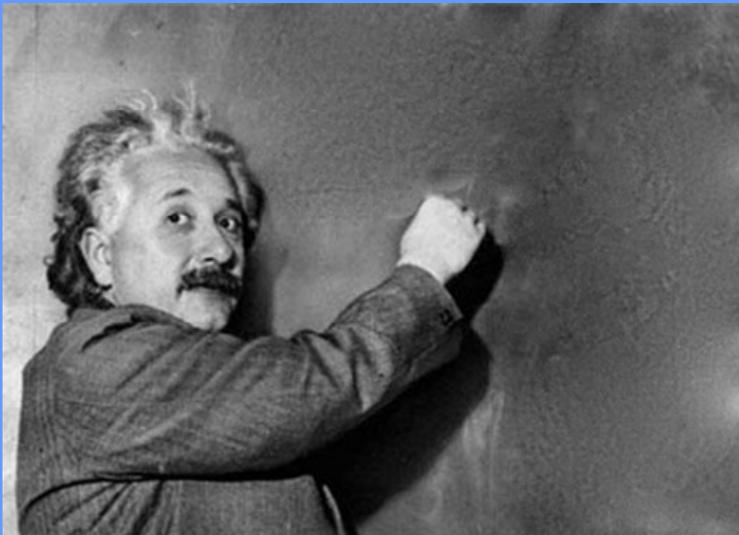


Your Mind is a Time Machine!

Change your past
Empower your present
Create your future

Mind, Time and Power!



Anthony Hamilton

Mind, Time and Power!

Using the power of your mind to transform

your past,
your present,
your future.

By

Anthony Hamilton

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PROLOGUE

I have always believed each of us was born with the power to realize our dreams.

As a child, whenever I read about someone who achieved something important, I would think to myself, "I could do that too, if I really tried."

However, over time, I found that when I really did try to achieve my goals, as often as not my efforts resulted in disappointment and frustration.

When I finally took a long, hard look at myself a number of years ago now, I had to admit that many areas of my life were more like a nightmare than a dream.

My relationships were confusing and painful. My work provided little satisfaction. I felt overworked, underpaid and unappreciated. It seemed wherever I looked, my world was filled with situations and circumstances I didn't want.

"If it's really true that each of us was born with so much power" I wondered, "how did my life come to contain so much of what I don't want?"

My search for an answer to this question lasted more than a decade. Eventually I realized that the unwanted conditions of my life were the result of a series of unconscious choices I had been making.

In other words, I had been creating the unwanted

conditions of my life -- but I had been doing so unconsciously.

To change things around required that I first of all become aware of what these choices were -- then consciously make some new ones.

In making the shift from unconsciously choosing what I don't want to consciously choosing what I do want, I discovered that I actually did have the power to determine the contents of my life, but had never been taught how to use this power.

The purpose of this book is to describe the process I went through in making this discovery and to assist you in discovering your own inner power, should you choose to do so.

INTRODUCTION

Living the life of your dreams



As a young man I was fascinated by people of power.

I loved reading tales of King Arthur and the Knights of the Round Table. I was especially intrigued by the magical power of Merlin the Magician.

He had extraordinary insight and wisdom and possessed the power to do things that were impossible for the average person. He could heal the sick, predict the future, make things appear or disappear, understand the inner workings of the world and unravel the secrets of the universe. This kind of "secret" power was very appealing to me.

In the middle ages, European alchemists searched for the secret for transforming lead into gold. I too was captivated by the idea of being able to transform an ordinary substance into something of great value and power.

In high school I realized that the founders of modern science -Copernicus, Kepler, Gallileo, Newton

- began their careers as alchemists and became scientists as they learned to explain their discoveries with newly formulated laws of physics and chemistry instead of magic formulas and superstitions.



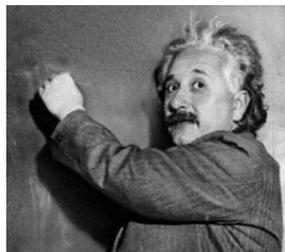
Their work created science from the fires of the alchemists' cauldrons. These early alchemist-scientists bridged the gap between the magicians of old and the giants of the

modern scientific age - Rutherford, Edison, Marconi and Bell.

The most famous of these early scientists was Isaac Newton, a brilliant 17th century thinker who formulated laws of gravity and motion. These modern scientists have something in common with the ancient magicians and alchemists - the ability to see the connection between the world of the mind and the world of matter.

They have discovered that the *transformation of the world* is always preceded by the transformation of an *idea*.

The most famous of these modern scientists, Albert Einstein, transformed Newton's ideas of time and space, coining the phrase *space-time continuum* to explain that the laws of space and the laws



of time are mirror images of each other.

Since one characteristic of the human mind is its connection to both the past and the future, I wondered if Einstein's ideas of time might also be applied to the mind, meaning that a psychology based on the work of Newton could be replaced by a psychology based on the work of Einstein.

If so, this would bring into play the power of the future as a creative force.

This seemingly bizarre idea made intuitive sense to me.

"After all" I thought, "isn't it true that to succeed in life we must know which possible future we want to experience?" In short, we need a ***dream to create***.

Whether our creativity is manifested in the arts, in business, politics, sports or science, are not those of us with power those who know what dreams we want to make real?

Does not our dream create a ***connection*** to our chosen future and provide the information, the inspiration and the motivation that keeps us going when people lacking a dream run out of steam?

I realized that the ***power of a goal*** is that it tells us how it can be achieved -- if we will but ask the right questions.

And of course, a goal is in the future. So here was a clear example to me of how the ***future*** could be used as a ***source of information and power***.

In the course of my own personal journey I have come to realize that we are all alchemists.

We all have the power to transform ordinary experiences into extraordinary lessons. We can transform our failures into sources of power. We can transform ourselves from ordinary people into people of extraordinary patience, love, wisdom and compassion.

A 21st Century Psychology

I believe the transformation from a 17th century psychology to a 21st century psychology is an idea whose time has come.

I believe it is time for each of us to realize that we were born to be co-creators, to participate in a great river of unfolding manifestation which began before we drew our first breath and which will continue long after we are gone.

If we are to claim the power we were born with, we each need to begin by *transforming our vision of ourselves*. We need to see ourselves as people of power.

I came to realize that the life I wanted to create was *calling to me*, trying to manifest itself through me, if only I had the courage to accept responsibility for living my dream.

I believe the same is true for you.

If you have a vision of a life you would like to create, I believe the power to create your dream is lying within you right now, waiting to be claimed, if you will have the courage to accept it.

Can you do that?

Can you accept that you have within you the power to create your dream?

If you can, I promise you an exciting and eventful journey. The path to the future of your choice will be at times confusing, at times frustrating, at times frightening. But it will never be boring.

If you will persist in the belief that you deserve to be happy, that you deserve to be fulfilled, that you deserve to experience love, I believe you are right.

I believe that one day you will wake up as I did to realize that the life you have always wanted is the life you are living now.

Anthony Hamilton
Vancouver, British Columbia
March, 2000.

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Chapter One

Discovering the Magician Within You

I can sing a rainbow.

Graham Hamilton



You were born with the power to create the life you want.

But if you are like most people, your life at the moment contains a number of situations and circumstances you don't want; –while at the same time, lots of things you do want are not part of your life, even though you may have tried hard to achieve them.

