COSMIC ORDERING SECRET

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This is your opportunity! Right here and now, is your opportunity to get little known tips, tools, guidelines, examples, and even exercises... all developed from prior experiences... and they are now to be passed along to you. This is wisdom that cannot, and should not be kept a secret. It should be shared. After all, what was earlier thought to be a normal life is no longer acceptable. So, this honed series of skills has been written into a book for just the appropriate readers. Ah! That’s the key.
What would be considered an appropriate reader? Are you an appropriate reader for this guide? If you have read this far, and have an inner hunger for a better life, you probably are! To be appropriate, you must possess three things. First, you must possess the need for this knowledge. Without a need, little will drive you from start to finish in reading the wisdom this book reveals.

Second, you must possess the desire for this knowledge. Desire is an emotional drive that differs from actual need, pushing and prodding you to get at the real answers. Third, you must possess intent. The reader with intent to master the concepts of this guide will enjoy the same wisdom and skill sets as that of the author. So, are you an appropriate reader for this guide with need, desire, and intent to absorb and apply its method? Unless you are already independently wealthy or can say you have no difficulties in life, you are most definitely appropriate to read this book!

This book is intended to inspire you to reinvent your life. Your life is probably built on ideals and dreams. These are often left on the drawing board. They are never realized. You wonder why. But, until now, you have never really asked that question. You have been too afraid to know the answer. Still, this book uses techniques such as affirmations and visualizations that can empower you to chase after your dreams. You can create for yourself a new reality.

Sure, you may have already read books about dreams, goals, and a new reality. Most likely you have encountered mysticism combined with Eastern religious theology. Other texts have implied a spiritual aspect to the terms “cosmic” and “ordering,” and this has left you with a bitter aftertaste. The lack of a scientific basis linked with spirituality and religion leaves many to think the words are related only to a higher power or reincarnation system. Additionally, magical elements are implied openly or indirectly in many books. Magical teachings have no place for launching your new reality from the ashes of mere wishes and wants.

Cosmic and ordering are not mystical or religious or spiritual or magical concepts. Still, cosmic ordering is very real. They are mathematical realities supported by scientific research and development. Cosmic ordering involves rational claims of seizing positive rather than negative thinking and the strength that it produces. It involves harnessing the creative thoughts connected with the mindset of positivity. Cosmic ordering deflects the damage of negative thought that quietly erodes productive achievement before it has a chance to take root and then blossom. Additionally, it forms a pathway for wealth creation.

“For every action there is an equal and opposite reaction.” That very simple and common phrase that everyone knows is a simple scientific explanation. It is actually Newton’s Third Law of aerodynamics. There’s nothing to be alarmed about by that because everyone knows about it. “Birds of a feather flock together.”
That scientific observation is part of another little-known scientific rule, the Law of Attraction. Cosmic ordering has been scientifically compared to this simple concept of the Law of Attraction. The Law of Attraction states that you attract what you think. So, positive thinking individuals attract positive outcomes.

This is in contrast to most people’s mindset that practice negative thinking, expecting the worst possible outcome in every situation. The predicted outcome is what they attract. Cosmic ordering is an active, conscious effort to apply the scientific principle of the Law of Attraction. Cosmic ordering uses goals, plans, and desired end-points to apply the Law in your life. What was once a disillusioned dream becomes a realized reality.

An example is always the best way to express a concept. One of the best examples of cosmic ordering is Stephen Richards. Stephen was not known for much as a child. He started from austere roots. His mother had to take him from one male partner to another. Each would physically or sexually abuse his mother and leave him with memories of trauma and fear. For a time, he lived with his mother in an open field; the only protection was a beat policeman who traded sex for secrecy.

Later he decided to adopt a new mindset. He learned he could control his end-points by choosing what he desired in advance and by planning to get what he wanted. Soon, Stephen was accessing the cosmos and ordering what he needed... and wanted. And, things were attracting to him. He decided he wanted to publish by writing offbeat books. He landed a biography about a little known singer, called *Sting*. Stephen did not have to write the book because *Sting* had a biographer who created the manuscript.

Shortly after that Stephen found himself preparing manuscripts for other figureheads of the British community. Sir Elton John. Sir Richard Branson. Elizabeth Hurley. Sir Ben Kingsley. Roger Daltrey, Cilla Black, Lulu, Michael Winner, and the boxer: Ernie Shavers were all participants of Stephen’s publishing service. Stephen Richards had moved on to other business ventures, many with successes and most with wealth creation.

How did Stephen Richards manage to achieve success along with the wealth creation and many well-known individuals for colleagues? Cosmic ordering. He applied the underlying principles of the Law of Attraction that drives the practice of placing orders for those things desired or needed, which in turn attracted him to the end-point he intended.
Is this really something spiritual or religious or mystical or magical? No. It follows mathematical probabilities and metaphysical, scientific logic. Considering the structure of all matter, both living and non-living, scientists under Albert Einstein’s tutelage continued his relational work that we boil down to the very popular equation, “E=MC^2.” These apprentice researchers became scientific authorities on expansion subjects. Names such as David Bohm from the University of London, a physicist, and Karl Pribram, a neurophysiology professor at Stanford University began to write their research using quantum mechanics mathematics.

They realized that electrons are negatively charged; protons are positively charged but housed within the central nucleus of atoms. The vibration of spinning electrons around opposing protons established a matrix for attraction of like-structured atoms.

This establishes the compounding of atoms into formed entities, whether they are in solid, gaseous or liquid phases. Energy is, therefore, the heart of all formed entities. Energy is the communicating link to both living and non-living things. It exists throughout the cosmos. David Bohm and Karl Pribram thus extended these proven concepts from earlier scientists to living organisms that have control over thinking energy.

Thinking with the brain is pure energy. The body invests huge amounts of glucose to the brain just to get it to process the energy required for thought. They realized that human thought is no different than molecular energy. Thus, if thoughts were invested on negative or “stinky” thinking those thoughts would attract or gravitate to events that realize the negative outcome.

Conversely, if thoughts were invested on positive and successful realizations, the mind would be open to circumstances that direct the person to achieve that positive event. This quantum mechanics formulation was so well received in the scientific community that Robert G. Jahn of Princeton University (the very location where Einstein was performing his work) established a research center dedicated to fine-tuning this concept to useable applications. He brought likeminded researchers to the center such as Canada’s Queen’s University physicist, David Peat. Cambridge University’s Brian Josephson joined the team as well. He earned the Nobel Prize in 1973.

How does this concept of quantum mechanics, vibrating molecules, and electron-proton attraction create a human attraction event that is more easily understandable? Try an example for yourself. Ice cream. Pick any flavor. Add topping with or without sprinkles or nuts. Got it? Now delete the image from your mind. Do not allow it to enter or return to your mind for the next 24 hours.
We will begin to discuss another topic unrelated to this. The global warming from past damage to the polar cap ozone layers, news of a high ranking politician found in a major embarrassment or weather phenomenon in your country.


Before the end of the 24-hours, you will think about the flavor of ice cream you selected the type of topping (if any) and any sprinkle or nuts you use for an addition. Moreover, the chances are great that you will have a high probability of realizing that dream either within 24-hours or in the not-to-distant future.

Richard Branson, or more correctly, Sir Richard Branson, the billionaire mogul who created the Virgin enterprises empire is another example of cosmic ordering. He had learning disabilities in both reading and mathematics. This was a major embarrassment for his prestigious mother and well-known attorney father who shunned his poor prospects of advancing in society.

He was an outcast. Both at home and school. At school, he would be teased and humiliated by the bright and intelligent students who knew all the answers. He would be tormented by the athletic children who were more physically robust and socially-connected with each other. School was not his friend.

Richard had a few strengths, and he recognized that focusing on those would be his success. One strength he recognized was that he would get what he desired and on his terms. It was up to him and him alone. Another strength was his incessantly huge smile, a most endearing feature when approaching new prospects. Add to this his uncanny ability to see opportunities where most people see failure and problems. That he had an unusually deep voice for a young teenager gave him the benefit of sounding like an established 30-something-year-old on telephone conversations with business executives who accepted his serious tenor and audacious presentations on voice alone.

This landed him advertising with major players such as Coca-cola using competitive tactics that he already had advertising overtures from Pepsi-cola. With a cash flow, he was in business. He started with a school magazine but proceeded to a record label. Clearly, records are not a concept that is known by the younger readers, but they are essentially large vinyl DVD’s with music. However, there is a resurgence of a retro-market in this field. Soon DVD’s will go the way of Internet downloads, and that correlation will be lost!
Richard Branson’s record label needed a… label. Ever the offbeat and renegade, Richard sought something that had an inherent discordant ring in the ears of the buying public so they would not soon forget his product. One of his other savvy concepts was to have several beautiful women as staff that were given the usual perks of the day, marijuana and other entry-level drugs.

It was the 1960’s.

These women performed much of the administrative functions for the organization since Richard recognized his weaknesses and needed help. However, their real role was to attract male, highly trained, and skilled craftsmen to join the enterprise for lower wages at the start with the promise of future returns. It was these women who suggested the joke that they were “virgins.” This discordant ring became the name of “purity,” as Richard later coined it, for the record label and ultimately the entire enterprise.

Virgin hotels, Virgin mobile cellphones, Virgin media, Virgin Atlantic Airways, Virgin Galactic for space travel. Even Virgin cola. Well, not everything turned to gold, but at least Richard Branson gave it a try. Richard Branson continues to promote the concept of cosmic ordering using the principles of the Law of Attraction as he is well-known for saying “empower your employees, don’t rule over them.”

Why does Sir Richard Branson need to emphasize this? Why is it not self-evident? What is different about the concept of positivity-thinking from negative? In a sense, all of life, regardless the culture is built on negative thought. When you were born, you were tenderly cared for by a caregiver. We will not assume to say it is mother or father, or both. You were fed, clothed, and comforted. You began to mark your identity as different from people around you and that definition involved exploration.


Why? Because nobody has done it before, and that is not how we do things. So, “no.” Why? “It’s safer to remain in a more comfortable realm of the known, tried, and already proven.” No matter what culture a person is brought up or raised in, that is the progression of learning. It’s all negative.
Richard Branson asks his employees to think “outside the box” or enter a strange or uncertain world where nobody has gone before. He does this because he is interested in that person bettering themselves, finding a new reality and developing independence.

Sure, Richard might make money from a person who is allowed to think freely and positively! Is that a bad thing? It’s a win: win scenario for both individuals. Life moves forward with fun, excitement, joy, and achievement. The focus on failure, loss, and negativity is removed.

Yes! There are those moments when Virgin cola is suggested, and it does not have any chance of claiming a market hold in a sealed competitive market. But, even with those “moments” people such as Richard find lessons to be learned that create more success and wealth on future projects. In essence, Richard Branson used Virgin cola as a research and development project, not as a “failure.” There is, in Richard’s mind, and all those who follow the practice of cosmic ordering, no such thing as “failure.”

MY OWN COSMIC EXPERIENCE

About 9 years ago, I was recruited into a network marketing company. I was excited about the job, and had high hopes and dreams for what I thought would be the start of a stellar career. One day, my sponsor came around, excited about having us all sit and watch a movie called The Secret. At the time, I had never heard of it, so I had no idea what I was in for.

By the end of the movie however, I was inspired by the very idea of being able to attract whatever I wanted into my life. I started going to all the seminars and trainings that had anything to do with The Secret. I’d meditate for hours. I’d journal. I had "vision boards" of everything I ever desired around the house. Little did I know... I was deluding myself.

The hard truth of it was, I was failing. Terribly. I couldn’t for the life of me sell anything or recruit anyone. I told myself not to give up, and doubled down. Yet, the harder I tried, the harder I failed. I couldn’t catch a break. I must have racked up thousands of dollars of debt on my credit cards on company trainings, trips, products, rent, and living expenses. I can still remember having to use 3 credit cards just to pay for a single $67 training.

Yes, $67. 3 credit cards.

I was in over my head. I tried getting in touch with my sponsor, desperate to get some of my money back, but he wouldn’t take my calls. The company would not take their products back. I tried to unload my product inventory on eBay, but that only got me into even more trouble... legal trouble.

And just when I thought it couldn't get any worse... it did.
Remember when the recession hit back in 2008? I do. I was evicted because of it. It couldn't have come at a worse time. I ended up living in my car.

Broke. Alone.

You'd think that I wouldn't know what to do with my life in that situation. But I still went to free trainings and meetups in my area whenever I could, looking for clues, inspiration, ideas, hoping against hope that by some miracle borne of The Secret, I would be able to get myself out of the funk I found myself in. At lunch breaks, instead of going to a restaurant with the others, I'd sneak away back to my car parked several blocks away, to eat crackers. Alone.

I'd spend my days out of the cold in libraries, in coffee shops, in bookstores. At night I'd park under a street light, trying to keep warm with my hat, coat, and gloves, shivering as I read personal development books until I fell asleep. Yet, no matter how many books I read, nothing changed. The reality of my situation was slowly sinking in.

I was homeless. I had no money. I was malnourished.

Never in a million years did I think that would ever happen to me. Was I bitter? Truthfully, not really. I was angry. Frustrated. And definitely scared. It was right then, gripped in uncertain fear, that I had the first of many earthshaking epiphanies.

Here's what happened...

I was in the middle of a Walmart parking lot, under a parking light. I was shaking my fist at the sky - literally - lamenting the state of my life to whoever was up there. And then it hit me. A strange kind of peace that I had never experienced before.

For the first time in my life, I felt like I was connected with the universe. That, somehow, I wasn't just a lost soul shivering in the cold. As I looked up to the night sky, at the billions of stars, I was in awe. No, I was humbled. That was when I respectfully, gratefully, in complete faith, expectation and trust, made a simple request.

Food.

That was it. Just food. I was starving, and I had no money on me to walk into the Walmart just several yards away to buy any food. I was that broke. Literally minutes later, a miracle occurred. A woman walked up to me and asked if everything was alright. She was well-dressed, well-spoken, and seemed affluent.

Well, certainly more affluent than I was at the time.

She said that she had seen me yelling and shaking my fist at the sky, and she was concerned. I was embarrassed. I didn't think anyone had witnessed my silly little display. I looked down sheepishly, and said, "Yes." She asked if I needed anything, and I said I could use a bite to eat.
The woman simply smiled, and walked with me to a nearby 24-hour convenience store and said I could buy whatever we could both carry back to my car. I didn't believe her at first. How could I? I hadn't had real food in days, and here she was, willing to not only take the time of day, but her own hard-earned money to help me. She must have paid for what must have been $50 in groceries.

I felt so much gratitude in that moment, and to this day, that peace, that sense of awe has never left me. Some might say that was the day I hit rock bottom, but I beg to differ. It was the greatest day of my life, because that was the day that I knew everything would turn out alright. It was the day I realized that I had discovered a way to communicate with the universe.

As a result of my incredible experience, I felt the need, no, a calling, to share my discovery with the world.

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**What To Expect From This Book**

In **chapter one** of “Cosmic Ordering – Your Guide to Create A New Reality,” you will be introduced to the concept of cosmic ordering. The cosmos may appear to be a strange topic, at first. Soon you will find that the idea is not as strange as originally thought. The link between the universe and nature will become quite understandable. You will learn definitions to critical tools, methods, and techniques used to transact the process that is cosmic ordering.

Dreams, goals, and the cosmos will be explored. More importantly, you will learn what creates the cosmos. The Law of Attraction will be described and the science, not spirituality, that supports it. Motivation, intuition, and the role of positive thinking are introduced. Exercises are part of each chapter so you can make the concepts practical applications to your life.

In **chapter two**, the stages or steps to completing a cosmic order will be described. You will be surprised just how straightforward the process of placing a cosmic order can be. Important concepts such as thinking in the present tense, and not worrying about the past or having anxiety about the future are introduced.

Chapter two also invests more detail describing how you can tap the resources of your mind. The science supporting communication of your dream to a goal and then to reality is displayed clearly. You will learn confidence to frame your desires into useful cosmic orders.

**Chapter three** introduces the complexities of orders to the cosmos. The inevitable event of worry that the cosmic order or orders that you have placed will not become a new reality is addressed.
Most people who read this book are results oriented. So, it is anticipated that most will struggle with desiring to control the process of a cosmic order after it is placed!

You will discover some highly effective tools such as visualizations, affirmations, acknowledgment, and positive thinking. Practice methods will be explored, so you have the opportunity to gain mastery of these techniques. In short, you will develop the skills to overcome concerns of doubt about your cosmic order or orders reaching reality.

In chapter four, additional techniques are introduced for you to hone your skills. Confidence is assured with multiple methods to shore up your mindset once a cosmic order has been placed. To this end, meditation, as a technique is introduced and taught at length. Several practical variations of meditation are introduced. These are not spiritual meditations, but self-control meditations.

The focus of this book is to use science and common sense to help you create your new reality. Additionally, your inner voice becomes a new tool to add as you attain your new reality. You will learn to practice this skill with comfort. More work will be invested on visualization as a technique.

You will discover there are many applications to visualization as a technique. The importance of this method to overcome both fear and command the present tense state for your ultimate endpoint cannot be overstated.

Chapter five focuses on money matters. You will be surprised the hidden dangers that cultural upbringing and lifestyle has had in warping your treatment of money. You will go back to your childhood. You will review how you developed your belief system about money. Mindsets such as an addiction to poverty and a wealth mindset will be introduced. While this may seem strange, the fact that a person has money at a given moment in time has nothing to do with their mindset.

Money and the use of money will be a major part of your new reality. It will be important for you to stabilize your foundation on the use of money. Your eyes will be opened to what money is and how it should be used in your life. True priorities in your life will be addressed. By the time you complete chapter five you will come to terms with your foundational mindset. The effects of the cosmos on money will be truly enlightening! You will have the option to correct this so you can have the new reality that you truly desire!

Chapter six is much like your foundation on money. However, this time it is health. You will need to take a long, hard look at how you view your body, your mind, and your health. How you believe health is restored, or recovered, is something this chapter challenges. Several schools of medical thought are introduced.
Perhaps one of these schools of thought is familiar to you. Maybe not. Either way, you will come to terms with health as a part of your new reality. Sickness and health will not be viewed the same after you read this chapter! You will discover how the cosmos is intertwined with your health. To get the answer, though, we suggest you read this book!

In chapter seven, the taboo topic of relationships is introduced. This dicey issue may seem beyond the realm of the cosmic order. Still, in this book you will discover the tools to shape properly, and place a relationship order to the cosmos. But, be warned… you will need to do some soul searching, first!

You will discover that not all relationships are created equal. And, before you can request a relationship with another person, you must first focus on the relationship with yourself! You will discover many things about your life that must first be addressed before you can move forward with a cosmic order for another person. When you read this chapter, you will find what is needed to prepare before making an effective relationship cosmic order.

Chapter eight introduces your first cosmic order. You walk through all the stages needed to launch your first order. Nothing is left to chance. Confidence is needed, and your new reality is expected. The laws of the universe are reviewed so that you know the rules of nature.

Documenting your success is also reviewed. Success that is measured brings about more success... and more confidence! Chapter eight is also an introduction to the higher level details of cosmic orders. The sixth sense is introduced.

This seemingly bizarre concept will become quite second nature after you review the science behind this method. Even more enlightening is the number of well-known individuals who have tapped this resource for improving life as we know it. When you complete chapter eight, you will realize you have used the results of effective sixth sense science as recently as today!

In chapter nine, most of life’s major decisions are reviewed. Famous individuals from history will be introduced who are well-known for their capacity to uplift others. Some of their comments will contribute to shaping recommendations for creating your new reality. Each recognizes one theme.

That theme is the central premise that an individual must put their mind to whatever they want. Until your mind is aligned with your desires, you will not realize a new reality. Chapter nine, therefore, includes practical reminders to apply the tools, techniques, and methods taught in this book. Thoughts and words are key motivators to launch a person’s destiny, so begin now to correct your thinking so you can create your new reality.
Life always has purpose, direction, and success. How a person defines their life and then claims their purpose determines what direction and ultimate “success” they achieve. How do you define your life? Do you have a purpose? If not, do you know how to define it? Do you know how to shape it so that you know you will arrive at a specific end-point that you claim as your success?

This book will do this for you. This book on cosmic ordering will give you the tools to make this happen. Applying the guide methods directly to your life will establish a new course, or shore up shaky methods already attempted to get you on a road that you know creates your new reality.
Everyone has hopes. Hopes, in actuality, are negative thinking. Why? A hope is the realization that something will probably not happen, but the desire is still there. Instead, the operative word is a dream. Still, with a dream it is like a listless cloud. The wind blows it around in any direction. If there is no wind, the cloud just sits there. Eventually, all clouds wither and evaporate away and are forgotten.
Most dreams are that way. People aspire to great things. They have great ideas. They even tell other people about them and get them excited! They become huge, beautiful clouds in the sky that the setting sun casts a wonderful hue on before the night time sky takes precedence. The dream is gone. Evaporated. Why? There was no structure given to the dream. It was left as a billowing cloud, a wistful bit of water vapor in life.

A dream needs a goal to give it life. A goal establishes an end-point. And end-point has a time value. A goal has scaffolding to it called a plan. The plan is an architecturally designed blueprint to show how to measure success between the goal and the end-point. The aimless cloud-dream is no longer without purpose. The dream is formalized as a goal. Goals are the backbone of the cosmic ordering process. To place a cosmic order is to establish goals.

What is the cosmos? The cosmos is the energy of the universe. It is present in all things and all places. It is what connects all things, both living and non-living, that has atoms. Atoms that use protons and electrons for attraction. Electrons that spin and create vibrational energy.

The cosmos is a collective energy that when fused negatively or positively establishes a purposeful direction. If connected in opposite poles, negative to positive, the collective strength is diminished. Some state there is a higher intelligence that directs this energy. With a combination of like-minded energy, this reinforces the collective strength of the cosmos.

Connection to this cosmic energy is the strength driving cosmic ordering. Application of this cosmic energy to the ordering process is required for the cosmic order to establish your new reality. Thus, cosmic ordering is built around the energy of thought and focus. To place an order, you need to ask the cosmos to participate in your endeavor. A direct channel is needed to communicate with the cosmos. Some call this channeling, but this should not be misconstrued with mysticism or spirituality. In essence, this is open-mindedness to the concepts of the Law of Attraction as they apply to the ordering process.

