

Achieving Your Goals and Dreams

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Part 1- A Practical Approach - Conventional

Introduction

We all dream and wish for our life to be different and better and sometimes those wishes stay simply wishes and sometimes they become tangible and manifest as realities.

The gap between wishing and manifesting as realities is based on having the resources and abilities to plan correctly and doggedly execute that plan into action.

It sounds simple enough but we all know that the planning and executing part is what separates the Wannabes from the Victors in life.

This book is divided into a Practical first section and a Spiritual second section. For those of you who do not concern yourself with the spiritual part of life then the first section will suffice and get you onto the Victors rostrum.

For my fellow spiritual travelers, the second section will elevate your goals and dreams to a much higher and rewarding space, or as I call it, God's Space, in my free book found on personalempowerment.co, *How to Live in the Now*. You are in for a treat!

I apologise for the slow start to this book but it's important to get the definitions down first so we are all on the same page.

Without further ado, here is Achieving Your Goals and Dreams!

What is a goal?

If you want to be happy set a goal that commands your thoughts, liberates your energy and inspires your hopes. - Andrew Carnegie

A goal is defined as an observable and measurable result having one or more objectives to be achieved within a more or less fixed timeframe.

A goal requires an objective, plan, action programme, positive attitude, motivation, discipline, determination, perseverance, focused intent, concentration, patience, milestones, rewards and then the resetting of all the above once initial and subsequent goals are reached.

What is a dream?

"You don't have to be great to start, but you have to start to be great." - Zig Ziglar

A dream is a cherished aspiration, ambition or ideal. It is a thought based on hope, and it requires an optimism in which the bud of hope can flower into full blossom.

Many people who dream never get out of bed to fulfil such a dream which remains only a wish. It's those people who have a backbone, and not only a wishbone, who see their dreams become a reality!

Achieving a dream is measured by your feelings, not by achieving the desired number or physical attainment.

A dream often arises from intuition and this intuition will be discussed at length in the Spiritual Section of this book.

Self-belief is the next step

Self-belief or self-confidence is the way that you feel now about your skills, abilities and behaviour. A person who has high confidence levels may learn things quickly and trust that they can complete tasks to a great standard set by themselves or others. Self-belief or self-confidence comes from actions completed and not from wishing.

Many a fisherman goes fishing accompanied by a small bag, expecting only to catch a few fish. The only limits you have are those you place on yourself. With a good self-belief you attract and see opportunities and solutions where others see problems.

With a strong self-belief your creative juices flow and you become someone who creates a solution by thinking outside the box rather than by simply finding an answer from inside the box.

If you believe in yourself, you will feel motivated to take action. You will stay motivated over long periods of time, even during difficult times, and you won't be discouraged by mistakes or setbacks. You will see the process as 'the long game' and keep your head down until you have reached your goal. Success will reinforce your self-belief in your skills and abilities.

Your self-belief will make you confident, and others will respond to your confident leadership and rally to your cause. A real leader develops other leaders, and the positive 'can-do' environment sees people discarding 'good enough' to produce great performances.

Developing your self-belief means setting bold but realistic goals and filtering out the negative thoughts by focusing on positive can-do thoughts. Ignore those who criticize or judge you. There has never been a statue erected to a critic in 6000 years! Also be aware of those who overpraise you as their motivations are suspect. Your self-belief is in your mind and your abilities, not in the words or actions of other people. After all it's your self-belief!

Your only competition is who you were yesterday. There will always be better and worse people than you and comparison to others is self-defeating. It may convince you that you are amazing and you will struggle to keep up your motivation level. If you compare yourself to another who is better than you, it may initially be motivational, but could also create self-doubt, the enemy of self-belief. Be your own judge and critic but simply compare yourself to your performance of yesterday and to the bold but realistic goals you have set yourself.

Know that you can always do better and put yourself in the role of a pupil always learning from all around you. Everyone is your teacher and providing that you remain humble, and not arrogant, you will be known as a nice person and someone to respect and admire for what you have achieved and how you have done so.

Self-belief is based on inner integrity, and it is vital that all the voices in your head and your words and actions are flowing congruently with such inner integrity.

Your self-image must be based on the self-belief of your proven skills and abilities as well as your inner integrity, coupled with a strong positive mental attitude, all clothed in humility as an eternal student and self-improver. Being comfortable in your skin is also essential to a healthy self-image.

Your body language is "speaking" much more than your words. In my free book, *How to be a Great Negotiator*, found on personalempowerment.co there is an entire section dedicated to "Body Language" where I start at the top of the head and go down to the soles of the feet, identifying what one's body is saying, immaterial of what words are coming out of a person's mouth.

Positive body language is necessary to have a healthy self-belief system and the inner integrity I referred to above must also be reflected in your body language.

In my real estate economist days I was frequently on national radio and television as well as in the print media as, at the time, I was the country's only independent real estate economist. I called the current and future of the various real estate markets without fear or favour, whereas most commentators had their axe to grind.

I was a young 28 year old back in 1980 when I began doing frequent media broadcasts and interviews. To bolster my self-image, I used to mount the stairs at the South African Broadcasting Studios humming the tune from the movie Rocky to psych myself up. I imagined I was Rocky going into the ring to take on yet another real estate commentator who was pushing their brand of medicine that they wanted the public to swallow. This hero ideal can help pep you up when you enter the ring of life.

If you follow the above, you will earn the label of a 'popular achiever,' sharing your success with those around you who have supported and encouraged you in their way.

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."
Thomas Jefferson.

"Confidence is a habit that can be developed by acting as if you already had the confidence you desire to have."
Brian Tracy.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
Helen Keller

Picking yourself up when your self-belief falters

We are all human, and we hit the speed bumps of life and sometimes our self-belief wobbles. This difficult time is where character and inner integrity takes over. You develop perspective and have a clear perception of what you need to do next to get you back on track. One successful step followed by another will get you back on track. Don't look too far down the road, the next step to be focused on is here now, followed by the next step here now and so on.

Falling and failing is part and parcel of the road you are on. It's because you are allowing yourself to get outside your comfort zone, that unfamiliar and unknown obstacles arise. By facing them, you diminish their power to unsettle you, and you find a way either through them or bypassing them and overcoming them.

Let me allow Michael Jordan, NBA Star Performer, to tell you about failure and success:

I've missed more than 9000 shots in my career. I've lost almost 300 games, 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

When JK Rowling, author of the Harry Potter books, was down and out, jobless and penniless, and living in a cramped apartment with her daughter, Rowling fell into a deep depression and admits she even considered suicide. She was forced to rely on state benefits and spent much of her time writing "Harry Potter" in cafés with Jessica sleeping in the pram next to her.

What JK Rowling, found out was that rock bottom was her new foundation stone to rebuild her life to become a Dollar Billionaire by 2011 with ten best sellers to her name.

A good judge of a successful person is how high they bounce back when they have hit rock bottom.

Thomas Edison failed over 1000 times to perfect the light bulb and simply said that each failure brought him closer to the success which he inevitably achieved. He also registered 2332 patents worldwide.

Many people who experience failure often stop trying when the solution was only around the next bend in the road. They think it's the end, not realising it's only a bend!

On guidespeak.com I have written a free book *The Book of Understanding Animal Spirits* and see the role of the ant as being something to emulate regarding persistence and attitude:

The Ant

Attributes:

Architects and Builders, Community-Minded, Disciplined and Ordered, Focused, Hard-Working, Honour and Respect, Patience, Persistence, No Ego, Unconditional Love

Architects and Builders: Ants design and build their own creations turning them into realities.

Community-Minded: Through self-sacrifice and true service to the community, each ant will carry out its assigned role to ensure the survival, health and growth of the whole colony or community.

Discipline and Order: Knowing your place in your assigned role with discipline and order working for the communities' greater good.

Focused: Ants focus on the task at hand.

Hard-Working: The ant is very industrious and hard-working, creating success through effort.

Honour and Respect: Although there is a caste system in place within the colony or community, each ant, selflessly, will persevere with patience, harmoniously to do its assigned role honouring and respecting itself, and all of the other ants for the benefit of the colony/community.

Patience: Ants will show infinite patience in waiting for their hard work to result in the creation of their dream, their reality that they have created.

Persistence: Ants will continually persist in the drudgery of repetitive workloads until success is achieved.

No Ego: Each ant within the caste system operates without ego, aligning itself, with honour and respect for itself and all ants, with the integrity of one for all and all for one, the virtue of equality.

Unconditional Love: By operating without ego and for the benefit of all, the ant shows unconditional love, honour and respect for all, including itself. The lowly ant deserves the highest praise. To emulate the ant is to ensure success in your life.

Sometimes when the task seems too daunting it's important to realise that ants build anthills one grain of sand at a time and when you look around you see the anthill standing tall and proud.

When adversity knocks you down it's important to realise that it's not what has happened to you but how you respond to what has happened to you, that is the key. That is why I have defined

responsibility in all my previous books as the ability to respond. You can decide not to feel diminished by any setback but rather to use the stones that the critics hurl at you to rebuild your dream with those very stones.

Failure is an event and not a person

I started my first real estate business, at the tender age of 23 on the 1st June 1976. The Soweto Riots arrived unexpectedly on the 16th June 1976, and South Africa exploded into recurrent violence. Being a real estate developer with limited capital and now with the market having only sellers and no buyers, it was a daunting prospect. It took the real estate market some 30 months to recover from this political upheaval but my little enterprise went belly-up by mid-1978, and I had to face the music at the age of 24. I remember walking away from the office of an attorney who was representing the creditors and humming the tune to "Our day will come" while facing a bleak future after losing virtually all my hard earned savings as well as the Investors' money who supported me.

It took a while to get back on my feet, but that song has helped me in trying times.

I share it with you here:

*Our day will come (our day will come)
And we'll have everything
We'll share the joy (we'll share the joy)
Falling in love can bring
No one can tell me that I'm too young to know (young to know)
I love you so (love you so)
And you love me
Our day will come (our day will come)
If we just wait a while
No tears for us (no tears for us)
Think love and wear a smile
Our dreams have magic because we'll always stay in love this way
Our day will come (our day will come, our day will come)
Our dreams have magic because we'll always stay in love this way
Our day will come (our day will come, our day will come)
Our day will come (our day will come, our day will come)
Our day will come (our day will come, our day will come)
Our day will come (our day will come, our day will come)
Our day will come*

*Songwriters: Mort Garson / Bob Hilliard
Our Day Will Come lyrics © Universal Music Publishing Group*

It is important for your self-belief that you understand that failure is an event and is not who you are as a person. Many people underestimate themselves and do not have enough self-belief to appreciate how powerful they are.

I have used this quote below from authoress Marianne Williamson in a number of my previous books and believe it is relevant here too:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's for

everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

A final quote from Michelangelo:

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

A perfect place to end this section on picking yourself up when your self-belief falters.

Visualisation

'Seeing is believing' is a practical way of living whereas 'believing is seeing' is a spiritual way of living which we will look at in the spiritual section of this book.

Visualisation, mental imagery, performance enhancements and neural-plasticity all have one thing in common - if you can see it, you can do it, providing you do the practical work to make it happen too.

A picture does say a thousand words, and that is why global and local businesses have logos as their branding mechanism. When you see the McDonald's Arch you may become hungry or when you see the Coca-Cola sign you may become thirsty.

Of course, we easily get picture and sensory overload with billions of smartphones snapping selfies and other pictures daily and narcissistic people sharing these enhancement has a lot of static to overcome, including other peoples' cats doing weird things, etc.

As I was writing this, I remembered the scarcity of pictures in my grandparents and great-grandparents era and how prized photos of them in Lithuania and Latvia in the last few decades of the 19th Century are still in our family archives today. Getting dressed up and looking unsmilingly at the photographer who was hidden behind a blanket waiting for the light to flash and to take the picture. Some of us hanker for those quieter, less "visually static" times!

Today we have Augmented Reality and Virtual Reality, and we begin to wonder what reality is? Skiing down a mountain slope on a moving base with water particles streaking down our faces can be so real it defies understanding what reality is.

Visualisation for achieving your dreams has an increasingly strong support base among neural scientists, neural surgeons, psychiatrists, psychologists and especially sport-related medical professionals and coaches.

According to the Harvard University:

Neuroscience research demonstrates that the visual areas of the brain are divided into two distinct pathways. The dorsal, or spatial, and ventral, or object pathways. The object pathway runs from occipital lobe to inferior temporal lobe, processing visual appearances of objects regarding colour, detail, shape, and size. The spatial pathway runs from occipital lobe to posterior parietal lobe, processing spatial attributes such as location, movement, spatial transformations and spatial relations. Our results (Motes, Malach, & Kozhevnikov, 2008) suggest that visual-spatial ability is related to distinct patterns of neural activity during the processing of visual-spatial information. When given an object imagery task, both spatial and object visualizers showed bilateral task-related activity in object processing areas, but spatial visualizers showed greater bilateral activity in object processing areas than did object visualizers. Also, spatial visualizers also showed greater activation in attentional areas than the object visualizers. The data indicate that high object-processing

ability is associated with the more efficient use of visual-object resources, resulting in less neural activity in the object-processing pathway.

My non-medical understanding of the above is that imagining an end picture is not as effective as the mental processing of the steps or stages required to achieve the end picture.

Visualisation works because neurons in our brain send information which interprets the imagery of the action as if the action itself has occurred. The neurons are then stimulated into believing that active performance is necessary and they create a new neural pathway which are clusters of cells in our brain that simultaneously create memories of learned behaviour. The body now has a mental library of learned behaviour to replicate on a consistent basis. When asked to do so in real life, the memory cells duplicate what they have stored away from the previous experiences.

That is my Layman's understanding of visualisation and why simply picturing yourself crossing the finishing line of your objective or goal is not as effective as playing the stages of the process through your thought processes, culminating in your crossing the finishing line and receiving your reward for your accomplishment.

So you can imagine having this pristine picture in your mind that is capable of being reproduced at will, and then suddenly, you have a doubt penetrating your mind's picture. It is the equivalent of dropping ink over a famous painting by Rembrandt!

Negative imagery is as powerful as positive imagery, and that is why we see that your thoughts create your reality.

Visualisation is vital for you to perfect yourself in practice so when the flag drops in the race of your life you are as mentally and physically prepared to simply repeat what your neural pathways have remembered through repetitive practice. Remove any doubt from your thoughts and strongly believe that you can do it in as positive a mindset as is possible to do.

Seeing is believing and believing is seeing it manifest.

Commitment

In a meal of ham and eggs, the pig is fully committed but the chicken only partially so!

Commitment is a 100% effort; there can be no compromise, it's all or nothing!

Commitment is a promise to yourself in your inner integrity that you will use every ounce of your strength, every waking moment and every positive thought to make your planned achievement happen.

Commitment comes before determination, before motivation and before discipline. It comes before any action is undertaken. It's a promise you make to yourself and it is cast indelibly in your mind.

