

CHAPTER THIRTEEN



Secret Seven The Miracle of Feeling!

"Imagination is more important than knowledge."

- Albert Einstein

“Our mind is a garden, our thoughts are the seeds, you can grow flowers or you can grow weeds”

Ritu Ghatourey

Let’s do an experiment, inspired by this little girl and the butterfly in the picture. Imagine a butterfly has landed on your nose. What does it feel like?

Do you break out into a squeal or a giggle? Do your eyes cross in order to see your visitor better? Can you feel your nose itching as the butterfly grabs your skin with its tiny feet?

Are we having fun yet? Okay, stop.

You have just experienced one the best tools of manifestation that God has given us. And it is neatly placed between your eyes and ears.

It is our mind... our own personal television, laptop and video and sound recorder all in one. It is a tool that can either frustrate us or fulfill us. Our choice.

BOUNCING BOATS

When I was a little boy my father loved boats and fishing almost as much as I did. My father used to take my brother and me to the boat shop in town. It was much like a car dealership. The boats were displayed in a large showroom with huge windows along the street. Even the cars on Gratiot Avenue would be tempted to stop and take a look.

For me it was like an indoor playground and my imagination would have a field day. The owners let us

jump inside and sit behind the steering wheel and pretend we were cruising across the lake.

Little did I know I was engaged in the manifestation process. I could literally feel the lake wind across my face and the bottom of the boat bouncing on the waves. My imagination was actually convincing my father to buy a new boat. As Wayne Dyer says, “See it before you believe it.”

A while back I was working with a coaching client. Her main issue was her relationship to her family. Family drama and infighting was taking its toll. She was obviously very upset about it.

I asked her if she could see things changing at all within the next 30 days. She immediately responded, “Things will never get better.”

In my best kind and compassionate voice, I responded. “Are you sure?” She responded. “Of course. Things will never change.” I finally answered, “Then I don’t think that I can help you.”

Obviously, this client was getting something out of “not having” that she was not ready to let go of. She had become attached or addicted to this very strong feeling (anger, hurt, disappointment) and was not willing to let go of it.

You have to be willing to experience (or feel) the future you want!

I realized that it would not be ethical for me to take her money if she would not or could not change. It was

taking a trip somewhere together and refusing to put any gas in the tank. You are not going to get there.

Let's do an experiment. Close your eyes and take a few deep breaths and relax.

Think about what you really want. Now don't just think about it, step into it. What does this feel like? What does it look like? Taste, smell, touch? Bring in all the five senses.

Now turn up the feelings full blast. Feel the wish fulfilled using only your mind. And when you are at full volume hold it there as best you can. And when you can hardly stand the overload I am going to ask you to do something.

Double it! Yes, that's right....double it.

And when you get to another point of overload, I am going to ask you again. Double it again! Hold it there for as long as you can. **Welcome to the feeling of expanding your mind!**

I came across this concept as a financial seminar. The instructor was making a point concerning mindset. He asked us all to close our eyes and think about how it would feel to earn ten times our income next year. In other words, if you are making \$50k per year, what would it feel like to make 10 times that amount or \$500k? How would this change every aspect of your life?

After he got us all ramped up, he paused and asked, "Now I have a second request. How would it feel for you to make \$100,000, just double your income?"

You could almost hear the answer in the silence. Double my income? That's nothing. It's a walk in the park. Without our knowing it, the instructor had just stretched our minds and prosperity consciousness.

Here are some additional tools to help this process.

- Write goals down! Statistics show people who write down their goals have over an 80% higher success rate of achieving them.
- Create an Image book. Tear out pictures from magazines that represent your goal and allow you see what it can look like. Take a deep breath and lightly touch the images, gently circling your fingers along its surface. This will add a tactile experience to your manifestation process.
- Open up your “why’s”. Write down your compelling reasons for wanting the goal. Write it with passion, with feeling, with energy.

The point is this. As a Miracle Minded, Quantum Leap thinker, you must continually find ways of conditioning your mind and stretch your self-imposed inner limitations.

Exercise:

Write an answer to the following:

- 1) How can the thoughts and pictures in your mind manifest what you want?**
- 2) What areas of your life can you raise the bar?**
- 3) Where and how can you bring more laughter into your life?**