As an example consider Bill Smythe. Bill was a commuter pilot who wanted to relocate to the Caribbean with his family. He applied to his dream job based at an island nation in the Caribbean that would give him all that defined happiness and joy and success for him and his family. Bill Smythe was turned down by the airline.

Why? The airline was not getting enough traffic to support another pilot. Also, the government was not allowing foreign pilots to join their ranks even if they wanted to hire him. A visa process was required, and getting his family approved to join him would be a tremendous hurdle. Still, Bill maintained the belief that his dream could become reality.
Bill learned the cosmic ordering process, including the principles of the Law of Attraction. He placed an order with the cosmos for getting a flying job with a Caribbean airline so he could enjoy many of the perks of his cosmic order while working. His order was quite detailed and included many licensure obligations that were determined to be obstacles. He had been turned down for the assignment three months earlier.

Now, he has completed his cosmic order and the operations director notices a new surge in passengers selecting a city pair whose flight equipment matched Bill’s experience and application. Unfortunately, he is in another country at the time when he gets the call to interview. Still, he manages to get a ticket, the last open seat on a late flight to the country where he needs to interview. The licensing that had earlier been denied is somehow approved by the government officials who have nothing to do with the airline operations.

Meanwhile, his family can smoothly transact school transfers and obtain passport visas, both of which were previously denied by yet more and distinct bureaucratic entities. Bill Smythe not only realizes all his cosmic order, but down to the very details of satisfying his family’s needs.

A brief essay on the cosmic ordering process is in order. Earlier stated, cosmic ordering is the practical application of the principles that are the Law of Attraction. More will be explained about the principles driving the Law of Attraction, but the cosmic ordering process is a distinct application that is best performed in sequential order.

It uses the term “cosmic” since energy is ubiquitous and universal regardless the location in time or space (yes that means the universe hence cosmic), and phase: gaseous, solid, or liquid. Some who espouse the cosmic ordering process suggest different features, but there are just a few essential components that make this an actual “cosmic order.”

The first component is to approach your cosmic order with intensity. What does intensity mean? Intensity requires precision. So, an order to realize a dream must include a lot of detail. Invest time and effort to define the dates you want the goal or interim goals to reach fruition. Establish and fine-tune the concepts as if drawing a building plan for your house.

Where do the doors go? The windows? The toilets and bath or showers? Staircases? Circular or traditional staircases? Window opening sizes? Bay windows? French doors? Split-level design? Wall colors? Furnishings? Patterns? You get the idea of the level of detail and time investment that must go into your first component. This is not a flimsy or wishful thought that leaves room for doubt. While the first component may be much smaller than this, the approach must have the same level of intensity.
The second component must establish the cosmic order in gradations. What are gradations? When Stephen Richards and Sir Richard Branson first pulled out from their humble beginnings they did not begin by flying down the runway with a Virgin Airways jetliner en route to a Virgin hotel talking on a Virgin mobile cellphone about the new resurgence of vinyl Virgin Records. Rather, things began small and built from there. Sir Richard Branson’s first office was in a basement office of a church.

You, too, must build your cosmic orders in gradations. Yes, you want to have a purpose in life goal with a measurable outcome. However, you need to build interim outcomes that build reassurance that solidify your positive mindset, early. Nobody, being human, can withstand looking to an endpoint in the far-distant future and not have interim successes for reassurance. You need to create some milestones that are sure to build positive outcomes.

The third component is you need to be formal with your cosmic order. This is not a chat you have on the bus with your best friend on the way to work. This is a multiple day, well-thought-out, lights-on-until-your-eyes-fall-out-of-your-head effort. If you don’t invest at least ten to 15 hours or more on this, you have not placed a detailed-enough cosmic order. So, it must be formal. Formal means written.

Does it mean written on a computer spreadsheet? Probably not. You are better off not having it in a computer that can easily lose your data, even if backed up in someone else’s server, known as “the cloud.” A smaller, wire-bound notebook that stays with you as your Bible is probably the best document for noting your thoughts.

Yes, if you are a computer-invested person, there is the computer. Still that should be used as your back-up, not your original document. And, don’t be afraid to place a line through thoughts as you move forward through your fine-tuning process. Writing uses most of your brain in the effort, so you invest your entire being as you formalize the creation of this cosmic order. You create abstract thoughts in one part of your brain.

Then, you have to move this to association centers that create language for conscious thought. You are talking to yourself as you shape these thoughts, so you hear if these concepts make sense. Your motor centers go into gear to command your fingers to write along with your upper brainstem to balance them from shaking. Then, you shift these to the back of your brain where you see what you are writing.
The fourth component is to approach your cosmic order without anticipation of any limitation. The opposite of this is to not expect something that you don’t want. Be exacting. The sky is not the limit, but then don’t be surprised when you discover what you order from the cosmos is delivered.

Moreover, time your orders reasonably. If you plan to have orders graded to increase in size or magnitude as you grow your positive mindset (mature) then sequence them to arrive when you want them. You don’t want to order a retirement scenario before you order a growth scenario.

The fifth component is to remember that this cosmic ordering process is a process. It is a work in progress. You can and should invest much effort on the first orders while they are still clear and fresh in your mind. Later events can be molded and ordered as you realize what you desire. It is not critical to have all of life, including life’s purpose firmly entrenched, at first. It is helpful to have a general direction, however, based upon an assessment of your strengths and aspirations.

The sixth component is to have confidence. Confidence is the hallmark of a bona fide cosmic order. Intention shapes it, but confidence drives it. With confidence, the very forces of nature under the Law of Attraction will propel your order to measurable success. Drive is motivation, so there must be personal enthusiasm behind the cosmic order placed. This requires daily reinforcement. Daily clarification.

What motivated you to select the items for your cosmic order? Were they well thought out? Did you think about where they originated? Did they solve a problem or create a new reality? Why all the questions? These questions unearth the motivations behind selecting the cosmic orders. It is impossible to comprehend the drive needed to propel the cosmic order with confidence without understanding the motivations.

What does a motivation have to do with a cosmic order? Consider an order that is for wealth or money. The cosmic order, hopefully, has some structure to it such as a net worth valuation by a specific time, or the cosmic order is meaningless. Still, why was the order placed for wealth or money?

Most individuals place such orders to escape an existing misery. These may be a challenge paying college or covering the apartment rental expenses or even a major medical bill for a parent. If so, the cosmic order is not for wealth or money. Instead, it is a goal of education in the first case, a goal of owning real estate in the second case, and a goal for health or family stability in the third case. The third case may also include complications such as a goal of real estate for the family!
Maybe you ordered something like “top-performer of something” sufficient to get national or international attention. This performance could be in the music, theatrics, art, or business. Whatever the performance, the motivation may be derived from the origin of self-worth. If the motivation is to overcome sensations of insufficient self-worth, that should be recognized. You don’t want to confuse the two when the outcomes have different points of success.

Recall that cosmic orders are intended to bring happiness, joy, and personal success... whatever they mean to you. This does not always mean money. The point is that motivations are much different than vague cosmic orders. So, the motivation must be assessed with each cosmic order since that will affect the proper formation of the cosmic order and ultimately the confidence component.

Earlier, the Law of Attraction was introduced. It was stated that like attracts like, and vibrations are the result of either negative or positive energy interacting with each other. It is important to not misinterpret this to mean that mere thought begets an outcome. That is equivalent to assuming just thinking up an image of something will zap or materialize in front of you. If that were the case, we would be like aliens thinking up creations much like a three-dimensional printer and in a few seconds or minutes even the most bizarre image becomes a three-dimensional reality.

Using that concept is unrealistic. It is how people develop mystical beliefs that some individuals have bad karma or bad luck. They want to avoid them purely because a few “negative” events occurred to or around them.

There was one Army officer who had so many “negative” things happen to him that other officers were too scared to get close to him for fear of being killed. The difference was that Army officer had a persistent, positive mindset. Nothing could harm him. His reply to condescending colleagues, who had to agree, was “if a piano were to fall over me, it will hit the ground rather than hit me.”

He had confidence in a theater of doubt and worry. His commanders labeled him “Officer Resilience.” In reality, the catastrophic thinking or severely negative thinking is the problematic issue, not the events around the individual. To this Army officer, the events were instead opportunities to excel. He became a better man.

Intuition is a concept much misrepresented. In professional circles, it is considered a talent available only to women. Still, everyone has that “little voice” that speaks volumes before something good or something bad happens... the event is realized, and we quietly think about that “little voice” having been correct in the first place.
However, since intuition is considered an unimportant part of our mental processing or decision-making apparatus it is ignored. At most, it gets a nod of recognition after the fact by the individual who thought it. Never is it verbalized for fear of the embarrassment of giving credibility to a part of thought energy that could not possibly have any basis on logic. But, then who said all of thought is logical? In fact, only a small part of thinking is logical.

Much of thought is primitive, unconscious thought based purely on instinct and protective reactions. These include fight or flight, breathing, heartbeat, and most sexual thought. There are subconscious thoughts that use emotions, fear, love, and many of the senses, especially smell. There are the conscious thoughts that use abstract and relational images to create and often imagine in free-association format. None of these use anything remotely similar to logical thought.

So, intuition is a valued thought process that should not be easily dismissed. They are present to give warnings much like our body’s fight or flight system. Somehow, the fight or flight system is given much credibility, and the other is dismissed. Have you had an intuitive thought? Maybe you call it a premonition. Nobody who is honest can respond, negatively. History reveals many events of intuitive thoughts in practically anybody willing to admit it.

After John Lennon’s witnessing of the Beatle’s ex-road manager was shot to death by the Los Angeles police his group reported his incessant mutterings that he was going to be shot to death, next. For those too young to remember John Lennon, he died in New York City at the hands of a random, sidewalk shooter.

The singer, Whitney Houston, was reported in the news that she “began quoting the bible and singing religious songs in the days leading up to her death.” There are Federal Aviation Administration (FAA) recordings of a David Booth who, in 1970, reported for ten days straight to the agency of having vivid nightmares of a DC-10 veering off the runway at Chicago O’Hare International’s Airport flipping completely over and then bursting into flames. On the tenth day of his report to the FAA, American Airlines Flight 191 did just that.

Jo Jo Billingsley, the vocalist for the music group, Lynyrd Skynyrd, had a vivid dream that the group would perish in their plane. Ronnie van Zant was not interested in Jo Jo’s concern and got on board with much of the group without Jo Jo saying “if it’s your time to go, it’s your time to go.” Those on the plane ended up in a Mississippi swamp, October 20, 1977.

For those interested in the Oscar Pistorius (former Paralympian) event, the victim (Reeva Steenkamp) had painted a picture act the age of 14. She drew herself as a rather large angel at the bottom of a stairway or ladder from heaven. Upon reaching Earth, she depicts herself with her hands to her mouth in horror as a man reaches for a shotgun to shoot her in the woods.
Perhaps the most interesting premonition was from the very scientist who started the research of interpreting dreams, Carl Jung. His unstoppable dream was of a sea of blood with many bodies bobbing in waves of yellow. A very frigid wave created a freezing effect on everyone. There were floods from the Alps to the North Sea with people in trenches. His nightmares came to a sudden end. Exactly a month later, World War One, the war fought in trenches with yellow chemical gas, began.

Negative intuition is protective. There is also positive intuition. This is a reassurance that an event will have an outcome that is good, rewarding, and beneficial. Again, these are often dismissed as a sense of calmness before entering uncharted territory. But, if you dare you will admit the positive intuition thoughts have also crossed your conscious thought. Quickly dismissed, but they were still there.

Those who can think back to these times will probably remember hearing the words, “I have a good feeling about this or that” and never understood why that was said. If asked, the answer was probably, “I just know…” If it was your mother, she was usually correct! Why? She had an intuition and a sense of the environment that proceeded in front of you based upon her knowledge of your entire skill set and behavior patterns. If she could do this, you can too! You only need to coax the talent and allow it out of the closet of embarrassment.

With a little effort, you too can establish a sense of your environment, develop an understanding of your skills set and behavior patterns that are your strengths, and then know when these will align with a positive intuitive outcome! To do this, you must use all of your brain, not just the logical part of your brain.

Stretch!
Once established as a positive-thinking individual, you will want to protect yourself from the overwhelming negative-thinking populous that surrounds you. No matter where you turn, there will be people who were steeped in the mindset of failure based upon the theology of negative vibration energy. Each will emit this without conscious effort.

Your task is to protect your island of positivity. To create your island while still allowing it to have network capability, you must develop your skill at listening to your intuition. Before it was often dismissed, but now, you must listen to it. It is there as your guardian. Second, you must apply a barrier around you from the negative fields of others using this newly-developed sensitivity to intuition. Third, establish a mindset of gratefulness and thankfulness. Considering most people are selfish and self-centered, this forces you to take the “me” out of each of your efforts and helps you advance in life by improving the quality of life in others.

Finally, insulate your positive thinking with (you guessed it!) other like-minded positive thinking individuals. You will learn from them, and the energy will be additive to yours, rather than drain your productive, positive energy.

Remember that the concepts to cosmic ordering are not isolated to money and wealth creation. End-points for a purposeful life are usually motivated by happiness, joy, and satisfaction. To put a limit to your cosmic order that is only money or wealth is a waste of valuable... well...energy.

Still, it makes sense to build your confidence in the methods of cosmic ordering just as Stephen Richards and Sir Richard Branson did. Set interim goals that are measurable and attainable with a modicum of effort. Allow yourself to see cosmic orders realized that propel you towards more achievements and ultimately to your final and greatest purpose in life. Nobody is limiting the range of possibilities to your cosmic order...except you.

As an exercise, consider your life events thus far. You have had many events in your life. Some have had surprising outcomes, both positive and negative. Still, before they happened you entertained serious thoughts that participated in the eventual outcomes of each of these events.

When you were passed over for a promotion did you notice that you had practiced negative thinking about desiring that position and instead thought about leaving the job entirely for another destination? Or, when you got a tremendous deal on your new automobile did you notice that you had exercised much thought about that particular make and model and somehow pricing offers on competitor models were never offered with reasonable ranges?
Or, when you were trying to get a business deal that nobody was able to consummate you thought that if only you could get an interview with a particular business principle you would surely win the deal... and the opportunity landed in your lap? Or, you had wanted your parent to recover from a major illness but they were not responding to therapy until you refocused your attention from a personal project to focusing on their recovery... and all of a sudden they began to respond to some new treatment someone decided to try?

Think about the thought processes that you invested prior to these events, if any. Consider the actual cosmic ordering that you performed that resulted in these events reaching fruition. Ignore the outcomes as a judgment of success since they are in the past. The intent of this exercise is to establish attentiveness to your participation in creating your future. In short, you drive your destiny. You are the author of your reality.

In the next chapter, more detail will be spent explaining the stages of cosmic ordering. As stated earlier, there are components that make cosmic ordering a formal process rather than a random act with haphazard guessing. Stages of cosmic ordering take direct use of the features of the Law of Attraction such as affirmations and visualizations.

The former is a repetitive process of positive thinking. The latter is drawing the subconscious mind into the process where it can participate as an integral part that taps into cosmic energy. Without the subconscious mind, our brain would be unable to link to and control the infinite resource that is the cosmos. Without further ado, let’s proceed to chapter two!
The cosmos is the field of energy to and from which to draw orders or specific requests that become your reality. Without a goal or game-plan, such a request is meaningless. It is based upon little thought, and little thought requires little energy. Some may worry that transient thoughts establish a definitive direction... a sort of “oh, no... I accidently had a fleeting thought that I might slip on the ice and create a disaster” event.
If that were the case, all our free-associations and night-time nightmares would become reality. That is the world of schizophrenia. Maybe 1% of the world struggles with this and some of them find benefit from psychotropic medications to enjoy a normative lifestyle. Still, this is not standard thinking and clearly does not establish reality aside from books and movies. So, investment of significant thought energy is needed to channel to the cosmos to commit something to reality.

How does one invest significant thought energy to channel to the cosmos? Remember, this is not spiritualism, mysticism, religiosity, or magic. This is a quantum physics process. You need to access centers of your brain that can process this cosmic energy on the same working level as the universe. The universe is one with nature.

Why is this important? Most of human thought is not united with nature and certainly not the universe. This explains why the concepts may appear foreign to most at first blush. As stated in the introduction, regardless the culture each new entry to society is indoctrinated and instructed using a negative process simply defined using the “no” technique.

From near birth until death, everyone learns how to do things by how “not” to do things. Thus, the boundary of options is whatever remains within the “playpen” or working range (depending upon your level of development) that has not been stated as off-limits and fenced off. The military uses the term, “stay in your lane.” The corporate world uses organizational charts. Governments use regulations and statutes. Parents use “no.”

Nature is different. Nature is aligned with the universe. How? Nature is active, vibrant, and present-tense. Nature does not dwell in the past or worry about the future. Think about the animals, plants, the seasons, and weather. Each function in the “here and now.” It is ever-changing, conscious of the events and probabilities around during the present, but by tomorrow things are different. The rules have changed.

It is as if the reset button on the circuit breaker or computer CPU scrubs everything that was on the table or board for that previous day. Today is a new day with new rules and new activities. Tomorrow will have a new reset, so tomorrow is not to be considered. Think about it.

Does a rabbit eating grass that is popping up through the snow concern itself with the grass that will be available in the snow tomorrow? Does the rabbit wonder what became of the grass that was eaten or the grass that was passed over and missed the day before? No. The rabbit is only concerned about finding today’s grass and water, watching for predators, caring for young and its mate and nesting.
The predator is similarly concerned!  The predator could not care about the rabbit it ate the previous day or the next day.  The predator does know one thing: find food.  It has placed a cosmic order for food for the day.  Plants, weather, seasons all have similar temporal sequences that are present-day focused energies.  A hurricane, tornado, or typhoon does not draw its energy from water, heat, and upper-air flow patterns of yesterday... only from the conditions present, today.

The difference between these examples and you is that you have a more complex brain.  Your brain has three major levels that make it difficult to remain in the present, or the “here and now.”  You have much more memory; both stored and for processing, as well.  This is to your benefit for cosmic ordering, but without education it is to your undoing.

Why?  Recall your brain thinks primitively where unconscious thought lives.  This is mostly the brainstem and involves pure fight or flight instinctual reactions of rapid heartbeats and breathing, mounting a sexual response, and altering the eye-dilation, gut, and skin reactions.  That part is not different from the animal kingdom.  The conscious brain is housed in the two cerebral lobes, left and right, for logical processing, abstract arrangement, and relational imagery that is used to associate the two.

The subconscious brain is nested in several component parts around the top of the brainstem at the thick band (corpus callosum) that connects the two cerebral hemispheres.  It’s sufficient to know that there are real places that hold your subconscious mind!  Still, these parts are the hypothalamus, thalamus, amygdala, ventromedial prefrontal cortex, and anterior cingulate cortex operate in a tight collar.  It was stated the emotions, fear, love, and many of the senses, especially smell are managed in this area.  Each of these is addressed in unique ways that add complexity to the normal human response.  The human thus fluctuates between past and present and future without thinking.

Okay.  Now, these details will make it much easier to understand how the “parts” work.  So, let’s give it a try!  The hypothalamus is the switching station for gauging information flow and is buffered by chemicals received by blood flow.  It is the only part of the brain that has contact with the bloodstream.

The thalamus links this to brainstem and upper brain functions.  The amygdala is the center for negative, emotional memories.  It carries larger signal strength or “tracts” (nerves in the brain) that, unfortunately, give it first participation in fight or flight reactions.  The ventromedial prefrontal cortex is a comparative memory center evaluating emotional memory of the past with the current memory.  It, unfortunately, carries weaker signal strength or “tracts” and therefore participates a few seconds later in the emotional response.
The anterior cingulate cortex is a memory filtering center that isolates memories that are out of synchrony or “don’t make sense together.” This center also has a weaker signal response and takes a while to participate in the thinking process.

The point to all of this is the subconscious brain is not just a source for emotions and fear and love, but it is subject to triggering responses in the conscious brain that are mostly negative. The conscious brain has been conditioned to live in a world of logic and structure. When, fear and negative emotion from the past enter the picture, it does not take much time for your conscious brain to muster a probability that your outcome will end in disaster.

The goal of effective cosmic ordering is to reprocess your subconscious mind to align with nature, so it feeds back to you only what you need and want. The subconscious mind processes thought as it receives it and therefore it remains in the present tense, the natural way. It does not worry about the past or the future. That is unless you have filled the subconscious mind with negative memories.

It has been proven over and over in research and astute families that those households that allow violence and abusive television beget similar behavior from their children. Conversely, those who filter this have markedly reduced difficulty with this issue. If this were not such a concern, there would be no such thing as a rating system for television and Internet that mirrors the movie system. So, the exercises for cosmic ordering seek to undo this cultural effect to allow unrestricted channeling to the cosmos.

What are these exercises? How can a person be freed from thinking in the past, worrying all the time or in the future, anxious about negative probabilities? Seeing the end-point or cosmic order as if it has already arrived is the first technique. Some call this visualization. Others call it a belief. It is not a religious faith, mystic incantation, magical creation, or spiritual event. It is seeing what you want, now, instead of when it will happen.

Think again to the description of the architect’s building plan. The floors are designed with rooms, stairs, windows, furniture, plumbing fixtures, and special dividers such as French doors and bay windows. The grounds are depicted with landscaping criteria. When these plans are designed, does the architect construct the parameters to a plan that has no image? No! The architect can see the finished product months to years before it is started or even finished.
Take in your mind a lemon or lime. Not in real life, but in your mind. Now visualize grasping a paring knife and cutting board. You are placing the fruit on the board. Realize that before you have visualized cutting this imaginary lemon or lime your mouth is most likely watering! Now, cut through the imaginary fruit. Make several sections. Imagine biting into one, then a second section of lemon or lime and then spitting out one or two of its seeds.

Your mouth is definitely watering by now! You see! No lemon. No lime. You imagined it. Yet here you are reading this with a watering mouth. Imagery. It works. You can train your subconscious mind to replace all the negative things it has filled in there with only the things that you command to put in there using this simple technique.

On to the next technique. Earlier, it was stated that the subconscious mind exists and processes thought only in the present tense. Nature exists in the present tense. The subconscious mind processes thought in the positive, not negative. This is its link to nature and the universe. Remembering that the subconscious mind, a processing center where you have partial control, exists in the present tense, only, and files memories in positive formatting, try this experiment.