I promise to

Consistent winners are the first on the practice ground and the last to leave. Consistent winners always beat yesterday's performance today. Swim one more lap, push your body and mind one more yard, practice your scales one more time, finish the day knowing you gave it your all and you honoured your promise to yourself today.

The reason that it is lonely at the top is that the winners are thin on the ground while the whiners are in the pub drinking another beer and swapping wannabe stories with each other.

When you commit yourself know that it's a lonely road to the top and you are not going to win any popularity contests because you are not average, not one of the boys or the girls. You are exceptional and usually people like you are admired but not usually liked as your performance and dedication make others feel inferior to you.

That is not your concern. You are only responsible for yourself and your promise of commitment to yourself to be the best you can be.

Be humble, stay under the radar and when the flag drops in the race of your life let your commitment shine through your performance. In motor racing, they say that when the flag drops, the bull@#\$ stops.

Do your best, and you will be a winner for yourself, as you have honoured your commitment to yourself.

Planning

"By failing to prepare you are preparing to fail" - Benjamin Franklin.

Are you planning or are you wishing? If you are planning, then plan but be aware of analysis paralysis. The best plans I have seen are no longer than an A4 page at the maximum and preferably are only an A5 or even an A6 page.

First, there is the Objective, followed by, How Attained. I have been using that format for over 45 years in real estate where I first learnt it in 1973.

Objective - To write a book about achieving your dreams or goals.

How attained - Identify the logical steps from the beginning of an idea to the end until the achievement/goal is attained.

These logical steps which will be chapter headings for the Practical section:

- obtain suitable quotations relevant to each step
- research each of the logical steps to ensure the basics are covered
- use my personal experience, where relevant, to personalise the book
- Spiritual Section - to be assessed after the Practical Section is completed

Now sit your backside in the chair and start writing!

People who fail to plan simply fail. If you don't have a target to aim at how will you hit it?

Please note that this chapter is called planning and not a plan. Planning is a constant refining process whereas a plan is set in stone and being rigid cannot adapt to changing circumstances. The one thing that is certain is change.

I define CHANGE as Clearing Healing And New Gifts Emerging.

So let's start with what planning means:

Planning identifies what is to be done, how it is to be done, by whom and when. Planning starts today and projects into a likely future as if you are building a bridge to that future date. You set objectives to attain one or more targets and an action plan to break that programme into achievable steps. The allocation of resources and the timetable follow to reach that target on time.

The complexity of the issue will determine if more than one plan is required to be assessed to be able to select the correct course of action depending on identifiable sets of circumstances.

For example, planning a family picnic at the beach for next Sunday also has to have a Plan B in case it rains or it is too windy to sit on the beach. Planning to put an oil pipeline through ecologically sensitive wetlands also needs a Plan B!

Planning is pervasive. It affects everyone involved in the team achieving the objective. Dictatorial managers will exclude the people doing the work in the planning, and these workers may not have the passion and purpose required to achieve the objective of time and cost. If the manager was inclusive and discussed the plan with the people doing the work they will feel respected and honoured for their input, and they will have a much stronger commitment to reach the objective on time and cost. Their pride is now attached to their work.

Management's role is the process of planning and control and the allocation of resources as and when they are needed. Management's role is also motivational for the workers, ensuring maximum willing productivity as well as problem-solving at all levels of the process.

Various levels of workers have their own managers who are required to fulfil the planning, control, motivation and problem-solving issues, especially if unexpected problems have arisen that need urgent answers and longer term solutions.

Planning is a future based function, and those doing the planning should have various scenarios to plan for different contingencies that are currently known and assumptions or predictions for the unknowns of the future.

Most changes in life are incremental in that they build up day by day usually unnoticed until they suddenly appear large as life! Some changes, especially where nature is concerned, can occur without much warning and monitoring those signals should be part of the planning process too.

Planning is required to be continuous, and awareness of necessary changes must be made timeously. Being light on one's feet is good for dancers and managers too!

With everyone involved knowing the planning process they can also be more responsive if changes have to be made. In multi-layered organisations, many employees feel disenfranchised from the game plan and usually only do enough work to keep their jobs but consider 'good enough' to be their benchmark. If you keep everyone in the loop as preparations are made and as changes occur then you may find certain team members seeing 'good as the enemy of great', and their improved great performance will be evident for all to see.

As an individual intending to achieve your dreams, please take cognizance of the role of proper planning and if your plans involve someone beyond yourself then be aware of how to manage, motivate, control and adapt to changing circumstances as your preparatory steps are laid out to achieve your goals and dreams.

Thoughts

Thought is where the rubber meets the road of your objectives!

Everything happens from a thought. God created the heavens and the earth from a thought. Every creative act of yours begins with a thought.

Responsible, or irresponsible thought determines your past, present and future.

Your thought is you and what happens to you is based on what you think and how you think. If your thoughts are positive and for your upliftment or someone else's well-being, or if your thoughts

are negative and for damaging you or someone else, then that is what will manifest, as your thoughts create your reality.

You are what you think.

When you are goal setting and dreaming, your thoughts take you to a place of opportunity and possibilities. Realistic dreaming and goal setting begins to temper your thoughts with what is within your capability to do using your resources or others' resources. You will be an average achiever with realistic thought processes.

I want you to think unrealistically and aim for the stars. If you fail, you will hit the moon!

Dream big dreams because everything is possible. If you had told me 30 years ago that you would be able to go to a computer or mobile phone and communicate globally at a very small cost, having all the world's information, knowledge and wisdom at your fingertips, even if you were in Timbuktu or Mali or Africa, I would have said "dream on"!

The only limits in the world are the limits our thoughts create.

*"Whatever you can do, or dream you can begin it,
Boldness has genius, power, and magic in it,
Only engage, and the mind grows heated,-
Begin it, and the work will be completed."- Goethe*

Do not let the small minded or narrow-mindedness of other mere mortals cut you down to size. You are a part of God and God is the Creator and so are you, without any limits whatsoever.

There is nothing you cannot do if you have the courage, focus, determination and persistence not to give up.

I have been a pioneer my whole life and have turned a deaf ear to the mere mortals who have said it can't be done. Many times I was way ahead of my time, and I ran out of resources to continue or to wait for the market to catch up. I am usually 10 -20 years ahead of the market, and invariably I make a meal for someone else to eat later on but what energises me is the challenge of doing something no one else has done and achieving that objective.

In strategy we have a saying, "the pioneers get shot by the Indians", implying the Red Indians in the USA. But there is a thrill being a pioneer and being the first to do something, and I wish you to know that thrill too.

If you want to make money, then don't pioneer but wait on the sidelines and see what works and what doesn't. When the pioneer is about to run out of resources, step in and take it for "a song". Develop the goods or services further by capitalising on the work done by the pioneer. There is no right or wrong way. If you want the thrills then pioneer, if you want the money, be patient and time your money-making move to suit you best.

The real key to thoughts is only to have the positive, can do, responsible ones. If only it were so easy to do! But you can discipline and train your thoughts, and conversely, you can have no discipline and think untrained thoughts that cover positive, negative, responsible and irresponsible areas of your life.

In my free book *How to Live in the Now* found on personalempowerment.co, I use some exercises to train your mind to focus on love-based thoughts rather than fear-based ego thoughts.

A disciplined, positive, responsible and grateful mind will be your best friend in marshalling your thoughts to benefit you the most.

"The happiness of your life depends upon the quality of your thoughts." Marcus Aurelius

Watch your thoughts, for they become words.

Watch your words, for they become actions.

Watch your actions, for they become habits.

Watch your habits, for they become your character.

And watch your character, for it becomes your destiny.

What we think, we become.

Margaret Thatcher, originally attributed to Frank Outlaw.

Words

The tongue has caused more hardships than any other part of the body. Words can be used as knives to injure or damage or as bridges to cement people together.

Words once expressed, can never be reclaimed, and care must be taken with every word you utter or write.

If you have a thought and your words or your actions are not in line with the original thought, then the power of those words or actions is muted and usually ineffectual in achieving your dream or your goal.

Know full well the power of your words. How words are used and applied, and in what context, determines upliftment or damage to you or another. Words have inbuilt energy that can bring love, hate, fear or indifference and the power of those feelings they expose can have far-reaching consequences in this world and in Spirit.

Be mindful of the words you want to express before you do so. As the carpenters are taught to measure twice and cut once, so should you think twice before uttering any word.

Words used must also have the correct tone to express and imply what you want to achieve by uttering those words. The inflexion of your voice, the tone of the words, your eye contact and expression and your body language must all be in sync with the words you are deliberately using.

Of course, the best way to use words is not to! Rather use your ears and listen carefully and you will learn a lot more than if you are talking. You already know what you are going to say, so there is not much learning and self-improvement there. But listening is an art that very few have perfected, preferring to hear themselves speak over that of hearing another speak.

By listening, in what I call "whole-body" listening, as I refer to it in my free book *How to Live in the Now* found on personalempowerment.co, you will become known as an excellent person to converse with as the vast majority of ego-based people want to talk and for you to listen!

Now, what has that to do with the words you use in achieving your dream or your goal. Well, surprisingly, a lot!

When you have a dream or a goal it's all you can focus on and naturally in your Enthusiasm, you want to share it with everyone. The reality is that not everyone, and most times, no one, cares two hoots for your dream or goal, they are too focused on themselves.

Carefully select with whom you want to share your dream or goal and make sure that they have sufficient valuable input to make it worth your while, and theirs too, to provide input to you.

Keep your own counsel and only seek advice from those with experience in what you need to discuss. Surprisingly, you will find that people with relevant experience are willing to assist you as they were probably assisted by someone else in their early years and feel they have a debt to repay to the Universe or their conscience. Don't abuse their time and use your time wisely with them with carefully thought out questions in advance of your meeting. Always follow it up with a thank you note or email and ask if you can update them once in a while as to your progress. Also, don't abuse this privilege but use it sparingly, once, maximum twice a year, while you get on your feet by sending them a short message about your progress. They probably have a wealth of contacts but need to see what progress made, before they recommend you to anyone.

Now back to the listening part above. Depending on where you stand on the spiritual landscape you may find it beneficial to meditate and to listen. We say that prayer is you talking to God and meditation is you listening to God!

If you allow yourself to tap into the unlimitedness of Spirit, you will learn a lot and get guidance from this Source.

Self-talk is probably the one thing that will make or break whether you achieve your dream or goal or not. What you say to yourself in your thoughts and what your words say will develop those neural pathways we spoke of above and create your destiny.

Needless to say, you are the Gatekeeper of your thoughts and words. Guard that gate with all your power to ensure that only positive, can do, thoughts and words appear in your neural pathways that will determine your present and your future and your past, in time, as the present becomes your past.

Action

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."

Dale Carnegie

Plans, like maps, don't carry you one inch along the road to your journey. There is a time for thinking, a time for planning, a time for selected words and then a time for action.

Nothing happens without action, but ensure that the action is clear, focused and with a strong intent to achieve the best you can do. Don't let anything distract you from the action you need to take to make your dreams or goals realisable in the time frame you want to achieve.

See yourself as the tip of the arrow as it flies through the air to reach its intended target. Keep this image of a clear, focused intent as the tip of the arrow in your mind's eye.

Have confidence and courage and give it all you can and you will make it as you envisioned in the visualisation of your dream or goal.

In life there are two camps; one is for winners, and the other is for whiners and the difference between them is action by the winners and words from the whiners.

It is vital that your thoughts, words and actions are all in harmony to achieve your dreams or goals. In certain circumstances, where society at large will benefit from your plans, there are Unseen Forces at play that line up behind you when you achieve this harmony of thoughts, words and actions. These Unseen Forces propel you, and coupled with your maximum effort, you will achieve your dream or goal.

I believe these Unseen Forces to be spiritual in nature, but you will know that you had someone or something extra that you can't account for propelling you towards your dream or goal. Sports people call it being "in the zone". Concert pianists and actors call it inspiration. The word inspiration comes from the word inspire which in the original Latin means "into breathe" or "blow into". Such inspiration is as if you have a wind beneath your sails propelling you onwards as an extra force on your side.

Whether you see it as spiritual, inspiration or all your own work, it does not matter. Simply be in harmony with your thoughts, words and actions that benefit both you and society, and you will feel empowered to achieve your dream or goal.

Words are meaningless without action. Action is the only acid test for proven ability. Act now or be acted upon. It's your choice. It's either your dream or goal or you are helping another person achieve their dream or goal. The choice is yours to act now.

Consistent with your values

Try not to become a person of success. Rather become a man of value - Albert Einstein.

It is vitally important that your thoughts, words and actions are in harmony with your values as a human being. If the words of your song and the music that you play is from a different song, the resulting sound will be terrible. Beethoven and Led Zeppelin don't mix well together!

If you talk integrity and you are dishonest in some way, there will be no harmony, and you will be found to be untrustworthy. When people lose respect for you, that is bad enough but when you lose respect for yourself the slippery slope beckons!

Be consistent with your values in your thoughts, words and action and the harmony will be pitch-perfect.

Prioritise and focus

Divide your main goal/s into sub-goals and prioritise these sub goals to follow a logical pattern to achieve your main goal/s.

When you decide to take action see yourself as a laser beam that cuts through the toughest substance known to man. The choice of where this laser beam will be focused is made by prioritising the steps that need to be undertaken with laser-like focus.

There is an expression in business which says "eat the frog first"! Start each day tackling the most difficult task and get it done. This action will make you feel more powerful emotionally and the rest of the day's tasks should be more of a breeze.

In prioritising which tasks to focus on, create a list either on your calendar or on your computer. Once completed cross off the item from the beginning of the word/words to the end of the word/words showing that it's completed.

Your priority list should be in the order of importance to you or the goal at hand. Please understand that urgency is not importance. Urgency is a ringing bell which someone else is pressing. Ignore it and focus on what is important for you. Obviously, if you are interacting with a client or customer and that is all or part of your function, then the ringing bell can't be ignored. Achievers know the

difference between urgent and importance and I have covered this in my free book *Managing Your Stress Effectively* found on personalempowerment.co.

Each day your priority list should begin with the “frog” for that day and after that a priority list only for that day. The list must be completed before going home, with obvious exceptions of emergencies taking up some of your day and not being able to complete your priority list for the day, and the remaining items will have to be transferred to tomorrow’s list.

Feedback and reviews

Feedback is the breakfast of champions!

Always build a constant feedback loop into your goals and dreams. You can check yourself to make sure you remain on track but preferably obtain feedback from people whose opinion you trust, who will provide feedback at the correct times in your programme.

Seeking feedback is an egoless approach and is covered in my free book found on personalempowerment.co *Ego= Failure- Learning to become more egoless and humble.*

Who, or what can assist you

Most of us need help and assistance in achieving our goals. Identify the people who can assist you and the other resources you will need to cross the finishing line of your goal/s.

People are usually more than willing to help, especially if their values are consistent with yours and your goal/s. Simply ask them and don't fear rejection. If they say no, you have not lost anything as you are where you started from before asking them. If they say yes, then do not abuse the privilege and remember to thank them, preferably via an email, note or letter.

