used in conjunction with intentional living techniques. Both prayer and reality projection work in direct proportion to one's belief.

Meditation is the practice of stilling the conscious mind. If you practice meditation, you can tag on a little intentional thinking at the end when you are returning to full consciousness.

Live Intentionally

The pursuit of happiness is the most natural human endeavor, and because happiness is an impermanent state, its pursuit can be a lifelong adventure. Intentional programming enables you to be successful in your life, to feel good, enjoy more and be happier. Use these simple techniques. Live intentionally. *Believe.*

~ End ~