This leads to an obvious question; - "If I have so much creative power, why does my life contain so many things I don't want and why have I failed to achieve the goals I do want?" The answer to this question is simple.

Your life is the way it is because up to now, your creative power has been working **UNCONSCIOUSLY**. In order to change things you will need to become aware of this power and learn to re-direct it - **CONSCIOUSLY**.

As you do this, you will stop creating things you **DON'T WANT** and begin experiencing more of what you **DO WANT**.

In doing this you will become aware of a power you were born with but which you have never learned to use.

The key to the whole process is to realize that the secret power we are talking about lies in the **CREATIVE POWER OF YOUR THOUGHTS**.

Put simply, **YOUR THOUGHTS CREATE YOUR LIFE**. But because most of your thoughts are unconscious, you have been doing a lot of unconscious creating. Your job from now on will be to become more conscious of your thinking and learn how to plant into your mind specific kinds of thoughts, so that the process turns around.

However, this is easier said than done, as you will find out.

The purpose of this book is to describe the discoveries I have made and the process I went through in making the shift from unconsciously creating what I don't want to consciously creating what I do want and to help you in making a similar change, if you care to do so.

Developing your personal power

Down through the ages many masters have spoken of developing this kind of creative power and their advice has always been the same - *know thyself*.

They meant that the key to mastery over the outer world is gaining mastery over the inner world - to choose for ourselves what we think and how we feel.

The rewards of developing this power are huge - personal happiness, peace of mind and worldly success - but developing this degree of mastery takes discipline. The journey to the inner self is not for the faint of heart.



This book outlines a system to develop the power to transform various aspects of your life, so you will be able to remove what makes you unhappy and put in what makes you happy.

As you study the concepts, do the exercises and practice the techniques, you will find that your awareness, your control and your power grow. You will discover that you really do have the ability to create conditions and circumstances of your choosing. The key to the entire process lies in learning to use your mind in a way that may be quite different from what you have been taught before.

We each live in two worlds

The first step is to realize that the mind operates simultaneously in two worlds - an outer, physical world of events and an inner, non physical world of thoughts. Like a cat perched on a windowsill, your conscious awareness sits at the interface of both worlds, looking both outward and inward.



Sometimes your awareness is directed outward, to the physical world, making you conscious of what's going on around you. At other times it's directed inward, to the world of thought, making you conscious of what you are thinking. Much of the time you are not really conscious of either.

This causes problems.

Because we have blind spots in both worlds, the relationship between these two worlds is not easy to figure out. There are aspects of both worlds we are simply not aware of.

At first glance the outer world seems separate from the inner world. But this is an illusion. The two are intimately connected. In fact, your two worlds are really just different aspects of one overall reality reflecting something going on very deep inside of you. Your job from now on will be to figure out what that "something" is.

Perception and reality

What we call our "reality" comes down to what we perceive and how we perceive it. In fact, there really is no "outer world" at all, in the sense that there is one outer world for everyone. There really is only your world, and my world. While similar in many respects, everyone's worlds are unique and different.

What each of us perceives in our outer world is a reflection of what we conceive in our inner world. Our beliefs about reality influence our experience and perception of reality. Our reality is distorted and influenced by what we think and how we think.

One clue to this "connection" is to explore the nature of our private, innermost FEELINGS.

Many of our feelings are simply a reaction to what happens in the outer world. At first, this seems obvious - something good or bad happens to us and we feel either good or bad about it. Naturally we think our feelings are caused by what has happened.

But this is another illusion. We may perceive and even believe that events cause our feelings, but the reality is quite different.

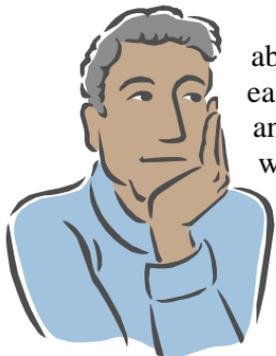
Our feelings are not caused by what happens but by the meaning we attach to what happens. Since ultimately the meaning of any event is chosen by each of us, our feelings are really the result of our thinking; -not of the event itself. However this process of attaching meaning to something is usually completely unconscious. We aren't even aware that we are doing it. This is another thing we need to become

conscious of.

As you learn to give each event a positive meaning (and a positive feeling) your world will undergo a profound shift. Cultivating the skill of consciously giving events a positive meaning will be one of your main tasks from now on.

How your two worlds affect each other

That the outer world can affect the inner world seems obvious. What might not be so obvious is that **THE CONNECTION GOES BOTH WAYS**. In other words, our thinking affects the outer world!



The process that brings this about is quite subtle, but we can easily prove it to ourselves because any time we change an attitude the world shifts. The fact that you can change your reaction (and your feeling) about any outer event will give you proof you're your thinking can affect your world. Doing this with control can take considerable insight and awareness.

The good news is that to create our desires as physical realities we don't need to change the world. We need only change our thinking. The outer world will then be transformed automatically. Changing your thinking changes both your worlds!

Two sets of awareness - two sets of senses

As we examine the outer world our OUTER AWARENESS gathers information using our OUTER SENSES. As we examine the inner world, our INNER AWARENESS gathers information using our INNER SENSES.

The operation of the inner awareness is subtle. When it gathers information from the past we call it memory. When it gathers information from the future we may call it day-dreaming (if the information is positive) or worrying (if the information is negative). But the inner awareness is always operating, gathering information from different areas of our inner world, and most of the time we are not conscious of what it is doing or how it is doing it.

To consciously direct the inner awareness so it gathers specific information from specific areas of the past or the future is a major aspect of the your new skill of conscious co-creation and can take considerable effort to master.

A later chapter gives a detailed description of the **INNER FIELD OF TIME** in which the inner awareness moves. You will receive specific instructions on how to move your awareness around within this inner field of time. How well you develop this skill determines whether you become a victim of circumstances or a creator of them.

Controlling the movements of your inner

awareness is **THE MASTER KEY** which unlocks a storehouse of inner knowledge and power. As you learn to bring various aspects of the past and future into the present to be examined, you'll discover that you have everything you need to heal the past and create your dreams.

Matter and energy are two sides of the same coin

Einstein's famous equation, $E=mc^2$ shows that matter, energy, time and space are simply four different aspects of one overall reality.

Scientists now understand that:

the physical and the non-physical worlds are connected,

knowledge depends upon belief

the observer influences the results of every experiment

expectations influence the results we encounter

Magicians have always known this.

Ultimately the power to transform your reality depends upon your belief. Your power is only as strong as you believe it is.

How much creative power do you believe you have today? Are you prepared to do the necessary work to change this belief?

We each have two brains

In the mid 1970's a scientist in California named Roger Sperry performed a remarkable experiment. In an effort to cure a patient's epilepsy, he cut a bundle of nerves connecting the two halves of the patient's brain. As a result, Sperry came to realize that we don't actually have one brain; we have two! He also discovered these two brains do quite different things.

After the patient's brains were cut, Sperry discovered that the patient could talk about what he held in his right hand because this hand was still connected to the language center in the left brain. But he couldn't talk about what he held in his left hand because the operation had severed the connection to the language centre.