By way of a personal example, in 1991 I was appointed as the external Real Estate Advisor to what was then South Africa's third largest pension fund. It was a government-owned fund and staffed by people who developed and built the transport systems in South Africa. Technically it was a quasi-government operation, but the people were mainly public-service orientated, where motivation and gratitude were not usually expressed by management as it would be in a private sector owned corporation competing for top employment talent in the marketplace.

After the first year of my consultancy appointment, I wrote sincere letters of gratitude, incorporating Christmas and New Year wishes, to each member of the Investment Committee that I reported to. In each case, I specifically thanked them for one or more issues where they had personally guided me in fulfilling my role, especially understanding the difference in nuances of the public sector thinking to that which I was more accustomed to in the private sector.

At the first meeting of the New Year in 1992, I saw a changed attitude in the way they welcomed me into their Inner Circle. They asked me to be more involved in their decision-making processes, not only for their real estate portfolio that I was constructing for them but in other investment areas as well. Trust had been established and continued until 1999 when the fund was fully invested in real estate.

A simple, genuine thank-you letter hand delivered to each of their offices changed the tenor of our relationship forever.

Sometimes you need resources that others have to be able to attain your goal/s. Most times those resources need to be paid for. However, with the right approach, and, if the owners of those

resources are in harmony with your goal/s and dreams, they may lend you their resources until you are in a position to pay for them or they may be happy to give them to you.

Nothing ventured nothing gained. As I state in my free book *How to be A Great Negotiator* found on personalempowerment.co - you don't get what you deserve, you get what you negotiate!

SWOT analysis

In strategy, we have a term, SWOT Analysis. It stands for Strengths Weaknesses Opportunities and Threats.

In identifying your goal/s and dreams, you should undertake such an analysis to determine your priorities and focus that I referred to above.

Basically, what have you got going for you and what is against you? Identify who is for you and who is against you. Which areas are likely to present more opportunities for you, consistent with your vision and values and where are there threats preventing you from achieving your goal/s and dreams?

It's always best to put this SWOT analysis down in writing and then see where you can turn lemons into lemonade. Focus on your strengths and see if you can get people and resources to cover your weaknesses. A lot of people expend their energies by learning to overcome their weaknesses, but all they end up with is strong weaknesses and ignored strengths.

Today's world is a world of specialisation and even ultra-specialization; what I call the left nostril people! There are surgeons I know who only specialise in the top two vertebrae; others who specialise only in eye cataract operations and others who only do hip replacements. The same in finance and many other fields; ultra-specialists who have developed an innate intuition for their area of expertise. Success usually rests with such ultra-specialists.

It may be that you become the manager, motivator and administrator of such ultra-specialists, grouping these diamonds into a diamond necklace which has more value than the individual diamonds themselves.

What is the impact of achieving your goal/s and dreams in your life?

"The Brass Ring" has become a colloquialism to mean the highest prize and the terminology goes back a few centuries. So I want to ask you what happens when you eventually obtain your "Brass Ring"; your goal/s and dreams?

How will this achievement affect you, your family, your perspective on life and your attitude towards yourself and others?

Let's assume that your dream has come true, what then for you?

Man is naturally an accumulator of material things and or feelings. Think about the result and how you will feel then? Imagine the feeling of triumph and bottle that feeling and place it into your memory bank. You will need to be reminded of that feeling from time to time, especially during those difficult nights when you toss and turn in your bed anxious about something or other.

Sorry to burst your bubble but when you do achieve your nirvana the feeling is fleeting as your accumulator sights have already aspired to reach even further and obtain even more material things or even greater feelings.

It's all a game, and there is an Italian proverb that says, *After the chess match the King and the Pawn both go into the same box.*

Nevertheless, we are hardwired in our DNA to be an accumulator of material things and emotionally nice feelings. Men more so for the material things and women more so for the nice emotional feelings. So as long as you realise that it's all a game and nothing matters, except the love you give and the love you receive.

As Shakespeare says in his play *As You Like It*:
All the world's a stage, And all the men and women merely players; They have their exits and their entrances; And one man in his time plays many parts....

However, you are not a philosopher, and you picked up this book to achieve your goals and your dreams, so turning back to Shakespeare, this time, *Macbeth*:
Lay on, Macduff,
And damn'd be him that first cries, 'Hold, enough!'

Aptitude

Do you have the aptitude for achieving your goals and dreams? Aptitude is the natural ability to do something, or the ability to learn and understand something relatively easily.

Not everyone is skilled or capable of undertaking a task. As the horse-racing expression goes, "there are horses for courses" meaning some horses are better suited for specific types of course layouts than others.

It's important to find out if you have the aptitude, otherwise you will be "a square peg in a round hole" and never fit in without severely damaging the round hole.

Passion and determination will only take you so far. Albert Einstein is purported to have said:

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

Before you begin your journey to your goals and dreams, do you have the aptitude for it?

Attitude

Your attitude is thought-based and is totally in your control. You are the Gatekeeper of your thoughts and your mind. You decide whether to be happy or sad, rich or poor, immaterial of your material wealth, healthy or unhealthy, a winner or a whiner, an optimist or a pessimist, an ego-based person or a love-based person, and so on.

While writing this, I was sent a WhatsApp picture and accompanying message. The picture was of an elephant cradling a baby lion in its trunk while the lioness walked alongside the elephant. The FaceBook message showed them seeking water from a waterhole miles away and the elephant assisting the baby lion cub.

I sent it out to my WhatsApp friends, and one lady in her seventies said it was probably the most amazing picture she had ever seen. Five minutes later she sent me a message to say that her son had told her that it was an April Fools hoax and it had been removed from FaceBook. She was livid and upset that someone could pull such a hoax and she wanted the earth to swallow them up.

That was her attitude. Mine and her son's attitude were different as we believed in the Power of Nature and that perhaps one day this would be possible. We hoped that this picture sent a message to the Universe to make it a reality. We enjoyed the picture and had an optimistic mindset that it is a possibility which could occur in the future. The seventy-plus lady was upset that her dream was shattered and she looked for someone to blame. Same picture, different attitudes!

"Attitude is everything" is a slogan for winners As I have recounted in previous books that I have written, I am an avid watcher of live sports on TV, especially golf, as I was a low handicap golfer in my youth, and as a tournament player I thrived on the pressure of competition. Today I watch the world's premier sporting events from the comfort of my armchair, and I pay particular attention to the body language and attitude of the world's best sports people. The moment I see someone gets annoyed with themselves, or their head hangs down with shoulders slumped, I know that they have a new opponent; themselves! Now its two against one and the chances of them beating their actual opponent, and themselves, are slim indeed.

Your attitude is the one thing that is going to dominate your thought processes, words and actions as you strive to make your dream or goal a reality. A positive, confident, can-do, courageous attitude to back up all the planning and training you have done to claim your victory will see you cross the threshold as a winner.

It is as simple as that.

Of course, having a positive, confident, can-do, courageous attitude without putting in the "hard yards" of preparation and training to excel is merely wishful thinking. That is why I started this book asking you if it is a wish or dream? Are you prepared to put your back into it and make your dream a reality, or do you want to quaff another beer in the pub with your mates and wish away your potential?

The heights great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night.
Henry Wadsworth Longfellow

In my free book *Wisdom in a Nutshell* found on personalempowerment.co I cover the subject on Attitude in the following way:

There is something we all do in the present moment that affects our future, and that is choosing our attitude. Circumstances that affect us either positively or negatively do so simply by the way we respond via the attitude we choose to look at these circumstances.

It's not what we look at, but what we choose to see that determines our attitude and our future.

Ability is a learned skill and with practice can be honed to perfection, but the attitude you bring to the execution of that ability determines the difference between success and failure.

Believing you can and believing you can't both prove to have prophetic outcomes.

We spend a lot of our time waiting for things to develop. Our mindset while waiting can be one of hopefulness and inner certainty of reaching our goal or hopelessness of not reaching it.

Your attitude does determine your altitude.

Motivation

Armed with the right mental attitude we can now explore motivation.

"If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." - Steve Jobs.

From the man who changed the world with the iPod, the iPad, the Mac and the iPhone, comes the idea that you are pulled by your motivation and not pushed by your motivation.

Passion becomes the driver, and if you firmly believe that what your dream or goal is will improve someone's life or reduce someone's suffering, then you are being pulled by your vision rather than pushed by your ego.

If you are interested, I have written a free book called *Ego = Failure* subtitled *Learning to become more egoless and humble* found on personalempowerment.co.

If your motivation is ego-driven, then it will take you out of the starting blocks of your race. However, inevitable setbacks and obstacles may derail you as an ego-driven person usually sees these failures as a personal affront and not as part of the process of two steps forward and one step backwards.

Some ego driven people use adversity as a further stimulus for harder application in achieving their dreams or goals. Ego driven people are usually blind to smarter options as their focus is on fame and fortune and they are not willing to share their control with others.

My experience in launching and pioneering many endeavours over nearly 50 years, locally and globally, both business and others, is that working smarter is preferable to working harder and coming from soul/love is the correct option, rather than ego/power/fear.

My first business venture was at the tender age of 19. In 1971, while still an Audit Clerk, I was earning USD100/month, I raised sponsorship from a Tea Manufacturer for my Audit Senior's hobby of racing production cars. The Sponsorship was USD2000 for a year. (In 2018 that is the equivalent of USD12 300).

Working smarter rather than harder, I paid a fellow Audit Clerk, who was also an artist via his hobby, USD10 to paint a picture of the Mini racing car in the colours and branding of the Tea Manufacturer's introduction of their first teabag called Pitco Tips. The car was branded as the "Pitco Quickie" in the artist drawn picture, playing on the sexual connotation as well! The Tea Company's Management loved the idea and my audit Senior and I negotiated the sponsorship deal. I received 10% commission. My Audit Senior had a few years of the sponsorship, and I made someone else's goals and dreams come true. I still smile when I think of the chutzpah I had as a 19-year-old, believing anything and everything is possible!

The more egoless people who have an altruistic approach to bettering people's lives through their dreams or goals, somehow use smarter techniques. I believe that other people, as well as Unseen Forces, recognise their altruistic approach of bettering peoples lives, albeit a profit motive may be central to their cause, and they get behind this person. As the saying goes, two heads are better than one. Smarter techniques usually result, and the success becomes more effortless and long-lasting.

Motivation is usually the kick start to any valuable endeavour, and most things worthwhile take long hours of toil. After a while, the motivation starts to diminish, and the reality of the hard work confronts the person. Motivation, like bathing, is best done frequently, and a constant reminder of one's real purpose of bettering someone's life needs to be reinforced to keep the motivational juices flowing.

If you are a praying person, then include your motivation for bettering someone's life without the profit motive in your prayers. If you better people's lives invariably the profit will result as a by-product and not as a focal point of your motivation.

Motivation is hard to sustain indefinitely and that is where discipline enters the picture.

Discipline

I count him braver who overcomes his desires than him who overcomes his enemies, for the hardest victory is victory over self.
Aristotle

Willpower is the control exerted to do something you desire or to restrain impulses from doing something that will be harmful to you.

In effect, willpower is the ability to do what you need, not what you crave.

Let's discuss two other powers in this context:

Want power and won't power!

Want power somehow seems easier to relate to and understand than will power. Will power excludes some level of effort to achieve. It involves mental strength and mental exertion.

Want power seems easier somehow, less threatening to our mental strength muscles and the need to exert oneself.

To me want power seems more motivational and achievable as opposed to willpower which brings up toughness in one's mind.

So if you agree with me let's use the word want power to kickstart you into achieving your dream or goal. After that comes discipline of habits.

Won't power is something you also need in your armoury of self-control. The ability to say no I won't do that, or have that, or take that, or or-or...

Won't power comes back to your self-esteem and the self-belief you have to know what is good for you and what is bad for you. Won't power is the line in the sand which now becomes the line in the cement over which you won't cross. With won't power you need to create the habits of discipline.

Responsibility is your ability to respond! With responsibility, you have willpower, want power and won't power all rolled into one. This is your ability to respond to what you need to do, not what you crave to do. It is your ability to be the Gatekeeper of your life. You think, say or act in a manner that is either good for you or harmful to you. There is no middle ground of compromise here.

However, you can have a reward system that gives you what you crave in small doses after you have achieved your stated objectives for the period you choose to do so.

At the age of 13, I started getting acne, and in those years the chemically based medical treatments like Roaccutane containing isotretinoin were not available. My Uncle Mike was a Medical Specialist and his wife, Aunty June, told me that I must stop eating chocolates as it would worsen my acne. That night I stopped eating chocolate, and for the next ten years, I convinced myself that chocolate was poison and not to eat any. I then discovered that I could use my willpower and only when I was 23 years old, and acne was behind me, did I eat chocolate again.

My personal experience here is that what I previously coveted and rewarded myself with didn't taste so nice anymore. Sub-consciously, I realised that it wasn't good for me and this affected my

taste buds in some unimaginable way. Imagine saying no to chocolate as a reward? But that is where I am currently in my life!

Discipline is what is required to close the distance between what you want to achieve and where you are now. Discipline is self-mastery and is usually self-taught. The military, strict parents, strict teachers, bosses, managers and the like can enforce discipline with the reward and punishment principle, but for discipline to work long-term, you must want to be a disciplined person with self-mastery being important to you.

If you are a newcomer to discipline and self-mastery, start with small achievable habits that you can see the resulting benefits of fairly soon, to keep you motivated to carry on.

It takes an average 66 days to form a new habit, according to research by Phillippa Lally and colleagues from the *Cancer Research UK Health Behaviour Research Centre* based at UCL Epidemiology and Public Health, UK.

Ms Lally comments:

It can take much longer than many people think to form a habit and it is important to persevere. If someone wants to form a habit, they should specify clearly what they will do and in what situation and try to do this consistently. Over time it will start to happen more easily and require less effort.

66 days, on average, is how long it took people in the study to reach a limit of self-reported automaticity for performing an initially new behaviour (that is, performing an action automatically).

Habits are behaviours which are performed automatically because they have been performed frequently in the past. This repetition creates a mental association between the situation (cue) and action (behaviour) which means that when the cue is encountered the behaviour is performed automatically. Automaticity has a number of components, one of which is lack of thought.

To create a habit you need to repeat the behaviour in the same situation. It is important that something about the setting where you perform the behaviour is consistent so that it can cue the behaviour.

Breaking habits is very difficult. The easiest way is to control your environment so that you do not encounter the cue which triggers your habit. It is difficult to break any habit even when you are motivated to do so. If you are ambivalent about breaking it then you will be less likely to succeed.

New habits do not stop the old habits from existing; they just have to become stronger influences on behaviour.

Missing one opportunity did not significantly impact the habit formation process, but people who were very inconsistent in performing the behaviour did not succeed in making habits.

So there you have it from the experts studying habits and their formation.