Tell a group of children (or adults) to NOT talk in class. In fact, make a punishment out of it and tell them to go home and write “I will NOT talk in class” 500 times. What do you think the class really heard when writing that 500 times? You guessed it! “TALK in class!” The subconscious mind cannot process a negative. It can only take negative things and remember them as a positive. That’s why the amygdala is so powerful at remembering negative emotions as positive events as if they are happening in the present!

Negative statements are impractical but powerful. Positive statements are considered to be said in the affirmative. Thus, the next technique is often called affirmations. Affirmations are testaments to what “is.” One could state that they walked from home to the town rather than taking the bus, car or other conveyance. That is an affirmation.

It may not be true when witnessed by others, but it is true to them. The point is that an affirmation is a positively-worded statement with a solid belief. When you invest research into preparing a detailed cosmic order with a measurable and timed end-point, nothing should inhibit your having unbridled belief in the outcome. The affirmation can be defended without equivocation.

How can one perform an affirmation? In a sense, once is sufficient. In most courtrooms, a witness is asked to give testimony and at most there is a cross-examination to clarify the statement. Still, for most people reinforcement is important. Clarification is key, and refocus is important especially since the real world does not think in a positive, present-tense manner.
Daily affirmations are best. Since you have already started a wire-bound notebook to assemble your thoughts with the computer serving as your back-up, access for first-in-the-morning or just-before-bed review is quite easy! Reading and verbalizing the printed word is best as it reinforces what you wrote in many memory centers at the same time.

That you have done this only once a day removes the possibility of information overload often seen in rote memory drills used in foreign language classes that never seem to work. Daily intervals are just right to reactivate the memory circuits to refresh, revitalize, and make permanent your affirmation!

Promised in the last chapter were the actual stages to cosmic ordering. Let’s detail them now that you are equipped, properly, with the techniques that harness the subconscious mind to channel to the cosmos. These are, again, visualization and affirmation. Each is dependent upon a present tense environment that is positively worded, devoid of negative thought.

Stage one to cosmic ordering is to decide what you want. This is quite simple, actually, but to many this can be a painful process. Reaching for the sky or stars is probably not wise, considering the components mentioned earlier cautioned one should start with smaller bites to allow confidence to build.

Stage two in cosmic ordering is to shape them into positive, present, and personal orders. It is now very obvious the reasoning behind the positive and present requirement. Wording anything negatively will have the reverse effect when it enters the subconscious mind. Do you want to talk in class?!

So, if you really want to stop smoking or not be sick, these are better restructured. “I want to have life that enjoys lungs free from smoke.” “I want to know the source of my illness and overcome that limitation in my life.” Or, “I want to find new strength in exercising or diet that will contribute to a healthier me.”

Making your cosmic order personal is the emotional aspect. Remember the seat of emotions is your subconscious mind. Unless there is drive behind your cosmic order, you will not have a strong belief to “testify” or affirm that you expect the order to be processed.

Stage three is shaping your cosmic order with words that convey energetic, positive, feelings. Earlier mentioned was the unbreakable bond between emotion, positivity and the subconscious mind. Link these together, and you have a dynamic cosmic order. Break the chain, and the subconscious mind cannot channel or communicate effect energy with the cosmos.
Motivation is the undercurrent to all drive. Motivation creates a current of energy. Building energy behind your cosmic order multiplies the intensity of the order. What is motivation? Say you came home from work, and you were exhausted, but reminded that you had agreed to clean the backyard with your family because it was family evening. Not very motivating, correct?

Now, say you get a phone call from your best friend from work who says that he thinks he can land an account with the company (a career changing event) if you can explain a few things... only they have to swing by your house in an hour... and they heard you had redone your backyard. Hmm. Motivated? You have invented motivation, probably, with all your family members as soon as you got off the telephone!

Stage four is having the faith or belief that your cosmic order already placed will indeed arrive. Recall this concept of faith or belief is not a religious, spiritual, mystic, or magical process. This is equivalent to drawing the building plans of your cosmic order, visualizing it, and then seeing it in the present as if it already happened from the future.

Stage five is to focus on the result by establishing an affirmation for your cosmic order. Here is where you apply the other technique to massage your subconscious mind’s “muscle.” Once you structure your cosmic order, it is out there. It is defined and established. You have made a commitment to invest subconscious mind energy to communicate to the cosmos and the cosmos will answer you.

Patience is something that not everyone can muster at will, but an affirmation gives everyone a good place to invest useful thinking. Daily focusing to reapply the positive mantra already committed will not only channel the energy with a fresh impulse, but it will remind you of the details you should be looking for in your outcome.
Why? When it arrives you don’t want the confusion of everyday events to cloud your recognition that the cosmic order was answered! Moreover, daily affirmations are soothing reassurance that the cosmic order is on its way.

The sixth stage is to use your inner wisdom to guide you and your activities. What does this mean? Recall the value placed on listening to one’s intuition. Here is the application of that skill set. When a cosmic order is “underway” you want to participate in the process. The universe will be involved influencing nature since they are all intertwined with the same, cosmic energy.

Your most valuable active participation is to use that still, small voice of intuition. This is your inner wisdom that causes you to withdraw interest in doing something that would, in most cases, be the “logical” thing to do. Alternately, you have a “sixth sense” to make a network contact with someone that is not in your usual set of links, and you don’t know why. You would previously have discounted these intuitive sensations as little voices that defied logic. You would have performed a risk analysis, viewed your Gantt chart, and then determined the little voice was out of character with logic. The little voice would be stuffed away, ignored, laughed at.

Still, if you had only acted on that “sixth sense” network contact or pulled away from that interest that would normally be the logical thing to do. You would have opened the gateway to your cosmic order to arrive! Consider, for a moment, some of the “odd” times when you have stepped back against logic and then realized it benefited you or acted on a strange sensation that opened doors to unanticipated probabilities!

Stage seven is to believe what most people preach against… you really do deserve a great life! I know. Everyone is brought up in a negative culture where people are self-centered, egotistical, and invested in the belief that a new idea is doomed to failure before it begins. You do qualify for a wonderful life.

Just as the Jimmy Stewart movie portrays a person must open their eyes to realize the blessings around them and the opportunities available to them. When something is out of the ordinary and rains on a well-intentioned life-event, lemons can be made into lemonade, disasters into prospects and crises into solutions.

Those who hold to this mindset, as “George” in “It’s a Wonderful Life” did, often carry the positivity along with them like a contagion. The concept takes hold with those around, and the great life mantra feeds itself! Maybe hearing a bell ring might carry more meaning in transmitting the cosmic energy, after all! Stage eight is often overlooked but is most important. Remember to be grateful. When the cosmic order does arrive, recognize that it responded to your request with an acknowledgement.
Some actually use the term, “acknowledging.” This carries more benefit for you than anyone because giving the nod of recognition that the event, however, insignificant it may appear to others... did occur. You need the reassurance that cosmic orders are answered. Without acknowledgment, you cannot develop the reassurance to move forward to more bold endeavors. This exercise of recognition or acknowledgment is not limited to just the arrival of your cosmic order or orders.

The mindset of thankfulness is an overriding one. Those individuals who are persistent in returning thanks when service or events unfold to their benefit demonstrate an effort to shed the usual pattern of self-centeredness, egoism, and negativism that is standard in life. Building a lifestyle of appreciation and thankfulness takes the center off self. The focus is on the other person. This opens your eyes to opportunities.

Opportunities are not hidden within you. They are lurking in other people and your interactions with them! When you maintain a hearty, thankful heart you see the possibilities where most other people only see themselves. Stage eight is probably the most expansive part of cosmic ordering.

As an exercise this week, practice the stages of cosmic ordering. Remember to start in stage one with deciding what you want. Apply the component of confidence-building that suggests that you need confidence building with smaller orders, first. Move to stage two. Make your cosmic orders positive, present, and personal. Observe what you have selected for your first order. Is it worded in the positive? Often, due to cultural influence, these things are unknowingly constructed as a negative. “I want to not be fat.” “I want to stop smoking.” “I want to leave my apartment.” “I want to not be without this or that.” Instead, rephrase these. “I want to have a lean, tone, and healthy body.” “I want to have lungs that can breathe deeply.” “I want to find a rewarding place to live that is in the mountains, near a babbling brook, and with life-long neighbors.” “I want to have a vehicle that gets me to college and will be fuel-efficient.”

Then, is it in the present? Ah, that is important. Many times, we slip into the past or future without giving it a second thought. “I was fat, but I will be thin.” Then, there is the personal aspect. “I want to have a lean, tone, healthy body that has 19% body fat, my cholesterol level drops from 210 to 140, and my triglycerides from 220 to 130.”

Then, move on to stage three. Use words that convey positive, energetic feelings. Establish a link between emotion, positivity and the subconscious mind. Create motivational drive in your cosmic order that will turbocharge your channeling via your subconscious mind to the universe. Then, nature will have a stronger energy signal to reply.
“Wanting to have a lean, tone, healthy body that has 19% body fat, my cholesterol level drops from 210 to 140, and my triglycerides from 220 to 130 includes a reward of a vacation to Aruba.” Stage four is your believing that your cosmic order delivery will indeed arrive. This stage gives you the opportunity to practice the visualization technique to harness your subconscious mind and channel it, focusing energy to the cosmos. This process only processes energy in the present, not the future, the past or the negative.

Practice visualization as if the order is already here, now, in the present... just as if it was transacted as you ordered it. In stage five, move to the other technique to exercise your subconscious mind’s channeling capacity for focusing energy to the cosmos, affirmation. Create the affirmation by focusing on the result. Begin a daily review of your written-down cosmic order. You have already ordered it, written it down in your small, wire-bound notebook, independent of the computer back-up you typed. Use this handwritten testament as your daily mantra to recite, visually and verbally, either first thing in the morning or last thing at night.

Move, then, to stage six. Use your inner wisdom or intuition to guide you in your activities. Recognize when you sense resistance from events and notice if these are calm versus panic responses. If you are resisting during a calm state, this is certainly not a panic attack or other mental disordered anxiety condition, but a clear indication of intuition at work. Conversely, if you have a sensation of peace to move forward with something that has no justifiable reason or logic other than you have an inner drive to do it, and it is clearly not a risk to safety, then it is more than likely intuition once again at work. Keep your senses open for this probability.

Stage seven is your believing that you deserve a great life. Enter into this cosmic order with the mindset that you deserve it. Don’t be embarrassed. Look for the things around you to become opportunities where other people (maybe you, at one time!) would consider seeing only failure. Realize wherever people are complaining there is a solution available to solve the complaint along with a marketing opportunity! People do not complain unless they are expecting something to be improved. You have the opportunity to see the marketable improvement to solve their problem! Who knows? This may be your ticket to answering your cosmic order!

Stage eight is to be thankful in all things. A grateful heart keeps the evils of selfishness and egotism at bay. A thankful mindset draws positive people closer and success even closer. Practice stage eight to excess and continue without ceasing!

In chapter three, cosmic ordering will be viewed on an individual level. Some of the complications and apparent limitations to cosmic ordering will be addressed. Areas where an individual might consider the cosmos to not receive energy signals will be clarified. Cosmic orders are always answered! Interpretation and methodology are the critical to complete satisfaction!
So far, you have had an introduction to the principles of cosmic ordering and the stages used to transact a real order for your needs. Now in chapter three individual issues are introduced that might limit rapid, initial success for everyone. Why? Not everyone has the same background. Not everyone enters the cosmos with the same set of circumstances that create the mindset needed to launch a campaign for smooth response on your cosmic order.
Oh, yes. Your order will arrive. But, maybe you have some history that is filtering your order, so it is being reinterpreted by the cosmos! These complications and apparent limitations are what we will explore in depth. With a better grasp of what hinders channeling a cosmic energy message comes a better understanding just how to send clear messages in the first place! Cosmic orders are always answered!

Consider the most powerful of tools used to link your mind, specifically your cosmic energy channeling resource known as the subconscious brain, to process cosmic orders. That tool is the affirmation. Does it work, really? Does an affirmation have the power to communicate enough energy that it would work...for you? Earlier, you practiced writing the first affirmations. They were carefully crafted in the positive and the present tense. They were boldly written, so they had turbocharged energy that communicated drive for motivation. Did you believe what you wrote? Or, were you just writing these to complete an assignment.

Recall the image of testifying before a court of law. It is perjury to state a falsehood. When you give a truism, you cannot change your story even under cross-examination by the opposing attorney. Why? You are confident in your statement. It is true. You have no reason to lie. It is what it is. Yes, other people may give statements that contradict what you say, but what you say is the truth based upon your research, your knowledge, and your experience. You stand behind what you say. It is the truth. It is your affirmation. Because you are so confident of this, you know that with time, the court will eventually see things your way.

Yes, it might require a court of appeals because of the technicalities of the court system. Still, in the end, the outcome will be as you stated it. You can see the end-point, now, for how it will be, then. What happens? In a court of law, most anything can happen, usually. Frankly, it is the one part of life where energy is channeled through one person (the judge) rather than all of “real” life. But, in real life, an affirmation results in the intended outcome because energy is channeled from all directions and all sources. As a result, the truth always wins and prevails.

Let’s see. It is tempting, given the idea of cosmic ordering and the power of its success to issue many orders all at once. This leads to the unasked question of how many orders could be placed at one time. Two? Four? Ten? Obviously, energy in the cosmos does not begin or end with you. It is only channeled through you. The subconscious mind is sort of a television tuner that has the ability to select the correct channeling frequency for positive and present tense. It can emit your requests into the cosmos for the universe to begin processing them through nature.
Nature, another universe entity that is on the same positive and present tense frequency replies to all requests. Some requests are answered faster than others. So, submitting the requests or the number of requests is entirely up to you. There are a few suggestions. First, make sure that you want to have all the cosmic orders when nature hands them to you.

Second, make sure you recognize the answered replies in the form of an “acknowledgment” as this will ensure you “see” the multitude of requests returning to you. They may be answered simultaneously! Also, without a good “acknowledgment” technique in place the confidence-building you need to recognize the multiple orders will not give you enough clarity or insight.

Affirmations or testimonials in the courtroom are often stated to the jury only once. How often would an affirmation need to be repeated to have enough effectiveness to satisfy the cosmos for processing by the universe? Probably just once. First, you craft your well-thought-out cosmic order with proper motivational energy. Second, you ensure it is in the positive and present tense. With this it will have all the needed vibrations to pass through the universe, engage nature, and get a solid answer.

Since you are a human and have human thinking systems, you use a series of brain levels that must communicate with each other in harmony on a daily basis. These were discussed at length in an earlier chapter and so will not be rehashed again. But to ensure we are on the same topic, they are the unconscious brain, the subconscious brain, and the conscious brain.

As a result, most people find a once daily review of their affirmations most effective to refresh the brain memory systems. This further clarifies the motivation and milestones selected to measure success to the ultimate outcome. In short, once-a-day. First-thing-in-the-morning or just-before-bed read your affirmation(s) from your small wire-bound book.

For those who can remember the days of Ronald Regan (USA) and Mikhail Gorbachev (USSR) there were two rather famous phrases used. One was in reference to the Berlin Wall in East Germany, “Gorbachev, tear down this wall.” The other was in reference to détente and the nuclear weapons, “trust, but verify.”

Too often, people make an agreement or contract, but then have no trust in the agreement having fulfillment or satisfaction. In the case of the nuclear weapons, these two countries had a signed treaty but backed up their treaty with routine inspections of each other’s nuclear weapons to ensure the treaty was upheld.
We do that sort of behavior. Is the freezer freezing the food? I don’t know, but if I open the door and look, I will know! Is the water in the soup boiling yet? I don’t know, but if I take the lid off the soup pot I will see and I will know. Of course, I will let all the heat escape, and prolong the process! How does one say that old saying? “A watched pot never boils.” If a child is anxious to see the kittens growing in the pregnant cat (or puppies, if you are from the dog camp), they can’t pull out the babies until they are ready to deliver just to look at them! The child must wait.

So it is with cosmic orders. Each cosmic order must be delivered with it is aligned with nature for you to receive it. More importantly, you must be aligned in the universe for you to receive it! Impatience does nothing. You are not yet at your appointed place in the universe, and the order has not aligned with nature to deliver it.

Everyone qualifies for cosmic orders. Everyone can place an affirmation in support of a cosmic order. This leads to the inevitable question that follows from that logic. If everyone can place an order and everyone can create an affirmation to boost cosmic energy for that order, does that same person have to be the one who performs the same two items?

In other words, is it possible that one person places the cosmic order, and another person performs the affirmation? Or more realistically, is it possible that once two or more people have placed their cosmic orders that they can turn around and “multiply” the cosmic effort of each other’s affirmations by supporting each other?

In a word, “yes.” Why? The act of performing another person’s affirmation boosts the first person’s affirmation. How can this be?

Consider this scenario. Say Billy Jo wants to “have a healthier life with a cholesterol level less than 130 and a triglyceride level less than 120.” Alternately, Angela wants to “have a fuel-efficient vehicle that will last through college and until she has a net worth of at least $100,000.” Each woman can write and say daily affirmations to each other at the beginning of the day by telephone or text or Facebook Messenger.

That act of receiving an affirmation from another individual about the same topic that you need or want increases the internal motivation or drive. Remember motivation or drive is equated to cosmic energy. This enhances channeling through the universe and so through nature. It is a multiplication effect that one person cannot do alone.
If the multiplication of effect can be developed by having another person assist in your affirmation, perhaps your individual affirmation is too weak to be heard by the universe and processed by nature? NO! The question that any cosmic order could be left unanswered is a resounding, “no.” Anything you submit to the cosmos gets answered as a cosmic order. Period. It may take time. It may take interpretation. Remember two most important features must be aligned before a cosmic order can arrive. You must be at the correct place in the universe to receive the order. Nature must be ready to deliver your order.

Consider the example of the cat (dog) with kittens (puppies). You know there is a specific gestation period for those babies to develop for those babies grow before they can gestate or deliver. That’s nature. You know you have to be at the right place at the right time to see the mother give birth. Otherwise, she may deliver them in a place that she considers safer for her litter. That’s you in the universe.

Consider Angela with her need or want for the fuel efficient vehicle. The item delivered may be a moped or a Prius. That’s nature. It may be handed to her as a gift for a job-well-done at her place of work… for free. That’s her in the universe. Obviously, Angela should document that event as an “acknowledgment”!

Recall that all orders are filled. Since Angela’s order had not been any more exacting than “fuel efficient” the universe interpreted her request exactly as requested. If Angela had placed an order for a “fuel efficient” automobile with the ability to go on long trips to her family 1,450 miles away, the chances that a moped would appear are remote. Billy Jo wanted specific blood level end-points for her cholesterol and triglycerides as measurable outcomes. That proved she would have a cosmic order that was successful for her.

This is often the source of problem cosmic orders or orders considered unanswered. Those cosmic orders that are not given enough measurable milestones or end-point outcomes leave the person with a vague idea of whether the cosmic order indeed arrived. All orders arrive. Give them a measurement, and you will find them!

Hmm. This leads to the opposite concern or question. Vague cosmic orders or orders placed without measureable milestones also lead to the false assumption that something has happened incorrectly or out of sequence. Put another way, why do things that I don’t want happening, end up happening? This is similar to the vague order, but with an added twist.
The subconscious mind as with all of the universe and nature operates in the present tense. Moreover, it interprets everything in the positive. No matter what data or information is communication is sent in or through the universe by channeling it is “heard” as the positive form, only. Great effort was made earlier to teach framing cosmic orders as positive concepts. This lesson was made with this very concern in mind.

Once structured into the negative and channeled through the subconscious mind, the negative of the statement is automatically cleaved or “chopped off.” You may not notice that it has been “chopped off” but your subconscious mind censored the cosmic order before releasing it to the universe. If you don’t believe this consider the following example...

Have you ever played the game, “pass it down the line”? It is a traditional small group game used at parties and clinical settings. Several participants are placed in any variation that resembles a line. The line can be standing, but it is often seated... as in seated around the room or table. Then, one person makes a statement that has a clear position or opinion and puts the statement in an envelope for later use. They whisper that statement to the person closest to them so nobody else hears the statement. Usually, the statement is detailed and includes at least three to five items of complexity.

An example might be, “Wilber Rogers married Rachel Wright near Wimbleton in the rain. It was half-past noon. Nobody came to the wedding, but twenty-four people came to the reception. The reception was at Wilber’s father’s pub, ‘My Feet Hurt.’”

As you might have guessed, by the time the simple statement gets handed through ten to fifteen people at the party, with or without liquid, mind-altering refreshments, it has changed slightly. No, the statement has changed considerably! More often than not, the statement sounds something like this: “Rachel Rogers and Wilber Wright were playing at Wimbleton. The rains stopped around noon, but they heard about a wedding. Since their feet hurt, they all went to the pub on 24th Street.”

Placing cosmic orders that have negative requests are similar to this. The universe receives the order having been clipped by your subconscious of parts that were negative. If your order was based upon the negativity, it is challenging to identify the original cosmic order after it has been “passed down the line.” Let’s say you placed an order of “I don’t want to weigh 245 pounds anymore.” Well, the cosmos is in quite a fix! First the cosmic order is negative. So, the subconscious has sent it along sounding something like: “I want to weigh 245 pounds.”
That’s not at all what you wanted! But, your subconscious mind unwittingly clips off negatives, remember? (Don’t think of an ice cream cone with your favorite flavor and favorite topping and sprinkles or nuts... does that sound familiar? It is hard to remove the positive version of that statement!) Now, the universe has to deal with “I want to weigh 245 pounds.” That is what is left!

You may have desired to lose weight, but that is not what you ordered. It was a conflicted order. The intent was to lose weight. The result was to retain the very weight that you already had at the moment: 245 pounds. Nature answered what you messaged to the universe. “I want to remain exactly the way I am, now.” This may seem rude, but then nature responded exactly as you requested!

Let’s try this again. You are 245 pounds, now. It is obvious that you desire to be some interval of weight less than this. Realistically, you cannot lose the weight without learning something about yourself. All health-related requests to the cosmos involve some form of personal education. Weight and health issues are always linked to learning how to better oneself. The center of adjustment in nature is within, not outside in other parts of the universe.