However, amazingly, Sperry discovered that using his left hand, the patient could draw a picture of an object previously held in this hand, proving that his right brain retained the memory. Because his brains were now divided, different information was held by each brain! His right hand literally didn't know what his left hand was doing! When asked, "Do you know what you are holding in your left hand?" his head nodded Yes while his mouth said, No!

The source of your inner conflict

Sperry's discovery gives us insight into the conflict we each experience when we feel something to be true that our thinking says is false or when we want something we think we don't deserve.

The conflict between thinking and feeling creates endless problems for each of us. It interferes with our ability to achieve happiness and success. It makes us chase after things we think will make us happy and blinds us to the treasures we already possess. It tricks us into behaviors we know are unhealthy as though we are driven by some unseen force. As our private, inner conflict spills over to affect our public, outer world, it makes our lives a confusing jumble of conflicting beliefs, behaviors, emotions, desires and fears.

To erase our conflicts and create harmony in our world we need to control both our thinking and our feelings. This can be tricky.

Regaining the balance in our lives

To regain balance in our lives and access our personal power, we each need to embark upon a private, inner journey, following a private inner logical and emotional path. We need to investigate, understand and exercise both our brains.



During the course of this journey, we'll come to discover what we really want, how we really think and what we truly believe. We'll discover what we feel and why we feel it. As we progress on the path we'll recapture the sense of wonder we experienced as a child, when fantasy and reality were one. We'll also discover a great wellspring of creative power lying

within us waiting to be tapped. Harmony within will create harmony without.

For each of us, the journey both begins and ends with gaining an increased knowledge of ourselves. We begin by sorting out our thinking and sorting out the various pieces of our lives. Then we need to put them back together again so they fit together in a new way. We need to take ourselves apart and put ourselves back together again.

A magical process

This is not simply a book about positive thinking. Instead, it is a guide book for your own personal voyage of self-discovery and a hand book for coming into conscious cooperation with the creative forces of the universe.



Your success in creating the external conditions you desire will depend upon your gaining an increased awareness of yourself and your power. Since your personal journey involves a re-examination of both your inner and your outer worlds, the program outlined in these pages has a dual nature to it.

The first aspect of this process involves discovering the source of your creative power and learning how to use it. The second involves deciding what goals you want to create for yourself and deciding what kind of person you would like to become. This is vital. Since your external circumstances will always

reflect your inner nature, the new reality you create will really be a reflection of the new person you are becoming.

What type of work do you want? What kind of lifestyle do you wish to live? What type of man or woman do you wish as a partner? How healthy do you wish to be? What effect would you like to have upon your family, upon your community, and upon your world? How can you achieve your own happiness?

As you progress through this book you will discover your own answers to these questions.

Although the information in this book is organized into chapters, it actually revolves around five main themes which weave throughout the text. You will encounter different aspects of each of them in various places throughout the book.

These five themes are:

Motivation,

Attitude,

Goals,

Imagination,

Consciousness,

The first letters of each of these words, taken together, spell **"MAGIC"**

This word represents five powerful skills you must master if you are to consciously create the life you want. I'll briefly discuss each of these in turn.

Motivation

A motive is actually two things at once. Firstly, it is a reason to act. Secondly, it is a force for movement.

To persevere along our chosen path we must know both what we want and why we want it. A clear idea of WHY we want something transforms our intention into a force which propels us from one reality to another.

Attitude

Attitudes do several things at once. They filter thoughts, so we think more of one kind of thought and less of another. They shape our perceptions, so we notice different kinds of things in both the inner and outer worlds. They give meaning, form and texture to both our worlds. Our attitudes determine both the conditions we meet the emotions we feel. When we expect resistance we encounter it. When we think ourselves unworthy of success we feel frustrated wanting something we think we don't deserve.

To work with your attitudes means to work with a form of energy most people are simply unaware of. To consciously choose attitudes that work for you allows you to create both new opportunities and new emotions.

Attitudes form patterns which can be discovered and changed. In a later chapter we will explore a powerful method for uncovering and altering these patterns. You will learn to delete negative attitudes and insert positive attitudes. When we adopt the attitude

that success comes from doing what we enjoy, the more fun we have, the more success we experience. Changing your attitude about life changes your life.

Goals

To design our destiny means to decide the ultimate meaning of our lives - to live life on our terms. If we don't know what we want we will never have the power to create it nor will we feel satisfied with what we already have. We can use our left brains



to sort out the pieces of our lives and our right brains to choose new patterns for them. We can create a written plan that serves as a road map to the future of our choice. Doing this will focus our mind, balance our personality, rid us of stress and keep us physically and emotionally healthy. As we continue this process we discover that anything we can imagine in our inner world we can experience in our outer world.

Imagination

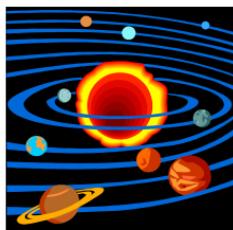
The imagination is the connecting link between the inner and outer worlds. The ability to control your imagination is the mark of the master. People with no control over their imagination can become victims of their thinking, being negatively influenced by inner realities that don't exist physically.

The most valuable talent each of us can develop is the ability to hold in our mind a clear image of a

desired situation while holding in our body a positive feeling about it. This skill connects us to an unlimited wellspring of positive energy that helps bring the imagined situation about. Control creates power. Controlling our imagination enables us to use our thinking and our feelings as creative forces, bringing into being the realities we want to create.

Consciousness

Although the earth exists at one point in space, its gravity reaches to the farthest edge of the universe. In a similar manner, your body exists at one point in time but your thinking reaches to the farthest limits of your past and your future.



Your conscious mind straddles the boundary between the physical and the non-physical. You have the ability to hold in your mind thoughts of the outer world, thoughts of the inner world, or both simultaneously.

As the focus of your awareness moves from the inner world to the outer and back again, your emotions become forces that either drawing your desires to you or keeping them away. What each of us actually creates depends upon the strength of our motivation, the pattern of our attitudes, the clarity of our goals, the mastery of our imagination and the cultivation of our consciousness.

Cultivating your skills in these five areas will give

you the power to achieve your goals, as well as to experience happiness, health, wealth, peace of mind, harmony in your relationships and success in your world. You will gain freedom from fear and the ability to both give and receive love. People will begin to recognize you as a champion. You will become a force in the world.

As we progress on this personal journey of awakening, we discover that each of us has a magician inside of us. As we gain access to the power of this inner magician our power increases.



Our lives become magic.

Chapter Two

What is Thinking, Anyway?

*Row, row, row your boat, gently down
the stream... merrily, merrily, merrily,
merrily... life is but a dream.*

Child's Nursery Rhyme

The purpose of this book is to give you increased power over the way your life is unfolding. Since I've already said that the key to this power lies in gaining more control over your thinking, I'd better define what I mean by the term, "Thinking" What exactly is thinking? What happens in your mind when you think? Here is a definition we can use...

Thinking is the process of constructing a model of reality so you can understand your experience.

The following story will illustrate what I mean. Imagine you and I are sitting in a coffee shop one

day, when I begin to tell you of a picnic I had the previous Thursday with a friend of mine in a grassy field by a local river. Suppose I also tell you that this friend brought her Irish Setter along. In order to understand my story, you need to understand the terms, *last, Thursday, field, river, picnic, friend, Irish Setter*. Otherwise you won't know what I'm talking about.



