



This is not a secret...

If you want to change something in your life, you must start with the end in mind.

In other words, don't think about your current circumstances. Instead put your imagination into high gear, and think your way into the conditions you want.

I'm not saying that you ignore your current results. That's impossible to do.

Look at your present results, but don't get emotionally involved with them. If you let the current facts control your thoughts, things CANNOT improve.

So take your attention off what's currently going on, and use your will to focus on what you want.

And then...

Let nature take its course

Andrew Carnegie said...

"Any idea that is held in the mind, that is emphasized, that is either feared or revered, will begin at once to clothe itself in the most convenient and appropriate form available."

That's because thinking starts a creative process:

1. Thinking creates an image.
2. The image stirs emotions.
3. Emotions cause action.
4. Action sets up a reaction.

So when you're thinking about what you want, rather than your current results, the reaction (see Step 4) creates new and improved results.

Then, you can start the process all over again by looking at the new result, adapting to the changes that have occurred, and thinking about what you want next.

That way, your life just keeps getting better and better.

"I've tried that already!"

I know...

You've tried this before and failed, right?

We all have. Probably many, many times.

However, if you pay close attention to what I'm about to share with you, you'll know what it will take to finally break through.

Take a look at this...

Here's the bottom line...

To break out of old patterns and realize a goal that has been eluding you, you must raise your level of awareness.

As you see in the illustration below, there are seven levels of awareness or consciousness.



Every person on the planet primarily functions at one of the above levels. However, according to where we are in our lives at any given time, we may bounce back and forth between levels.

The goal is to move out of the lower, more shallow levels of consciousness to mastery. That's when you are in control of your life, and you respond to what's going on rather than reacting to it.

Let's take a look at the role each level might play in your ability to realize your goals. As I go through each one, see if you can identify which level you function in most of the time.

Level 1: Animalistic

At this level, you are in "fight or flight" mode. You allow your current circumstances, not goals or desires, to dictate your life. You react to whatever is going on around you.

Level 2: Mass

At this level, you follow the crowd rather than doing your own thinking or setting goals. You want to conform rather than be creative.

You don't consciously choose the things you want. **Your paradigm rules at this level.**

Level 3: Aspiration

You might follow the crowd for years, but at some point, something in you wants something better—something greater than what you have. You know you are capable of more.

Many people become stuck at this level because their new desires are just wishes until they back them with action.

Level 4: Individual

At this level, you want to express your uniqueness as a human being. You begin to dream. You realize that there is no one like you, and you have unique gifts.

However, every time you start to move forward, the paradigm pulls you back to Level 2.

The desire remains, though, so you keep coming back to it. You get locked into a tug of war with your paradigm, which continues to pull you back.

Level 5: Discipline

Here you realize that the only way to move toward your goal is to give yourself a command and then follow it—regardless of what’s going on around you.

However, as soon as you start to do it, the paradigm starts fighting back. Before long, your resolve starts to dissipate and your discipline turns into a wish. And you’re STUCK again!

You’ve got to train yourself to follow a command to overpower the paradigm. Otherwise, you’ll be destined to keep doing what you’ve been doing and getting what you’ve been getting.

So when your discipline starts to dissipate, you must exclaim, *“No way! I’m going to do this and I’m going to do it NOW!”*

And then step out and do it. And you keep doing it until the paradigm dies from lack of nourishment. However, it will work only if the goal is something you really want.

Level 6: Experience

When you apply steadfast discipline and you see the desired results manifest, the experience gained reinforces your awareness of your amazing abilities. And you do more of the same.

Experiential learning is real learning. It becomes unnecessary to gather outside information. At this level, you know that all of the answers that you are looking for can be found within.

Level 7: Mastery

At this level, you respond rather than react. You know how to think properly, and you take the actions that produce your desired results. You’re no longer controlled by habits that don’t serve you.

You have learned the laws of the universe, and you understand how the science works. You’ve used your experience to fine-tune your manifestation techniques so you achieve one goal after the other.

Only a small percentage of the population reaches this point; however, we all have the mental faculties and capacity to do so.

The only thing stopping you from being the captain of your ship is...

You.

Keep studying, writing out your goals, and focusing on what you want, and your awareness will increase

At each new level of awareness, the conditions, circumstances and environment will change. As you adapt to the changes, you'll then be able to see the next step.

You can't see how to get to the goal from where you are right now. And you don't need to.

However, every time you take a step ahead, you'll get new results and then you can see where to go or what to do next.

Right now, a higher side of you is urging you to create. And your paradigm is nagging at you, wanting you to stay the same.

It's your choice...

In life, we either create or we disintegrate.

Choose well.

To your success,

Bob Proctor

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