Previously I used the example of ants from my free book, *The Book of Understanding Animal Spirits* found on my website guidespeak.com. Ants seem to epitomise a disciplined approach when building anthills.

Many people think that having self-mastery and self-discipline is a punishing way to live. Their attitude is that life is for the living and they will enjoy everything they damn well want to and hang the consequences. It's their choice and their life and their consequences to bear.

I assume that you are reading this book because you want to achieve your goals and dreams in life. If so, then self-mastery and self-discipline is non-negotiable.

Narrowing the gap between where you are now and where you want to be in achieving your goals and dreams cannot be done without self-mastery and self-discipline.

You have the power to choose your destiny. Choose wisely, choose well.

If you want to become more disciplined, then you need a written plan and after that translate that into an action plan with a day by day process. I find that if you initial or sign off the day's achievement after it's completed, then you receive a sense of personal satisfaction. Keep the signed off pages, assuming you do a weekly sheet and file them away to encourage you when you have those days when the spirit is willing, but the flesh is weak! The fact that you have so many days under your belt will give you the inducement and pick-me-up to do it again today.

Determination

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race."
Calvin Coolidge

So to recap at this juncture:

You have dreamed, you have developed self-belief, you have visualized, you are committed, you've done the planning, you have positive thoughts, you have the correct words, you have taken action synonymous with your thoughts and words, you have the correct attitude, you are motivated and you are disciplined. But are you determined to succeed?

Without the determination to succeed none of the other issues has any relevance. You will simply be a better-equipped failure of your dreams or goals!

In the world, we live in today instant gratification is the watchword of the young generation. With the Internet, Google, social media, emails, microwave ovens and take-out food, there is no patience to wait for anything.

If you study Nature, you will find that the valuable things in life take time and lots of patience and perseverance. Watching people today multi-task and not focus on one thing at a time, and not learning to stay in the present moment of now, but always wanting to be doing what's next it is clear that success will always be around the corner and never now.

Imagine a seed planted in the ground. It somehow knows which way is up and which way is down. Its roots go down, and it starts to make its way upwards towards the sunlight which, somehow, it knows is where it will grow and thrive. It is totally in the dark, and it pushes its way through the soil until it breaks into the light where its growth develops further. It becomes what it had planned to be when it was a seed, assuming that thought is possible for a seed. Something is powering its growth so maybe thought of some description is involved.

If we have a why, a reason, a motivation, we can handle any what, or where, or how, or when. The why is what creates the imagination and visualisation of your dream or goal. By keeping the visualisation of the why in your mind then the steps, and mostly tedious steps you need to take, become less burdensome and easier to handle.

There will be times when you hit a brick wall, and it appears that failure is breathing down your neck. At this point, you need to take a break and ideally get into Nature for a short while. When you return, the answer and solution that was behind the brick wall will become more obvious when looked upon with renewed vigour and enthusiasm.

The word enthusiasm has an interesting derivation. From French, Latin and Greek it means to be “divinely inspired”. You will need to keep your enthusiasm level high to assist your determination to succeed. If you are a religious or spiritual person then believing that you are working as “God’s Hands” in what you are doing will keep your enthusiasm and motivational level high.

Should you find that what you were planning to do does not work, accept the fact that this is “a bend in the road and not the end of the road”. If you reframe failure to be a learning experience, then your attitude will accept that you have found one way that it won’t work, and you need to learn from this experience and find another way that it will work.

Determination requires focus, concentration and commitment and using your action programme or action plan daily ensures that you keep your nose to the grindstone and work through your plan or programme. Be proactive, ensuring that you don’t wait for your ship to reach the shore but that you swim out to it. Leave no stone unturned and after you have made the step you wanted for that day push yourself to make one final step before you close up for the day.

Ensure that your determination to succeed in achieving your dream or goal is like a bulldozer pushing all obstacles aside and never take no for an answer. It may be no from that person, and that is their loss because the next person to say yes will be a winner with you.

Understand the law of numbers and realise that you may have to kiss 19 frogs before you find the Prince on your 20th attempt. My late father sold insurance, and he ingrained in me the law of numbers. He found that he had to prospect, 11 people, before the 11th one bought an insurance policy from him. Each time numbers 1 - 10 said no to him he thanked them. They asked why he was thanking them and he said you are bringing me closer to my 11th prospect, who statistically will buy from me. Find your closing ratio number from your “failed” calls to the one who bought from you and never, ever, ever, ever, give up!

The thought of quitting and being a failure will haunt you forever. It will be the turning point for you, and unfortunately, that road goes downhill swiftly as you lose confidence in yourself and others pick up that negativity from you and keep their distance. Rather fail by trying your hardest then fail by quitting.

In the contest where you have thrown your hat into the ring and started something, know that at the end it's the one who stops first who is the loser. Either you remain standing, or the obstacle that is resisting you remains standing, but in the end, something is going to fall. Make sure it's not you!

Winners never quit, and quitters never win!

There is a parable of the old donkey who fell into a disused well and cried pitifully to be rescued. The farmer realised the impossibility of the task and sensing that the old donkey was soon to meet his Maker thought it would make more sense to fill the well with sand and bury his faithful old donkey. He called his farm hands, and they started shoveling sand into the disused well. The donkey initially cried out even louder realising his end was nigh, and then he quietened down. As the sand started to fill the well the donkey used its hoofs to compact the sand and with the rising sand level he was eventually able to step out from the well.

Using the stones, the critics hurl at you as your stepping stones and turning your lemons into lemonade reminds me of another story about the two frogs who fell into a pail of milk. They frantically started thrashing around, and when the one frog realised the impossibility of the task, he simply

gave up and sank to the bottom of the pail. The other frog refused to give up, and he continued thrashing around with his feet. Soon he noticed that the milk was turning to butter due to his thrashing and that encouraged him to continue until the butter hardened and provided a platform for him to leap out of the pail.

The reality that I have witnessed in life is that many people give up when they hit an obstacle, and the ones who make it through the obstacles are the Victors and the ones who give up are the Victims. My acronym for VICTIM is Verily I Call This Into Manifestation.

I am going to leave you with two of my favourite quotes on determination:

I will either find a way or make one - Hannibal crossing the Alps on elephants

It's not who is going to let me; it's who is going to stop me - Ayn Rand - The Fountainhead

Mental toughness

Tough times don't last but tough people do. Mental toughness requires a form of myopia or short-sightedness. You block out anything that will weaken your resolve and you keep fixated on your goals and dreams.

Mental toughness is an emotional muscle that you develop based on a positive can-do attitude, immaterial of what circumstances you find yourself in. "Bring it on" is your war cry.

The reason that the going is tough is because if it was easy, anyone could do it. It's tough for a reason. Obstacles and cul-de-sacs are there to test your resolve and determination to see if you are truly worthy of achieving your dream or goal.

They don't hand out gold medals and scatter them like confetti. They are valuable because there is only one available for the winner. And there is only one winner and it's going to be you!

Imagine your mind to be like the cargo hold of a ship of old with watertight compartments. Your mind is in one of those compartments sealed off from any thoughts and emotions that would be negative for your cause of achieving your dream or goal. Banish those negative thoughts and emotions by keeping only positive thoughts and positive emotions in your watertight compartment.

Developing a mental toughness attitude means doing the work that others won't do or don't want to do. It means doing one more thing on your programme; an extra length at the swimming pool, one more repetition at the gym, one more hill on your bike, one more sale, one more, one more, one more. "Bring it on" remains your war cry. See your mental-emotional muscle building and building.

No one likes rejection; it offends us and can impact negatively on our self-worth, self-belief and self-confidence, if we let it. However, sometimes continual rejection is a signal that we may need to be redirected rather than rejected. By this I mean we find another way to do what we need to do that will be accepted and not rejected.

There is a case study in marketing that tells the story of a Manufacturer who canned pink salmon and sold it worldwide. A competitor arrived who sold the more valuable, and in shorter supply, red salmon at a higher price but stole the market. The red salmon was tastier and higher in omega 3 but was more expensive. Wracking their brains to find a way to recapture market share a consultant made a deal with the manufacturer, of receiving x cents a can to increase market share. It proved a genius stroke and the pink salmon canner's market share not only increased to previous levels but surpassed the previous record of sales. What was the redirection? The consultant changed the marketing message to read "Pink salmon - guaranteed not to turn red!"

The same hot water that boils and softens a potato is used to harden an egg. It's not your circumstances but what you are made of that determines your outcome. If it's important to you, you will find a way to solve the issue, otherwise you will find an excuse.

Sometimes we need to remind ourselves of our bravery and our courage to face impossible odds to succeed. One way I have found that works for me is to remember scenes from movies which typify such bravery and courage against all odds.

One of my favourite scenes is from the movie Braveheart with William Wallace (Mel Gibson) motivating his few Scottish soldiers facing the might of the English army:

William Wallace: We all end up dead, it's just a question of how and why. Every man dies, not every man really lives. I am William Wallace! And I see a whole army of my countrymen, here in defiance of tyranny. You've come to fight as free men... and free men you are. What will you do with that freedom? Will you fight?

Veteran: Fight? Against that? No! We will run. And we will live.

William Wallace: Aye, fight and you may die. Run, and you'll live... at least a while. And dying in your beds, many years from now, would you be willin' to trade ALL the days, from this day to that, for one chance, just one chance, to come back here and tell our enemies that they may take our lives, but they'll never take... OUR FREEDOM!

[Scottish army cheers]

William Wallace: Go back to England and tell them there that Scotland's daughters and her sons are yours no more. Tell them Scotland is free.

If you Google "motivational speeches" you will find inspiration from sports people, politicians, Generals, and so many more to keep your inspiration levels topped up so that you can develop your mental toughness muscle.

BRING IT ON !

Milestones

When you travel from one city or town to another there are usually milestone markers telling you how many miles you have travelled or how many miles to go to your next city or town. They are known as milestones and they haven't translated colloquially into Kilometre stones!

You need to set your own milestones as your markers on your journey to achieve your dream or goal.

"A journey of a thousand miles begins with a single step" is a common saying that originated from a famous Chinese proverb. The quotation is from Chapter 64 of the Tao Te Ching ascribed to Laozi or Lao Tsu wrote in the 4th Century BC.

It is always intimidating to look at your dream or goal and the work you have to do to get there. You don't have to do it today, and if it is a worthy dream or goal, it will not be able to be done in a day. It will be done incrementally one step at a time. All you have to do is focus, concentrate and commit yourself to the current step and then the following step. That's it! In time the 1000 mile journey talked about by Lao Tsu will be accomplished step by step.

You should have an idea of what needs to be done and how long it should take you. Be realistic and put down the work and the time that is achievable by you for each milestone marker. If your

later experience says that you can do more, or less, and in a different time frame to what you originally thought, then change your milestones so that they remain realistically attainable. Too easy and you will lose motivation and inspiration and if too hard you will become demoralised and either become obsessive or throw in the towel. Neither are mentally healthy options for you.

Once you have your milestones or adjusted milestones then simply focus on what you can do in the present moment of now. Don't fret and get worked up because you are behind your targets, if it's an error of your measurement then adjust your milestones.

The journey can be done step by step with a smile on your face or a grimace. It's a choice you must make. A smile makes more sense to me but it's your choice to make.

Measure your milestones on some form of action programme that you see daily and keep a written record either on paper or on your computer or mobile phone to motivate you by recording each day's achievements.

If it's a hardship to accomplish and you hate doing it then you need to talk to a qualified person in the field about why you initially started it and the emotional feelings you now have where you are hating the daily tasks. If you made an error in judgement and believed that accomplishing this dream or goal would make you happier or prouder of yourself and it's not what you anticipated it would be and you hate doing it, then reconsider your objectives and perhaps find another way to achieve what you want. However, its best to do this in consultation with a qualified person in this field who may have a far less emotional approach to the issue and give you some clarity, guidance and direction.

Expect it to be hard going for a while otherwise what is the purpose of achieving easy steps towards a goal or dream?

Don't quit because it is hard and you are hating it but rather find a way to enjoy it. Find the satisfaction of accomplishment that outweighs the frustration and even hatred you feel. My experience says that the hatred will pass in time and then you will look back with pride of having the guts and fortitude to persist and stick it out through those very difficult moments.

The problem of quitting is that you feel like a failure for not trying hard enough and that feeling may never leave you. It will demoralise your self-belief and your self-esteem and your self-confidence will be damaged irreparably.

Hanging in there for a tortuous moment or two and getting through and past the issue compared to a lifetime of feeling like a failure is too high a price to pay for quitting because the going is tough and you hate it now. This is where your mental toughness muscle can be exercised and you can win through.

The person who lived through the storm will come out stronger for it and perhaps that is what the storm was for, to fortify your strength and self-belief that you can handle whatever comes your way. The storm is there to test your resolve and ability to overcome it. The next similar storm will be taken in your stride because you looked the tiger in the eye and wrestled it to the ground.

For those who would prefer not to face the tough times and prefer to look for a safe harbour let the words of Benjamin Franklin ring in your ears:

"They who can give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety." -- Benjamin Franklin - A Founding Father of the United States of America.

In my early years when the going was really tough and I was living on the proverbial "smell of an oil rag" I thought of going to find a job instead of trying to convince people they needed a real estate economist on their side, as I was the only one in private practice in the whole country. One night,

anticipating another sleepless night of worrying, I picked up a novel to read and that quote from Benjamin Franklin was on page 1 of the book. It has stayed with me ever since!

Do not listen to anyone who stands on the sidelines of life and criticises and judges your efforts. A favourite quote of mine is from Teddy Roosevelt, US President in 1901, at age 43, then the youngest ever President of the USA:

"It is not the critic who counts. ... The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly ... who, at worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat."

So now we return to your milestones. Set realistic ones and adjust if necessary as a good sailor will adjust his sails depending on changing circumstances at sea.

Rewards

You must decide at which milestones you give yourself a reward. The reward should be nice enough to provide an incentive for achieving that milestone.

A reward system should also include the effort you put into something where the outcome is still to come further down the road. Reward both the effort and the outcome because it gives you positive reinforcement to keep to your plan and action programme as you feel good about yourself.

Something I have mentioned before in a few of my other books and that is rewarding yourself in the mirror in the privacy of your bathroom. Tell yourself: "Well done (your name). I am proud of you. You did (effort or achievement today/this week/this month)"

We seldom provide personal positive feedback to ourselves preferring it to come from others but then you rely on external factors to motivate you and not internal ones. Other people don't really care about what efforts or achievements you make unless it directly affects them, excluding some mothers of course! If you do the mirror acknowledgement, then smile at yourself in the mirror and I bet the mirror will smile back at you!!

Maslow's Hierarchy of Needs identifies self-actualisation and self-transcendence as the two highest of people's needs. By smiling and even winking at yourself in your bathroom mirror and saying your name and congratulating yourself for the effort or the achievement I know that you are destined to never see the inside of a psychologist's or psychiatrist's rooms!