But of course you do understand these words. And as you sit listening to me, you unconsciously construct in your mind's eye a mental model of the scene I'm describing. You see us sitting by the river, having a picnic, with the dog playing near by.

This is what thinking is ... creating a model of reality in order to understand your experience. Your experience in this case is listening to my story.

Of course, you don't think about the fact the picnic you see *in your mind* is not the *actual* one that took place, that it's only a model. You don't actually see my friend, or the dog, or the picnic area, just *internal representations* of them with your inner senses.

Now, let's continue with the example

Suppose we meet each other on the street the next day and I'm pushing a young lady in a wheelchair. As I introduce you, you realize she's the one with whom I had the picnic!

In an instant, you replace your original mental picture with a new one, giving yourself a new understanding of my original story. (You didn't originally imagine my friend in a wheelchair.)

This story illustrates what happens with each of us every day of our lives. We construct models of reality called *concepts* in order to understand our experience, remaining blissfully unaware that these internal models may be giving us completely false information.

This process of internal model making and re-making is usually completely unconscious. We don't normally get the kind of feedback you did when you saw my friend in the wheelchair. So we normally aren't aware of how inaccurate our internal models are. If you hadn't met the two of us on the street you'd never have known that your *conception* of our picnic was fundamentally flawed.

Since the process of constructing and using these internal models is *automatic* and *unconscious*, once you've constructed one you store it away, ready to be used again when needed without realizing what you've done. You have a whole library of these internal concepts stored somewhere in your mind. You use them over and over again, just as you use the same words over and over again, never realizing that your *idea* of what something is may be quite different from the actual *thing* being referred to.

Often the differences don't matter. But *understanding the process* is absolutely vital. The

difference between your *model* of reality and your *actual* reality explains some very fundamental aspects of your life. This difference is the source of many- if not most- of your problems and difficulties.

If you don't understand this process, you won't know why your life isn't working the way you want! Neither will you be able to change things for the better. You'll continually think the origin of your problem lies in the *world* when it really lies in the way you *think about* the world.

If you don't wake up to what's going on inside of you, you'll live the rest of your life trying to change the world and have very little personal power!

One goal of this book is to wake you up to the fact that these mental models exist and have a huge influence how you think, how you feel and how you experience your life.

Here are some examples of models already existing in you mind.

- A model called your *self-image* determines what talents you have and what you can and can't do.
- A model called the *world* determines what is possible and impossible for you.
- A model called your *past* generates feelings and emotions in you.
- A model called your *future* determines what is likely to happen to you and what you have to do to get what you want.

- A model called *other people* determines how you interact with people, what they think of you and how they react to you.
- A model called your *mind* determines how it operates, what information it contains and some of the things it can and can't do.

These models are false. They were created by you as a child and are highly inaccurate. To develop your power you need to realize that they can be changed and learn how to change them.

When you do, new possibilities, new talents, new powers and new abilities become available to you.

You will discover as you investigate your mental models and change things around a bit, that you have talents and abilities you never knew existed. You'll discover that the world is quite different from what you imagined, that other people operate in ways you never considered, and that the key to getting what you want is quite different from what you thought.

Automatic and Unconscious Organizing Principles

If thinking is a process of constructing models, it's clear that these models must be constructed of some basic material according to some set of rules. The material is the *data* of the five senses and the rules are the mind's *organizing principles*. These operate

spontaneously and play a very influential role in creating the life you experience. The first three are automatic. The next four can be controlled with training. I'll describe them briefly here.

Perception

Your mind perceives raw sense data through five outer senses and five inner senses.

Pattern-recognition

Your mind recognizes patterns it is familiar with.

Concept-formation

Your mind creates internal models called concepts.

Organizing Principles Which Can Be Changed

Association

The mind organizes perceptions into complex patterns.

Modularization

Repeated activities eventually become *automatic* and *unconscious*. This leaves the *conscious* mind free to attend to other things. Some examples of modularized activities are speaking, reading, riding a bicycle, playing a musical instrument. All begin as

conscious activities, which over time, become *unconscious*.

Explanation

The split-brain researchers discovered a modularized part of the mind they called the *explainer* which automatically creates *theories*, called *beliefs*, to explain our experience. Although these theories make perfect sense to us they may bear little relation to what really caused our experience. Many people slip so unconsciously into explaining their reality they miss the fact that their explanations make no sense. Keeping track of your own explanations in a journal will alert you to your own inconsistent beliefs.

Nominalization

This is the act of conceiving a *process* as a *thing*. To think of a dynamic process as though it were a static thing blinds you to many subtle aspects of the process which lie within your power to change, leading to very different results.

I will later be referring to these organizing principles to explain the part they play in the creation of your reality. For now, start paying attention to your thinking. Notice these activity patterns. Simply being aware of them will take you a long way on the road to increasing your personal power.

Much of the work of developing your personal power comes down to becoming conscious of some of

your unique, modularized thought patterns then changing them until the new pattern becomes modularized in turn.

As this happens your life begins to move *automatically* and *unconsciously* in a whole new direction, but a direction you have consciously chosen beforehand.

Chapter Three

Wake up to Your Power

Nothing determines who we will become so much as the things we choose to ignore.

Sandor McNab

Why your life is the way it is

Your mind is constantly creating your personal reality by projecting your internal models outward, where you experience them as external reality. This leads to the basic illusion I spoke of in the first chapter. The same nerves used in *conceiving* your inner world are involved in *perceiving* your outer one, so a continuous feedback loop connects these two aspects of your being. The contents and characteristics of the outer world are shaped by the contents and characteristics of your inner world.

You have been largely unaware of this process until now and have paid little attention to the contents of your mind. Yet the circumstances of your life reflect

what is going on inside of you. The qualities of whatever concepts exist in your mind will be projected outward, appearing as qualities of the physical world. A person who doesn't believe in angels will see no evidence for them. A person who believes in obstacles will encounter them. If your concept of other people includes the attribute of their being resistant to your wishes, you set yourself up to encounter resistant people. Remain unaware of a certain concept and any results created by it will seem due to other causes.

When a couple walking in the park encounters a German Shepherd, one person may become afraid while the other begins to smile. Each person's reaction is a direct result of the characteristics of his internal concept of *dog*. Each person thinks he is reacting to the same *physical* dog. In fact, they are reacting to different *mental* ones.

As long as you remain blind to the fact that the contents of your mind are constantly being projected outward, you'll accept the negative aspects of your life as things you have to put up with. But It doesn't have to be this way. This is simply the effect of the model of life you have accepted. When you change your internal model your external life will change.

You have as much freedom to choose the quality and the characteristics of your life as you do the furniture in your home. But if no one has explained to you how to exercise this choice, you won't have any power. As you begin to control your thinking, you gain creative power over the contents of your life.

There are many levels of unconscious thoughts and many ways to consciously influence them. The basic skill is to become aware of the patterns which already exist in your mind and to gain a measure of control over them.

Changing your personal reality

Until now you've considered your world to consist of events. You've focused your attention on trying to produce more events you want while avoiding those you don't. But you've been focusing your efforts in the wrong place. This isn't the way it works.

Your personal reality is not so much made up of events but of how your mind perceives the world and the meaning you attach to these perceptions. When you take apart this unconscious network of perception and meaning you discover that your past, your present and your future have rearranged themselves. Events haven't changed but your life has!

