

FROM IMAGINATION TO MANIFESTATION!

By Lynette Gordon

“When you are inspired by some great purpose, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world.” – Patanjali

I love this quote by the renowned Indian sage, Patanjali. It describes so perfectly the dynamic process of manifestation.

All branches of science tell us that everything that comes into the physical world is first an idea in the great realm of mind. So why is it that some of our ideas become a physical reality, and others don't? What is the magical key that opens the door to the treasure house of our dreams and desires, and plants and nurtures them into tangible form?

Like so many mysteries of life, the answer is simple, yet profound. It is to do with the balance within ourselves of belief and passion, of thought and feeling, of head and heart. One without the other will not produce the successful creation we are wanting. But both together will, just as surely as day follows night, and nature blooms in spring. This is a universal promise based on the great laws of life.

So let's talk about the power of belief. First, do you believe that the business, relationship, prosperity or whatever you're desiring is worthy of creation? Will it be good for you, others and the planet? And here's a biggie: Do you deserve it? (Of course you do!) If the answer is yes, let's move on to the power of feeling. How do you *feel* about this? Does it excite you, fill you with enthusiasm? Does it float your boat, rock your world? Now here's where it's important to get the intellectual thoughts out of the way, the ones that come racing in and start telling you all the reasons why your vision or desire can't work...and let's face it, we've all had a lifetime (or more) of practice with these! What's essential here is that you capture the feeling of elation as you hold to the image of your dream as already a physical reality!

To align thought and feeling, just like developing any skill, we need knowledge, tools and lots of practice. **It's important to understand first and foremost that regardless of appearances the universe wants us to have an abundance of everything good.** It wants us to fulfil all our inspired desires, to express our God-given gifts, and it constantly supports us in magnificent, often unexpected ways. It is also important to know that the Life Force that beats our hearts and surges through every atom of our being is the same creative power we are using to create with our mind and heart! What this means is that every thought we think, every word we speak and every emotion we feel 'moulds' or has its imprint on this creative energy bringing what we've focused on and felt into physical form. How does this work? By the power of our Subconscious Mind, our creative factory!

I liken the Subconscious Mind to a garden of rich soil...it is totally neutral, has no sense of right or wrong...and doesn't have a sense of humour! It is a wonderful, totally obedient servant to the conscious mind that is sending forth these thoughts. Like seeds, and without prejudice, these thoughts and feelings grow and are nurtured

by the Subconscious 'garden'. So if they are positive, empowering and life-affirming, the Subconscious will produce every person, place, condition and thing to support this. If on the other hand the thoughts are of worry, fear, lack and limitation, the dutiful Subconscious will bring this into your world. We, who have been given the gift of free-will, get to choose! (The good news is if we're unhappy with what we've created we can choose and create again.)

One excellent tool to align head and heart is affirmations, but more than just pretty words let's understand their profound nature. Using the vibrational power of each carefully chosen word, affirmations are statements that say 'yes!' to the highest truth inherent in all situations. Here again it helps to remember the important universal principle that **no matter what the appearance, behind all life there is absolute order. The natural flow of life is always towards wholeness and goodness.** So when we align our thoughts, words, feelings and actions with this natural order, we produce the type of perfection each of us is seeking. Other sacred tools include meditation, prayer and visualization. Affirmations, done a particular way, contain all three. They help to bypass the critical conscious mind of fear and doubt, and send seeds of your great desire to the creative powerhouse – your Subconscious Mind.

Here is an example of an affirmation and a way to reap maximum results from what you are decreeing:

I TRUST THAT THIS BURNING DESIRE TO CREATE (THIS BUSINESS/ PROJECT/ VENTURE) IS PART OF A GREATER PLAN. I KNOW THAT I AM BEING GUIDED, DIRECTED AND PREPARED FOR THIS IN THE PERFECT WAY. EVERYTHING I NEED RUSHES TO SUPPORT ME – THE RIGHT PEOPLE, PLACES, OPPORTUNITIES, MONEY, KNOWLEDGE AND ADVICE. I LET GO ALL SENSE OF URGENCY, AND STAY CALM AS I AM SHOWN EXACTLY WHAT TO DO. THIS BUSINESS GIVES THE BEST SERVICE (CREATES THE BEST PRODUCTS) AND IS A GREAT SUCCESS FOR EVERYONE INVOLVED!

Now here's a 3-step formula to make your affirmation even more powerful and effective:

1. Sit in stillness, take some deep breaths and relax. Then **FOCUS** on the words you are saying silently or out loud.
2. **VISUALIZE** what you are calling for as already happened! (If you have trouble visualizing that's okay. Do the best you can, it will become easier. The idea is to capture some tangible form of your desire. See yourself and others happy, champagne corks popping, angels cheering...whatever works for you.
3. And now the most important, **FEEL** the joy and elation of this wonderful outcome. Capture that feeling of **"Yes! Here it is, and it's awesome."** The feeling element takes the 'photo', it seals the deal! Your affirmation is then complete.

Anything you can imagine and feel enthusiastic about, you can manifest! In fact, if fears and doubts raise their little well-practised heads, it will help to remind yourself

that if you have a desire, something that makes your heart and soul sing, it is not there by 'accident', it is there for you to achieve... and whatever it is, if it will help yourself, others and the world, the whole universe is rushing to help you, illuminating and clearing your path, bringing everyone and everything to connect with you in ways far greater than you could humanly imagine. There are so many spiritual tools and practices to help you align spiritually, mentally, emotionally, physically and financially, and doing this first each day before any of the practical things that need to be done, is the dynamic golden key to success! You and the world deserve it!

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