Self-transcendence was added later by Maslow to be higher than self-actualisation. Self-transcendence is doing good for other people, or for some higher purpose such as Nature and the Cosmos, as he termed what I would call the Universe.

Something to think about, depending on your personality and character, and that is giving yourself a reward button with a number on it that you can wear proudly on your clothing. For example, let's assume you decided you needed to lose 10 kg or 22 pounds in weight. When you hit 5kg less on your scale, a simple button with the figure 5 can be worn with pride. When people ask you why you have a button with the figure 5 on it, you can reply, "I am on a weight loss programme and I have lost 5kg or 5 pounds since I began x number of days ago. My target is to lose 10kg or 25 pounds." Now you are sharing your plan and your success with others and this increases your commitment to meet your dream or goal. If you do not have the confidence, or the need to brag, then find another place to put the number 5 in your living space as an incentive to reward your efforts.

Obviously a reward must not be self-defeating such as a slice of chocolate cake for losing 5kg or 5 pounds! Find a suitable reward that you can financially afford but that pleases you too and make a “song and dance” about it with nice wrapping paper, a bow and a card to yourself, congratulating you on your effort or achievement.

Resetting your objectives

Once you have reached your dream or goal, you must celebrate in style. Thereafter, you may want to reset your objectives and look for another dream or goal or an improvement level of your original dream or goal.

This is, of course, only a decision you can make, but now having the skills, aptitude and abilities to become a winner in life and achieving your dreams or goals, it would be a pity not to use this uncommon trait and find a new outlet for your desires and wants in life.

You may decide to use these skills to assist others either altruistically, as I am doing with you, or, professionally as a Life Coach or paid Mentor. The choice is yours and will be based on your circumstances at the time.

If you do decide to reset your objectives, then the programme remains as outlined via the chapter headings above, plus any improvements or polishing you have found that works better for you.

In time, this becomes a continual process, as your goals and dreams change once they have been met and you reset your objectives again and again.

I am now going to deal with achieving your goals and dreams or goals from a spiritual perspective.

For the non-spiritually inclined people, I say farewell and wish you all the best in achieving your goals and dreams. My fellow spiritual people, hop onboard and see how to really cement your achievements to attain your dreams and goals.

Part 2- A Spiritual Approach - Unconventional

The goal

The goal of spiritualism is to make you aware or conscious that you are an eternal spiritual entity currently occupying a body on the earth plane and that you are part of Source/God/Oneness, who is Light and Unconditional Love as you are.

My objective in showing you the spiritual way to achieving your goals and dreams is to enable you to complete the practical issues in Part 1 while focusing on the “bigger picture” of your eternal Soul’s journey.

When you reach a place of understanding that you and Source/God/Oneness are One and that as such you are part of the Creator of worlds and universes then whatever you want to achieve is within your ability to do so.

At that point your practical goals, and even your dreams, will appear insignificant and so limited compared to what you are truly capable of creating.

However, first steps first!

The Dream

The incorrect dream that virtually every person succumbs to is that their life on earth is real and that their spiritual nature is an illusion.

In truth, it's the other way around. This life on earth is an illusion and the real world is in Spirit. Earth is only a playground to develop our sensuality or Vibrationally-based senses and emotions and to work out our eternal issues in an environment where we can experience all our senses and emotional feelings. We can also fast track our eternal journey's growth on this visit to the earth plane by attending to the lessons we have to experience in a physical way.

Imagine, if you will, people watching a movie, of say, the snow, and people playing in the snow; skiing, bobsledding, building snowmen, having snowball fights, ice skating and so on. Watching it and actually doing it are two different experiences.

When we are in Spirit we want to recapture the physical sensations of using all our senses and feeling all our emotions because that makes us feel alive sensually and we grow faster experientially as the eternal creative beings we are. We know that it takes courage to come to the earth plane and deal with all the issues of a life in the physical world, but it's so sensually alive and we love that!

It truly is about experiencing every step of the journey, whether we judge them as good or bad at the time they occur, and not about the destination because we return to Spirit with all our experiences adding to our Soul's growth. Where we are positioned in Spirit when we return is dependent on the way we conducted ourselves on the earth plane.

It's not what we did to achieve our goals and dreams but how we did it. Was it done with integrity and love or with falsehood, power and fear?

"Birds of a feather stick together" on earth and in Spirit. Spending eternity with like-minded people is the real goal and dream you will achieve.

Choose wisely!

Vibrational Beings

We are all energy vibrational beings. We are all a part of Source, which too is an energy vibrational Entity. We are part of that Source some call God/Oneness/ and numerous other names.

That Source is the Creator and, we too, are Creators as we are part of the Creator. Our thoughts create our reality. We are powerful creators! Want proof? We create life through procreation. We bring something that does not exist into being; a human being!

We have chosen to use our vibrational energy being and place ourselves into a physical body at this time on earth so that we can use our focused energy for growth and joy. We came here to be joyous creators. Are you joyous? Are you creating?

We begin our earthly existence as a baby intent on creating, growing and being joyful. We are unlimited in what we can be or what we can do or what we can acquire if we want to.

We are the creator of our own realities and we do so by thought. Our thoughts develop words and our thoughts also develop actions. Those thoughts, words and actions that we do have consequences. Those consequences are based on non-judgmental cause and effect. We drop a stone into a pond and ripples are automatically created. Not good ripples or bad ripples, simply non-judgmental ripples as the effect of the cause of you dropping the stone into the water to begin with.

You have freedom of choice and it, arguably, is your most powerful weapon. You are free to choose, and the consequences of those choices become your realities that you choose to experience. You are not a product of your circumstances but rather a product of your thoughts and decisions.

Your choice to become a physical body has a specific focus as you create your reality to fulfil that specific focus. You intended to have fun, gaiety, laughter and to be joyful always, and in all ways, but you also have some spiritual homework to do in your backpack.

The challenge is to see whether you can do your spiritual homework and remain joyous throughout the process or whether you allow your emotions to become heavy and the task and your life becomes really hard work.

In the end, it is all a game, and when you return to Spirit as an energy vibrational being, you will see how many opportunities you spurned to be joyous and to grow creatively.

Let me try and put that into a language you can better understand here and now. When you either play in or watch a game of sport, the cut and thrust of the game causes emotions to run high. Sometimes you are leaping for joy and sometimes you are burrowing your head in your hands in sorrow. When the game is over and the discussions take place in the change-room or in a pub or at home and the game is then rehashed with could have's and would have's and if only's. Next week is another match and you go through it all again. The previous match's issues are forgotten as you tend to the current match and the ups and downs of your emotions here and now.

So is your current life on the earth plane like such a game of sport. It's meant to be joyous and fun-filled while you attend to the specific focused tasks you agreed to in Spirit in terms of your Soul Contracts with others in your Soul Group. This is what I am calling your spiritual homework.

Together you created an intricate plan made up of Soul Contracts of who would do what with whom and to whom and where and how and when. You all needed to grow your eternal souls creatively and the game plan or play, or whatever you want to call it, was constructed, and the game plan agreed to, subject to your free will when you were on the earth plane.

Those of you who re-membered you were part of a Soul Group kept it light and fun-filled as you rose to the challenges of a life in the physical fulfilling your soul contracts.

Those of you who have forgotten your Soul Group and your spiritual contracts have taken your life seriously, and there is not much fun, gaiety and laughter in your life as you arduously push the stone up the hill of your life.

To experience being a vibrational being, you must understand that everything is a vibration and we identify those vibrations through our five senses. Light as a vibration is how our eyes determine images. Your ears identify sound through the vibration of sound waves. Those fragrant aromas coming from the kitchen at dinner time arrive at your nostrils as vibrations and give you the sense of smell. The sense of feeling in your partner's skin touching yours is felt vibrationally. When eating a favourite chocolate your tongue decodes the chocolate's vibrations as a sweet and comforting taste.

Your emotions are your biggest vibrational decoder. The perfection of joy that is your Soul when married to your physical body, your mind's thoughts and your actual feelings about something or someone discerns whether you feel that joy, or its opposite sadness, or somewhere in between, and expresses itself emotionally through your feelings. The range from joy to sadness, from bliss to depression, from love to indifference are gauged by your emotions and usually reflected within your physical body, in your body language and on your facial expressions.

When you feel that connection or vibrational alignment to your soul and to Oneness/God/Source then anything and everything is possible in your life. You are connected to the Source that creates universes.

One of my favourite Teachers, *Abraham*, channeled by Esther Hicks, calls this *The Art of Allowing*. To quote Abraham “*you allow yourself the benefit of all that you have become, to be present in this Leading-Edge moment of creation.*”

Another favourite Teacher of mine is the Non Physical Energy known as *Oneness* channelled by Rasha. Learning from these two Non-Physical Energies the ability to become a spiritual being in a physical body, rather than a physical being with odd thoughts of spirit, is so easy. I recommend you read the books from Abraham-Hicks publications and the two books *Oneness* and *Journey into Oneness* by Rasha.

As energy vibrational beings, you are part of the Source, which is Unconditional Love and Light, and you will always be a part of that Source. You can access Source’s energy vibrations at any time and become the creative vibrational beings who you are at your Essence. It’s a choice you can make at any time and in any place you find yourself.

To end this introduction to vibrational beings; it all comes back to your thoughts which create your reality. You can choose to think of being Godlike at any time and place where you find yourself. You can choose to do so by thinking, saying and doing, “What would God/Love do now?”

What has this to do with achieving your goals and dreams? Everything - as only by vibrationally aligning to your Soul, which is Unconditional Love and Light and is connected to Source who is Unconditional Love and Light, can you find bliss.

You may decide that you only want the success of the practical first part of this book and the spiritual stuff can wait. However, even if you become a billionaire or win a Nobel Prize or an Olympic gold medal or whatever you dream to do, soon after you achieve it you will feel deflated as all your creative energy has gone into this now achievable dream and you still feel empty inside. You may have forgone so much; joy, a family, love with an intimate partner, true friendships to reach your goals and dreams only to end up with the achievement, but are lonely and feeling empty within.

Your ego has been satiated temporarily but your Soul yearns for the Love it is to be felt by you and you keep shutting it down. You came here to be fun-filled and joyous and with your money or Nobel Prize or gold medal you still feel alone and secretly afraid that people admire you but don’t love you.

It’s at that point that you will discover that Love is all that matters. If you have such inner unconditional self-love, the need for the accomplishments of goals and dreams of success are as whimsy and insubstantial as the morning mist when the sun comes out.

Nothing matters except Love, and only your connection to your Soul and to Source can connect you to such Unconditional Love of self and others.

Once you have that connection and you feel that inner unconditional self-love, then by all means become a billionaire, win a Nobel prize and an Olympic gold medal to boot. You will simply want to share these achievements with all in your orbit via unconditional love and allow everyone to benefit without you wanting anything in return but the feeling of the love of giving.

Self-belief

You are going to have to absorb the information above into your belief system, knowing that a belief is simply a thought you think often and it becomes a belief once so entrenched in your conscious and sub-conscious mind.

Let me give you an example of that. Assume you were born into a family that practiced a certain religion. The belief system of that religion, the traditions, symbols and dogma was something you absorbed from the beginning of your life. In your religious belief system the symbol of a Cross, a statue, a Torah scroll, etc., have intimate and enduring meaning for you and represent something that you believe to be true and religious. In fact, you worship that symbol as representing your perception of God.

If I arrived at your home to debunk that belief system, you would fight tooth and nail to prove to me that I was wrong and you were right. It's only an unproven belief system and yet more people die in religious wars than in any other type of conflict situation.

To billions of people who don't practice your religion those symbols and belief systems are meaningless and they carry on living their lives, mostly successfully, without knowing anything about what you treasure so highly. They are unaffected by your belief system through their ignorance or lack of interest.

The truth of your unproven belief system that you cling to which gives meaning to your life is limited, as is your vision when you look out to sea for say seven miles to the horizon. That is the extent of your experience about the sea. The fact that the sea covers two-thirds of the world, and that is a provable truth, is only seen by your eyes as a seven-mile horizon and then nothing, and that is your experiential truth via your vision.

So we revert back to making the vibrational beings section above your belief system by thinking about it constantly and continually. I firmly believe that if you looked at everything and everyone with the belief system that said: "What would God/Love do Now?" and implemented that then your life would be immeasurably joyous and creatively grow in all areas of your existence.

Please don't take my word for it, try it out for yourself for an hour, a day, a week and then see if you agree or disagree with me.

If this proves valid in your experiential knowledge of it then you can allow it to become your self-belief system.

Of course you can choose whatever "floats your boat" as your self-belief system. I simply guide you to the one that works best for me and for the people who also believe that Love is the only thing that matters.

Visualisation

In a spiritual sense, visualisation is based on creative intent which is based on your thoughts creating your reality.

I have a theory that the evolution of the species was based on intention and those who did not have that intention failed to survive. For example, the giraffe's long neck was created by a much shorter necked giraffe eons ago, longingly looking at the top of trees at the sweet young leaves, and stating an intention that his neck should be longer to reach those leaves. Of course, I am oversimplifying this theory, but creative intent is behind the growth of all ideas and thoughts that become manifest as reality so why not for the survival of the species?

Creating intent

There are three ways to create intent; consciously, subconsciously or unconsciously.

Consciously means to align yourself knowingly at a vibrational level with your Soul and in turn to your Source. Now you are on the same wavelength with the Creative Energy that creates universes and more. Anything and everything is possible to create.

Subconsciously means that you have been undertaking the process of deliberate conscious intent for so long that it is automatically achieved. Once again anything and everything is possible to create.

Unconsciously means that there is not a focused intent, but a general “catchall” that your way of life creates an unfocused approach to having intent. And for the third time, anything and everything is possible to create.

There is good news and bad news here. The good news is that if your intention is based on love and goodwill towards yourself and others then the intent will manifest as your reality. The bad news is that it will also do so if your intent is to do harm to yourself or another. Your thoughts create your reality!

Thoughts, words and actions create cause and effect and the non-judgmental consequences flow as stated repeatedly in all my writings.

Unless you are psychologically damaged, your emotions are your “divining rod” to what your thoughts are producing. Good thoughts create good feelings and bad thoughts create bad feelings. Other thoughts fall within this range of feelings between feeling good and feeling bad.

A good exercise for you to undertake is to ask yourself if you are feeling connected to the concept of your Deity or your Soul when making this thought? Obviously, choosing between a red or blue shirt or blouse to wear for the day is a thought but I mean the thoughts that are of some consequence to your future wellbeing.

Do I answer that flirtatious person looking at me admiringly or do I go home to my family? Do I falsify my sales report to keep my job or do I tell the truth that I am battling to make sales? Do I have one more drink and hope the cops don't catch me on the drive home? Do I gamble the rent money on a “sure thing” or not?

These are the types of questions that you need to use the “divining rod” of your emotions to guide you in making the right choice.