This is personal transformation in the true sense. Exercising this power leads to a new understanding of your past, since memories that used to trigger pain now trigger pleasure. It changes your future, since what formerly intimidated you now excites you.

Over time, as your thinking changes, your external circumstances begin to line up with the new pattern of perception and meaning laid down by your new thought patterns.

As you wake up to your power to make these

kinds of changes you realize that the activity of both your brains is intertwined like two snakes locked in battle, making it difficult to tell whether your thoughts are leading your feelings or your feelings are leading your thoughts. To separate and control the activity of each brain requires insight and awareness. The best way to gain this insight and maintain this awareness is to begin keeping a journal in which you keep track of certain kinds of ideas. I'll explain more of how to do this as we go.

Unconscious thought patterns

Working with unconscious thought patterns involves working with powerful forces of which most people are blind. But when you know what to look for you can see their effects everywhere. From now on begin to notice the following kinds of thought patterns:

Images

If I ask you the color of your favorite shirt you can tell me, proving you have a visual memory. Yet many people are blind to the wide variety of imagery constantly playing just beneath the surface of their awareness. Write this statement on a card and carry it with you so you'll be reminded of it on a continuous basis: *My ability to visualize is improving daily.* This will prepare you for the visualization training you will be doing shortly.

Self Talk

You have a little voice carrying on continuously just below the surface of your awareness. Sometimes this voice says things you don't want to hear, and unless you take control, these unwanted comments can affect you in ways you don't want. Learning to change the content and the tone of this internal voice is a very powerful way to influence your internal and your external world.

Denial

Have you ever noticed yourself thinking something like, *It looks like such and such a fact is true, but that wouldn't make sense, so I must be mistaken?* The decision to ignore information that doesn't fit with your beliefs is called *denial*. It's an unconscious mechanism your mind uses to avoid painful feelings. Denial is very influential in creating the unwanted conditions you have been experiencing up to now. Catching yourself doing this will become one of your most powerful tools in creating the life you want. Failing to notice yourself doing it will keep you from developing any real power.

Negative feelings

Your feelings provide a vital clue to the thinking patterns in your right brain. Learning to control them is one of the most important keys to developing your power. We think of ourselves as logical beings because the left brain puts one thought after the other in what

appears to be a logical sequence. But feelings are different. They aren't logical. They endure over time, coloring the entire content of your experience. You can feel good for a few minutes, angry for days or depressed for weeks. The shock of an unexpected event might effect your feelings for years. At the same time, a glance from a stranger or the mention of a person's name can cause your feelings to shift in an instant.

It's important to pay attention to your feelings since how you feel affects how you think. We can divide feelings into three categories: **intuitions**, **emotions and states**, each one more intense and exercising more control over your life.

Intuitions are subtle nudges, giving you valuable insights helping you make choices.

Emotions are powerful organizing mechanisms which affect your thinking and your perceptions. They influence your memory of the past and your expectations for the future. They instantly affect your past, your present and your future.

Perceptions which mean one thing when you're feeling *up* can mean something entirely different when you're feeling *down*. Emotions create self-fulfilling prophecies. You'll expect less success when you're feeling down than when you're feeling confident. It is a great mistake to dismiss your negative feelings as of no importance. Emotionalized thoughts are powerful creative forces. One moment of anger can destroy a relationship you have spent years nurturing.

States are intense emotions that charge your entire being for good or for ill. Some examples of states are anger, fear, confidence, being in love. Although any emotion will influence your thinking to a certain degree, an intense state can transform a heaven into a hell and play havoc with your world.

We identify people by their states. We call one person a *worrier*, another an *optimist*, a third *scatterbrained*. These terms also describe the worlds in which these people live, since each person's life reflects their predominant states. Developing and maintaining a set of positive states not only allows you to enjoy the present, but also to remember more positive things from the past and to expect more positive things in the future. A state of self-confidence empowers you to act in ways that increase the chances of bringing your positive expectations into your life as physical realities.

The underlying premise of this book is not simply that you *can* create your reality but that you *are* creating it right now, unconsciously! Unconscious mental images, self-talk, and feelings are powerful forces creating definite effects in your life today. Becoming aware of them gives you insight into why your life is the way it is and provides you with powerful tools to begin changing it. As you wake up to the existence of these unconscious thought forces, you wake up your power to influence both your inner and your outer worlds.

Chapter Four

Concepts, Models and Maps

*There are more things in
heaven and earth than are
dreamt of in your philosophy.*

Shakespeare

Maps of reality

All your life you have been unconsciously constructing concepts in an effort to understand your experience and have assembled these concepts into complicated interactive networks called *cognitive maps*. You believe each concept, model and map accurately represents aspects of the world. This is an illusion.

If a person likes dogs, it's because his concept *dog* has pleasant qualities associated to it. If he doesn't like dogs, it's because his concept has unpleasant qualities. In neither case do his feelings have anything to do with

dogs. Instead, they are a reaction to the qualities of his internal concept. Every time you meet a dog the feelings you experience are due to the non-physical dog in your mind, not the physical one in the world. This is true for every experience you have.

When you gaze into the world, you expect it to have the characteristics of your model. If your expectations are realized, you feel comfortable. If not, you feel some degree of discomfort. This triggers your *explainer* to generate a theory (called a *belief*) to explain the differences. In this way you learn to feel comfortable in the world and develop a set of beliefs to make sense of it.

Normally, the entire process of constructing mental models, associating characteristics to them, recognizing their physical counterparts in the world, comparing the two, experiencing feelings and generating beliefs is an automatic, modularized activity to which we are completely blind. These inner actions are as unconscious as those involved in triggering images and feelings in you as read. As your eyes scan the patterns formed by the ink, you simply experience the sensations.

In a similar way, each of us thinks we are perceiving, experiencing and understanding the world when we are really experiencing the actions of our mind as it projects our expectations onto the world. As we become more aware of the contents of our inner world and the action of our mind we gain insight into how changing this internal activity, leads to a different

experience of the world.

Maps of space

A network of interlocking maps of *space* helps you understand relationships between aspects of your world. You have an inner map of your city, your country, the world and the solar system. And you understand the relationship between them all. These inner maps are not very accurate. Information is generalized, distorted or deleted altogether. Distances, shapes and relationships are wrong. But a map doesn't have to be accurate to be useful.

When you drive to work, the route you visualize doesn't contain the same buildings, trees or streets as the route you drive. But it helps you get to work, so it's done its job. Likewise, your cognitive map of the solar system helps you understand where Venus is, but your conception of Venus is quite different from the physical reality of the place.

Maps of time

Maps of *time* help you organize the events of your life. You have an inner representation of your childhood, your teen-age years, your twenties, and so on. These temporal maps are also very distorted and generate feelings when you think of them. Huge areas of your past contain virtually no detail at all but you never notice the blank spots. If asked, *Can you remember your childhood?* you say *yes*, because you

have a concept of it. But most of the data from those years is simply not there.

If asked, *How did you like high school?* a flood of sounds, images and feelings washes over you. You think the feelings are due to the *events* that took place. This is an illusion. They are due entirely to the characteristics of your mental map.

You also have an unconscious map of your future. It represents what you think will happen and what you you'll have to do to reach your goals. Although your concept of the future is quite different from what will actually happen, the feelings it generates determine how you set about trying to accomplish things and determines how you react to the results of your efforts.

