

Abundance, Energy & the Power of Mind

Fall, the season of harvest is upon us. It is an appropriate time of year to be thinking about what we have planted, how we have tended it and what we have reaped as a result. Most of us think often about what we want to have in our lives. More often than not these thoughts are from a perspective of lack. We focus on what is missing, lost or unfulfilled in our lives. We may wonder why it is so difficult to create the lives we desire, especially if we are hard at work trying to produce it.

It seems fair to say that most people want an abundant life. Of course the definition or type of abundance will vary from person to person. We must also keep in mind throughout this discussion that there are facets of our lives that we have no control over. In those areas we simply must learn to be more graceful with our navigation skill! What we will focus on here are those parts of our lives that we do have influence over...and as the saying goes...we need to have the wisdom to know the difference between those two areas!

Why do so many of our efforts at improvement or change fail?

This question has haunted many individuals and professionals *for a very long time*. In searching for answers, many cutting edge thinkers have looked at the information emerging from 'the new physics' as it relates to our cognitive, emotional and behavioral patterns. *More importantly than explaining the 'why'* of these patterns it offers a 'how' regarding transformation of all sorts. This information has been adapted into many approaches that target change. We are seeing it incorporated into business and financial seminars, as well as in psychology and education. It is certainly adaptable to the whole question of how we create abundance of all types in our lives.

Using our thought to create is certainly not a new idea. What is new is an understanding of the underlying process and how to use it best to promote the most success. Elementary particle physicists have proven repeatedly in the gold standard of research--double blind studies--that the energy of the universe is affected by our expectations. It turns out that subatomic particles, the basic building blocks of material reality, will assume either a wave or particle formation depending on the expectation of the observer. What this means for us in our individual lives is that our thoughts affect material reality. What we focus on grows, for good or ill! The secret ingredient to using this power of our mind is feeling. It is thought instilled with strong emotion that has an effect on the invisible fabric of our personal world.

For centuries, philosophy, metaphysics and spiritual traditions have spoken of the power of the mind, the spoken word and prayer to create. Until now however we have not had a firm scientific understanding of the process that underlies these phenomena. An unseen force has been acknowledged in a variety of ways but never described scientifically. Particle physics has given us the missing link that brings this phenomena out of the world of voodoo and magic into the light of day to be better understood and used to create more positive outcomes in our lives.

So how do we employ this information in our day to day lives and make it work for us? To begin with, we need to become aware of what our mind is sending out in the form of thought energy. This may be the most difficult part as we begin to see that we may not be the positive being we thought!

We were taught early on to notice what is wrong in our environment. This is self protective and necessary to a point, but we have overdone it! Stress and fear are the predominate tones that seem to prevail in our daily lives. Since we all act like tuning forks with each other, we tend to 'pick up' these tones and add to the overall climate making it even more difficult to raise our moods easily.

We can begin by making a concerted effort to notice and shift our feelings. This is a strong and powerful first step to changing the quality of our lives. Look for opportunities to experience appreciation, gratitude or love in small ways throughout your day. This will help to build new habits...new pathways within your energy, nervous and biochemical systems. Quite literally you will become a generator of new thoughts and feelings. Over time as you practice *flowing* these new energies, you will begin to notice positive change in your external world. This approach can also be used to achieve more specific goals. The process in its simplified form follows.

Step1. Define your goal clearly.

Once you know your goal, and then define the feeling state that you are trying to achieve as a result of that goal. For example: many people wish for financial abundance, but what they actually desire is freedom from worry, security, and ability to travel, or accomplish a specific dream. In the end, with all our goals, it is actually the emotional state that we desire. Few people want a pile of money to sit on! We mistake this part of the process. It explains why so many people do accomplish their goals but the satisfaction they seek still eludes them. Also, it is the emotion of your goal that helps create the necessary energy and continued motivation to move toward your goal.

Step2. Use the power of your mind.

It has been said that a problem cannot be solved at the level at which it was created. This definitely applies to this process. It is easier to achieve your objective if you enlist the aid of your unconscious mind through imagery, visualization and relaxation. One way to do this would be to allow your body and mind to deeply relax. Then play a movie in your mind of yourself living the life you envision with your goal already achieved. The power of the mind is strong and it will go to work for you in ways that you may not be able to consciously imagine.

Step3. Use 'failure' as feedback.

This process can seem magical in many ways, but just as with other learned skills, we cannot expect perfection. If allowed, seeming failures can add to negative states and send you back to where you came from! An open minded approach, looking for where you may not have used enough feeling or defined your objective exactly right are far more productive ways to views 'failure'.

This is also the point where you might look to what types of limiting beliefs may be interfering with your goal. Eliminating such conflicting 'messages' from your system allows you to proceed with more ease and not be caught in struggle.

Step4. Invest time in you self.

In addition to integrating new ways of thinking and feeling into moment to moment awareness, give yourself 15-20 minutes a day to 'run your movie' as an investment in your future. Feel your goals as if they already exist in present time otherwise they will always be out ahead of you!

Step5. Notice the small successes.

We build on success not failure. *This is also a way of learning to enjoy the process, so that you do not have to delay the 'feel good' that you anticipate will arrive with the achievement of your goal.*

In Summary:

1. We are focal points of energy within a universe of energy.
2. Our energy attracts to us that which is of like vibration
3. We can manage our energy to bring opportunities to us that help realize our greatest potential and goals.
4. Our thoughts and emotions can aid in the creation of the lives we desire.
5. Using energy brings uncommon help our way, but we also must use our common sense, plan, organize and use appropriate efforts.
6. We cannot materialize things that are beyond our present level of expertise!
7. We must build our capacity to use this skill and learn as we go how to be more skillful.

Our focus in this series on energy has been aimed at helping to create change from "the inside out as well as the outside in." In keeping with that theme we will explore how the principles of Feng Shui can contribute to your developing ability to create abundance in your life.