So, the effort involved in shaping an effective affirmation requires you to recognize both the universe and nature now revolve... around you. That’s a lot of energy and work focused in and near... you! Most people who place cosmic orders to better themselves do so with the recognition that they will uncover parts of their life that were before well-protected. Why? Health and weight issues become issues only because some area in life has been abandoned or left for someone else to control.

Think back to when the weight or the lack of toned muscles became a problem or an issue in your life. You may have had a traumatic event. You may have had a series of setbacks. You may have had a case of depression or anxiety that has been left unchecked. You may have had an issue with a broken relationship. You may have had a lost job or difficulty finding the work that you desire. You may have found that you struggled with a medical disorder that results in weight problems such as low thyroid or type 2 diabetes.
Whatever the source of the weight or lack of toned muscle is becoming a problem or issue in your life, that will need to be addressed as your universal alignment... as nature attempts to answer your cosmic order. Perhaps your universal alignment will include medical visits to get your medical, or mental health treated. Each person is responsible for their health and eventual outcome in life. Regaining control of that abandoned part of life is part of the process when nature answers the universal request.

So, a more appropriate cosmic order might be “I want to discover the source of my weight issue and then learn how to decrease my weight to 190 pounds, which is considered normal for me.” That is a bold step, but it will give you the new reality that you really desire. It will draw you out of the trap that you are now in and give you redirection. You will have a measurable goal. You will have the ability to acknowledge success. You will be satisfied that you are progressing during the interval milestones between placing the initial order and ultimate success.

This will be a cosmic order that indeed happens as you desire it, not an order that happens the way you don’t want to happen. It is positive and present tense built with motivation. As an exercise, practice viewing yourself the way others view you or might view you in the universe or the cosmos. This first part is a reflection of how you view yourself. This is the reflecting pond drill. Remember taking your favorite partner or your children to the city reflecting pond? I know, the ducks often go there, too.

When the ducks are not busy attracting attention for food, the water is often quite still. It is like glass. You can see yourself. You can see your partner or your children in the pond. If there are trees and flowers or plants near you they can be seen in the water, as well. The point is that the reflecting pond reflects only what is there. You and those around you. For this exercise, you will reflect a thought to see what comes out from within you. That thought is a question.

You will need your small-wire bound notebook for this to jot down the first thoughts you have to the question. The question is this: “What holds you back from being happy in life?” Or, “What limits you from feeling satisfied in life?” Either of these should elicit a strong flood of fast responses for you to jot in your notebook.

Okay. What have you written in your notebook? You may have said a few things like “I have no money to make any money.” “What? I’m already happy and satisfied in life!” “I come from a poor family.” “I must have more intelligence than I have now to feel satisfied in life.” “I need to support my family to feel happy in life.” “I’m a lazy person usually.” “Happiness will come when I have my health.” “My partner keeps me from being happy in life.” “Luck in life is never on my side.” “I am not a risk taker.”
“I have done so many things in the past; surely I cannot be successful or satisfied.” “Other people hold me back from success.” “I have to put all these children through college!” “I’m out of shape, physically.” “I can’t make the decisions in life needed for a successful life.” “The economy keeps me from being happy or satisfied.”

Now, take a week and document the people who you meet or encounter and jot down in your notebook your observations of the kinds of people who you meet. Are they wonderful people? Well-intentioned with respect and helpfulness? Or are they ignorant, self-centered, and rude? Now, compare or contrast these people to the pond drill you did for yourself.

Recall that the Law of Attraction states that you focus on and attract like-minded individuals. If you are attracting only ignorant, self-centered, and rude individuals it is possible they are in compatible company! Likewise, if you are attracting respectful and helpful people they are also in the presence of other very well-intentioned individuals like yourself!

There was once a story of a boy, an old man, and a donkey. They were traveling into town from a faraway village. The boy, being kind, was walking the donkey with the old man sitting on the donkey. As passersby gathered at one of the watering holes, they commented loudly to the old man that he was abusing the boy by making him walk while he enjoyed the comforts of travel atop the donkey.

Not wanting to disturb the opinions of others, the old man got down and pushed the boy onto the donkey. Then, the old man began to walk out of the stop and onto the road. They had travelled another few kilometers when several more travelers loudly commented that the boy was enjoying the comforts of the donkey and abusing the old man. With this news, the old man indulged the strangers and climbed up behind the boy and traveled almost into the city.

Just outside the city, a swarm of angry onlookers threw things at the boy and the old man yelling at them that they were overwhelming and abusing the donkey! So, they both got down and walked into the city, pulling the donkey. Obviously, there were no groups who held “positive” views in the story. But, then, that is not unlike most of the groups of people in life.

In short, there are people with opinions wherever we go in life. There are people with views about how life should be lived. There are people who reflect “positive” views in life although their numbers are small. The question is which group of people do you reflect?

What do these familiar phrases speak to? What do they say? They ask you to remove the clutter of day-to-day activities that are normal pressures of life. Why? So, that you can hear yourself speak! That odd-sounding phrase refers to your inner voice.
Yes, when you are listening to your inner voice, more specifically your subconscious mind and intuition you are in the realm of positive-only thought. Nothing negative can enter.

Consider the many (or few) times that you have been calm, peaceful, and serene. Your skin tone and muscle tension were relaxed. Negative thoughts were chased. Why? Negative thoughts have no function during the relaxed state. All is positive. When you are at peace, you see clearly, positively, and in the present tense. You are one with nature.

Nature is, after all, dynamically present tense and positive in all things. Nature is the very definition of happiness. It is restorative and productive. Nature is the outward sign of the universe’s inward energy. Think about the overall existence of mankind. Through constant, negative thinking a pattern of self-centeredness prevails. This feeds a lifestyle of destruction.

As mankind lives, more of nature is destroyed. The trees. The atmosphere. The ozone layer. The animals and plants that have disappeared into extinction. Chemical spills. Hazardous dump sites. Large areas of deforestation. Carbonization of the atmosphere from pollutants that enter into chain reactions in the upper atmosphere for decades and decades.

It does not matter your level of scientific knowledge. Everyone knows about this by now. Still, take away the human effect; the negative effect. Allow nature to take over, again. We know that given enough time nature will eventually repair much of the damage that humans have inflicted.

How can this be? Nature receives the outpouring of energy from the universe! It is all positive. None of it is negative. It is the very definition of happiness, joy, and restorative satisfaction.

Thus, to be one with nature is to feel happiness, joy, and satisfaction. Anytime a person returns to nature there is a restorative sensation. Relaxation breeds a communication with the universal energy. The channeling with the cosmos has begun. Listening to your “inner voice” is one of the most important tools to create your new reality because it creates a continuum between you and nature.

What is a continuum? That is, for computer-minded people, an interface. Developing the skill set to hear your “inner voice” opens a world of opportunity to nature’s powerful energy. In short, this talent is not just for placing cosmic orders, but for day-to-day activities, as well!

What is an example of listening to your “inner voice”? Clearly, you cannot always have access to a footpath in a nature habitat listening to birds chirping and walking out to a mountainous outcropping to view the valley below.
You don’t have a hot bubble-bath in every setting; certainly not at your office when you have a corporate business meeting about to begin in 45-minutes just after lunch! You don’t have fresh roses nearby with a masseuse and a good book to read when the baby will wake from her nap in 40-minutes and need to be fed and give a new diaper change!

Life does not provide all the comforts of becoming “one with nature” unless you use some creativity. One creative method that you control both time and place is something called “autogenic training.” This technique is a mind-cleansing, through muscle relaxation process performed entirely under your control. All you need is a room to yourself where you have control of sound and light.

Place a room in diminished light and sound so you are not distracted by outside stimuli. If needed, an MP3 player may help. Load it with voiceless and aimless music (similar to new age or sounds of nature such as the waves or a babbling brook, or thunderstorm). You have subtracted as much sound and lighting as you need to allow you to focus only on the sounds and sensations of your body.

So now you sit in a relatively firm chair that has no arms, so you don’t fall asleep. A very soft chair would just let you fall asleep! Your interest at this point is to focus on your body and your muscles. You want to focus on your head and the muscles that contract your face and forehead… even your scalp, your ears, and your nose.

Now, you want to see what parts of your head and scalp and face appear to be tenser than the others. Focus on those muscles that appear to be tense and notice that they are becoming heavier than the other muscles. In fact, they are becoming too heavy to continue your effort of making them tense, in the first place!

You notice your head has become very, very heavy. You are now focusing on the muscles of your neck, and you find some that have more tension than others. Those are becoming heavier. They are much heavier than any of the muscles around your other neck muscles. Too heavy, in fact, to support your neck, and your neck appears just as heavy as your head.

With these two parts of your body now quite heavy, you turn your focus to your shoulders. Some places in your shoulders have become tenser than others. You think about these as heavier parts, but they are becoming even heavier than before. They are now as heavy as your already very heavy neck and head. With your shoulders and neck and head now quite heavy you observe some parts of your upper arms that have tension. These tense areas you focus to become heavy.
Within a few moments, they have made your upper arms as heavy as your shoulders and neck and head. Apply additional attention to your forearms, resting on your legs. Some muscles in your forearms have tension. Mark these in your mind to gain weight. Make them heavier. Heavier. Heavier. Just like your upper arms, your shoulders, and your neck and head.

Do the same with your hands. Since your hands have many muscles, think carefully about the fingers and wrists and tune the tired muscles for an extra dose of weight. Proceed back up the forearms to the arms to the shoulders, neck and then head. Include your torso. Your torso includes your chest, your back, and abdomen. Surely you have tension there!

Mark the places that are tense and make them heavy. Heavier. Heaviest. Return up your hands, forearms, arms, shoulders, neck and head. Include your hips. These certainly have an area of tension! Sitting on the chair, force your hips to press down with the weight exactly at the site where your muscles are restricted, and you have tension. Return up through your back and torso through your hands, arms and shoulder, neck and head.

Now, include your legs and feet. This should be easy by now. Tension gets weight. Heaviness. Heaviest of weight. Weight equals relaxation. You are not asleep. You are still in full control. Much of your body is very heavy. You are very relaxed.

About ten minutes have already gone by, but you will reverse the process! Your feet feel lighter, now, but your legs, hips, back, torso, arms, and neck and head are still quite heavy. Now, your feet and legs are feeling lighter, but your hips, and back and torso and arms, neck, and head remain heavy. Continue in reverse order, but take the same ten minutes to complete this until you finish with your head becoming light.

What has happened? You experience the benefits of meditation. You have removed much of the tension in your body through autogenics. Autogenics, as you noticed, is a technique of meditation that is devoid of any mysticism, spirituality, religiosity, or magic. You did it all by yourself. You were in total control at all times. You have taken your body to a positive state.

This is where you are one with nature. Aligned with the cosmos and the universe. Your subconscious mind is able to speak to you. You are able to hear your “inner voice” with ease. Why? Nothing of negative impact can enter. You are living in the here and now, the present. You are not dwelling in the past where rehashing of old events chews away at your chance to enjoy life. You are not gasping with anxiety looking at future probabilities that may happen, but statistically have only a 1-5% chance of seeing reality, at best. You are calmly living in the present.
That’s natural. That’s the universe. That’s the cosmos.

What are other meditative states that allow you to enter the positive, present state where you can hear your “inner voice”? Some recommend the practice of focusing one’s attention on your breath as a technique. Alternately, focusing on the heartbeat is also just as effective, but some people have less response to this method.

How could this work? Both are automatic rates controlled by the brainstem. If you ignore your breathing or heartbeat, they continue independently of your attention. But, focusing on these automatic functions gives a biofeedback effect. Some people can affect the rate of breathing. Others can alter their heart rate.

Either way, the act of focusing on the otherwise automatic cycles of breathing and heart beats forces your attention from the past and future to the very real present. Not a second before or a second after, but that very moment. When you are in the moment, you are living in the present; the most positive existence there is. You can hear your “inner voice” with much more clarity during this time.

Others suggest using the meditative practice of using a short phrase, sometimes called a “mantra,” stated in a quiet and relaxed state. This practice has application to both meditation and affirmation since the person who uses this technique can take their positive statements or affirmations and create short phrases from them. The repetitive or “mantra” meditation of these affirmations gives both the affirmation feedback on daily intervals and the calming effect needed to align with the cosmos.

Others suggest a meditative balance of their mind, body, and emotions. When bringing all of these quadrants of living energy into balance, there can be found a place of rest to hear better that “inner voice.” This meditative practice has received much attention by the spiritual and religious groups. It has a place in helping you communicate, harmoniously with your inner, natural self. Still, it is not the only technique.
As stated earlier, meditative techniques are best performed when there are little external distractions that would cause you to think in the past or the present. The biggest thing you are avoiding is negative influences. Thus, cellphones and telephones are best when turned off, not just to vibrate. Timing meditations before meals so the stomach is not attempting to digest a full meal will reduce the urge to fall asleep! Certainly avoiding normal sleeping time will remove the tendency to fall asleep!

First thing in the morning when most people need to prepare for the day’s events is not always the best for meditation. It may be excellent to review affirmations from the wire-bound notebook. But, unless your lifestyle is geared for a long and leisurely herbal tea sipping breakfast after reading a relaxing book each morning, this may not be the right time for you!

Time needed is only about 15 to 20 minutes. So, if the baby is going down for a nap, or it is your lunch break at the office, or you have a long interval between college classes, these would be more appropriate opportunities. Certainly after work is a great idea if you have that kind of freedom.

Meditation often resolves one of the major limitations to successful cosmic ordering. That is placing a commitment to yourself. The usual lifespan of negativity includes cultural pressures of expectation that places each person in a bind. This bind is created when culture expects us to be responsible for everyone else other than ourselves. We are responsible for our spouses, our children and our parents. We are responsible for our work and to our supervisors.

This in short goes against the logic of the cosmos. When we follow the logic of culture and uphold responsibility for everyone else except ourselves, we give away our universal energy to another person to control. With time, we become bitter. We lose the excitement of life. The worries of the past and the anxieties of the future become our existence. It is not surprising that most people are dissatisfied with their living arrangements, upset with their work assignments, and unhappy with their children or parents.

There is a principle in psychiatry that holds that every event has a linked emotion. Often, the event is forgotten long ago, but since the emotion is a more resilient memory, embedded in the subconscious mind, it remains... separated from the forgotten event. When other events unrelated but similar in appearance crop up through life, the old emotion memory is reactivated. “Why are you crying?” “I don’t know!” “Why are you yelling at me over this?” “I don’t know, but it got me very upset for some reason.”

Most of these were created from event-emotion links that developed while you satisfied cultural expectations to be responsible for someone else. An example includes investing long, late hours with a dying grandparent when you could have been learning social events with your peers.
Another example is feeding the children, dressing them, and then driving them to their sports and social functions to improve their development rather than using your only day off from work to go to a ball game.

Still another example includes working two jobs instead of one. You do this to pay for private school so that your children can have “a better education” than you did. You arrive home each night at 12:30 A.M. only to restart the day at 6 A.M., six days a week. These may be considered selfish when you view them individually, but most people have many of these. They add up over time. They have a cumulative effect.

When you commit to yourself, you no longer allow the emotions of the past to control the circumstances of the present. You seize the cosmic power for yourself. Learn to recognize when past emotions are not properly attached to current-day events. These drain your energy. Meditation keeps your focus.

The other technique that easily aligns your subconscious mind with the cosmos to channel energy to nature and from the universe is visualization. Visualizations create an "inner landscape" in your subconscious that produces results on the outside. Using your imagination you take your mind to a place of creation where you see, feel, smell, taste, and touch the end-product as if it were already completed. You are in the future, but you are in the present. This is perfect harmony with the cosmos!

The best way to construct any thought into a goal and then into plan with some purpose is to visualize it initially in the mind. Your mind’s eye must see the constructed thought just the same as if it were really there. Your naked eye is limited to see only what presently exists. Your subconscious gives you the future using present tense construction.

It takes invisible and abstract thoughts that have not yet occurred and displays them as if they are now occurring. Whatever the mind can envision results in actual substance of hoped-for things. The image in the mind becomes the evidence for things not yet seen. What is in the imagination is very real; it is just as real as the rest of the body. Initially, your mind traps the thought as just a mental image. Then, the mental image develops into well-formed impressions that have sensory impact.

You can see the mental image. You can feel the image. You can smell the image. You can taste it and touch it. The mental image moves about in a relationship with other images so you can see the end-product as it reaches its ultimate, blossomed form. So, when put into motion you see the image respond to other variables that you control, and it is essentially real. It is already here. It is complete.
What are the four steps to an effective visualization? To answer this, first return to a sample visualization exercise. Select in your mind’s eye a melon such as a cantaloupe or mango. Feel the texture of the skin with your fingers before you begin to cut into it. If it is a cantaloupe, the skin is hard and rough. If it is a mango, the skin is soft and supple. The temperature to the mango is cool and almost wet, but the cantaloupe may feel warm and woody.

Now, pick up, with your mind, the knife and place the fruit on the cutting board. You are about to cut into the fruit. You begin to cut. A twist of smell bursts forth as your nose picks up the hint. The juice drips over your fingers. If it is the cantaloupe some of the little seeds spill out all over the cutting board.

You carefully cut around the large, flat seed of the mango until you have a complete, circular cut. The cantaloupe is now cut in half. You scoop out the seeds and place them aside. First the one-half and then the second half. The mango must be peeled, so the skin is completely removed from the meat of the fruit. The large, flat seed is embedded, deep within. More juice drips and the smell fills the room.

When the cantaloupe seeds are emptied out, you cut the halves into quarters and then quarters into sections. These are either placed on dessert trays for serving or some wrapped in cellophane or put into a plastic container and placed in the refrigerator. The mango, if that is what you are cutting, is cut into small sections and placed on a serving tray.

Each fruit has enveloped the room with a fruity smell. You now select one section of mango or cantaloupe and begin to bite into the juicy meat. The time you invested preparing the fruit has been worth it! You enjoy every part of your dessert!

Okay, now that you are either hungry or just suffering from a watery mouth, consider the four stages that you completed with that visualization. First, you decided what you want to create. You selected in your mind either a mango or a cantaloupe.

Second, you created the mental image. This mental image included all the sensory impressions needed to establish a realistic sensation. The image was not just there, but it was triggering all your emotions through your primary senses.

Third, you focused on the image. This entailed manipulating the image in some manner. For the fruit, you cut it, deseeded it, placed it on serving plates, put it in storage, and actually ate it! Fourth, you apply positive affirmations to your image. In the case of the mango and cantaloupe the fruit sections were enjoyed. Not just enjoyed but enjoyed with memorable delight!
Affirmations are positive. Affirmations are present tense. Affirmations are memory impressions intended to give feedback support to the subconscious mind. Listening to your “inner voice” is a critical feature to aligning your subconscious mind with the cosmos. Learning to use techniques such as meditation and visualization are effective skill sets to channel “inner voice” listening and know happiness, joy, and satisfaction.

The relaxed state is the only bodily condition that harmonizes with the universe. Practicing useful methods that reproduce a relaxed state will remove negative noise learned and promoted by culture.

For an exercise, visualize a new reality that includes prosperity or improvements in your life. Recall the four steps required to perform this visualization exercise. First, you need to decide what you want to create. Second, you need to create the mental image with sensory impressions. Third, you must focus on the image, manipulating the image in some manner. Fourth, you apply positive affirmations to your image.

Okay, with that reminder, let’s proceed! A good visualization for sensory manipulation is to take your mental image on an exotic destination. So, begin by using some meditation work such as taking deep breaths to allow your body to relax. You remember the deep breath technique! This calls for taking long, slow breaths... you count your breaths.

Now, take your mind’s eye on a small, bobbing raft to seacoast where you land on a deserted island. It appears to be deserted. Nobody is there. Lots of coconut trees, palm trees, and sand. A few exotic fruit trees are mixed into the backdrop. You allow yourself to join the scenery. The sand is in your toes. The surf hits your legs.

Then, you venture into the trees to find a stream that feeds into the ocean. It is running cold... from the mountain at the center of the rather large island. Lots of flowers... everywhere!

Oh, the tropical bird sounds fill your ears. First quiet and hushed by the sound of the surf, but now loud under the treetop umbrella that creates an echo. You have managed to break open a coconut and enjoyed the pure milk. Contrary to opinion readers you know this is quite good for you! And, the coconut meat is slippery, not powdery, because it is fresh.

With new energy, you press on. Exploring more of nature. The smells are stronger now. The inner foliage breaks the open winds of the surf. You pick up the heady aroma of ferns, fruits, and small wildlife enjoying what is already there. Yes, a few insects are scattered about, but that is natural. They feed the small animals that you take notice of for your evening dinner!
An open spit by the surf will be just what you order! A true cosmic order within your imagination. I know, eating something that is living does not seem appetizing at the moment, but you realize this is survival. And, you are in your exotic, imaginary reality. Of course for a more vegetarian diet, there remain plentiful nuts and fruits... and those insects with their wonderful protein!

But, this is your visualization of a prosperous, new reality using an exotic platform. Don’t stop there! If you were to stay on your exotic island eating roasted, wild boar or nibbling on fruit and insects you would only be relaxed and enjoy your present, positive state that bonds you with the universe... the cosmos.

Yes, this is the prosperity of the universe. It is unending. But, now, bring into the equation what you really want. What is it? Is it a higher net worth or money level? Is it the opportunity to enjoy a unique and memorable vacation? Is it to get transportation freedom with a vehicle like an automobile? Is it getting the means or ends to complete a higher education?

You have taken your imagination to that special place...already. Take it one step further... Take it to the place you really want it to go. To your successful and prosperous outcome or end-point. Make your imagination see, now, what should already be there as a reality in your life. Invest all your senses to convert mere image to a deeply implanted impression. The feelings establish your motivation, your drive.

Take a few moments, now to use some of those very deep breaths to restore your awareness to the room that you have been sharing with the rest of the world. You may remember that world. It does not have the image that you just held and manipulated with such splendor and reality... in your mind.

The world is not harmonious with the universe. But, for a moment, you were directly linked with the cosmos, and you saw... exactly what will be (or is) for you. It does not matter anymore for you the difference between future and present tense since they are the same reality. So, now, open your eyes.
Everyone knows who has money and who does not have money. It is easy to identify the wealthiest people in the world. It is easy to spot the poor people. There are the people to remain in the “middle class” and are considered the “backbone” of most cultures. Many suggest that there should be interventions in place to allow the poor people to be rich and to disenfranchise the rich with their money. This would make everything equal.
Governments have proposed just such ideas with many methods from tariff controlling taxation to autocratic rule to socialization to communism. Each was started with good intensions, but in the end failed at the hands of basic economics. Some people, including Karl Marx suggested completely removing all money from everyone and redistributing it so everyone would have the same amount of money.