Trust your feelings because feelings are the language of your Soul. If you feel the alignment of what you know your Soul, which is Love, is feeling and what your thoughts are making you as a physical body feel then that is a positive feeling and should be pursued. The cause and effect of your thoughts, words and actions will result in bringing you the reality to be manifested.

Conversely, if your thoughts are against the feelings of Soul-based love then they are divergent to this alignment and “this ain't going to end well for you!”

One thing that I have experienced and witnessed in my life, is that we do not have to exact revenge on someone who has committed an act of harm against us. Initially, we want blood, but we are simply creating the repetition of the circumstances to have that revenge visited on us. Yes, express your feelings as deeply as you can to ensure that you rid yourself of this issue which you brought upon yourself (more of that later), but take no action other than expressing your disgust verbally or in writing. Telling someone that they have disappointed you is surprisingly emotionally painful to them, as seen in Maslow's *Hierarchy of Needs* for self-admiration being the highest

need. Your telling them that you feel disappointed in them in a calm and unemotional way is hurtful to their inner core of who they are in their eyes.

Don't worry about retribution. That is coming their way without any encouragement from you. It's simple - cause and effect, non-judgmentally. This will result in some form of deprivation or loss to them far worse than you could ever imagine to effect on them. Sometimes it will happen in this lifetime and sometimes in another but the scales have to be balanced through cause and effect.

As difficult as it is to imagine, and even harder to accept, our thoughts create our reality, so when both "good" and "bad" things happen to you it's been created by your thoughts.

You bring everything to you via your thoughts

Now I am going to get a little weird here so please give me the latitude to fully explain myself. In the spiritual world there is only the present moment of Now and everything we call "past lives" are in fact happening simultaneously in the present moment of now. I have explained this in a previous book before by using the analogy of a 12 inch nail driven vertically into a piece of wood as its base. Small pieces of paper like a message pad are placed one on top of the other until the twelve inch nail is covered to the point at the top. Each piece of paper represents a "so-called past life" but on the nail they are all represented now in the same space as parallel lives.

There are events happening in all of these lives that you are "simultaneously" living and a few of them have recurring themes, meaning that they remain unresolved and that closure needs to be brought to them.

So there are issues or events in these lives that may be revisiting you now and they need closure. Unfortunately, these issues are usually painful to deal with but the job at hand is to face them and deal with them now.

Those unable to deal with them become known as victims which acronym I define as Verily I Call This Into Manifestation. Victors are the ones who stand and face the music and bring closure.

My experience in life is that when you do face the music and resolve the issue then something amazing usually happens. What was termed "bad" is now seen as such a blessing because it brought this amazing new person or issue into your life and it is now seen as "good" that it happened.

It's the caterpillar and the butterfly story that happens in Nature now happening in your life, simply because you faced the music and brought closure to the painful issue. Pain is temporary but good news is forever!

The Law of Attraction

In my free book, *The Book of Universal Spirit Laws* found on GuideSpeak.com I/We define *The Law of Attraction* as follows:

Like attracts like. You attract the vibrations of people and situations into your life that resonate with the vibrations you send out. Your underlying thoughts, feelings, beliefs and vision attract people and situations to you to mirror those thoughts, feelings, beliefs and visions.

When so-called "negative" people or situations are attracted to you, you must stand in your integrity and investigate, to interrogate your underlying thoughts, feelings, beliefs and visions to see what needs to be healed. This will assist growth and evolution to occur to ensure you no longer require the mirror of that negativity to be attributed to you.

To “positively” develop attraction of comparable desires and needs from other people and situations, remind yourself of your good qualities, have clear intent without doubts and, through positive action, wait receptively and expectantly for the manifestations of like attractions to occur.

I/We wrote the entire 600 pages on GuideSpeak.com in 90 days during early 1995 including getting it onto the new website while running a global business and managing a family and our home during a difficult time in my life. I believe the words in GuideSpeak.com to be a Channeling, as I would sit afterwards each night and early morning and say “where did that come from I never knew that?”

For nearly a decade I was anonymous on GuideSpeak.com as I didn’t want to take credit for these words. Today, if you look hard enough, you can find a link on GuideSpeak.com back to personalempowerment.co as my Guides informed me to do so. They said that GuideSpeak.com creates the foundation and my books on PersonalEmpowerment.co creates the action plan. They also told me to call the first website [GuideSpeak](http://GuideSpeak.com) and the second one some 7 years later [PersonalEmpowerment](http://PersonalEmpowerment.com). The .com was taken so I went for the more “cool” version of .co; so my son said at the time!

I discovered *Abraham* and Abraham Hicks publications around the mid-late 2000’s decade around the same time that I discovered *Oneness* by Rasha and, upon reading those books, I saw the similarities of the words I had written and transcribed and the words that *Abraham* and *Oneness* used.

I am telling you this so that you can have an appreciation that the *Law of Attraction*, which is the foundation of *Abraham* and Abraham Hicks publications’ work is a powerful law and they define it as follows:

The Law of Attraction says, “the essence of that which is like unto itself, is drawn.”

The guidespeak.com version above goes into more detail but the message is the same.

What does all of that mean to you and your intention to achieve your goals and dreams?

Know how powerful the force of “like attracts like” is in your life. It is Law!

See yourself as the strongest magnet you can imagine and every thought you have attracts a similar thought. A positive thought brings to you a positive result and a negative thought brings to you a negative result. Fortunately for you the manifestation will take time. For those really attuned vibrationally to their Soul and to Source’s vibrational wavelength they will know instant manifestation or close to instant.

So now you can start to appreciate it when it is said that “your thoughts create your reality.” What you intend will arise. At a true connection level with Source is what is called deliberate conscious creation. And you are doing it all day and all night with your thoughts, words and actions. So you can understand when I say use “what would God/Love do now?” and do only that if you want your goals and dreams to eventuate at the highest level of manifestation.

Now we come back to the heading of this chapter which is Visualisation. I explained how visualisation worked in the practical first section of this book and I ended with “Believing is seeing.”

Hopefully, with the understanding above of Creating Intent; consciously, subconsciously and unconsciously, that you bring everything to you via your thoughts and The Law of Attraction, you are beginning to realise that what you believe via your thoughts will manifest as a reality. Hence Believing is Seeing!

Visualise your ideal outcome and visualise the steps you will need to take to make your ideal outcome your reality. Keep your thoughts, words and actions focused there intently and it will result in manifestation for you. Then you will experientially know that Believing is Seeing!

Commitment

In the first part of the practical steps in Part 1 above, I dealt with the promise you make to yourself to be committed to doing whatever it takes to make your goals and dreams a reality.

In spiritual terms I would like to propose that commitment has other understandings:

I commit to making the correct choices in my thoughts, words and actions to ensure that I am positive, optimistic and loving towards myself and others.

I commit to ensuring that I will connect vibrationally to the wavelength of my Soul and Source /Oneness/God by thinking, saying and acting on "What would God/Love do Now?"

Planning

While it is important to carry out the planning steps as spelt out in Part 1, the spiritual part of planning is completely different.

There is a saying that goes:

"Man proposes, but God disposes" which is a translation of the Latin phrase *"Homo proponit, sed Deus disponit"* from Book I, chapter 19, of *The Imitation of Christ*, a 15th-century book by the German cleric Thomas à Kempis. (Wikipedia)

The spiritual understanding of planning is based on this saying of Man proposes, but God disposes, however, be ever mindful of the need to pray to God but to row away from the rocks!

Why do I say that there is no need to plan spiritually? Well, as you will see from the home page on personalempowerment.co, my constant prayer is *"God will give me what I need, when I need it, for the highest growth of my Soul. God's timing is always perfect. Trust God Now, live in the Now and be Godlike."*

You will see that it doesn't refer to what I want, which is an egoic request, but what I need for the growth of my soul. Ego has wants; Soul has needs.

If you can get to a place of Trust in God and you can say "Thank you God" for whatever happens to you, and mean it with all your heart and soul, you will get onto the vibrational wavelength of God.

I am going to show you how this works in practice because the story below happened to me this week as I am writing this book. As God is my living Witness, it is true.

Today is Saturday, April, 14, 2018 and I live in Mauritius, an island on the East Coast of Africa.

On Monday morning, April 9, 2018, I discovered that a business partner in South Africa had defrauded me of an amount around USD350 000. Initially, I was shocked, and then I allowed my spiritual nature to come to the fore, and I said "desperate people do desperate things".

I spoke out aloud to myself and said: "Thank you God for everything."

I spoke to my family members, friends and my various other business partners in other ventures and everyone was upset about his abuse of my trust that I placed in him for so long, as I do in all of my business partners, family and friends.

At that stage I was still coming from a spiritual place of understanding. I told them all that I believe in saying "Thank You God for everything" no matter what happens to me, so-called good or bad things.

On Tuesday morning I received the daily email message from "Oneness" that I subscribe to and the message for that day was *"that until you feel the emotion of something fully it will continue to revisit you as you have not actively dealt with it and shaken it free."*

Having spoken to the Fraudster on Monday in a calm manner to see if there could be a mistake, he broke down and confessed to me.

I had not shown that I was ready to shake free of being abused, a pattern that has happened to me a few times in my business life, and in my personal life as well. I am very trusting and believe that people are inherently good, and if they are in my circle of trust that they will behave accordingly. Sometimes they don't! However, I have trusted hundreds, if not thousands, of people and only eight times have I felt so abused, so the odds of my trusting people are good!

As the Fraudster was emotionally distraught and suicidal when I spoke to him on Monday, I realised on Tuesday that he would not understand me fully if I phoned him to show him how angry I had become from his abuse of my trust. I then decided to write him an email as a lasting memory of what his betrayal of trust meant to me and how angry I was at him for abusing my trust in him for over four years. I ended by stating that I do not have to take any punitive action against him as his abuse of me will have the cause and effect flowing to him shortly far worse than I could do!

I sent a copy to all the people who have come to my aid with emotional support and as my IT Consultant said: *"If I got an email like that I would commit suicide!"*. Learning from the message from Oneness I felt the emotionally fully and sent those emotions of disgust of his betrayal via email.

The next day, Wednesday, I established that this Fraudster had "borrowed" USD2000 from a new employee of the business, who himself was in dire financial straits and about to lose his house to the bank. He was unemployed for nine months, and I gave this 57-year-old a job to try and get him on his feet financially and emotionally. His Fraudster boss, knowing of his financial plight, still took USD2000 from him as a "loan" to be repaid when the Fraudster got paid at the end of the month.

This additional fraudulent action became the straw that broke the camel's back for me, and I really got even more emotionally angry at the Fraudster at this point. I decided to support this new employee in any action he was about to take to attempt to recover this money. I knew that my money was gone, but hopefully, he could recover his USD2000.

When I told my trusted supporters of this latest development, they could not fathom that this person that they had all known for four years could behave in such a despicable manner as to rob a man who was down and out financially by abusing his boss/employee role like this.

With my anger now spent I decided to focus on running my other businesses and returning to South Africa soon to sort out this mess he had left behind. At this stage, I felt that the toxicity he had caused was out of my system through my angry outbursts and email I had sent him.

On Wednesday evening at around 8 pm, I received an email to inform me that another tenant had been found for my existing apartment still under lease to me until the end of July and that I could move to my new penthouse apartment at Azuri on the North East of Mauritius by the end of April. Please check out Azuri.mu and you will see why I was so excited.

The Chairman of the development company is a personal friend of mine, and he offered me his penthouse apartment at the same rental I am currently paying, to move to Azuri to run my free Personal Empowerment Centre there from the five star Radisson Blu Hotel.

On Thursday morning at 8 am Mauritian time and 6 am South African time I received a WhatsApp message from a young businessman in South Africa who I respect and admire greatly and who handles some of the Internet marketing for one of my businesses. His wife worked for me for some years, and she has recently given birth to a baby boy. He told me that he has a relatively new business partner, a client of his for some years, and that this man represents the wealthiest family in South Africa as an Investment Adviser for their Family Private Equity Investment Fund. He had taken a meaningful share some twelve months ago in my friend's business and provided expertise and funding to expand their operation significantly. He now wanted to investigate doing the same for one or more of my businesses.

We communicated during the day on Thursday and yesterday, Friday, I spent 12 hours doing a report on one of my businesses; its current position and prospects should it have a meaningful injection of funding for expansion coupled with the level of expertise he could bring to the business. I am meeting him soon to explore this potential partnership further.

Today, Saturday is usually a day off from work and is a writing day for me on books such as this one.

I have decided to tell you this story to show how Trust In God and being on a vibrational wavelength with God can create near instantaneous manifestation. Who knows what the future will be for this week's issues, but it has reinforced to me that if you TRUST in God and row away from the rocks, then whatever you propose, God will know what to dispose for the highest growth of your soul.

My two acronyms for TRUST are:

To Release Unto Spirit Totally, and To Rely Upon Spirit Totally.

So from the above true life example of my past 5 days I hope I have shown you that to live your life with "What would God/Love do Now?"; and to be on a vibrational wavelength with God, and to live in the Now by placing yourself on the leading edge of the wave that never ends is preferable to planning your life in detail.

God knows what is best for the highest growth of your soul, and you must simply Trust God Now.

Trust in God and be grateful for whatever happens to you, by saying, "Thank You God for everything". The need to plan your goals and dreams in minute details is unnecessary.

Trust God Now to give you what you need, not want, for the highest growth of your soul, and all will be well in your world, eventually!

Thoughts, words and action

The trifecta of spiritualism! (In gambling you can choose to bet on the winner, second place runner-up and third place finalist, in that order, alternatively, the winner of say, the long jump, high jump and 100metre hurdles by the same athlete).

The trifecta of spiritualism - thought, words and actions - create "things" or manifestations.

Everything begins with a thought. Thoughts create your reality as explained before in this book and many spiritual books. The way I have explained it in Part 1 is that your thoughts have cause and

effect, or causal, consequences. These consequences manifest, and that becomes the reality of your existence. Hence your thoughts create your reality.

I will deal with judgements in the next section but for now, know that these causal consequences are non-judgmental. They are like the ripples of the water in the pond when the stone is dropped into it.

So how do thoughts become manifest as “things”. The example I have used before in my books is one of iron filings on a desk with a magnet at the other end of the desk. When the thought is formed the magnet moves closer until the magnetic force is strong enough to attract the iron filings, which shoot across the desk and create a lump around the magnet. This lump of iron filings is now a “thing” that has been created or manifested.

Now, let's move onto the words you use to verbalise that thought. Here we have small ball bearings at the one end of the desk and upon the word or words expressed we have the exponential movement of both the iron filings from thought and the small ball bearings running across the desk to form an even more solid lump of “thing” or manifestation around the magnet.

Then we decide to take the thoughts and the words and put them into action. The action is represented by pieces of metal plating at the end of the desk, and now we have the iron filings of thoughts, the small ball bearings of words and the metal platings scurrying across the desk and congealing around the magnet in a solid lump of metal. This metal can now be used to build a bridge between people or to build a wall to separate people. A hammer to build with or a hammer to use as a weapon to maim or kill with.