Your internal maps of your past, present and future are no more accurate than your map of the route to work. Problems arise because you forget you have these maps. You think your problems are due to what's happening in the *world*, when they are really due to what's happening in your *mental model* of it.

The source of all our problems

We are all trapped in the same vicious cycle. We construct models of the world to understand it, then our models distort our experience of the very thing they're supposed to help us understand. This inevitably leads to situations where life doesn't match our expectations, leading to confusion and pain. We explain these away in order to feel better, but since our explanations are

also based on distorted models, they don't solve the underlying problem. The very strategies we use to avoid negative feelings create more unwanted circumstances and more negative feelings, until our image of how life works becomes so out of alignment with reality nothing seems to make any sense.

Because we are reacting to a *model* of the world we think is *reality*, we convince ourselves that the problem lies outside of us when the source of our difficulties is a mental process we don't even know exists. We try to live our lives as best we can, struggling to make reality conform to our model of it, producing more stress, more frustration and more disappointment. We try to avoid negative feelings by avoiding negative situations. But since our feelings are not caused by situations but by our thinking, our efforts don't work. Is it any wonder we sometimes feel overwhelmed?

The solution to all our problems

Our problems are not due to past events, the actions of other people, or the way the world works. Most of the difficulties we experience in life stem from the fact that the concepts, models and maps we are using to understand the world are inaccurate.

To solve our problems and develop our personal power, we need to stop trying to change the *world*, and instead change the way we *think* about the world. We need to concentrate on changing the concepts, models

and maps that make up our *model of the world*. From now on most of our efforts will involve working with these internal structures.

As you read the following chapters, some of the tasks you'll undertake and some of the skills you'll develop will be considered impossible by other people because they don't fit their model of reality. But as you set about modifying your internal reality, your external reality will undergo a profound shift. You'll develop a new feeling of power, discover abilities you never knew you had, and see opportunities for happiness and success to which you have been blind your entire life.

Chapter Five

Is the World a Thing?

I am never discouraged, because every wrong attempt discarded is another step forward.

Thomas Edison

The limitations you have experienced in your life to this point are due entirely to the limitations of the models you are using to think about your life. Many of these limitations are due to the fact that you have defined many concepts as *things* when they are really *processes*. Changing this definition makes these limitations disappear, and might stimulate you to find ways of doing things you may not have thought about before.

As you begin to see things differently, your life begins to take on a new tone. You begin to display a new level of personal power, success and self-esteem. You begin to feel a new level of confidence. Observing your new successes, some people will simply say you

are lucky. But you'll know the truth ... that you have built yourself a different model of reality, one containing a picture of you as a person of power.

A sandwich is a thing

Imagine a building site at lunch time. The whistle blows and two workers, Tony and Bruno, sit down to eat. Each opens his lunch box and pulls out a paper bag with sandwiches and a thermos of coffee. As Bruno unwraps his sandwiches he becomes agitated.

Good grief, he says, Bologna again! I always get bologna sandwiches. I hate bologna sandwiches! Then, resigned that he has no choice, he begins to eat.

Tony turns to him and says, If you hate bologna so much, why don't you ask your wife to make you something else for lunch?

What do you mean? says Bruno, I always make my own lunch!

We laugh at this story because it seems ridiculous that someone would make something he doesn't like and then complain about it. We consider ourselves intelligent enough to change a behavior that doesn't produce the desired results. But as just pointed out, the difficulties we encounter in life are caused by the models and maps *we ourselves have made*, so the source of our frustration is created by each of us.

You experience disappointment just as Bruno does. You settle for less than you want out of life. You feel badly about certain events in your past. You feel

upset by certain people in your present. You are afraid of certain situations in the future. You accept these things as inevitable parts of life, but this is not life! *This is your model of life!* The frustration you feel is not due to events, people or situations. It is due to your models.

If you believe anything in your past, present or future has the power to make you feel badly, you've done the same thing Bruno has. You have made your lunch and now are complaining about it.

But before you feel insulted, realize you haven't had much choice. You've been using a set of concepts and models handed down to you by others and have been understanding your life using the material available to you. However there is a better way. You don't need to continue using the same models and having the same negative feelings.

Any unpleasant situation that persists in your life does so *because of the model of reality you are using*. You can discard this model and replace it with a new one, as soon as you have a new one to replace it with.

I'll soon give you a series of new concepts you can use to erase your negative feelings and give you fresh insight into some talents and abilities you've not been aware of until now.

Consider this next example.

Driving to work is a process

Picture Bruno and Tony having lunch again the

next day. Still eating a bologna sandwich, Bruno turns to Tony and says, *That construction on Tenth Avenue is tearing the heck out of my suspension.*

Yeah, Tony replies, I know what you mean. I've been taking Ninth Avenue all week.

Bruno turns to Tony in disbelief, What? You mean you can get to work driving along Ninth Avenue?

Of course, replies Tony. You can get to work by taking any street that runs east and west.

Bruno's jaw drops. Gee. he says, What do you know about that?

This is another ridiculous example of an obvious point. We know driving to work is a ***process*** that can be changed in a thousand different ways. Bruno's problem is that he thinks of the drive to work as a ***thing***. He fails to see how easily it can be changed.

There are several important differences between things and processes. Look at the chart on the next page.

A Thing	A Process
1-Doesn't move	1-Involves movement
2-Produces no outcome by itself	2-Always produces an outcome
3-Can sit there without changing	3-Can't "just sit there"
4-Made up of parts	4-Is always whole. Has no parts
5-To change it you must change an entire part	5-Can change any small aspect of it.
6-Changing a part doesn't change the thing	6-Modifying the process changes the outcome

If Bruno simply changed his *process* of getting to work by driving one more block North before turning West, he'd change the outcome;- and save a lot of wear and tear on his car.

Here are some examples of processes we often conceive as things: relationships ... holidays ... waves ... trees... weddings ... personalities ... childhood ... life ... the past ... the present ... the future ... the world ;- the mind.

Recognizing that something is a process rather than a thing can have a huge impact on your life.

Because we have made our mental models the way Bruno makes a sandwich, we think we can't change them because they are already finished. But a

thought is not a thing. It's a process that can be altered in a second.

If I ask you to think of your job, you may pull out a memory, like a mental snapshot, that means "job" to you and think that's it. If you don't like your job, the feelings associated with that snapshot will be very negative, and as you are holding that picture in your mind, you will be feeling badly.

But you could watch a mental movie of some happy circumstance which took place at work, rather than at that snapshot, and the feelings associated to that happy mental movie will be positive. The meaning of "job" will be different while you're watching the movie.

When we look at a photo of a wave on the ocean, the wave appears to be standing still. It looks like a **THING**.



But we know it is really moving. We know a wave is a ***process*** that changes every second.

Let's look at another example



When we look at a tree, it seems to be different. The tree appears to be unchanging. Therefore we think of a tree as a **THING**.

But a tree is a **process**, just like a wave. The only difference between the two is one of **time**.

A wave will rise out of the ocean and disappear back into it in a matter of seconds. A tree will rise out of the ground and disappear back into it just like a wave does. The difference is that the tree does its appearing and disappearing over a period of decades while the ocean wave comes and goes in a matter of seconds. They are both processes.

