

Thinking And Speaking: The instructions of and for life

Closely related to images are thoughts. Just as life is images of the mind expressed, it is also thoughts of the mind expressed. In other words, life is the mind expressed. Your external reality is the densest part of your mind, without any separation. The separation between you and your outside world is illusionary. As we move on in this book, you will come to see first hand how this is so, scientifically and spiritually.

Life is your mind expressed. The outer world is the densest part of your self; it is an extension of your mind. When you finally will stop believing in the illusion of separation, your power will rise dramatically. But even now, you may still change your mind to change your world. You will now see how this happens, and as we move on further into this book, you will see scientific and further evidence of this. Eventually, the illusion of separation will fall off totally, and you will have mastered this. But even now, just knowing this is empowering.

This chapter is a course in how to think in ways that are friendly to the universe and its laws, ways that co-create the universe itself purposefully into one that you wish to live in and not one that you find yourself in. In this chapter, there will be several mentions of the laws of the universe. These are the laws that you will learn throughout this book, and not necessarily in this chapter alone. The pieces of the puzzle will fall into place as you read on.

Ok, let us dive into the mind. Your world is the densest part of your mind...

Life is your thoughts, expressed. Let us paraphrase what we learnt about images over here. Life, The Source, uses your thoughts as the instructions by which to create your reality in the material world. Life expresses your thoughts into physical reality. To express is to make known, to state, articulate, communicate, convey. The force of Life makes known your thoughts to yourself and everyone else by forming them into experiences and objects that can be experienced, here in the physical world. You experience your own thoughts first hand, your images of your mind, so that you may know which ones are suitable and which ones are not. That is how you know yourself, that is how you experience your self, and that is how you grow. This world is designed to enable you to experience your Self. It is designed to enable you to experience an idea and its effects and consequences.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Your state of wealth externally is an extension and testament of your state of wealth internally. How clear and certainty you are in thoughts of wealth is evidenced externally.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Life does not select which thoughts to express and which ones not to. How would it choose for you? It therefore expresses all of them to the extent that you have them and believe them. You have true free will. This free will is truly free because of the fact that all of it is acted upon without filtering or favoring. Free will is truly free because of the fact that it actually gets results all the time, not just some of the time, and it gets them exactly.

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To the extent that your thoughts are not conscious, deliberate and focused in any topic of life, you will be affected by the outcome of the thoughts of other people. And to the extent that your thoughts are clear, focused and non-contradictory, your results will be sped up. A few people are able to perform what many people would call miracles simply by thinking only one way and strongly about a thing. The idea that the outcome of their intention may not happen as they wish it to happen does not even occur to them for a split moment.

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Suffering is always the result of an error in thinking. It is an indication of being out of harmony with the laws of the universe. The only purpose behind the existence of suffering is to show a person when a thought is in error and alert them of the existence of a higher thought that would serve them better. Suffering stops as soon as that higher way

is found, that higher thought. In the presence of suffering, try not to resist. Instead, examine with an open mind, and the answer will always show itself to you without fail.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Concentration gives thoughts more power and speed in achieving goals.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Your dreams, thoughts and visions will build your world. You will rise and fall with the rising and falling of your thoughts.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Repetition breeds integration and internalization. To attain wisdom, read this material repeatedly and think in the right way over and over again. Through repetition, things are embedded into your subconscious. They cross over and become you.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

You can predict the future by looking at the thoughts, words and actions of today, and applying the law of cause and effect to them.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

You are never denied answers to your questions. Whatever questions you ask believingly and earnestly will be answered exactly. No more and no less. If you earnestly and believingly seek and ask how to earn one million dollars, the universe will conspire to bring you the knowledge, tools, people and events to give you that answer. If you ask how to earn a billion dollars, you will also get answers worthy of that amount. Einstein was not born a mathematical and physics genius. He simply asked the right questions, believingly. You see, the universe works by perfect law that never once errs nor favors particular people. Once you understand the universe's deeply complex yet simple rules that are perfectly balanced, you cannot fail to succeed predictably. Whenever you see chaos and unpredictability in the universe, you are simply seeing something that you do not yet understand, but something that is organized and predictable by certain laws. Nothing is difficult for The Source, God. And perfection and balance is the nature of The Source. Hence, all laws are applied equally, universally and unfailingly. Ask the right questions, believingly and earnestly.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Be specific and do not keep changing your mind. All thoughts count and produce results. Changing your mind all the time 'confuses' the universe. Imagine walking into a travel agency and saying, 'I wish to travel'. Then you look at the agent blankly. He or she would be ready to make your reservation, but they cannot until you tell them where you wish to go. Imagine you now say, 'Well, I'd like to go to Moscow and Timbuktu, at the same time'. Again, the agent cannot fulfill that request. Now imagine you say, 'OK, then book me to Moscow. No, wait, Timbuktu. No, wait, Moscow. No, wait; I am not sure I can afford it. No, I can. No, maybe I don't wish to go there or travel at all.' This is how many people think all day. And the universe is 'confused' by their thoughts, just like the travel agent is, and it therefore produces 'confused' results for them.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Whatever you put your attention to gets energy from you and grows. Remove the attention and it dies. Be conscious and deliberate in this. Intension goes along with attention. What you intend and give attention to begins to become.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