The only way the trifacta of thought, word and action can be fully formed is if they are in harmony with each other. Otherwise, they conflict if they are at odds with, or resistant to, each other.

Do not underestimate the power of thoughts, words and action, individually or in a combination of thoughts and words, or all three together. Worlds, universes and life are created by them as is harm, damage and even demise of living things.

There is often a knife edge that exists for the power of choice that you make for creations which are love-based or fear-based. In the end, each person will only be remembered for whether they brought love or fear to people's lives.

Please understand the exponential power of the thoughts, words and actions as they align in harmony to create or to destroy. To give love or breed fear.

These thoughts are a nuclear power of note that can destroy parts of a country or power cities with nuclear energy.

This trifacta is what real power looks like. Adolf Hitler with his negative thoughts, words and actions was able to mobilise Germans and their Allies to fight the Second World War with the loss of some 80 million people, according to Wikipedia, including combatants and civilians.

Conversely, Thomas Edison was able to light the world, and the Curies were able to save the world from disease, as two examples of positive thoughts, words and actions

You can give love to your partner, or create fear for them, with your positive or negative trifacta of thoughts, words and actions.

From a spiritual viewpoint if you want to create something of value for yourself regarding your goals and dreams, then the trifacta of positive thought, word and actions must align with your goals and dreams to create such manifestation.

If you can expand your vision beyond your own needs and use that trifecta to improve the lives of others, as well as thereby aligning your thoughts, words and actions to "What would God/Love do Now?" you will see spectacular results manifest for you.

Conversely, if you selfishly decide to use this trifecta to harm, damage and destroy, then you have the free will to make that manifest too, as Adolf Hitler did and so many like him throughout history.

See yourself as having nuclear power in your pocket and then decide how you will use the trifecta of thoughts, words and actions in each successive moment of now in which you make your choices.

Judgements

There is only one reason why we choose to judge something and someone and that is because we have decided to stop looking to understand it or them. It's actually our laziness that causes us to judge something or someone.

We can make other excuses such as lack of time or lack of interest to even begin to look at understanding why things or people do what they do. It's simply easier to judge them and damn the consequences of our judgement.

But what are the consequences of our judgement?

Would it perturb you to know that what you judge will judge you?

I didn't make that up, it's in the Christian bible: Mathew 7:2. "For what judgement ye judge, ye shall be judged; and with what measure ye mete, it shall be measured against you."

Hillel, a Jewish Sage said, "do not do unto others that which you would not like done unto you."

In Hinduism and Buddhism, the term karma has great meaning, being the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences.

Starting to feel a little uneasy about some of the judgements you have made?

Can I suggest a little game you can play? Why don't you keep a tally of how many judgements you make in, say, an hour or a morning or a day? Then I would like you to consider that which you have judged and ask yourself if you know why it or they carried out the issue you were judging. By the way, the judgements you make by thought, word or action also operate like the trifecta of nuclear power, but each judgement must be accounted for in our little game as each judgmental thought and or word and or action.

Unfortunately, you will conclude that it was your ignorance of all the facts that caused you to be lazy and simply issue a judgement about it or them. You will admit to yourself if you have integrity, that you don't know why, but it looks wrong and that is why you judged it so.

A lot of judgement is based on bias, prejudice and jealousy, but ignorance of the facts is the common denominator of judgement.

So we come back to achieving your goals and your dreams. If you have judgements against yourself or anything or anyone, this will impede the manifestation of your goals and dreams and could even negate them forming positively. They may very well form in a judgmental way, negatively affecting your goals and your dreams!

Don't judge anyone and anything. Simply give full acceptance and love to it or them if you can. I promise you your world will change so radically for the best, that it could be that your goals and dreams will seem insignificant because you will be who you truly are, which is Love.

Consistent with your values

Believe it or not, you can't fool yourself. You know within your mind and usually within your body when you are consistent or inconsistent with your values. Your emotions will tell you. Sometimes that telling will be in pain and suffering which you experience when you are inconsistent with your values. Alternatively, as joy and bliss, you experience when you are consistent with your values.

I am assuming here that you are not a psychologically disturbed person whose values are not what typical people would consider as being "good" values consistent with the Golden Rule of "Do unto others as you would like done unto you".

For most people, their bodies were perfect when they were born. Any pain and suffering you are feeling now are due to your thoughts, words and actions expressed silently or out aloud. It's up to you reading these words.

I am sorry if that makes you uncomfortable and you want to throw this reading device or book at me! You must take responsibility for yourself. If you live a life of belief in a God or similar Higher Power, if you pray and meditate regularly, if you exercise correctly and eat and drink healthily, if your stress levels are under control (and if not, I recommend you read my free book, *Managing Your Stress Effectively*, found on personalempowerment.co), if you come from love and not from fear to yourself and anything or anyone else, if your thoughts, words and actions are always positive and well-meaning, then there should be no reason for you to have any aches or pains and with that, any suffering whether physically or emotionally.

If you remain consistent with your values in your thoughts, words and actions then you will live a charmed life full of enriching experiences and be joyous, loving and peaceful.

Is that not the wealthiest person around!

Prioritise and focus

In Part 1, this section deals with the need to prioritise and focus intently on achieving your goals and dreams. This process is a left brain focus, and with such intensity of priority and focus, the left brain develops at the expense of the right brain which is under-developed.

So your ability to think in words, to think logically and sequentially, to be able to do the linear thinking, to be good at mathematics, statistics, numbers and facts and to apply logic to issues and problems becomes well-developed.

But what happens to your right brain functions of feelings, emotions, sensuality, visualisation, intuition, rhythm, holistic thinking, arts, mindfulness, creative thinking, out of the box thinking, creative solutions, balance, harmony, nature, beauty, love, etc?

In finding a spiritual approach to focus and prioritising to achieve your goals and dreams, I am going to show you how to do so with an awareness of developing your right brain function too.

Let's start with your left brain functions as discussed in Part 1. Do this to the absolute best of your ability until you hit a wall, and for some, it may be "burnout". Then the real fun starts!

Now get out of your workspace at exactly the time you think that if you took your eye off this ball your world would collapse and the earth would reverse its polarity because you are that important!!

I don't mean go next door. I mean get out into Nature without any electrical devices to distract you and preferably on your own. You can take a notebook, a pencil and a sharpener. Remember what a pencil and sharpener looks like?!

Now allow yourself a day or two to acclimatise and rid yourself of your obsession with your left brain activity. Don't only sit in Nature. Do something arduous like going for a walk, a swim or some form of activity that needs your concentration to keep going in Nature.

On day three once you have rebalanced yourself and you are starting to feel the stress and tension drip off you, you can begin to meditate by sitting still and following your breathing. The slower you can get your breathing and the longer you can stretch your in-breath and then your out-breath without effort, the deeper you will find your ability to meditate. Do this in the morning, around Noon and again in the evening before going to bed. Carry this practice on for as many days as it takes for you to realise that you are starting to feel calmer and more balanced in your life. Then carry it on indefinitely as it will be necessary for your overall well-being, balance, harmony and solution-finding for achieving your goals and dreams.

By being on your own, you can start to get to know the real you and not the image of you that you believe you are, regarding the goals and dreams you are working towards. The real you is a part of God, who is Love, and so are you. Can you imagine that? This tough top Achiever is actually love!

Your right brain has waited patiently to be introduced to you. It wants to offer you balance, harmony, mindfulness, peace, love, care, kindness, warmth, humanity, rhythm, feelings, emotions, sensuality, creative thinking, out of the box thinking, intuition, visualisation, beauty, holistic thinking and so much more.

You, like everyone, have been blessed with a library of wisdom, knowledge and information, but mainly wisdom, within you. I call it intuition. It's your inner knowing and using your inner five senses you can see with your inner eye, hear with your inner ear, feel with your inner emotions, smell with your inner nose, and taste with the inner tongue. For example, when you smell baking bread, your inner tongue activates your saliva glands to expect to taste something delicious soon. Your inner eye and inner ear can intuit whether the person you are talking to is a friend or a foe. Your emotions have their own guidance system, and they tell your body and your mind consciously, unconsciously and subconsciously how you are feeling about what is happening to you in every moment of now.

It is said that there is a thing known as women's intuition and us poor men are oblivious to those emotional signals. We are hunters, intent on using our spear to catch our prey in silence and stealth and to make sure simultaneously that we don't become prey for man or beast. We are left brain hunters, and its either catch our prey or starve to death or be caught as prey. Where is the time to worry about right brain issues - that's women work? Exactly!

So men and women are not from different planets, they are from different brain hemispheres!

In my negotiation book, *How to be a Great Negotiator*, found for free on personalempowerment.co, I have an entire section dedicated to body language. I go from the tip of one's head to the soles of one's feet to discern the messages being given emotionally by one's body, even though one's words may be saying something different. Body language is supposed to be 70% plus of all communication, and it's all intuitive.

Some 95% of what we actually see and absorb is done so unconsciously and subconsciously. We miss the subtle stuff because our eyes are focused on what we want to achieve as our goal and

dream. The rest of it we call “noise” but we have registered it unconsciously and subconsciously within us.

Men and women go to a party and mingle. The wife or partner is keeping a watchful inner eye on her male partner and noticing which women are showing subtle interest in him. He is oblivious because he has an invisible spear and he is unconsciously hunting. Whether it's just to have his ego stroked knowing that he could interest another woman in him, or whether his motives are immoral, his wife/partner is across the room but is seeing what is going on between her spouse or partner and the other woman. She usually steps in at the appropriate time, and someone is sleeping on the couch that night!

In today's world of technology and visual distractions of so many types, that we sometimes call entertainment, we have lost the ability to be silent, and preferably to be silent in Nature. The outer noise is cancelling out our ability to use our inner senses. We need to start training ourselves to live out life from the inside-out, instead of the outside-in. This inside-out process is what I would call response and not reaction. We respond to our inner senses and to find a right brain environment to inhabit with our thoughts, words and actions - a world of beauty, love and peace, a world of balance and harmony, a holistic world of being mindful of the need to be kind, to care for ourselves and for others, a world of sensuality and creativity. We experience this as we feel our emotions fully and not simply the left brain logical thinking of facts and figures.

In this way we will develop the ability to find creative, out of the box thinking for answers and solutions to achieve our goals and dreams. We will know what it feels like to be in rhythm with the world, nature and the Universe. To experience harmony and balance and a life well lived. Our strong inner compass will know where to find our North Star of achieving our goals and dreams.

Feedback and reviews

In part 1 I started by saying that feedback is the breakfast of champions!

From a spiritual perspective, you have free will to do whatever you want to do. The only part of that free will that you may not like is that your free will thoughts, words and actions have causal implications for you.

What you cause will affect you. If you cause love and build something meaningfully, or if you cause fear and the negative traits that flow from fear and you destroy something or someone, then you will feel the effect of that on you and probably the people you care about too. It may happen in this lifetime or another, but it will happen. It is a Universal Law of Cause and Effect, sometimes known as Karma.

Your feedback and review are now in Spirit's non-judgmental hands.

Who, or what can assist you?

This question is a no-brainer from a spiritual perspective! I bet you think I am going to say Source/Oneness/God?

Well, that answer will come, but for starters, there is only one person who can assist you. And that is you! And do you know why? Because others usually only care when they have some benefit to derive from helping you!

Now you might find that very cynical, but it is the truth, as I see it. We usually only do what we do for what we can derive from it. We do it for some form of self-enrichment. If someone helps you say, your parents, your siblings, your children or any other family member - are they doing so out of a sense of love for you that makes them feel better, or a sense of loyalty or obligation or to make

themselves feel better about themselves, or, or, or? In each case, they derive something for themselves either in the form of a feeling or in some other way. Even the Good Samaritan does what they do to honour their perception of God, or their conscious or whatever. As for those helping you for some stated or implied benefit, that is an easy one to pin on self-enrichment. Self-enrichment is not only for a material gain but can also be an emotional feeling that motivates one to help another.

So if you want an unconditional helping hand, the only place you will find it is at the end of your arm!

Don't look further than yourself for help from a human being. It's your life's journey and you chose it in Spirit and agreed via your Soul Contract to fulfil certain obligations. No one is coming to save you, only you!

It's time for you to stand up to the plate and to take a swing at the ball. You have to kiss the frogs to find the Prince or Princess in your life. You have to face up to everything you have done, or need to do, and paying a high priced lawyer to do so "ain't going to cut any mustard" where it counts - back in Spirit. Facing the music yourself is what you chose to get done, one way or the other, or to die trying.

You have the tools as spelt out in Part 1 so it's time to get up, get dressed and get at it now! Don't let me tell you again! (haha).

The choice you do have here is whether to do what needs to be done in a spirit of love or one of fear. If you chose love then the Unseen Forces I am going to tell you about will get behind you and be the wind at your back to help you make it happen. If you chose fear, then that is your free will choice but don't expect any help from the Unseen Forces as they will stand around patiently waiting for the causal actions to play themselves out and you will reap what you sow. Eternity is forever!

It's up to you!

Now onto the obvious answer to the question posed in the heading. My understanding of the Unseen Forces in Spirit are firstly your soul; then your Higher Self, the much larger part of You that resides in Spirit and is connected to Source/Oneness/God; your Spirit Guides and Angels and then, of course, Source/Oneness/God. You can call them the "First Team"!!

With the "First Team" at your "beck and call" all you have to do is be on their vibrational wavelength by coming from Love and applying the maxim, "What would Love do Now?" to your thoughts, words and actions. The "First Team" are then the wind behind your back propelling you forward to achieve your goals and dreams. Simply see God in everything and as everyone and your Light will shine bright, and all will be attracted to you and you will feel their Love, and they will feel yours. Easy peasy!

SWOT Analysis

In Part 1 I discussed the strategic approach - SWOT- Strengths Weaknesses Opportunities and Threats to achieving your goals and dreams.

In this spiritual section, I am going to redefine SWOT as Soul Wonder Oneness Truth and show you how to achieve your goals and dreams from a spiritual perspective.

SOUL

To understand what your Soul is and how it enables you to achieve your goals and dreams I will need to remind you of what your soul already knows but your mind may not know.

Your soul is the part of you that is connected to your much larger Higher Self, or to make it easier to understand; let's call your Higher Self your You. Your You is connected to your Higher Power/Deity/Source/Oneness/God, and in fact, is a part of that Higher Power.

So, *ipso facto*, as a legally trained person would say, your soul is part of your Higher Power. Well, if your soul is connected to your Higher Power, who is Unconditional Love and Light, then, *ipso facto*, your soul is also Unconditional Love and Light, at its essence.

We now have your soul participating in your decision to have goals and dreams but, as your soul is Unconditional Love and Light, it can only participate intentionally in those goals and dreams that resonate such Unconditional Love and Light.

Where your goals and dreams are ego-driven, and especially where they are at the expense of other people who suffer loss through your thoughts, words and actions, your soul stands apart from your ego's desires and allows you the free will to do whatever you want to do. The soul's understanding is that with your free will comes the cause and the effect of your thoughts, words and actions and the lessons you create for yourself to learn through these choices you are free to make.

