

First things First

Understanding the Basics.

It has been posited that there are two paths to achieve enlightenment:

1. The Way of the Will ó (consciously altering thinking to revise beliefs).
2. The Way of Surrender ó (yielding and releasing all ego drives).

In time, as desired, each fully realized human being will come to enlightenment, salvation, and their own elevation-of-consciousness-past-previously-perceived-reality (whew!) through a path that is unique to their personal experience. While we have heard, õwe are all oneö, our experiential knowing is that we are individuals. So ó when viewed from an honest -one truth fits alløperspective ó whatever methodology is applied ó there is **one** way (encompassing both).

The way is *desire*.

Without desire there would be no reason to surrender, and without desire, the discipline required to apply the will would not exist. Before manifesting must first come the *desire* (for salvation, enlightenment, or a cheeseburger).

We'll get to õThe Big Three ó MegaTruths for Understandingö shortly.

Briefly consider õThe Big Bangö. And - since we experience time and space, consider that GOD ó meaning The Original, Eternal Source of Everything ó isn't limited by time or space (and if you object to the term ó stay with me).

But what do you suppose precipitated the Big Bang? Science tells us that matter suddenly came into being, and can even posit how long ago it happened, how fast the Universe is expanding, etc. But HOW did GOD create? (or for the Atheists among us ó WHY does anything exist?)

I'll tell you.

GOD Thought.

Now thought is amazing ó and has miraculous power. There are other things.. that may appear stronger or are considered to be more immediately effective in a given situation, but whatever they may be and however powerful they appear, there must *first* be thought. (if you don't agree, think about it for a moment).

And, since thought is what precipitated matter, time and space; and WE can think thoughts, You and I can also use this knowledge; we can think to create.

Wisdom is applied knowledge. To have intellectual agreement or understanding is useful. Right application of knowledge will yield us the fruit of wisdom, which we can apply and from which we will benefit. Thinking, then acting based on thinking, is how everything here on earth works. Thinking precipitates consequential experience. What I want to do with this book is help you ramp up from Intellectual Agreement to EXPERIENTIAL KNOWING. By applied thinking and practice we can move in a natural progression from a lack of understanding to an intellectual comprehension and agreement, to then applying what we're learning and finally reach Real Knowing.

As in, we know what a cat is ó intellectually ó *the cat knows it experientially*.
-----I intimated this was going to be cool stuff, remember?---

God Thought. Thought created. Whether you think that pre-existing energy changed form into matter or something came from nothing, **thought was involved**. Own this concept and begin to experience miracles. Deny it and you can still survive, but I can't guarantee you an optimal outcome. I sincerely hope you make the choice that serves YOU. Feel free to reread this paragraph.

NOW: To begin to habituate the miraculous, Understanding of three essential concepts is useful.

ONE - *Thoughts become Things.*

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| <p>“The greatest revelation of my generation is the discovery that the average person, by changing their inner attitude of mind can change the outer aspects of their life.” - William James of Harvard - 1905</p> |
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By changing what you think you can change what you experience.

- The one and only thing each of us has total and complete control over ó at any time, in any circumstance ó is what we choose to think.
- Although admittedly difficult at first, each of us may and in fact can, consciously revise and course correct the direction of our lives by expending energy and applying ourselves to the task of thinking thoughts that serve us - rather than continuing to simply think what we're told to think by others. And, yes - we'll get to õhow toö later on.
- By thinking on purpose thoughts of better outcomes; and applying solidly researched, proven techniques and methods that serve us rather than drag us down, we may experience positive change in outcomes.

TWO - *According to your Belief it is done.*

Then Jesus said to the centurion, **Go!** It will be done just as you believed it would. And his servant was healed at that very hour. . *Gospel of Matthew 8:13*

Each of us is (and all of us are) experiencing the results of the ambient focus of our thoughts. We believe what it is that we believe based on our training and experience. Because of who and what we are (more on this later) we are in the continuous process of manifesting and experiencing the circumstances of our Total Belief System (TBS).

We prove ourselves right in what we experience. An example of this is the fact that we will have pleasant or unpleasant experiences when we arrive at a new venue in perfect sync with our expectations. Our personal perspective of everything colors our world view. What we usually expect to see, we end up usually seeing.

There is more on this subject (see *Only Believe* in book one), but the fundamental truth that will serve you is: You'll see it when you believe it. And just as **we can change our minds and think thoughts on purpose**, we can revise what we believe on purpose and experience miraculous results.

THREE - *Action is Required.*

Do what you can, with what you have, from where you are. - Mike Dooley

Put another way: Faith, without works is dead. Thoughts DO become things, and what we believe will always keep reinforcing itself in our experience. BUT to achieve progress and elevate our awareness, make more money, overcome adverse health conditions or whatever it is that we desire we absolutely must be *doing* what we can with what we have from where we are. Recognizing that *all you can do is all you can do* and avoiding feeling guilty or thinking you are a *failure* certainly will help your perspective. And, getting in motion and taking action helps- in at least two immediate ways:

- 1) Taking action quashes depression and negative thoughts, and
- 2) Physical changes provide us the evidence to reinforce positive expectations.

It may seem paradoxical, and we seemingly cannot help but think about the *evidence* or what we discern via our 5 senses, but we *can* learn to rethink and shift to a *little bit better* thought and then TAKE ACTION on the outcome we desire. And, although there are *times* when non-action seems to be the most effective choice; when we see ourselves taking action, we improve our self esteem, and get back on track to positive results.

Understanding these three essentials and the degree of truth expressed in them is the foundation upon which we can build better lives, overcome doubts and fears, and yes, change our world.

This is a beginning. We still live on planet earth, in time and space on the plane of manifestation **and** we are subject to impact from more than just our own personal thoughts, beliefs and actions.

We share experience with billions of other individuals. Each of whom has a unique perspective, set of beliefs and varying degrees of understanding. And ó everything matters!

As we cruise (or struggle – and this is as a result of our previous thinking!) through life, the occasional frustration and even despair still manages to make its way into our awareness.

Want to know what THAT is all about?

You probably want to check out Chapter Two.

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