We become what we think about. We are the sum total of our thoughts.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

All laws of nature always work; they can never fail even once, for that would cause chaos in the universe. The nature of The Source is perfection. You become what you think about, without fail. If you think about wealth, without any contradictory thoughts, you will become wealthy, without fail.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Matter is merely materialized thought.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Always be calm. A calm mind is unaffected by fear-causing and anxiety-causing situations. Never proceed in a confused and anxious state of mind – the thoughts you would have in that state are erratic and suicidal. Calm down first, and remind yourself of the laws of the universe before you proceed.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Thoughts attract like thoughts. Souls attract like souls. Minds attract like minds. It is a reciprocating dance. That is how it works. It is also correct to say that thoughts attract like matter and matter is objectified thought, that is, thought made into object. Also, the body and the world is a denser extension of the mind, and the mind a subtler extension of the body and the world. They are not separate. Use this knowledge to understand and re-create your surroundings, your wealth and your health.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Do not let your mind dwell on dissatisfaction, even if you are now feeling dissatisfied. That only feeds the maintenance of the dissatisfying conditions. Change your attitude, look at these conditions as perfect outcomes of your past thought, an opportunity to re-create yourself anew. Thank them for this gift.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

The combination of intention, belief, and detachment enables you to move through life calmly, knowing that the universe always fulfils your intentions, but does so in the most appropriate fashion using sequencing and intelligence beyond your comprehension. Life starts working out, and you start smiling, marveling at how all things seem to just work out for you. When you face a challenge or a problem, you can relax because you know that it is all part of your intended outcome and it will be solved for you. Even before that challenge or problem came up, it was pre-solved. It is only there to take you one step closure to your desired and intended outcome. With this approach to life, you will find life working out automatically for you, based on your desires and intentions that you back up with belief. As you practice this and get more confident and relaxed with this new way of living, old habits of fear and anxiety and frustration and 'failure' will fall off gradually and you will start succeeding faster and faster. And as you get better at it, and as you become more aware and conscious of your whole Self, the time between thought and its physical manifestation will shrink. Ultimately it can disappear all together, and there have been and are people who have showed us this capability.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

The most amazing thing about life, as many have discovered, is that the act of creation is very much an act of realizing that something was already there. The universe is designed that way. It is all Here, Now, all that could possibly be. A person is able to experience what is already there through choice, and that choice is made increasingly possible by increases in their understanding and perception of life.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Have intentions, but not preferences or addictions. Choose future outcomes by your intentions and desires, but accept all present moments. Present moments are the perfect outcome of your past thoughts, states and actions. They are a gift to you to enable you to experience yourself and grow. Resisting and cursing the present only perpetuates its nature.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Speak to yourself and ask yourself your questions, expecting an answer. You will soon develop a knack of getting answers from within. They come as feelings, not words, but you can get what they mean, you can get the gist or the gestalt of them.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

Learn to distinguish between genuine feelings and thoughts or emotions that mask themselves as feelings.

- I AM WEALTH. I AM ABUNDANCE. I AM JOY -

When you intend something, be of one mind. Have no alternations or preferences. But practice detachment in the moment of Now. Accept joyfully what is happening in the present, for you have brought it with your previous thought, words, actions, and state of being, and it is only here to let you have a look at yourself, like a giant live mirror. What you resist persists. Do not wish your present were different. Live happily in your present, Be of present mind, but make choices about your future and intend your future with one mind, single mind, focus and precision.

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HAVE IT & SHARE IT!

Thank you for reading the free **first half** of this chapter. The **second half** of this chapter:

1. **Explains** these concepts further and in more detail
2. **Introduces** a wealth of new concepts to you in this same topic
3. Links this chapter with the next one in a **clear way**

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