What happened? The USSR does not exist anymore. The largest billionaires on record do not exist in Reston, Washington with Bill Gates. Nor do they exist with the Oracle of Omaha, Warren Buffett, or even the oil magnates in the Middle East. The largest billionaires (mostly off record) are in the former republics of the USSR...most notably Russia. They are who rebuild that sizeable region that represents over 25% of the world from bankruptcy to part of the new world order in what is known as the BRIC. BRIC stands for Brazil, Russia, India, and China.

So, the belief that redistributing money to everyone under governmental edict as the answer is just not the solution. In a very short amount of time, the same people or the very same types of people who had the money in the first place would have the money, again.

This is not to say they are in a position of power. This is to say they have a different mindset than everyone else. Consider most of the people who have money. Most of them, including Bill Gates and The Oracle of Omaha, Warren Buffett, have known moneyless or near moneyless conditions at one point in their lives. Donald Trump has known more than one moneyless condition.

The point is that they don’t remain there. They have a mindset to get out of the trap of the moneyless condition and move to a point of significant net worth.

For those in the medical world, there is a joke about the clavicle... the collar bone. At birth it is frequently broken to assist in the delivery of a newborn when there are complications at the birth canal with broad shoulders. The joke is that the clavicle is so easy to heal that merely placing both ends “in the same room together” is sufficient to get the fracture to repair.

The same applies to people who know how to make money. Just put a wealth or success-minded person in the same room with a free economic market, and they can create significant income! They don’t need any money to begin!

Think about your belief about money. It all started from your childhood. Remember, it is no different than your cultural influences of negativism and the almighty “no” that you either accepted or rejected in life. It has nothing to do with whether you were born to a poor or wealthy family. It has to do with your mindset when you began in life. Why do I say this?
Consider first the poor family. A poor family can have little money but be frugal and know how to budget and plan. Whatever they do with their limited income, they always seem to have plenty of money to meet their needs. They are happy. They are satisfied. To the outside world they have a small house, live in a rural area, and don’t spend a large expense account. Still, everyone visits them. They are the center of all activity. They are a joy to be with and around. People give things to them, and they are equally generous in their hospitality.

Now, consider a wealthy family. This family inherited their uncle’s estate after he recently died. They were already rather well-to-do, financially and had a habit of spending their estate rather quickly. In fact, it was rather a blessing that the uncle recently died because their estates were nearly exhausted. While the social elite did not realize this, the recently refinanced family had taken out loans on the estate to fund a recent gala event used to maintain their social standing. These functions were considered regular expectations that each family assumed responsibility on a periodic basis.

Unfortunately, this season it was their turn and the funds were no longer available. So, with the uncle’s passing the loan was paid in full, and the family was back in full swing entertaining their social groups as if nothing ever happened. In time, they returned to the same status of financial indebtedness and the estate was auctioned off to cover government taxes.

What was different between the presumed “poor” family and the “wealthy” family? While the “poor” family had infinitely less net worth to complete any cash flow activities, they were judicious in their use of funds. They recognized the value of money and realized that income can be controlled both coming in and going out. They maintained a wealth mindset and were thus successful.

Conversely, the “wealthy” family had more net worth to process their cash flow activities, and they were irresponsible in their use of funds. They had not concept of the value of money and spent it as if they were already poor. In the end, they realized their goal and became penniless. They maintained an addiction for poverty and were thus unsuccessful.

The difference between these families was not their money in the bank or their possessions and estate. The difference between these families was their mindset. One had a wealth mindset that always yielded success. The other had an addiction for poverty. Close your eyes and it does not matter what clothes or house you put the families in... they will end up where their minds take them.
Do you have a wealth mindset or an addiction for poverty? Think of those stories carried forward from childhood into your adult life that reflect the true answer. Here’s an example to help open your eyes. I always wanted to have an Apple computer instead of a Windows-based computer that used the Intel architecture. But, I was always told the Apple was too expensive for a computer and not worth the money.

So, growing up, I had to “make do” with Microsoft products. They froze, failed to operate, or wasted countless hours of my time updating followed by more time removing the updates because the updates made the computer no longer work. I knew the Apple computer was more expensive. Still, it was more robust and immune to the constant bugs and fixes that Microsoft had to update into its products to keep it operational.

Then, one day, I finally rewarded myself with an Apple computer! After years of tolerating Windows 95, Windows 98, Windows 2000, then Windows XP, followed by Windows Vista and then Windows 7, I got an Apple. I was exuberant. No sooner did I get the thing I sent messages to my friends that I made the “switch.” Yes, I got teased for “crossing over.” But, it was worth it.

Except I had left the Apple computer by the elevator as I was getting my belongings rearranged to get on. When I got to my room I realized I had left the computer, still in its box, by the elevator! I checked with the security guard, but it was gone.

After I had recovered from the grief, I realized that I did not lose it by accident, but because I sensed that I did not “deserve it.” This was a childhood carryover mindset of addiction to poverty thinking. It was certainly not a mindset of wealth. To “deserve” the Apple computer I needed to accept the fact that expensive computers are indeed “deserving” and an investment in quality for improved performance and durability.

You have now had time to think about your upbringing and how it affected your views of money. You have also had time to think whether you learned to have a wealth mindset or an addiction to poverty. Remember, it matters not whether you were raised in a family with very little money or a family with lots and lots of money. It matters how you learned to view the treatment of money and responsibility for money in your life. Money is not everything, but when well-disciplined it can bring about the new realities that you desire.

More than likely you have heard yourself saying phrases like "I want to be rich" or "I want to be successful" or “I want to the quality of my life to be much better than it is right now.” Still others may have a more simplistic, “I want to be happy” motif. What limits you from creating this new reality is the mindset of success. You are steeped in the mindset or addiction of poverty.
It is an offshoot of negative thinking. But, when you think of it as the “fear of failure” you may see the connection! Everyone loves to remain in their area of comfort. That realm where there is no change. Status quo.

Obviously, doing what everyone else does in society is assumed to be successful in the culture. If that were the case, everyone would be successful! Thus, to be successful, you need to break from the mold in society and do something else. You need to be willing to accept a failure to attempt a success. Donald Trump did that several times. Anything with risk is based on that concept. Those who make the most successes are willing to take the biggest risks.

If you have the addiction of poverty, you may be resonating with thoughts such as "I don't deserve to be successful," or “I need an education to be rich,” or “I need to be younger to get rich,” or “It’s impossible to get wealthy... for me, it’s just a dream.” And, then there is the biggest poverty addiction lie of all: “Money is the root of all evil.” If you want to quote the Bible, then reference it properly from 1 Timothy 6:10 with “The love of money is the root of all evil.”

Remember, money is a tool. It is a cash flow device to get you what you need or want to achieve happiness, success, and satisfaction. It is no different than an automobile that transports you from point A to point B or a computer that calculates, stores information and communicates. If money were your life, your life would be very sad, indeed. Most of the highly successful people have learned that giving money away is the best thing to do with it... it creates cash flow, which only generates more net worth. That’s why all the wealthy people have foundations. They have learned that money hidden in a mattress (such as a bank) does not do anything for them.

So, for you, it is time to take stock of your mindset, whether it is one of success or an addiction to poverty. Face your fears. Realize they are steeped in the culture of the negativism of failure and the fear of failure. Understand that there is no such thing as failure. All events and experiences are learning experiences to make us stronger and better. When an opportunity arrives to apply newly learned skills, the previous experience becomes a blessing in disguise.

When Richard Branson was traveling to Puerto Rico from the British Virgin Islands in 1979, he found himself stranded at the airport with no flights available for departure as they had all been cancelled. Apparently this was a regular occurrence and something he had seen at other airports. Passengers got hijacked at the airports by airlines who cancel flights, simultaneously.
However, this time, Richard needed to get to his destination with urgency. The house arrest trapped everyone at the airport; it was something he observed everyone in a state of complaining and moaning.

Instead of moaning with a defeatist attitude, he grabbed a taxi and drove to the other side of the airport where he saw an unscheduled airplane on the general aviation pad getting fueled. He met the pilot and spoke to the operations manager. After a short amount of time, he contracted with them to fly him off the island to his destination in an hour. The fee would be two thousand dollars, including fuel.

With that, he took the taxi back to the terminal. Then, he scrawled a short announcement on a handheld blackboard and walked up and down the hallway yelling that he had an airplane ready to leave on the other side of the airport for the very destination everyone was heading... $39 per person. In no time, he recouped his fee for the chartered airplane, including a small profit!

With that according to several variations of the story, the idea of Virgin Atlantic Airways was born. Richard Branson took everyone’s misery, saw an opportunity, and created a solution with market that made everyone happy. He was not promoting a poverty addiction. Richard was aspiring to the wealth mindset.

How did the “poor” family exercise wealth in their mindset contrary to the “wealthy” family who had an addiction to poverty? After all, they did not have a sizeable income. Yet, they still managed to have sufficient money to sustain an adequate cash flow for their needs. They were never completely without want of anything. And, other than the frequent gifts they received from their friends and neighbors they were able to meet their needs on their own.

They were content. They were happy. They were successful. They were satisfied. Contrary to income generation, they applied income protection. In fact, most people make sufficient incomes to live quite admirably.

Sadly, most people live like the “wealthy” family. Most people spend what they earn. Most people increase their spending in proportion to their income! So, the bigger the income, the bigger the toys, and the bigger the spendable income.

In short, large income individuals often make the biggest “poor” people! Consider the riches-to-rags stories of many professional recording artists and sports figures. Instead of investing their income while the cash flow is high, they get into the habit of spending it at a high rate even after the income plummets.
Michael Jackson is probably one of the largest examples of this. His family had to create a movie and multiple recording releases after his death just to pay his residual debts.

Income protection is more powerful than income generation. Consider a bathtub. You can fill the bathtub with a strong force of water, but as long as the drain remains open the income of water will never gain any depth in the tub. A forceful injection of water is not sufficient to overcome a small drain that continuously removes the water from the reservoir in the bathtub.

Now, replace the drain opening with a stopper. The water flow does not need to be more than a trickle. Soon, the bathtub will be full and overflowing! The lowly and simple bathtub stopper prevented money from leaving the "bath" unless it was essential and in the budget.

Similarly, removal of credit cards is one such bathtub stopper technique. Now, that is not to say that credit cards themselves are bad. They are useful for extending credit. But, the frugal spender knows to pay the credit card completely each month and use it as a "net 30 day" floating loan until payday simply to accommodate the budget. Is frugal a bad thing? All the "true" wealthy people are frugal.

Consider Mark Zuckerberg, founder of Facebook, who could drive a Bentley to work and wear custom designed clothing every day of the year. Instead, he prefers to drive an Acura, which is adequate for his needs and dependable and wears his renowned "hoodie" to work every day. He even held his wedding reception in the backyard and was seen with his wife eating one of their honeymoon meals at McDonalds®. Warren Buffett is known to eat brown paper bag lunches and refuses to drive new automobiles.

What are some ways that the “poor” family who has the wealth mindset manages to have so much money at their disposal despite not earning that much income? Clearly, these must be techniques that use the “bathtub stopper” method to holding back the constant drain of money. In very little time, the family has enough money built up to satisfy their needs. A budget that is defended is the first step.

What is a budget? A budget is a list of expenses and a list of incomes. If you have access to the Internet, budget templates are available for free from many resources, especially Microsoft. Why? They want you to use their products! Still, with a budget you can see how much you have to pay and how much you have to come in to pay the expenses.
Frivolous expenses can be removed quickly since you can see you will not “make it” or have enough money to sustain your lifestyle to the end of that income cycle... often at the end of the month, for others it is 15 days.

Important expenses can be modified to reduce how much you spend each month. Does the heat have to be so hot? Does the air conditioner have to be so cold? Do all the rooms need to be heated or conditioned, all the time? Are you eating steak all the time or can nutritious bean and rice or legume meals add some variety and lower cost?

I remember when I graduated from college my aspirations of a high-profile career already offered were placed on-hold to attend to a temporarily incapacitated, injured mother who was living with a disabled brother. Without an income, I was forced to switch to the “bathtub stopper” method while maintaining the wealth mindset. We managed to pay all the expenses, enjoy that period together, and ate soups as a staple.

On reflection, we each laughed about that time as the only time none of us got an illness. Indeed, nobody had a cold or influenza! Despite our situational limitations, we were our happiest and most satisfied we have ever been!

Additional methods to apply the “bathtub stopper” wealth mindset technique are to ensure you get a receipt for everything you purchase. Why? With your budget firmly in place, you need to take your receipts, daily, and write them into the “actual” column to compare to your “estimated” column. This allows you to maintain a running evaluation of your spending. You will always know whether you “can” or “cannot” pay for something because you “budgeted” for it.

Guilt is no longer a factor. You deserve the item or products you want to buy. You decided, long ago that you could afford it. It was important. And, you had trimmed away other things that were not important. So, you can purchase the item with joy, happiness, and satisfaction. Your clear conscience is the result of good stewardship. You are not the “wealthy” family who spends and spends until the money is gone. You are wise and discerning.

Still another method to protect your income is to ask vendors for a discount. A discount? Yes! A discount! Every company has a discount for certain groups of clients or customers. You may be one of them... or at least qualify, simply because you asked. They will not openly offer it, or they would go out of business. These are the discounts they give to their employees. The discounts they give to disabled, retired, or military customers. These are the discounts they give for their dedicated customers who have been shopping with the company for a certain number of years.
Maybe you have not been shopping with them for that number of years. But, since you asked, and they don’t want to lose the sale, the discount is not that difficult to apply after getting an assistant manager or supervisor to tender the override. In most cases, the discount key is a simple button on the clerks register that requires their initial on the journal or receipt.

Now you have observed the opposing lifestyles of a wealth mindset to an addition to poverty. You have noticed these have nothing to do with the backdrop of being “poor” or “wealthy” as a start. You realize the absurdity of excuses such as “I come from a poor upbringing” or “I need money to make money.” These are only defenses to remain within a trapped, negative culture. Desire to break free and permit some risk to achieve success is missing. Fear is in its place.

Michelle was the smartest in her high school class. She graduated as class valedictorian. Michelle was given a scholarship to the local state college based on her scientific proposals submitted with her application and developed over summertime clerkships at area businesses. She excelled in all her studies.

Still, Michelle could not shake her home upbringing of “being poor” from her mind. Upon graduation, she returned to her hometown and accepted a position as a shift supervisor for a fast food chain. People who visited her twenty years later found her still at the same position. She was not happy, but she said “it is what I deserve.”

Monica had an event planning business that she wanted to start. She knew she had the talent. Monica had won a beauty pageant in her county and was earning a steady income as a freelance model. This gave her a network of contacts for what she really wanted…event planning. Weddings, school graduations, branding events for individuals and local businesses. But, Monica had an addiction. She was told that money was needed to make anything successful. She insisted that using her creativeness and inherent skills would not bring about opportunities for success.

Monica was sad. Very sad. Her “dream” event planning business remained just that… a dream. She repeated to herself, “I must have money to make any money from this business idea.” Soon, Monica abandoned her modeling. Her apathy was showing through her existing work, as well. She accepted a receptionist position at a local hair salon.

How are these examples different from Richard Branson’s Virgin Atlantic Airways start-up idea? Richard used NO money. He just took an idea, drove to the other side of the airport, and then used other people’s money. They paid his airfare to the next destination and put some cash in his pocket! Yes, he HAD money. But, that is not the point. He did not use it. He used other people’s money.
One person, Monica, had an addiction to poverty despite having all the tools of success in her hands. Another person, Michelle, had an addiction to poverty despite having all the tools of success in her hands. Both needed to accept the mindset of wealth and success. It would have been theirs to enjoy.

So, take some time over the next several days and ponder... be aware of your thoughts about money and material things. Think not about just their motivations, but the pattern of the motivations.

Do you have an addiction to poverty? If so, you will only return what wealth you accumulate to the cash flows of those who truly understand the wealth mindset.

Do you have a wealth mindset? Then, you will learn to adapt these principles, place your cosmic orders, and see the fruits of your orders remain as your net worth for perpetual enjoyment, satisfaction, and happiness.

An exercise may help to reshape any addiction to poverty mindset to one of wealth. Considering this is probably the worst fear after your several days of self-reflection, this would be the most useful exercise. Reshaping an addiction to poverty mindset to one of wealth involves application of the affirmation technique.

Perhaps an example from a role-model will help get the process going. That role-model was my mother. She had the uncanny knack of recognizing her skills and potential for a better future were never limited by the events that seemed to overtake her.

Growing up in a single-parent home, we were very dependent on her single income that was the result of college teaching and publications. When expenses appeared to overtake budgeted plans, she would begin to affirm that our family and our future were always reassured. We could be confident that the abundance of the Universe was deserved. The joys and satisfactions of nature were ours for the asking. All we had to do was ask. And ask was what she did! On more than one occasion!

The odd thing I remember as a teenager is hearing the squeals of excitement as nature delivered the cosmic orders exactly as needed and when needed. If it was the rent and the electric bill that was something of a concern. Sometimes a medical or automotive bill swallowed the teaching income...but then, a special delivery would arrive at the door a few days before the end of the month.
Yes! Royalty checks for past publications! Not a penny more or less than what was needed. Or, there would be a letter or letters of offers to write something with a down-payment check. These acts of affirmation and subsequent cosmic order replies still resonate in my head, today.

What about you? Surely you have times of apparent crisis. You have times when you feel the addiction to poverty take hold of your mindset and prevent you from knowing the freedom of a success mindset. Take two or three specific events, hopefully, current or ongoing, and write affirmations for these. Give a statement to yourself that you deserve the abundance of the universe to reply to your needs. You qualify to have nature create a rewarding cosmic order that offers you joy, satisfaction, and happiness.

Share these affirmations with others who support you. (I know my brother and I did for our mother as well as several others!) Realize that when you have more people who are willing to support your affirmation the stronger the energy that channels to the cosmos.
“If you have your health, you have everything.” That is a common mantra used in commercials, nutrition guidelines, and even some religious orders. Health has been a mysterious thing, mostly in the Western cultures, where highly skilled medical professionals have followed the Hippocratic philosophy and prescribed what was best for the patient. Soon everyone had health only as a consequence of erasing illness, the ever constant plague that attempted to sicken or kill. Do you have health? Let’s see... I am not sick today, so I must be healthy. People adopted a sick mindset rather than a health mindset for what was considered “normal.”
The baseline of life was living from one illness to another. Check-ups, evaluations, and examinations intended to give each person a “clean bill of health” created a stampede of sickness fanatics. Got a runny nose? Run to the doctor. Got a bad cough or fever? Spend the night in the emergency room. The only thing that seemed to put the brakes on this escalating addiction for finding the next new illness and sickness to either treat or use as social conversation was the cost.

Governments stepped in and implemented socialized medicine to ration the insatiable craving for illness monitoring and treatment around the globe. One government was recently known to have labeled their socialized medicine plan by their country’s chief executive! Are these forms of segregated “health” care appropriate? That is not within the scope of this book. Still, they have attempted to stem the tide of unstoppable sickness therapy, which is not exactly implementing a health and well-being plan. These have been thrown into the mix, but after centuries of Western medical thought, it will take a while to learn a new mindset.

What is a health and well-being mindset? The body has the inherent capacity and exercises a constant effort to heal itself. What illness remedies or sickness interventions are provided by physicians or other healers are merely to assist the body do what it does best, heal itself… thank you, very much! In fact, all remedies that have been introduced that cancel the body’s natural process of natural healing have ultimately run into difficulty. This is because they run counter to nature and are not channeling the universe’s energy in the correct direction. Antibiotics are a prime example. Cytotoxic cancer chemicals are another.

Each is a poison. The poison is only measured out to be poison-enough for the illness or cancer, but not enough to kill the host or body. Now, that logic is not logical at all! It has had significant benefit in some areas killing milder bacteria and common illnesses. However, it has unleashed a new generation of “super-bugs” to replace them! These defy most antibiotics and must be treated with a “cocktail” of multiple antibiotics that nearly kill the body.

The body is not only in a natural state of healing, but it remains in a normal state of health. Infection or sickness is considered an external entity, as far as the body is concerned. If you doubt this, consider the many times you are near sick people and you never get sick. Even with the recent outbreak of Ebola (the most deadly illness known), there have been people who have been near others who were sick and never got the disease.

One famous case transported to the USA from Africa had a man who lived for a time with his wife and child before going to the hospital. The wife and child never got sick, but two nurses did. The body is interrelated communicating between body, mind, and spirit. Allowing the body to use the subconscious mind and spirit to link to the universe communicates health energy resulting in a continual state of well-being.
Eastern medicine and some medical practices such as osteopathic medicine follow this principle and continue to apply it to a linked structure and function within the anatomy. What is not working or is considered dysfunctional in the organs, blood vessels, and immune systems are reflected in the structural anatomy. Additionally, treatment of the structural anatomy can improve the health of the organs, blood vessels, and immune system. You may have seen this as variations of massage, acupuncture and acupressure, cranial therapy, myofascial therapies, “getting an adjustment” in your bones, Qigong, the seven Chakras, Reiki therapy, and Theta healing.

Each improves the communication between the mind, spirit, and body and allows the channeling of universal energy to do its healing work of nature. In the past two decades, much of this Eastern and osteopathic therapy has entered the mainstream. Also, many mainstream physicians have received advanced certifications in one or more of these therapies to align their treatment with a health-based, rather than an illness-based medical philosophy. They have realized the increased benefit to their patients and profit.

Perhaps you have noticed acupuncture or acupressure therapy offered as a treatment option that has gained much credibility in mainstream medicine of Western cultures. While it originates from Eastern origins, acupuncture is known to communicate directly with the body’s immune system. This activating mechanism of the immune system has attracted Western medicine, especially in the fields of pain therapy. Acupuncture is part of the series of traditional Chinese medicine or TCM practices that include acupuncture, Qigong, herbal medicine, use of balanced nutrition, acupressure (a modified form of massage), and moxibustion.