If you take a picture of a tree and think the tree will not change, you are wrong. The tree is only that way for one moment in time. If you took a picture six months later or a year later, it would be different.

The same is true of all of your memories and all your ideas.

Your mental snapshots of your childhood, your parents, your job, your life, your world - are all wrong.

You think they represent the truth, just like your photo of the tree represents the truth. You think your memories are accurate, but they are not.

Your memories are like photographs of waves.

They are stuck in time.

They present you with false ideas of what actually took place in the past. And these false ideas lead to beliefs and attitudes that still affect you today.

Because of this, you experience feelings, emotions, mental blocks, limitations, difficulties, fears and problems, all of which are, in fact, not necessary.

These problems and limitations are not caused by what happened in the past, but by the mental snapshots --THE REPRESENTATIONS -- of what happened, which you call your memories.

You need to learn two things

1 - Your memories are not photographs;- they are dynamic processes.

2 - How to change these processes.

When you learn that the negative contents of your life are due to the fact that your memories are faulty, and you learn to change your memories, you will gain the power to change the contents of your life.

This is the challenge we all face.

Chapter Six

Models of the Mind

*Only in imagination does every truth
find an effective and undeniable
existence.*

*Imagination, not invention, is the
supreme master of art, as of life.*

Joseph Conrad

To understand the word *mind* you need a model of it (a concept) and the characteristics of whatever model you use will be unconsciously transferred to your own mind.

Throughout history people have used different models to understand the mind. This limited the mind to the properties of the model.

In this way we have blinded ourselves to many of our natural talents and abilities.

The mind as a storehouse of information

Until the 1950's, the model used by psychologists to describe the mind was a library.

The mind was pictured as a vast storehouse of information, with rows upon rows of volumes, each

containing information about some area of life.



It was believed that each event of your past was recorded in this library and remembering was the act of retrieving this stored information.

This model isn't very good. It can't explain why memories change or how we can remember things that never happened, like dreams.

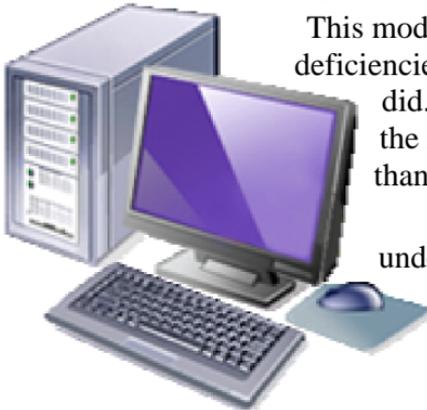
It can't explain why memories are affected by emotions, or how memories of two different events can get fused together, so we seem to have one memory of one event. It can't explain our ideas of the future, or how a goal can become a source of inspiration.

It can't explain how an inventor can use a mental image of something that has never existed as an aid to develop it.

Although the library model wasn't very good, we accepted it because we had nothing better.

The mind as a processor of information

After the invention of the computer, scientists began using the computer as a model for the mind. They saw the mind as a device that not only stored information but also processed it.



This model had many of the same deficiencies as the library model did. Both these models treat the mind as a thing, rather than a process.

This affected our understanding of not only how the mind works, but also how life works.

In order to understand how you create your reality you will need a new model of the mind as a *process*.

This model will describe the mind in terms of its *properties*, opening the door to a new understanding of how it works and of how your life works. This model not only brings it into alignment with our concept of thinking, it also brings it into line with the model of reality developed by the leading scientist of this century.

I'll describe this model beginning in the next chapter.

Chapter Seven

The Mind as Creator



*We are what we think. All that
we are arises with our thoughts.
With our thoughts we make our
world.*

The Buddha

Your mind does not simply
store or process information.

Your mind *creates* information.

Thinking of your mind as a creator changes
everything.

The mind as creator of information

When you write a sentence on a piece of paper,
you arrange the letters of the alphabet. into words and
arrange the words into sentences. The meaning of the
letters depends on the way they are arranged.

The word, "reactor" has the same letters as the
word, "creator", but the arrangement is different, the

meaning is different and the information is different.

The sentence, "The man bit the dog." has a different meaning than the sentence, "The dog bit the man." but the letters, and even the words themselves, are the same. What's changed is the arrangement. The arrangement creates the meaning and the information.

The mind creates information and meaning by arranging your thoughts into concepts, models and maps. The way these are organized creates their meaning in your life. To illustrate how, take an imaginary walk with me along Vancouver's beautiful English Bay beach.

A walk on the beach

As you walk beside me along the wet sand, your feet make depressions in the sand which fill up with water. Each footprint determines the form the water takes as it flows into it. This shape is not the *right* form for the water to take. It is not the *truth* of what the water *should* become. It is not the shape the water *wants* to become. It's just the shape your foot makes in the sand.



When you ask yourself a question you are making a kind of space or "footprint" in your mind, which automatically fills up with information;- which we

have been calling a "concept", a "mental map"; or a "mental model".

Just as the form of the footprint determines the form of the water, *the form of the question determines the form of the answer*. This answer will not be *right*. It will not be the *truth*. However (and this is important) *it will seem like the truth to you!* The unconscious process of asking yourself questions and answering them is how you've constructed all the concepts, models and maps in your inner world.

The content of your mind and the circumstances of your life are the result of the questions you have been asking yourself

To change your life and access your personal power you need to begin asking yourself a new kind of question.

Here's an example of what I mean.

How you create your self-image



Suppose that as a child you were not as good at drawing pictures as a classmate, and you asked yourself, *Why can't I draw like Jackie can?* In such a case, your mind might have answered, *Drawing takes talent. Jackie has talent and you*

don't have talent.

If you accept this answer as true, you'd believe you had no talent. Your expectations of the future would be shaped by this self-image. You wouldn't try to improve your drawing because you'd believe you had no talent. Over time, you'd have a coherent set of feelings, thoughts and beliefs supporting this limited self-image. Your *inner* concept would have become your *outer* reality.

This image of yourself would not be the truth. It was created in response to the **question** you'd asked and would no more reflect a truth about you than the shape of your footprint reflects a truth about water. Both can be changed.

If instead you had asked yourself the question, *What would I need to do to draw as well as Jackie?*, you might have gotten the answer, *You need to practice as much as Jackie does.* This answer would lead to a different self-image and to a different life.

The mind as creator of reality

All of your internal concepts were created in a similar way. Think of it like this;- An apple seed transforms **soil** into **apples**. A tomato seed transforms the same **soil** into **tomatoes**. A grape seed turns the same **soil** into **grapes**.



Nothing in the soil decides to end up as tomatoes, apples or grapes.

The magic is in the seeds.

Your mind operates in a similar way. It transforms your experience (the soil) into a unique set of internal

structures, called concepts, beliefs, etc., (the fruit) and your personal reality is simply your mind's recognition of these projected internal



patterns.

The "seeds" in this example appear automatically in your mind the way weeds automatically blow into your garden. But you can consciously control this process by asking yourself the right questions.

A question is a kind of "seed" which affects the way your mind organizes things and ultimately affects the reality you create for yourself.

Controlling the focus of your mind

The focus of your mind can be controlled quite easily when you know how to ask the right question. And your mind will organize your thinking accordingly.