Moxibustion is a variation of the needles of acupuncture where mugwort is burned at the end of the needle in an effort to stimulate circulation. Qigong is a non-needle variant that follows the same principles that meridian lines channel universal energy from the mind, spirit, and body in alignment to sustain normal health. When a person has a blockage in the normal flow of energy or “qi” the normal state of health is compromised. So, illness or sickness is invited from external sources.

Similarly, Reiki therapy uses meridian lines to channel energy from the universe from the mind, spirit, and body to keep the body in a normal state of health. Reiki therapy originates from the Japanese, not the Chinese. Reiki is a fused word: “Rei” or "God's Wisdom or the Higher Power" combined with “Ki” or "life force energy." Reiki teaches that a person must maintain a minimum level of “life force” energy from the universe to maintain health and enjoy a life of happiness.
Allowing this energy level to deplete or get misdirected leaves a person open to invitations of sickness or illness from external sources. Again, the mindset is one of health, not one of sickness. Illness comes from eternal sources; it is not normally something that originates from the body. With Reiki therapy, a person can learn hand positions to “attune” the mind, body, and spirit to increase energy levels rather than allow them to dissipate.

A variation on the mind, body, and spirit therapy to draw universal energy for healing is separate from the oriental origins. Originating from the Slavs in Russia, the largest universal energy method has been the Shaman therapy technique. Shamans serve as “go-betweens” to help people connect to the spirit world so that their body health and mind health can be aligned with the spirit. Shamans have been very effective as therapeutic resources in Eastern Europe and especially Africa.

In fact, the highly popular movie, Avatar, moved Shamanism into the forefront by copying in its entirety the life-culture and therapeutic practices of the Congo. Not the Democratic Republic of the Congo, formerly known as Zaire, which is predominantly an English-based nation. Instead, on the West side of the Congo River is a separate, French-based nation. That is called, the Republic of the Congo. Its capital is Brazzaville. It once had a lifestyle like the movie, Avatar, but it now serves as the largest petroleum operation in the continent.

When the Shamans openly served the tribal population of the Republic of the Congo they taught that a human being or “Bãntu” lived along a universal energy continuum, called a “Mûntu.” These Shamans likened the energy to the sun; the sun was either rising or setting. Just as in the Avatar movie, the mother giving birth to a newborn added new energy to the family. The sun was rising.

There was self-healing capacity to this new energy. It had an almost electrical dimension to it. With the death of any family member, the residual energy was released to the spiritual world of the universe. The sun was setting. Still, this ancestral energy accumulates over time. It casts “sunlight” of warmth-energy on those in the community family. The Avatar movie used the “great tree” to symbolize this as a great reservoir of residual community energy.

For those readers who have had the opportunity to receive holistic therapy from an osteopathic physician, you have probably already had some exposure to the idea of a mind, body, spirit alignment to maintain health. This practice of medicine embraces the universal energy concept and practices several similar applications or treatments to restore health rather than to chase away illness. The body is inherently healthy and desires to remain that way. Similar to acupuncture, Qigong, or Reiki’s meridian lines that communicate universal energy, osteopathic medicine recognizes an anatomical structure and function relationship. So, when there is something that does not function properly internally, there will be an anatomical structure problem.
For instance, if there is a problem with the heart, there will be a characteristic pattern detected in specific muscles and fascia (that slippery stuff that allows muscles to move against each other). Or, if there is a problem with the ovaries, there will be a detectable anatomical problem or sensitivity that the osteopathic physician can identify.

More importantly, treatment of the anatomical problem can usually treat the underlying problem or reduce the severity of the situation because they are linked. As a result, many patients will respond immediately to treatments to their muscles (myofascial release therapy), bones (articulatory therapy or high velocity, low amplitude treatment...sometimes called, “getting an adjustment”), fascia (soft tissue therapy), or immune system (lymphatic therapy). Sometimes people have their universal energy improve with cranial therapy that improves a pulse in the body’s cerebrospinal fluid called the “cranial rhythmic impulse” or CRI.

How were you brought up in your culture? Were you brought up in a Western or Eastern medicine culture? Did you have an alternate medicine culture that was neither of these, but followed a mind, body, and spirit alignment therapeutic method to channel universal energy to draw nature’s help for self-healing?

Regardless the culture or origin of therapeutic method, did you have any exposure to treatments based upon health and wellness? Were you raised in an environment that sought the doctor, the nurse, or the hospital emergency room for solutions to every medical concern? These questions are not to belittle the importance of seeking medical care when there is a clear indication of sickness. This series of questioning is attempting to find your core mindset.

Perhaps you were brought up in a world of Eastern medicine. Maybe you learned holistic medicine from another culture that teaches a direct relationship between mind, body, and spirit as central to sustaining an ongoing life of health. If so, then you already understand the principles of health and wellness. You understand that your body is naturally supposed to be healthy. If it becomes sick, it gets sick from some outside influence. Then, your body is in charge of restoring itself back to a normal state of health.

True, you will do what is needed to assist the body in doing what it does best: do its own healing. You are probably familiar with using diet to your advantage. Vitamins and minerals are supplemented, where needed, to replace what the body may need to restore depleted supplies. You know the value of exercise, in moderation, to keep all your body systems functioning at peak efficiency. Meditation is familiar to you. At least the parts of meditation that help you to align your mind and body and spirit to get the very most from universal energy.
You are also probably aware of meridian lines, or sunrise and sunset energy, or the link between your body’s structural integrity and your body’s system functions. So, you know that health is the natural condition. Illness is an unnatural condition. When your body is struggling to return to a normal state of health, the anatomy will give off clear signs that can be detected. Osteopathic physicians can identify this; practitioners of Qigong can detect problems in “qi” along meridian lines, and life-force practitioners can find limitations to the mind, body, spirit axis. You are not overwhelmed by these concepts. This mindset of self-healing is nothing new for you.

If you came from the majority of the English-speaking world, you are probably steeped in a Western medicine philosophy centered on sickness and illness. You have learned that life is a constant struggle to combat and remove disease that is in the body or affects the body. You have learned that health professionals are illness professionals. You turn to those who took the Hippocratic Oath as the final source of power. This is why there is so much anger and disappointment and malpractice whenever the slightest presumed flaw or failure in this illness mindset goes wrong. You want protection from sickness and illness, and you don’t care how much it costs. The risks of becoming sick are too great to bear.

Take the next few days to be aware of how you think and even talk about your body with others around you. This will help you understand how you think. It will display whether you have a sickness or illness mindset or a health and wellness mindset. During this time also think about your physical energy. Consider how you get it, keep it, and talk to others about it. Is your energy something that flows through you, or springs from you, which would be a health mindset?

Or, do you have physical energy that is earned as if work was performed, like an athlete preparing for a competition. While both have an application for energy, this is a mindset concept about energy. Where it comes from and how it is collected. Yes, exercise is an excellent method to improve your overall health, but the energy part is another matter. From these insights, write down what you have discovered about yourself and create cosmic orders to bridge the gap that you might discover to help you channel your energy to health and well-being.

Simeon was a wood carver for a furniture craftsman. He specialized in exotic wood carvings for furniture faceplates and end-pieces. He was the child of a wood carver who instructed him in the craft. However, his father, who was very hard and exacting in his instruction, left Simeon with critical comments that his work was never satisfactory for commercial success. Soon, Simeon was left to operate the wood carving service for the furniture craftsman by himself; his father died of a massive heart attack. Still, Simeon carried his father’s critical words of exacting performance and substandard quality.
Simeon remained bitter throughout much of his work and complained whenever anyone made any comments, good or bad about his work. “I’m upset” or “I’m angry” would be his reply each time people would ask why he was so short with them. This permeated into his muscles and tendons so he was always sore, tired, and aching throughout the day… especially when he got up each morning. Simeon was introduced to the idea that there was a connection of mind, body, and spirit. He learned that his words, “I’m upset” or “I’m angry” fed his mind, negatively, which fed his body, negatively.

His energy was sapped from him, and it was of his own devices! Simeon started consciously to cancel all words, phrases, and thoughts that were negative about himself. He replaced them with phrases that were uplifting, supportive, and positive. Simeon only accepted of himself comments such as “I am proud of myself!” Or, “I am happy about my work!” Within a very short amount of time, his words were his destiny. Soon, Simeon was no longer the Simeon of anger and dismay, but the wood carver who took pride in his work. Some even noticed that… he whistled while he worked!

As stated earlier, there are many therapeutic techniques that employ the mind, body, spirit axis for communicating with the universe and nature. These are of Eastern medicine origin, mostly, but many holistic medicine techniques use this mind, body, spirit axis of communication to sustain or restore health. There are health methods that assist this mind, body, spirit axis as well and follow the health mindset such as meditating, ensuring your vitamin intake is maintained, and eating a nutritious diet. Still, there are occasions when Western medicine, or “traditional” medicine are excellent when mixed with the health mindset of therapies.

Jennifer was a single mother of two children and an avid advocate of health-based medicine. She took her vitamins each day, ensured her two girls did as well, and practiced Theta healing to relax her mind and body on a regular basis. Theta healing is administered during the very early stages of sleep when Theta waves can be seen on the electroencephalogram or EEG. First a person becomes drowsy.

This is the stage of sleep that forms Alpha waves on an EEG. As a person becomes drowsier they enter true sleep or the first phase of sleep, the EEG reveals what are called Theta waves. At this time, a person is easily aroused but clearly asleep. You may have seen your partner or children enter this phase of sleep because their muscles start to “twitch.”
However, if you disturb them, you will find they report having the ability to hear what is going on in the room. It is during Theta wave sleep that Jennifer influenced her thinking for positive, healthful outcomes. She was normally very successful with this selection of mind, body, spirit therapy. It often left her so relaxed, and that was the basis of many of her need to sustain health.

Still, she could not shake or remove the pain that she experienced in her abdomen. It was uncontrollable at times. When she stepped or jumped, it became even worse. Her temperature was getting slightly higher than normal and was hovering about 39 degrees, Celsius (102.5 Fahrenheit). The Theta wave sleep techniques were not working this time and her daughters, both quite young at 8 and ten years-of-age, were noticing something was wrong and begged her to seek treatment.

Jennifer agreed that the cosmos offers through the universe a full range of therapeutic options. With that, she went to the local emergency room. Soon, she discovered she had an acute appendicitis. In a short amount of time, she had her defective appendix removed by laparoscopic surgery using three small access tubes. When the tubes were removed, she was left with very small incision sutures. Jennifer had used Western medicine as a tool to assist her health mindset, but only when she was truly sick.

Edwin was quite familiar with health based medicine, as well. He practiced the seven Chakras, which are also known as energy centers within the body for directing and channeling health. Edwin knew that these seven energy centers had a strange resemblance to the seven major plexuses or linking points used by Western medicine’s illness-based concepts to map the immune and endocrine systems. Part of Edwin’s health-based practice was to “clear” each of his seven chakras as a technique to ensure the body had rejuvenated immune and endocrine systems.

With that, Edwin routinely practiced the clearance of his crown chakra to align his spirit. He would align his “Third Eye” chakra to restore his ability to both focus and reflect on things that had a greater meaning to situations in his life. His heart chakra Edwin cleared to ensure his love source was functioning. His root or grounding chakra Edwin cleared to keep his stability and assurance for feelings.

His sacral chakra or communal link to others, Edwin cleared, routinely, to enable bonding. He always wanted his throat chakra cleared to keep his communications open to others. Edwin’s solar plexus or self-esteem chakra he cleared to restore his confidence source. Despite all his clearing, he was dying. He was dying from cancer. Edwin was at peace with this. Why? Edwin knew that death is not a failure, but a part of life. Until then, he was dutifully placing his cosmic orders and enjoying life to the fullest he could imagine!
As an exercise, practice your learned technique, called the “affirmation” to engage your subconscious mind and align it with the cosmic energy in the universe to bring nature’s response for health-related needs. Remember, this is a mind-body-spirit alignment, and the most important part of the “affirmation” is enlightenment or education on your part.

Most health and wellness matters are not entirely free of some personal restriction. So, be aware that you will receive some moment of clarity when you realize how you have participated in limiting your body’s attempt at self-healing. When this occurs, you will know or achieve true healing!

Now, when phrasing your affirmation, remember to keep it positive and present tense. Your subconscious mind will convert the negative parts to positive, so you don’t want any confusion! Examples might be, “my body is already strong and healthy” or “my cells are alive and are full of energy to heal and create whatever I need at the moment.” Then, you can take this idea a few steps further with affirmations that might be worded like, “each of my organs and body systems is now operating as they are meant to operate.”

A variation on these affirmations might include diet such as “I am selecting only the healthiest foods that properly nourish my body.” Then, you might add a flavor that addresses your exercise by using an affirmation worded like “I feel wonderful when I move my body to exercise.” Always include a flavor for your immune system! “My immune system is operating smoothly and in alignment with my body.”

Or, you can use a variation that includes your other technique, the meditation. “I am meditating to build a sturdy immune system that makes my body healthy and strong.”

Remember some of the meditation features and add them to your affirmations. “I use my deep breathing, which adds vibrant energy to each of my cells.”

Speak to your body when you use affirmations. Remind it what it can do. “My body can heal itself.” “My body is normally healthy; illness comes from outside sources.” “My body is in control of its health.” “I appreciate that my body is woven together with systems that automatically communicate health so effectively!”

When you do your affirmations, remember to do these once a day...and listen for the enlightenment! Health-related affirmations are linked to health-related cosmic orders. You will be given restorative sight where you once were blind. Somewhere in your habits in life, you were preventing your body from doing what it does, naturally.

Look for where you participate, actively. It may be a change in habits. It may be a realization that you need to accept something that you were not accepting before. Life is like nature. It is dynamic, not static. You may not accept the changes, but it will continue to move...anyway.

Chapter seven will probe the challenging area of relationships. Considering no area is outside range of possibilities for a cosmic order, relationships are NOT off limits! And, the level of detail that you can create in your cosmic orders can be rather exhaustive.

So, when you begin this chapter, realize that a relationship can be on many levels. It can be a relationship for your partner, for your family, or for your friends. A relationship may be simply a short-time encounter, but have a significant and memorable effect. And, a relationship includes one with...yourself!
How do you view yourself? I mean, how do you really evaluate yourself? This is not intended to take you down the negative path of critical assessment. Instead, it is intended to consider effects and events in your life, so far, which have left an opinion...an opinion you hold, about yourself.

Consider the following scenario.
Samantha was a 29-year-old accountant from the Philippines who grew up in a family and culture steeped in negativism. She learned life from how not to live it. Samantha had restrictions and taboos that could choke anyone to death. Yes, she was a good girl. She completed college. She completed all the obligations set forth by her family and her local culture. Samantha avoided men because that was what was culturally expected if she wanted to be financially stable, first, and then learn about them...from a distance. She completed college and created a career.

Samantha then went about searching for her next goal, a man. But, that was 7-years-ago! A few dates, and even a few men who decided to repeat their dates a few times... but, nothing ever became permanent. Yes, she was raised in a culture that understood the mind, body, and spirit link to universal energy. She regularly meditated. Samantha even knew to engage the cosmos to direct nature’s energy for her health, well-being, and career. For some reason, the cosmos did not reply using positive, present-day affirmations each day for a man in her life. Yes, she was using detailed, directed, and deserving cosmic orders. Each was crafted with emotion and positive expression.

What was wrong? Was it the men she met? Was it the culture she was in? Was it the way she created her cosmic order? Was she using her affirmations and meditation incorrectly? Samantha thought and thought. On a holiday that forced her to be alone with her thoughts, Samantha went to the park at the beach. There she noticed several people practicing the new “birdman” method of hang-gliding. Unlike the traditional kite-like parachute with a swing and throw-bar for guiding the glider once airborne, these “birdmen” suits had the fins between the legs and attached to the arms. The “birdmen” were free as a bird! And, they moved quite fast. Wherever they wanted to go, they were “one” with the sky just as a bird.

That was it! Samantha realized that her lifestyle had been from a culture that bound her to the Earth. She was limiting her possibilities. Her views of herself were based on what everyone else told her to do and to become. As a result, she was chained to pattern in life that went nowhere. Samantha was unhappy with herself. The men in her life could see that she was a prisoner. She could never move forward in life until she removed the chains of her culture. Samantha needed to be free as a bird! To do this, she needed to allow the cosmos to be free to do its work. Samantha realized she was trying to ask the cosmos to perform a difficult task, but on her terms.

Samantha immediately changed her affirmations each day. She placed her unknown men in “birdmen” suits to fly free. It did not matter where they were going. It did not matter where they came from. It did not matter when they landed. “Birdmen” were free as a bird. Similarly, Samantha allowed herself to be a “bird-woman” and released herself from the shackles of cultural expectations.
To do this, she said, “I know where my views about life have come.” “I know I am free as a bird to have my opinions about life.” Samantha started to accept herself... and to love herself. Samantha’s relationship with herself improved, dramatically!

Even the people at work noticed a new “spark” in her mood. With this new “spark” and newfound freedom, Samantha forgot about “looking” for her man. She just enjoyed day-to-day life. When she was at an office party, a coworker invited her brother, James, instead of a date. So that they were not too uncomfortable, Samantha joined them. But, James noticed the accountant with the “spark” at the office! After a few dates, they decided to become engaged. Samantha then learned that James had been a “birdman,” for a while, but decided to stop because it was “too dangerous.” He did return to hang-gliding because he enjoyed the freedom of being “like a bird.” A few months later he taught Samantha how to hang-glide as well! Samantha learned the art of freedom, not only mentally and emotionally, but also physically.

The more you are willing to accept yourself, which means to love and approve of what you are and do, the more universal energy that can channel through you. As seen with Samantha, the most critical relationship is the relationship with self. Those who have not accepted themselves for who they are cannot allow the cosmos' energy to flow to other relationships. Every part of you must be accepted, “warts and all!” Yes, it’s easy to accept the wonderful parts...those features that you are proud of. But, nobody in life is perfect.

Nobody is strong at everything. There are some portions in the whole that are not the fastest, the best or the brightest. But, that is okay. Remember, we are all built to be parts of greater collective relationship. That collective relationship may be family, friends, intimate partner, or temporary friendships. These other relationships will have strengths to blend with your “weaknesses” so that you harmonize or blend well, together. Relationships of any kind are a musical harmony. Two people who are identical would be a universal conundrum... one would be unnecessary. Even identical twins have some behavioral differences.

William was scarred from years of self-acclaimed failures. Yes, William had experienced several challenges in life. He had grown up with elderly parents whom he lost relatively early in life. He felt bitter about being abandoned when he was just a teenager of 17-years-of-age. Then, he got a grant to go to college through the military. However, before he could graduate, he was instructed to go to war. His bitterness worsened. William felt like a complete failure. Even worse, his girlfriend with whom he was planning to get engaged decided to marry another man when she discovered he was ordered to be at war.
William was crushed. He could not see a future for himself. His attitude worsened. Before he could be brought before a military review for “poor performance,” William tripped over a rock and exploded a landmine, saving the lives of over 200 soldiers. Unfortunately, William lost a leg. Still, William was given several awards and discharged with honors.

Returning to civilian life, William was able to complete his college degree for free and also received another graduate degree, compliments of his government. William remained bitter. He had to endure many rehabilitation visits during this time to fit several artificial legs since they did not seem to work for him. William did not find any friends. William had no partner. William had no family, because they had died many years before. Nobody wanted to be near William. Just being in his presence made people feel uncomfortable. William only had his disability money to survive. He could not find a roommate to share expenses; nobody wanted to share an apartment with him.

Then, William met an old friend from his high school. This person knew the William from before. Oddly, this friend also knew about the importance of relationships and acceptance. Why? This was a person who William had teased because he was attending school in a wheelchair due to a childhood deformity. However, this friend had accepted his condition as part of life, adapted it into his day-to-day existence, and barely even noticed it, today. Over lunch, they shared their commonality of artificial limbs. Soon, William understood how he had many more gifts and strengths to put forward through life. William grasped the relative unimportance of his artificial limb, the loss of his fiancé and the deaths of his parents.

His friend helped William learn to push his strengths to the front in life. Accept and ignore the weaknesses. Scars are normal parts of life. Yes, William had emotional ties to the weaknesses. But, William needed to recognize that the emotions were tied to the events of the past...not to current events. William spoke through each item that angered him from the past. He spoke how the disappointment he is now feeling does not belong to the present, but it belongs with the past. His emotions are carrying past events and tying them to current events. That keeps him sour all the time. That keeps him sad all the time.

William noticed a smile on his face. First a tear. But, then a strong smile. That smile did not go away. Why? William was free. The events of the past were no longer bound to his current emotions. William was finally accepting his “real” self as others saw him. That same day, his friend invited William to be roommates. That night, they reviewed his resume. His friend took William to work and introduced him to the company manager. He was hired on the spot as the best candidate for all his wonderful talents and educational background.
Just as William faced many adjustments of acceptance from his experiences, so you must face the experiences that began from childhood and continued into adulthood. There are some who promote the belief that all of personal acceptance is driven by childhood experiences. However, developmental researchers have debunked or disproven this theory. All of life is full of experiences, as William faced, which includes both childhood and adulthood.

We must accept each event as it happens. If we don’t, it becomes “emotional baggage” that some people call “skeletons in the closet.” These are not failures. Nothing in life is a failure, but rather a learning experience. It is only considered a failure if it is not accepted. Then, universal energy cannot flow in that part of your life. It dams up and pinches off vision for opportunities to improve.

What is known about unaccepted events in life is that you leave behind the emotions to replay on future events. Often, lessons of unacceptance are repeated...over, and over. Why? Because they must be learned. Recall that all of life is a lesson. It is not a failure. When you label it a failure, you doom an emotion from the event to perpetual repetition with future events.

If you don’t believe this, consider how often you have observed, or personally experienced repetitive events. As a child, Rebecca felt distanced from her father. He was always at work, and when he was home, he was never approving of what she did. Rebecca pleaded for her father to take her to special events, certainly those that displayed her talents at school.

When Rebecca asked for her father’s opinion about her positive achievements, he only rebuffed her with negative comments. Rebecca felt as if her father never approved of her. When she was old enough, she moved to another country. Rebecca met a man strangely similar to her father. However, this man, almost the same age as her father, was very supportive of everything that she did. Rebecca was in love. This man was not only her intimate partner, but also her long, lost father.

Samuel did not have an easy childhood. He was always repairing his mother’s Nissan 4-cylinder automobile that he learned to fix from buying a self-repair manual. He had to help care for his younger brother when his mother was at work. This included making or at least starting dinner if mother was getting home late. This was a single-mother household. Whatever there was to learn, he had to learn it by himself. Samuel and his brother loved their mother very much. However, she was always away working to support the family. This left Samuel without either a father or a mother for much of the time.
By the time Samuel was old enough to move away, his brother was old enough to manage by himself. Samuel accepted a college scholarship at the opposite side of the country but continued to help manage affairs at home. Samuel was a “good boy.” Soon, Samuel met a wonderful girl. The curious thing is that she had many of the same characteristics as his mother. The difference was that she was...available! Wherever Samuel went, there she was! They did everything together. It was as if Samuel had his mother that he missed from childhood... and his fiancé.

Marisa had a brother who was always her nemesis. Whatever they did, she and he fought. Words cannot describe the fights that they shared together. Once, they fought so badly when visiting from college during the holidays that their parents told them to not visit at the same, again. Marisa started a new career job three months later. Oddly, her new boss was strangely similar to her brother. The emotions that triggered the same fights were activated with each task assigned. In a very short amount of time, Marisa thought her career was doomed. Marisa was receiving negative evaluation scores, and she was still in her probation period.

When Jose was attacked by a man with a maroon beret along a back alley shortly after the New Year’s Eve festival had just brought in the New Year, all Jose could remember was the maroon beret. It sent chills up his spine. He had to get repairs to his nose, his left forearm, and his right ankle. All were broken. Still, year later, when he accepted an offer to teach heating and air conditioning to a new school, he struggled to maintain his composure. At each class, there was a student who wore a maroon beret. Jose had to remind himself that this student should not suffer a negative grade or from his strong emotional ties to that hat. However, Jose was finally forced to hand the class over to another teacher... simply because of the student who wore a maroon beret.

Michelle had been to the advertising office entirely too late. She knew it. And, the taxi was her only ride home. The bus had stopped operating at 23:00. Michelle was on the “wrong side” of the town. However, she managed to get a relatively nice taxi operator with a goatee who offered to get her to her apartment complex without much of a hassle. During the ride home, Michelle busied herself with the last of her graphic artistry work. She could not understand why the taxi was taking a rather long route to the apartment.

The stop at the secluded section of the park answered her silent question. Michelle reported the abuse to the police. There was the emergency room examination. However, she went to work the following day and then the next and then the next wondering why this event happened. The next week she met her boyfriend who returned from an international business trip. He was sporting a new goatee. Michelle refused to let him kiss her or come near her. She was supposed to travel with him to her parent’s home for the holidays. Even though he had accepted the event, she could not accept him. She went home without him. When she got home, Michelle found her father had also grown a goatee. Michelle broke down in tears.
Earlier stated was the reality that lessons left unaccepted will continue to repeat...until learned. While they are repeating, we call them “failures.” Still, they are only lessons. We sustain relationships in our subconscious mind, the center of emotion, and practice self-defeating habits such as blaming the other person. In reality, the event’s origin was not their fault, but rather old wounds that have resurfaced. When we learn to accept them and move on we open the channels of universal energy. As part of the acceptance process, a person must use the affirmation technique to demonstrate an active understanding of the limits to relationships that are self-imposed. The affirmation process creates an awareness of these hidden beliefs. Then, specific affirmations can change the old belief set and replace it for a new set!

“I am Rebecca, a girl who misses her daddy very much. I realize that my fiancé is very much like my father. My father is another person. My father and fiancé are different people. I accept each person for who they are.” “I am Samuel, a boy who wishes his mother is here. I have a girlfriend who is now my fiancée. She is very much like my mother. My mother is another person. My mother and fiancée are different people. I accept each person for who they are.” “I am Marisa, a girl who loves her brother. I have a boss who is very much like my brother. My boss is another person. My boss and brother are different people. I accept each person for who they are.”

“I am Jose, an HVAC teacher who loves to teach. I have students who very closely may resemble other people. People who resemble each other are different people. Different people deserve to be treated independently. I accept my students, individually.” “I am Michelle, a graphic artist who recognizes that events in the past have exceeded their usefulness. I have a partner and father who may resemble other people. When people resemble each other, they are still different people. Each person is an independent individual. I accept my boyfriend and father as distinct individuals.”

An important feature to remember with affirmations and cosmic orders it to understand that neither one controls another person. There is such as thing as “free will.” People are not robots. They have their connection to the universe. To think that you can put a highly detailed cosmic order into the universe, and then expect that it is to return to you exactly as requested is a bit naïve. Cosmic orders are filled as ordered. They are always filled. However, they are not filled on your time schedule. And, the details that you request, while always granted, are not always as expected.

Consider the old black and white version of Twilight Zone. Rod Serling was the producer and wrote many of the episodes. It was mostly considered a science fiction television show, but it was in reality a commentary on real life. Entitled, The Man in the Bottle, it was episode two of season two. An elderly couple, who manage an antique shop, purchase a wine bottle from a financially strapped lady for a dollar. When the shop owner accidently knocks over the bottle and breaks it open, the act releases a man that somewhat resembled the genies of old.
Unlike the fabled stories, this man granted the couple four wishes in return for his “release.” However, the man did warn them to be “careful” and think before wishing. Unfortunately, the couple did not think initially and used up the first few wishes just speaking to each other... such as wishing to have their broken mirror fixed. Then, when they wished for lots of money, they received lots of money. However, they also received visits from the income tax and other government officials leaving them with practically nothing. In the end, they wished to have their old store and old, simple life again as their fourth wish.

This Twilight Zone classic illustrates the effects of attempting to control the universe. Pin it down in one part of the scenario and nature will respond with knee-jerk reactions that are not at all what we envision. The subconscious mind is entirely positive and present tense. It cannot think negatively, or in past or future tenses. Similarly, nature and the universe process energy in a straightforward fashion. It is as if one were operating a computer. There was in some cultures a phrase that applied for using computers, “garbage in... garbage out.” Universal energy is just as straightforward, but on the positive side of things. What you put in is what comes out. It may not be what your imagination creates, but is indeed what you ordered!

The second-most important relationship other than that with yourself is with your partner. Communication and forgiveness are the lubricants to make this relationship akin to you. With constant communication both parties know what the other is thinking, needing and requesting. Communication needs to be clear. Manipulated communication has no place for this relationship.

With a communication that has ulterior motives, there is always a sad outcome. This is where forgiveness is important. Forgiveness is a constant process. It accommodates all shortcomings. It softens the rough edges and differences that may grind against a relationship and restores the harmonious balance. One quote uses the forgiveness rate of “seventy times seven” to demonstrate the frequency of forgiveness and its relative benefit in relationships.

For you, attempt to improve your communication skills by using the affirmation technique. “I value my relationship with my partner. I know that a clear communication is vital to a healthy relationship. I speak clearly to my partner and stay what I think and what I feel.” When practicing forgiveness, sense the energy flow when the forgiveness act is transacted. Realize that universal energy is transmitted to the person who grants forgiveness. It is always transmitted or channeled in a positive manner. So, it becomes therapeutic to the person who practices forgiveness!
Then, there are the relationships that are not with self or partner. These include relationships with your family, friends, and casual encounters. Each relationship carries its own level of value. There are also tiers or levels of intimacy within these relationships. Clearly, your family carries a very close link since there are many shared experiences that span the most number of days and hours of the calendar. Unlike your friends, your family will accept you regardless the condition.

Even families who have a fight will eventually accept each other when the two magic words are added to the mix: communication and forgiveness. Friends can be a small band of special buddies who accept you like family and will know you better than you do yourself. There is a large middle group of friends or colleagues who are supportive, but only when you are together working on the same task. This group would include your close office friends, church friends, and close neighbors.

Let’s face it, once you leave the church or synagogue facility, most people hold to the belief that you are responsible for your difficulties. Acquaintances are more like comrades. This third tier often includes your casual encounters. They will help you if there is something in the relationship that could benefit them. These relationships have a valuable role in your adventure in life, but realize them for what they are. They are not centerpieces in your relationship profile.

As an exercise, begin to think about the relationship or relationships that you need or desire. These can be existing relationships that need to be improved. These can be relationships yet to be formed. If the relationship with you is not yet accepted, that must be a priority!

So, begin there. “I accept myself.” “I love myself.” “I accept all the parts of me, both the strong and the less than strong parts.” “I am free to state what I feel and what I think.” “I am a person who thinks positively.” “I see myself and forgive myself, completely.” “I recognize past events that no longer work well in my life and I have let them go.” “I forgive others as I do myself.” “I am allowed to love others and others are allowed to love me.” “I am a happy person and that makes people want to be with me and near me.”

When you have used these affirmations to improve your outlook on self, move out to your friends, family, and partner. “I have wonderful friends.” “I am honored to have such wonderful friends.” “I want my friends to be happy.” “I support my friends to be and do their very best.” “Each of my relationships is marked with positive experiences that include joy and happiness.” “I enjoy being with positive and supportive people.” “I am truly blessed to have a partner like the one I have.” “My partner is loving and supportive.”

“I talk effortlessly with my partner.” “I do everything with my partner...and we are true companions in our emotional, physical, intellectual, sexual, and spiritual journey.” “I have a wonderful family.” “My family is a source of joy to me.”
Placing a cosmic order is a lot like sending an email. Most people do not think about the steps of processing an email. In the “old” days when there were DOS and simple text transfers of messages, things were not too complex. The message was sent from one node to another node to another until it reached its destination. Emails of today are full of hypertext language and pictures or files, called attachments. These are uploaded to the local server. However, they are first broken down into small pieces and labeled as manageable packets.
To think that each of these packets is channeled along the same route would be naïve. Some may travel a more direct route of nodes. Others may turn and move completely around the globe along a different series of nodes. With time, they are collected at the destination address. Once they are fully collected they are delivered to the recipient. Obviously, a computer-savvy person would use more specific, yet technical explanations for this process. Still, this is essentially the process.

The point to this is that once the email is uploaded it is “sent.” It is the same as dropping the postcard in the mailbox. It is gone. Final. Complete. Any attempt to retrieve the email and its component parts is fruitless. Moreover, when these pieces or packets are sent on their way, there is no telling where they have gone...until they start to arrive at their destination and reassemble as an entire email with its attachments.

So it is with your cosmic order. You have carefully crafted it, worded it, and then sent it. It is riding the “cyberspace freeway.” To even begin to think that you can step out there and capture bits and pieces of what you dispatched is idiotic. But, it will get there! And, it will arrive as requested. If you sent it and forgot something... oh, well. If you sent it and did not consider, the universe’s energy was clean and direct you will get something different than your more colorful imagination. So, think about the purity of the cosmos. Think about the straightforward approach nature applies instructions handed it from the universe.

In fact, it is just this unsuspecting and a matter-of-fact way of placing a cosmic order that gets the best results. You have not tarnished the order with negative vibrations. You have not attempted to alter the course of “packets” of energy meant to reach nature for a natural response. So, clicking the cosmic “send” button and walking away from the process is best. Assume that the universe is doing its job and making the order happen. Thus, it’s important to be completely done with the order once you make it.

The laws of the universe must be constantly obeyed. When you place your order, it is formed by your beliefs. You must have confidence that the universe will answer, and nature will respond. The universe demands your absolute trust. The universe was around a lot before you and will continue to exist long after you become dust again. The universe knows what it is doing... it is the knowledge bank of time. It will deliver because everything comes from it and returns to it. Consequently, energy is the currency of the universe.

The universe abhors doubt. The person with doubt casts a shadow, a thick filter on the progress of each cosmic order. This law requires you to clear you mind of disbelief. Lastly, the universal law of control is final. Regardless your mental anguish over an order placed, the cosmos transacts the response from nature. Letting go of the process from your feeble fingers is the wisest step of all.
The initial ordering process should not be difficult. Start with day-to-day things so you can establish confidence and practice the technique of “acknowledging.” For instance, when you are leaving for work and you need to take the bus, place an affirmative order for your bus to be available when you arrive at your bus stop. “I am making an effort to enjoy my day... I have had a good breakfast, and I am reaching my bus as it arrives.” Maybe be more exotic in your order! Add some flavor... “I am enjoying a seat on the bus.” Then, when you do sit down, take the time to acknowledge this achievement.

Or, if you have had unusual situations in your life place a cosmic order for those. “I am enjoying a warm shower after I grab my coffee.” Then, when you notice that this has been the first day in many that your apartment is receiving wonderfully warm water (when it usually is delivering the last dregs of lukewarm water from other tenants) give an acknowledgement of this achievement. Maybe you need to make an acknowledgment that your coffee was hot and ready for you for the first time in many days! Realize that these reactions to nature delivering positive energy responses from the universe begin to accumulate. It builds a reaction of anticipation on your part. You begin to look for evidence of the cosmos at work in your life wherever you go!

Consider reaching out from these day-to-day things. Place an order for a new apartment. Or, house. Use your visualization technique to see it as it is, completed. The asphalt shingles with auburn color. The burnt brick finish on the front and local stone finish on the back that works its way onto the patio and landscaped area with gazebo. Inside, you see the little infinity pool that opens out from the master bedroom. Nearby is the custom office you have designed for those times when you want to work from home, but remain secluded from family activities.

Your visualization continues as the spiral staircase from the office opens to the family room. You have created many details including an exercise section and entertainment center. A garage opens out to the side since the house is built on a sloping hill that overlooks a majestic mountain range. Children’s bedrooms, located upstairs, are designed with unique shapes, so each has something of value. One has a view of the woods; another has a sun window and another a mini-deck. You are eco-conscious and have designed solar panels to fit along the entire back roof of the house.

Inside, you have additional details. You have selected a thick, durable rug for the entire family room. The children have themed bedrooms with features that allow them to outgrow their childhood theme and advance into college age. The kitchen uses thoughtful features that are not gaudy. But it is spacious, because you know that people like to have a lot of conversations in the kitchen! You also plan the color coding for each of the rooms. Most importantly, you detail the location to a specific county where the mountain range is located.
Now, you begin the affirmations. Daily. “I am at my new mountain home in xyz county. It has an auburn asphalt roof. It has a burnt brick facing with local stone along the sides and back, reaching into the landscaped backyard. I can feel myself walking out onto the patio. The birds are welcoming me as I sip my morning coffee at the gazebo. I am going to the bedroom after passing my secluded home-office that has an outcropping into a deep-wooded area of the house. I first take the spiral staircase to the family room for a short repast of exercising and then return to the bedroom to shower.

A business colleague is visiting, shortly, and we meet in the office. The children leave for school about the same time, and they are very happy in their new bedrooms! The electric bill arrives, and it is almost the amount of a small apartment because there are solar panels that provide most of the electrical needs.”

Your first order can be small, or it can be grand. Recall the laws of the universe that demand you exhibit firm belief, claim unfailing trust, curb your doubts, and apply whatever means you have to mentally release and forget your cosmic order. The order of magnitude for your first order is entirely based on the strength of your belief, trust, pattern of doubt, and tendency to cling to and regurgitate the cosmic order, once it is sent. If you have unwavering controls in these areas, the laws of the universe are at your disposal! In the meantime, most people are advised to use a step-wise build-up in their faith through acknowledging.

As was outlined in the chapters on relationships and health, realize that placing time-delivery expectations on the cosmos only feeds resentment and saps joy. This is negative thinking. This runs counter to the techniques used to promote universal energy channeling in your direction. So, let the universe deliver when it is ready and in the way it intends to interpret your cosmic order.

Negative thinking is nodal. Remember cosmic energy works on vibrations. It works on positive vibrations. Any application of negative processes cancels out cosmic energy effectiveness. Recall the natural tendency for people to want to shy away from or avoid extremely negative people. Without giving it any thought people attempt to protect their personal energy vibrations from being sucked from them.

When you have a negative thought consider the situation of your current state. Often it is when you are not in your normal frame of mind, given the new knowledge you have in cosmic ordering. The most common of these current states is illness. Nothing activates survival mode stronger than when an external disease has invaded your otherwise healthy sanctuary. Your body is no longer normal. You feel bad. So, your thoughts gravitate to the culture that you originally learned: negativism.
Often, the first step in responding to sickness is to ask the cosmos for whatever illness that invaded to “just go away.” The illness is an undesirable thing. Something negative. Clearly, you need to restore your health and have the sickness go away. Still, under the laws of the universe everything is positive and present tense. Your attempts to “turn off” or “tune out” or terminate the illness will be interpreted by the cosmos, nature, and your subconscious mind in the positive form and present tense.

“I can’t have this migraine, now!” “I didn’t want to get the influenza just before vacation.” “I mustn’t be struggling with diabetes when I am only 23 years old and starting a new career!” These moved to the cosmos in energy form as “I can have this migraine, now!” “I want to get the influenza just before vacation.” “I must be struggling with diabetes when I am only 23 years old and starting a new career!” While these seem funny to you and me, they are only funny because we have put polar filters on them to keep them in the negative.

Remember all illnesses or sicknesses are externally sourced. The body is inherently healthy. Yes, there are congenital malformations, but that is not a standard health issue. When you desire to remove an illness to restore health, you need to call upon the body’s link to universal energy via the mind-body-spirit axis. This requires a positive, conscious soul-searching effort to see what is blocking nature from doing its job.

Eastern medicine describes this best with the blocking of “qi” along meridian lines. Still, other practices such as osteopathic medicine recognize immune and nerve pathways that resemble meridian lines. Your unconscious behaviors block the body from its natural restorative behaviors. Search within using affirmations to enlighten and open your eyes to where you are preventing your body from returning to health.

“I am learning more about my body. I know I have blood sugar instability. I understand my weight is part of the instability. I am eating healthy foods that have high fiber and low simple sugars. I am exercising in moderation, regularly. I am using whole-body hygiene to watch for breaks and cuts in my skin. I see my weight decline, slowly. I see my blood sugar levels stabilize.”

Learn to expect your new reality. All cosmic orders are answered. Just as you learn to release to the cosmos your order, learn to expect the answer as your new reality. Actively use the very same visualization technique for the cosmic orders on the new reality. Build a world that holds your collective orders. These can be visualized as a group just as they are, individually. Start, now, the process of awakening to a new reality.
Moving forward to obtain a higher state of vibrancy, the basis of the Law of Attraction, is something called a sixth sense. Crucial to successful cosmic ordering, this sixth sense is available to everyone. Yes, some may pawn their talent as being “special.” They coerce some to pay them for what is already there, hidden inside. This sixth sense is your body’s direct link to the energy flow of the universe.

We first discussed the sixth sense when we introduced it under the term, “intuition.” At that time, the sixth sense was reviewed as the “little voice” that is always there, but is mostly ignored. Many mothers are given credit for using their intuition only because it is considered socially acceptable for them to do so. Still, this skill or attunement with the universe is not something that mothers hold a monopoly.

Some sixth sense is more than “simple” intuition. Recall that the entire universe uses energy as its currency for communication. Much of our universe remains outside our traditional, five senses. There are black holes, worm holes, cosmic radiation from solar flares, and energy of nature. Just because you cannot see, feel, taste, smell, or hear something does not give license to it not being there.

Independent of any religious or spiritual influence, most people accept the reality of paranormal activity. All religious or spiritual organizations fervently hold to this belief and adapt the energy from paranormal activity to an afterlife. This includes heaven, hell, angels, demons, and other various creatures. This book does not ascribe to the religious or spiritual components of cosmic ordering.

That said it is quite easy to attend some locations known to have extensive paranormal activity. St. Augustine, Florida is one such location. It is the oldest city in the United States. At the Cathedral Basilica of St. Augustine paranormal activity is routinely seen by visitors. The nearby lighthouse and some other buildings, especially Castillo de San Marcos (the original fort), have frequent activity. This is presumably from the many deaths that occurred over the years under Spanish, English, Early American, and Indian control.

Most visitors complain they can see the images but are unable to prove their existence. Fortunately, since these images are produced by universal energy, nighttime photographs (without flash) reveal their presence as easy evidence. They appear as streaks of energy on the photographic film.

Another time when the sixth sense is given practically uninhibited access to our thinking is during sleep. At times of sleep, the conscious mind is deactivated. The remaining portions are moved into a highly active state. In fact, during sleep is when the brain restores all of its chemicals. Unlike the rest of the body, sleep is the most active time for the brain.
Recalling that all of intelligence is in the universe, and the universe is independent of time, it is always available. Whether past or future, intelligence is available to the present via cosmic energy. This is part of the vibrancy of the Law of Attraction. This concept is nothing new. Some of the brightest minds in all of history have drawn upon their sixth sense link to universal intelligence through sleep.

Probably the most famous is Thomas Edison, the great inventor who is most known for creating the incandescent light bulb. Lesser known inventions Thomas Edison has contributed to society include the telegraph machine, the phonograph or record player, the copier machine, electric power distribution, and the movie camera. Other inventions credited to Thomas Edison are the first electronic voting machine and the magnetic iron ore separator. Storage batteries and the carbon transmitter to improve volume and clarity of the telephone had 141 and 34 patents, each, credited to Thomas Edison.

Thomas Edison is a centerpiece in most psychology 101 classes when the topic of sleep and its early phases are taught. Edison had a sleep disorder that limited his total need for sleep to two hours. He discovered as he was falling to sleep (hypnopompic imagery) and arising from sleep (hypnogogic imagery) his subconscious and conscious mind were highly active. Moreover, they were flooded together. Thoughts that he could have experienced while fully awake were flowing with reckless abandon! Specifically, he noticed inventions and ideas that were clearly “not his.” They were coming from “somewhere else.”

It is then that he realized that he had tapped into the universe’s cosmos. Thomas Edison had found what palm readers and soothsayers and other “honest” cosmos communicators were using as tools for their trade. This was not anything remotely “spiritual.” Rather, it was pure energy from the universe. The difference, for Edison, is that he was an inventor and knew how to apply the visions to practical applications.

So, Thomas Edison “invented” his own cosmic “trap.” He was intent on seizing the knowledge that was freely flowing in the universe from the future (or the past). Edison wanted the ideas to apply them then to practical solutions to help in present day society. Taking a metal 10 liter bucket, he placed it next to a chair and then put a clipboard with pen and paper the writing side of the chair. Seated in the chair, with a rock in his non-writing hand over the empty metal bucket, Thomas Edison allowed himself to fall asleep.
However, with the rock in his hand, sleep was aborted. Just as he entered into that “hypnopompic” sleep when he had initial blending of subconscious with conscious mind... out popped the rock. With a clatter, the rock jolted Edison back to consciousness. Quickly, Thomas Edison grasped the clipboard and pen in his other hand and began to write every thought that was flitting about in his head.