Questions are *conscious* organizing principles which feed the *unconscious* organizing principles described earlier.

A combination of conscious and unconscious organizing principles ultimately create your personal reality.

In a later chapter you will learn a number of other conscious organizing principles giving you great mastery over the information your mind creates internally and the subsequent outer reality you experience.

For now, here's an example of how questions can be used to focus your mind.

Take about three minutes moment to do each of the following two exercises.

Exercise 1: controlling your OUTER awareness



Sit comfortably in a chair and ask yourself each of these questions several times:

1. What can I see that is made of metal?
2. What can I see that is made of wood.
3. What can I see that is colored orange... green... yellow?

Notice how easily your **outer awareness** is drawn to notice different things as you ask yourself these questions. Notice how objects or colors that may have been in your field of view were not noticed until your attention was focused by the questions.

Exercise 2: controlling your INNER awareness

Now, sitting in the same chair, close your eyes, relax and ask yourself these questions several times:

1. What past event made me feel embarrassed?
2. What other event made me feel this way?
3. What other event made me feel this way?

Now, do the same exercise, with the feeling "loved".

Now, with the feeling, "excited."

As you ask each of these questions, notice how easily your **inner awareness** is drawn to events that fulfill the instructions you give your mind.

You will notice that your mind searches through the past;- flitting back and forth searching for a time or an event that fulfills the instructions that you give it.

Notice how your mind creates the information it needs to understand and answer the question.

As you continue to read this book and do the exercises contained in these pages, pay more attention to the unconscious instructions you are giving yourself.

Noticing the subtle questions you ask yourself and how it causes the action of your inner awareness to search for answers to these questions can give you great insight into how you are creating your life.

Your inner and outer senses work together

When your mind creates information, it makes use of your *outer* senses to gather data from the physical world and your *inner* senses to gather data from the inner world. Both use the same nerves, so there is a constant interplay between how you *conceive* inner

reality and how you *perceive* outer reality.

Both your inner senses and your outer senses use the same nerves.

Because only the present is physical, your *outer* senses can gather data only from the *present*.

But your inner senses can gather data from ***any region of the past and future***, as well as from all concepts, models and maps. All this "non-real" information is gathered through the *inner senses*.

These two simple exercises show just how easily you can control the focus of both your *inner senses* and your *outer senses* using simple questions. This means that *you have the ability to influence your perception of both the physical world and the non-physical world.*

This is a truly extraordinary ability that should not be underestimated.

You have the ability to influence your perception of both the physical world and the non-physical world.

Thought forms

I have said that thinking is the "creation of a model of reality" but I want to make clear that not only the visual sense is used to make concepts, models and maps. Your mind uses all five inner senses.

What does freshly mown grass smell like?

This question causes your mind to create an *olfactory* "thought form" using your inner sense of smell.

What does chili taste like?

This causes the creation of a *gustatory* thought form.

Can you recognize the sound of a harp being played?

This question instructs the mind to create an *auditory* thought form using your inner sense of hearing.

Thinking involves the creation of a wide variety of thought forms. Concepts, models and cognitive

maps are thought forms;- so are memories, wishes and goals. Thought forms can be either visual, auditory,



kinesthetic, gustatory or olfactory .

You imagine holding an ice cube in your hand with your inner sense of **feeling**. You recall the color of your car with your inner sense of **seeing**. You imagine eating a lemon with your inner **gustatory** sense. A musician must perfect the ability to create **auditory** thought forms. An artist, architect or engineer, **visual** ones.

Thought forms are known by a multitude of names. Memories, goals, dreams, fears, emotions, worries, ideas, concepts, images, sounds ... all are thought forms. Dreaming, thinking, wondering, worrying, planning, musing, anticipating, fearing, expecting ;- all these activities involve *exactly the same process* - the creation of a thought form using the inner senses. The thought forms you create influence the life you experience, and whether you create them consciously or unconsciously is up to you. To consciously create your reality you must cultivate the ability to create thought forms.

Remembering the past and anticipating the future are the same mental process.

The past and future are nothing but thought forms. Thinking of each involves the exact same action of the mind. Only the organizing principle differs. The more conscious you are of the questions you ask, the more control you have over the thought form created.

To conceive the past as a *thing* is to make the same mistake Bruno does when he conceives the drive to work as a thing. *Remembering* is not looking at an unchanging picture. It is a *dynamic process* of creating a thought form, the mental equivalent of singing a song.

To create a different past or future you need only ask a different question.

To change a song you need only give it a different tone. You can change your past, your present and your future just as easily.

How your mind creates your reality



Your mind is constantly creating thought forms as easily as nature creates flowers. You can't stop it any more than you can stop flowers from appearing in the spring. A garden can't choose which flowers to create but you can choose which questions to ask,

just as you can decide which seeds to plant, thereby creating more flowers and less weeds.

We normally think of a flower as a *thing*, but it's

actually part of an ongoing *process*.

We normally conceive of the world as a thing, but it too is the byproduct of a continuous process, one in which you have been unconsciously involved since birth and which you are now learning to consciously influence.

Your mind is creating your reality today by creating thought forms with the inner senses which it projects onto the outer world.

Whether nature is making flowers, Bruno is making sandwiches or you are asking the questions that stimulate the creation of your dreams and goals, the same creative process is taking place. Simple, isn't it?

You have been *unconsciously* creating both internal and external reality since birth. It's now time to wake up and do it consciously. Each time you create a new thought form, you stimulate its appearance in your outer world. This is an exciting process.

Each time you create a new thought form, you stimulate its appearance in your outer world.

Understanding exactly how you create your reality will take time. But we can begin by changing one very powerful thought form;- your image of yourself.

A new image of yourself

Up until now, you might have thought of yourself as an ordinary person;-. with weaknesses, faults and failings and with no special talents.

It's time to change this concept.

The reading you have done so far in this book, has given to access to information that ordinary people do not have. This knowledge makes you different.

From now on, you must start to recognize that you are not an ordinary person. You are learning to use the power of your mind to change your personal reality. This knowledge instantly changes who you are.

This secret knowledge is the alchemy that the philosophers and magicians of old realized was worth it's weight in gold. This knowledge gives you an extraordinary advantage over everyone else.

A new *concept of yourself* as a person of power creates the possibility of using this power to create more of what you want.

Cultivating your personal power



Although the overall creative process is automatic, by practicing a little gardening you can cultivate what you want.

Without cultivation

your lawn will produce the same weeds that grow next door and your mind will produce a life like that of your neighbors.

If you want tomatoes you must plant them. If you want happiness and success you must cultivate it. Only a naive person would sit around wishing for tomato seeds to blow onto his property or expect to achieve his goals and dreams by accident.

You can choose which concepts to plant in your mind as easily as a gardener chooses which seeds to plant in his garden. A gardener can transform any piece of ground into a botanical masterpiece. You can transform your life the same way.

You begin by looking into your mind to see what concepts are already there. Then you decide whether to leave them alone or replace them with others more in line with your purpose and goals.

The concept that exerts the most influence over your life is your *model of the universe*. You think of it as *reality*, but it's just a model, with limitations built into it. It was created a few hundred years ago and handed down to you.

It has since been replaced by another model, operating under different rules and containing different possibilities. But no one has told you what this change in models means for you.

This is what we'll explore in the next few chapters.