Soon, Thomas saw patterns in the images. Some were not useful, but over time, the collective wisdom of the universe channeled futurist information back to his present day. These images became the basis for many of his inventions and the formation of his patents.

Thomas Edison is not the only one who claimed to have tapped the cosmos for universal knowledge. Dmitri Ivanovich Mendeleev, born near Tobolsk, in a part of Verkhnie Aremzyani, Siberia, Russia on February 8, 1834, was also an inventor. His specialty was in chemistry. He first contributed to the Russian community at 27 years of age its first organic chemistry textbook. Dmitri wrote all 500 pages in just over 60 days. He went on to write a *Principles of Chemistry* textbook when he was 35 years of age.

Then, to quote Dmitri Ivanovich Mendeleev directly, “In a dream I saw a table where all the elements fell into place as required. Awakening, I immediately wrote it down on a piece of paper.” Were Mendeleev to receive just one more vote for what resulted from his capture from the universe’s knowledge, he would have claimed the Nobel Prize for chemistry. What Mendeleev had pulled down from the cosmos was the pattern of elements he then visualized as assembled: The Periodic Table.

As Thomas Edison and Dmitri Ivanovich Mendeleev learned the process of using one’s sixth sense is a learned one. It is always there. It merely needs to be practiced. Riding a bicycle is never a skill you achieve by grabbing a bike and then taking a ride. At some point, someone came along held you upright as you wobbled along.

Yes, you may have tried the training wheels for a short while to get used to feeling how a bicycle should remain upright. But, eventually you took that challenging spin. Maybe you fell down a few times. Still you practiced it.

The same applies to practicing your sixth sense. Thomas Edison noticed a sense of connection to something more and greater than his physical senses were able to perceive. And, he understood the brain processes information while the body can’t consciously sense it. Edison noticed he could tap into it just as he was falling asleep. The same merging of subconscious and conscious thought applies during wakefulness (hypnogogic imagery). Unlike Thomas Edison, you may savor your sleep much more!
So, don’t torture yourself with a rock and an empty bucket while you spend your uncomfortable attempts going to sleep in an armless chair. Take advantage of the same link to the universe’s knowledge when you begin to wake up. Have a notebook and pen by your pillow. Be ready and willing to jot down whatever you are thinking in your semi-sleeping state.

Then, over time, notice the patterns that emerge. You will be amazed what the energy from the universe has passed through you…simply because you were a willing receptacle. You were open to documenting what was passing by. Yes, most people waste this valuable time hitting the snooze alarm before lumbering to the shower. For you, this is the most valuable time of the day!

As an exercise, practice observing your sixth sense in the many environments common to your lifestyle. Realize conscious sixth sense is your intuition helping you. When you are going to sleep or waking up you are in direct communication with your sixth sense; your subconscious is actively participating with your conscious thought.

Attending work setting tasks keep your “third” eye open for sensations that are not driven by your normal sense of smell, touch, sound, taste, or vision. Observe when you get a “smell” or a “touch” or a “sound” or “taste” or “vision” that is not there. This is your sixth sense operating!

Why? Your five senses have not contributed any data, information, or signals. You have detected energy from the universe. Learn to become awakened to your previously undetected undercurrent of vibrations connecting your communication, non-verbally… and unconsciously.

Do the same thing in your social circles. Notice when something makes the “hair on the back of your neck” stand up but there is nothing there to trigger your normal sense of smell, touch, sound, taste, or vision. You have not triggered a schizophrenic event. That is, unless you are 1 percent of the population; you would not have been able to read this book this far!

Repeat the process for your personal life. This is the time you can include your own “Edison’s notebook technique.” Keep your notebook by your pillow or end table. Remember when you start to wake up that the snooze alarm is not your first activity! Reach for that notebook before you can clear your head. You want your mind to remain connected to the dream world where imagery is potent.

You can “feel, taste, smell, touch, and hear” everything that is still happening in the dream images. Still, you can grasp the pen or pencil and slide the notebook across the bed. Document anything and everything as it catches your image when you first awake. This is the time when your sixth sense will be at its purest form!
Frank “Outlaw” Jackson, was a 19th-century cowboy and bank robber associate of the Sam Bass bunch. Frank Outlaw managed to be the only one alive when the group was corralled at Round Rock, Texas. Apparently, Frank grudgingly joined the group after he was caught in a situation of killing a horse thief. Ever the person of conscience, Frank attempted to right his wrongs by working with the Texas Rangers to help them retrieve these bandits. Throughout his ordeal, he developed a mantra that we often quote, today: “Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.”
When you seek to practice the tools and apply the concepts penned in this book, remain aware of your thoughts. The words that come from your mouth are a testament of your thoughts. True to form, as soon as they reach the real world an action snares the words, stated. With little time, a habit develops from those actions. After all, we are creatures of habit. Soon, they will be our new character that defines us. This is our new destiny.

Thus, to create a new reality, you must begin at the source. Avoid grumbling at the results. Face the beginnings. You are now equipped with knowledge that your thoughts define who you are and who you will become. What a new destiny? Create a new pattern of thought! The decision is yours, and yours alone. So, set aside some time every day, for a few minutes, to read the suggested affirmations mentioned in different chapters of this book. If you have not already begun to do this, start to write your own. Claim them as yours. Ensure you have that small, wire bound notebook that is your second “Bible” to keep the primary affirmations near you at all times for daily review.

Yes, copy them on computer files if you are so inclined. Yes, copy them on notecards and review them as you would a final exam. Yes, write them on special forms of media such as magnets for the refrigerator or sticky-notes for the office bulletin board or a card to wedge into your bathroom mirror. Don’t forget that sun visor or glove compartment if you have an automobile!

Apply affirmations as a technique to return you to the positive and present tense. This will align your mind with the cosmos so your subconscious mind will be attuned correctly and effectively. At these times, you will have the greatest opportunity for intuition and sixth sense input. Inject the visualization technique at will. Recall this method erases all time. Your mind sees the end-point as if it were already here. Every detail, every plan, every finite request is there to stimulate your senses of touch, sound, sight, smell, and taste. Visualization is a wonderful technique to use in tandem with your affirmations, too!

Allow meditations into your day. Permit your inner voice to speak to you. Dedicate time to close out the clutter that forces you to be twisting forward to the future or jarring back into the past in a predominantly negative culture. Cleanse your mind for a moment with the purity of thinking the way nature, naturally thinks... in the present. It is healthy. It is sensible. It is aligned with universal energy.

Samuel Johnson who published in England, *A Dictionary of the English Language*, eleven years before the United States declared independence, which set the stage for modern English. He struggled with Tourette’s Syndrome, a tic disorder associated with socially inappropriate and insulting statements that are fully uncontrollable. This he used to his benefit as an honest literary critic that everyone enjoyed. One of his more memorable quips was “Your aspirations are your possibilities.”
When you embark on a career, place your cosmic order using aspirations. Aspirations are emotion. Aspirations are desire. Aspirations are always possible. Placing your order with the cosmos must involve faith, belief, and trust. Wherever your thoughts take you, so go you!

Keep your body healthy as you develop your career. It’s one thing to send a cosmic order and seek an answer. It’s another thing to maintain what you already have. Be a good steward of the things nature has already delivered from the universe. So, employ habits that are restorative. Practice good sleeping patterns. Eat a balanced diet with a calorie intake that only enough to satisfy your needs. Help your body’s self-healing systems by exercising in moderation.

Stay abreast of your career knowledge base. Remember all of knowledge doubles every five years. So, after two years, half of what you learned is outdated. So, read, read, read. Set aside about 30 minutes a day. Sometimes after dinner is best since you are waiting to digest your food. It is certainly better than investing the time watching an aimless comedy on television! If you are not reading, network with your career organizations via the Internet. Plan for webinars or even attend conferences that give your family an excuse to for a vacation!

Of course, the person who is truly doing a career that they enjoy, to that person it is not work. It is part of the dream, an ongoing daily experience of joy. Exhaustion is healthy and rewarding. Strive to direct your efforts to align your cosmic energy to your strengths, so this remains a positive feature. And, if ever a task or job has a termination you don’t desire remember this is never, ever a negative event, but rather nature helping you realign to the cosmos. Joy, prosperity, happiness, and satisfaction are your end-points. Terminated tasks are clearly not delivering these and are, instead, stepping stones to learning how to arrive better at your happiness.

William Penn Adair "Will" Rogers, the man who is most famous for rendering the statement, “I never met a man I didn’t like,” hailed from Oklahoma. Fred Rodgers, the host of the most revered children’s show “Mr. Rodger’s Neighborhood,” was one of his children. Will Rodgers was an actor, comedian, cowboy, and social commentator. One of his dry-humor comments was “I don’t make jokes…I just watch the government and report the facts.” Still, his outlook on life was most endearing and provided guidance to all in a very special way, “We are all here for a spell... get all the good laughs you can.”

When you make your dream, as Will Rodgers did, make it big. Have you seen people who have shot for a dream and then declared their dream to be a failure? Why? The failure was first due to finger-pointing. Either at themselves or others. They lost sight of the fact that a setback is a learning experience, to forge ahead, not a failure. Had they remembered that the crucial mantra they may have stayed at their dream a little longer and seen success!
Instead, they withdrew and lost their vision. With hollowed out eyes, they moved about without purpose or direction. True, Sir Richard Branson has a business model that expects to see a profit within the first year, or he withdraws from the market and looks elsewhere. But, there was a setback with the break-up, destruction, and loss of life of a pilot (astronaut) for his Virgin Galactic SpaceShipTwo’s fourth rocket-powered test flight. On October 31, 2014 there was an apparent premature unfurling of the feathering system.

Yes, Branson could have followed the negative cries of the news media. Still, he saw the vision of what Virgin Galactic is all about. It is not a “joy ride” company for the rich and famous. It is a company attempting to create “accessible and democratized space that will benefit humanity in countless ways for generations to come.” With this mission, businesses can use cost-effective methods, without government bureaucracies, to bring cargo and people into space.

Satellites and research are the primary goals. However, governments have long found that contracting private sector companies to do things, even space travel, is less expensive and more beneficial for them. Each spacecraft has a payload of as much as 600 kilograms (1,300 pounds). So, this replacement to the space shuttle can restore international efforts for medical, economic, and ecological research. Virgin Galactic can also advance projects for space travel. Sir Richard Branson has no intentions of viewing this event as a “failure,” but rather as a learning experience. He has dreamed big.

Realize life is just for a time and then you enter the cosmos as energy. Make your dream enjoyable. Be creative. Use your imagination. Explore. Focus on your priorities and remember that you are in control of your destination. Above all, maintain your sense of humor! Life is naturally a challenge. There is enough sadness that is a normal part of humanity. Most of all make your dreams present day. Pull them to the present using your visualization technique.

A consideration is it may be best to keep your dreams to yourself if you have no close, undying friends. Remember, most people are born and bred on negativism, so they will be attuned to expect that your dream is destined to failure. If they thought, your dream was going to be a success they would have dreamed it and been doing it themselves. Why? We are a selfish lot. Only those who think positively can think outside of the selfish mindset and think positive, supportive thoughts for another person.
British Prime Minister Benjamin Disraeli, also known as The Earl of Beaconsfield, created the conservative party of England. Considered a failure at business, he noticed he spoke well and attempted public office. He wrote many novels, oversaw the standardization of many public health laws, and helped to create parity for labor unions when laborers were experiencing undue mistreatment. His theme of support for the underdog was what helped him gain election, twice to the office of Prime Minister. One of his quotes was “we make our fortunes, and we call them fate.”

When you seek material goods for personal advancement, consider your motivation. Evaluate your reasons for wanting the item. Understand the difference between an addiction to poverty or a mindset of wealth. Create a cosmic order that is based on positive need rather than negative removal of problem. Use your affirmation technique to guide your reasoning with this.

Realize when you are attempting to push aside unfinished business. If you are, you will find the unresolved addiction to poverty will rear its ugly head and return you to the world from where you came. Plan to be successful at receiving your material items. Understand you cannot take them with you when you return to the cosmos. Prioritize the material items to have a value system attached to things with a higher good.

If you desire a 20 meter yacht attach values of joy and happiness to it. Create a cosmic order that uses the yacht to host your family. Then, use your visualization to see how you are bringing joy to handicapped children for a weekend and are not able to enjoy such blessings. See in your visualization hosting a benefits cruise to a nearby island using the yacht for cancer patients. Remember, even Sir Richard Branson does not use his own island house for himself. He rents out rooms and shares his accommodations around the calendar to visitors for a nominal fee.

Aristotle was a Greek philosopher. Born in a Macedonian city called, Stagirus, he also dabbled in science and tried to label animals into groups and learn meteorology. As a student of the Plato Academy, he became famous for being Alexander the Great’s teacher for 33 years. This effort got him to thinking more about ethics and using one’s mind to have a proper attitude towards life. *Nicomachean Ethics* and *Eudemian Ethics* are two of Aristotle’s primary works addressing how a person should control their behavior and judgment to have the very best in life.

One of Aristotle’s more notable quotes is “First, have a definite, clear, practical ideal; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods. Third, adjust all your means to that end.” When you have a desire to be sent to the cosmos as a cosmic order, create a goal. Ensure your goal is set high. Make it high enough to stretch the limits of your imagination. Why? You want to reach or attain something greater than you ever thought possible.
When you have that goal defined create a plan. A plan involves self-evaluation of your strengths. Where your strengths need additional skill sets to reach, your end-point create milestones to measure and mark progress.

Some of your skill sets will be wisdom. You may need to addend a school. You may need to get an online series that is free. You may need to buy a “how-to” book. You may need to seek out a mentor who has been there before and done it already... or, very closely to it.

Some of your skill sets will be money. While traditional thinking recommends building a business plan and then pitching it to someone who will own your interest in whatever you dream, there are other ways to get money. Seed money can be staged from savings, family, and even from other part-time income sources. Remember the cosmos has money, and a cosmic order for seed money may be just what you need, as well!

Some of your skill sets will be materials. Materials do not need to be purchased. Materials can be collected. Materials can be built. Materials can be donated. With a plan, you will know what you need.

Methods are the steps needed to move along the plan. These include the milestones and the measurements used to ensure you are moving effectively towards your decided end-point. As Aristotle stated, an idea must have a method to reach success.

Aristotle understood with his third statement that to see an idea have success there must be motivation. Without emotion or drive, the adjustment or prioritization of everything to reach the end-point would be pointless. Have you seen a sports team coach tell its team to “just go out there and do the best you can do”?

NO! The coach will invest every gram of energy to infuse the players with emotion and drive. The coach sees that this is the moment, this is the time, this is the hour to focus each nerve, each muscle, and each body fiber to perform better than their imagination has before considered. That coach will have their team’s heart pulsing rapidly, breathing exchanging with fervor and eyes wide with excitement. This team will taste victory even before they go out onto the playing field.

Double Pulitzer Prize winner for fiction, John Updike, hailed from Reading, Pennsylvania. He wrote poetry and short stories as well as served as a literary critic. At one time, he was on the cover of Time Magazine. He was known for his humor and attention to the darker side of humanity. Still, he focused on achieving a positive outlook. Thus, he is often quoted for writing, “Dreams do come true; without that possibility, nature would not incite us to have them.”
All dreams have the potential to become a new reality. Without dreams, there could be no vision. Still, to make a dream your new reality, you must formalize the process. Decide what you want and if necessary do a little research. Always make your cosmic orders positive, shape them in the present tense, and above all make them personal. You must own them!

Use words that express direct, energetic feelings when you shape your cosmic order. Then, believe in the timing of the delivery arrival. You are not in control of universal energy. Nature is. Follow through by creating a supporting affirmation that focuses on the final result. Employ the visualization technique to add texture and depth. Use your inner wisdom to guide you in your activities. Remind yourself that you deserve a great life, so believe it! Finally, be thankful in all things. So, always make time for gratitude.
Ralph Waldo Emerson, a Harvard University educated poet and essayist from Massachusetts, was the author of the concept of “self-reliance.” Thus, he promoted transcendentalism with a focus on a person’s capacity to realize whatever they put their mind to. Emerson was able to sustain this mantra despite losing his wife to tuberculosis after only 18 months, and then the untimely deaths of his two brothers. His most dedicated student who continued the Emerson theme was Henry David Thoreau. One of Ralph Waldo Emerson’s more noted quotes is “the only way to have a friend is to be one.”

When you place a cosmic order, realize the energy in the universe can be multiplied when two or more are contributing to that same order. Every person adds energy when it is presented in a positive and present tense manner. Enlisting the support of friends for your endeavor is definitely in your favor. Why? Not only does it multiply your energy channeling, but it also aids in removing your natural tendency to cling to the order! Being a friend to others makes it easier for others to befriend you. Allow them to take the “burden” of your order. Let your friends petition on your behalf.

Third President of the United States and author of the Declaration of Independence, Thomas Jefferson, was a man who had a “way with words.” When people wanted things said best, they turned to Jefferson. He was most successful at staving off war with the British, which did not come about until 1812, three years after he left his second term as President.

In the meantime, he is noted for the Louisiana Purchase, and authorizing the Lewis and Clark expedition that later revealed information that became the States west of the Mississippi. Clearly, he had a positive outlook on life with forgiveness a major theme of his public life. Jefferson is quoted as saying, “Nothing can stop the man with right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

Remember the importance of a forgiving heart when you approach your cosmic orders. Harboring hostilities or ill-will or envy or any negative attitude speaks to an absence of forgiveness. Successful delivery of channeled energy must be positive. Begin now, to search your life and mindset for patterns of resistance that inhibit universal energy. Remember your “qi” cannot flow to retain health if restricted. Resentment, anger, and bitterness are negative mindsets that pinch “qi.”

The brain cannot be simultaneously negative and positive. Practice a thankful and forgiving behavior. See how your thinking changes simply by changing your behavior. Enjoy the blessings that come from this new pattern of thinking.
Anna Eleanor Roosevelt served as the longest First Lady or wife of a USA President in history, spanning the years of 1933 to 1945. These included much of World War Two. As with all spouses of a USA President, she established a cause as her identity during her tenure in office. Eleanor Roosevelt’s identity or theme was human rights. Eleanor maintained a positive mindset in all that she did and said. An ambassador to anyone who felt their goal or dream could be realized, including women of the day, Eleanor Roosevelt was a lightning rod of support.

It was Eleanor who kept Franklin active in office despite his handicap of polio that left him wheelchair bound. It was Eleanor who moved the USA to join the fledgling United Nations. She was then dispatched as one of the country’s first delegates; staying there for six years. Eleanor Roosevelt has been quoted for many self-reliant concepts. Probably one of the more notable ones is “A stumbling block to the pessimist is a stepping-stone to the optimist.”

A pessimist is often a procrastinator. The person sees the glass of water as half empty rather than half full. The individual is ruled by their conscious mind where probabilities, rules, logic, and risks prevent progress. It is sometimes said that progress cannot advance when one overthinks.

True, you need to plan. You need to consider the best alternative. You need to evaluate your strengths. But, you are a human. You are not entirely logical. Also, you are not entirely in control of the variables once you set things in motion. Nature is a dynamic thing. Expecting there to be outcomes that have slightly different results is why you have measurements for each milestone along your plan. You have anticipated change within your dream. Your new reality will come, but the definitions may not be exactly as you expect.

With progress details morph. People die. Governments change. Land masses shift. Environments look different. Technology advances. Individuals aren’t using the telegraph anymore. A couple years ago people were not using records. They were replaced by DVD’s. Now, they have disappeared in favor of USB memory sticks and the “cloud.” Even records are having a retro-return.

So, be optimistic at your cosmic ordering. Make the time to complete the stages needed to complete the order. Where you need to shed pessimism and work on your strengths until nature delivers your order, do it. But, be ready when it arrives!

Dale Breckenridge Carnegie was born the son of a Missouri farmer named James William Carnagey (not the famous steel industry magnate, Andrew Carnegie, as many think!). Dale did purposely change the spelling of his name when he moved into acting as a marketing ploy. He found his strength in public speaking. So, he combined his natural, Missouri commonsense upbringing with a bent for positive thinking and marketed it for his strength in public speaking.
Soon, he was able to get his underwriters to get a contract for him to speak at Carnegie Hall, itself that aligned with the spelling of his name! Dale Carnegie’s presentation in 1916 was to a packed house teaching how to influence men in business and speak publically. With that attention, his career was set. By 1936, he honed the collective works of all his presentations in the perennial bestseller, *How to Win Friends and Influence People*. One of the many quotes from Dale Carnegie deals with fear. “Don’t be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.”

Fear is one of the most debilitating features of human behavior. Fear is taken from our fight or flight mechanism which uses the primitive or unconscious mind and activates the negative center of the subconscious mind or amygdala. It does this even before any other parts of the emotional system has opportunity to process the reality of what has happened. We are running, fleeing, or fighting and defending. It cripples progress.

Start now, if you have not already, to use your deep breathing meditation as a regular practice in the face of fear. Why? The simple act of a few deep breaths of meditation allows the remainder of your subconscious mind to participate in the fear reaction. Without entering into a discourse on the many anatomical features of the subconscious mind, again, remember your other parts serve as buffers to the negative memories stored in the amygdala. One such part is the anterior cingulate cortex or ACC. The ACC gives you that sense of relaxation after a large pause of anguish when you realize that all is not as bad as you originally sensed it. A deep breath, a moment of meditation allowed the signals to move along the slower pathways, and you were restored to peace and tranquility.

Fear is always there. Courage is not the absence of fear. Rather it is the ability to press through fear knowing there is a reward on the other side. Mothers who deliver babies enter into the pain of childbirth with fear of pain. They all know the pain will subside, and the joy of their reward will be with them momentarily. Breathe deeply. Press through the fear. Look forward through the mist of unwarranted worry and anxiety. These are hallmarks of the past and the future. They do not belong in the present. You have learned to live in the present, only.

This is your new reality. Claim it. Place your belief, faith, and motivation in your order. Click “send” and rest in the assurance that your cosmic order will arrive. The time is not for you to decide. When it arrives, joy, happiness, satisfaction, and fulfillment are yours.

Zoey Knightley