In the duality of life on the earth plane, there are contrasts of what does work for you and what doesn't work for you as far as the choices you make for your growth in all areas of your life. The contrasts are necessary to experience because even if you ate chocolates all day long, and not fruit and vegetables, then eventually fruit and vegetables become desired by you as the taste of chocolate becomes boring.

Contrasts enable growth to occur, and eventually, the growth that your soul needs to experience comes from such contrasts.

As you can see, if you understand that contrasts are what you choose to Experience, then the need to judge anything as good or bad is unnecessary. You choose to do one thing, and you have that experience. If it was not what you expected to feel, then you will make another choice to experience the feeling you do want to have. Feelings are the language of your soul and your soul remains unblemished and untarnished by your ego's choices. It stands by like a patient parent watching its child learn to walk unaided.

When you can align your soul with your thoughts, words and actions and have experiences which uplift yourself and others through this process, then your goals and dreams have the power behind them to achieve your objectives. You will feel the bliss that is your soul, your Higher Self and your Higher Power all aligned powerfully with unconditional Love and Light and anything and everything is possible. What a feeling!!

WONDER

When you initially thought about your goals and your dreams you allowed your imagination free reign, and you broke through the limitations of thought; yours and maybe those around you with limitations of vision, and you envisaged something that lit a spark within you and fed by your passion it turned into a flame of possibility.

You wondered if it was possible to achieve these goals and dreams and then you removed the block of reality surrounding you up to this stage in your life and never wondered any longer because in your thoughts it was possible to achieve. The wonder of whether you could achieve it was replaced by the vision of unlimited possibilities, and you were then starting to make that vision a reality.

Wonder was used to kick starting your goals and dreams but remaining in the stage of wondering wasn't moving you one inch towards your goals and dreams. However, wasn't it amazing to allow your mind free reign to imagine what you could achieve if you had no limitations and you could simply fly like in your dreams. You imagined achieving everything your heart desires, and you felt amazing. Of course, your mind and your ego eventually reminded you that you were still lying in bed or in the bath or standing in the shower and this was just "pie in the sky" unrealistic dreaming without a basis in reality. The bubble of wonder popped and you come thudding back to earth.

But what would happen if you kept that wonder alive within you? If you found a place somewhere within you where you kept that flame of wonder going and you revisited it often to remind you of the unlimited possibilities that you have.

Imagine bottling that feeling of wonder and revisiting it often to remind yourself of how amazing it feels to believe that wonder is achievable. This wonder is beyond positive thinking, this is a positive feeling, and as I said above, feelings are the language of your soul. You will be moved emotionally by a positive feeling far more than by positive thinking in your mind. Driven by recapturing that feeling of unlimited wonder you will tear down obstacles like matchsticks in your way and the word impossible will change to I'm Possible!

Watch a child at play, not with an electronic device, but in the sandpit of life surrounded by wooden pieces that they transform into armies or imaginary friends. Their imagination knows no limitation, and they are those Superheroes doing amazing feats or having tea with the Queen. They are unblemished and unrestricted with the practical issues of life. Everything is possible, and their imagination soars.

Can you reclaim that wonder from your childhood? Can you allow yourself the free reign to believe that anything and everything is possible? Can you tap into that Unlimited Reservoir of Creativity that exists at the far end of your thoughts?

In the previous section above I said that you, as a soul, and your Higher Soul, were part of your Higher Power that created universes without limitation. That is the Unlimited Reservoir of Creativity that Leonardo da Vinci, Beethoven, Rembrandt, Shakespeare, Einstein and others like them tapped into, and so can you.

They allowed that bottled up wonder inside of them to stay fresh and often revisited to keep alive the dream and make it a possibility in their lives and the lives of all others.

We put up the only limitations we have and allow our judgements, and the judgements of others, to blinker and blind us to the possibility of unlimited wonder.

There are two relevant quotes that ring in my ears as I write this.

One is from the Jewish Prayer Book that formed the initial basis of my spirituality, and it goes *"Days pass, years vanish, and we walk sightless among the miracles."*

The other is from William Blake, *"If the doors of perception were cleansed, everything would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks in his cavern."*

If you want to achieve your goals and your dreams, then create a bottled up feeling of your unlimited wonder and keep it within you and revisit it often.

ONENESS

One of my most treasured books of reference and spiritual understanding is a book called *Oneness* transcribed by Rasha and followed by *Journey into Oneness* by Rasha. *Oneness* is a channelled book, and I have referred to it above in this book. To be quite honest, it is not a book for novices on their spiritual journey as it is written in an advanced way and I think one should have some years of spiritual development before reading it.

I believe in synchronicity and not coincidences, and, while writing this book, I happen to be reading *Oneness* for the third time before I go to bed each evening.

Each time I read *Oneness* I underline and put asterisks and notes in the margin and each time it's for different passages in the book. As I develop, I comprehend more, and while reading something before in a previous reading, I accepted it but did not comprehend its implication, until a re-read opens my eyes to what *Oneness* is saying. At least for this stage of my development what I believe *Oneness* is saying. I will probably revise that understanding in the future when I re-read the book.

As stated earlier in this book I am also a huge fan of *Abraham's* books published by Abraham-Hicks which is also a channelled work in progress as there are some books, DVD's CD's and other ways of distributing these amazing understandings coming from *Abraham* in Spirit.

I am mentioning these two books and Channeled Energies because the similarity of their messages are astounding and reinforcing of each other.

The bottom line of both Channeled Energies is that we are all one with Source and, in fact, are Oneness. The God you pray to is You! The entity that makes things happen in your life is You! When you are Godlike in your thoughts, words and actions then Godlike events occur in your life as if it was a miracle.

My acronym for MIRACLE is May I Recognise A Conscious Light Evolving.

When you act as Unconditional Love and Light, you become that Conscious Light that is evolving!

So what does this mean for your achieving your goals and dreams through Oneness? If you can align your thoughts, words and actions via your soul, your Higher Self and Your Higher Power in Unconditional Love and Light then there is no limit to what you can achieve.

All you need to think, say and do is "What would Love/God do now?" and simply do that. And your goals and dreams will be achieved in your and God's timing for the highest growth of your soul.

TRUTH

When a person looks at the ocean, he can only see that part of it which comes within his range of vision; so it is with the truth.

Hazrat Inayat Khan

My acronym for TRUTH is To Reach Unto The Heavens.

The biggest issue with the truth is that there is no ONE truth. There is A truth but not THE truth. It comes back to the abridged quote from William Blake: "If the doors of perception were cleansed everything would appear to man as it is, Infinite."

Our truth is not THE truth; it is simply our truth. A belief is a thought we think continually. A belief is not certain because then it would be provable and be a fact not a belief. We want our belief to be known as a fact, and throughout history, our ancestors murdered countless millions of people who opposed their concept of the truth which they believed to be The truth.

So much misery, unhappiness, injury and death caused throughout millennia by ignorance, stupidity and pigheadedness that "might is right."

Vulnerability is strength, as is forgiveness, because only the emotionally strong can forgive. The emotionally weak commit the atrocities which the emotionally strong forgive as the emotionally weak believe that "might is right" and that their truth is THE truth.

To achieve your goals and dreams, you must believe that they are YOUR truth and that while other people will have THEIR truth, you must stick steadfastly to YOUR truth, unless it is proven to you factually that YOUR truth needs to be revised in the light of your experiences.

Your truth becomes the belief system that focuses your goals and dreams and gives you your North star to guide you. Be flexible and adapt, should your truth prove to be off the mark and readjust your truth to realign to your new goals and dreams.

*According to his evolution, man knows truth.
Hazrat Inayat Khan*

Aptitude and attitude

Aptitude from a spiritual perspective is based on how you apply yourself to aligning your thoughts, words and actions with those of your soul, your Higher Self and with your Higher Power.

You will acquire the aptitude, skills, abilities and resources to achieve your dreams and goals if your attitude towards your goals and dreams are designed to benefit one or many on the earth plane, whether animal, vegetable or mineral. Additionally, you must be in alignment and harmony with your soul, your Higher Self and your Higher Power coming from soul/love and not from ego/power/fear.

The only caveat here is that your attitudinal belief must be that you can achieve your goals and dreams with every ounce of your body. With positive thoughts and positive feelings your goals and dreams are attainable.

What this process does is create the requisite vibrational energy frequency wavelengths, and, with the Law of Attraction in operation continually, that which resonates with those frequencies will be attracted to you to make your goals and dreams manifest.

It would be best if your goals and dreams have an altruistic aim in the form of upliftment to some form of animal, vegetable or mineral.

Having the ego desire to have wealth, power and other such traits as your end goal and dream, will not have the support of your soul, Higher Self and Higher Power behind you as They will not be in alignment and harmony with your ego's needs.

You can achieve your goals and dreams without such Divine alignment but the end goals and dreams, once achieved, will be seen and felt to be empty and meaningless. The losses you have brought in the wake of your non-attention to family, friends, community and other important balances in your life, including your spiritual development, will be a permanent reminder of your ego's

drive to succeed at all costs. It's what is called a "pyrrhic" victory which means a victory that inflicts such a devastating toll on the victor that it is tantamount to defeat and not victory at all. I often use the expression that one wins the battle but loses the war.

You can have the aptitude and attitude spiritually to achieve your goals and dreams, providing it is done in alignment and harmony with your Divine Self and your Divine Higher Power commencing from your soul with love as your every thought, word and action.

Motivation

In a previous book, I asked the question of how you would respond if God asked you to clean His/Her oven? So assuming you would be "over the moon" to assist God in any way possible because of the honour and pride to be asked that by God and, maybe, to be in God's "good books", then why not for any other person who is a part of God.

What motivates us, or "floats our boat", is the concept of some benefit that we will derive in the form of an emotional feeling, as feelings are the language of our soul. Finding that motivational feeling within ourselves is the essence of your passion.

Rather than giving you a nice theoretical explanation of making motivation work in your life from a spiritual perspective, allow me to use an example that occurred a few days ago.

I have very recently spent two hours with a relatively new friend in Mauritius. He is a successful global businessman and wanted me to advise him and guide him as after reading my free book found on personalempowerment.co *How to Live in the Now* he started to awaken his spiritual side and he wanted some direction as to the remainder of his life.

I asked him what gets him up at 5am that will see him jumping out of bed with enthusiasm for the day ahead. This 5 am wake up excluded what he had to do and for him to focus on what he wants to do.

I listened patiently to his answer.

I then asked him to think about the next question while I went to the bathroom for a few minutes. The question I deliberately left him alone to consider was what words he would like to see engraved on his tombstone from his family and friends that described to the world who lay here underground?

When I returned his answer was "a kind and wonderful human being".

I then asked him is that how he would be described by the people across the world who he does business with and who work with him and for him? His answer was illuminating. He said he wasn't certain that those people would appreciate that being a kind and wonderful human being was as much a positive character trait as being hugely financially successful and powerful. I then explained to him how the Law of Attraction works - that vibrationally energy aligned people connect and join up.

My next question to him was how comfortable he is feeling sitting as a Non-Executive Director on large Corporate Boards on three continents since he started feeling the awakening of his spiritual side within himself. He recounted a few cringe-worthy discussions among his fellow business people where ego was dominant, and the advantage that was being taken over others.

My next question was, at what point did he think he would feel so uncomfortable associating with these powerful businesspeople that he would be happy to resign and lose the Director's fees he was earning from being on these Boards of Directors.

He said probably sooner rather than later as this conversation was opening his eyes to what he was feeling but not expressing.

I then asked him if he could use the skills that he has developed, coupled with the three degrees he has, including two Masters degrees in finance and in business administration, what would he see himself doing passionately? He gave me an answer of how he could tap into his vast network and raise money for projects that were for the benefit of disadvantaged members of a community.

I saw that this was a starting point to advise him to move into the NGO (Non-Government Organisational) Non-Profit world where his acumen, qualifications, reputation, skills, abilities and contacts could benefit society. This advice was proffered as an alternative, rather than making him the wealthiest man in the cemetery, with the words “an egotistical, heartless, wealthy man lies here” engraved on his tombstone.

He voiced to me an idea he had for raising substantial money from his contacts for social betterment. I gave him an idea I had to uplift the society’s skill levels to global standards in areas of service excellence. This education and training would benefit tourism as people experiencing amazing service will tell their friends and encourage other people wanting to visit to experience such service excellence. I said that if he could raise the money, I would act as an unpaid advisor and put the correct people together to run and manage such an upliftment project.

Now he has the correct motivation to give meaning and purpose to his life and want to get up at 5 a.m. each morning driven by the passion of improving service skills levels to global standards, and beyond, driving tourism, job creation and all that flows from such an endeavour.

As you will see, we were coming from soul with love and connecting with our Higher Selves and our Higher Power via alignment and harmony. The Power behind us will create the reality of these goals and dreams being made manifest in God’s timing and in ours.

Hopefully, the above real-life recent example will enable you to ask those questions of yourself as were asked above and to discover your real underlying selfless or selfish motivations. There is no judgment made here, simply an understanding that being motivated from your soul with love is infinitely (in every sense of the word) more powerful than being motivated by your ego/power/fear.

Discipline, determination and mental toughness

From a spiritual perspective, discipline is not about keeping to a strict regimen as it was described in the first part of this book dealing with the practical ways of achieving your goals and dreams. It has another meaning and what I am going to introduce you to is a radical idea and not simply a play on words.

Discipline comes from the root of the word Disciple, which is the name given to people who closely followed Jesus Christ during his short public duration of a few years as a “Son of God”, as he came to be known.

Today the word Disciple is used for someone following a proven expert in any field and intends following in his or her footsteps.

A Disciple requires dedication and devotion in following in their “Master or Mistresses” footsteps. Being such a Disciple requires discipline, determination and mental toughness to achieve your goals and dreams

I am going to recommend that you too become a Disciple, but not of man, but of your soul, your Higher Self and your Higher Power.

By aligning your vibrational energy frequency wavelength with your soul, your Higher Self and your Higher Power and harmonising your thoughts, words and actions with the mission statement: "What would Love/God do now?" and, acting on that, then you will be an adherent Disciple and become Godlike Now and Now and Now.

Now your goals and dreams will be in reach but, quite honestly, will no longer be desired, as living in God's Space in the Now will create such overwhelming bliss that your previous mere goals and dream will pale into insignificance. You will have discovered Heaven on earth!

Milestones and rewards

In the practical section in part 1 of this book, I focused on developing milestones to track your performance in setting and achieving goals and dreams. I also recommended that you use your practical experience and adjust those milestones so that they remain realistic and achievable as your life circumstances change during this journey. In addition I stated that you should always remain in the present moment of now and the milestones will be passed in time.

In this spiritual section, I want to focus on you remaining in the present moment of now. I am going to show you how and why this is the only time/place/space where you can align and harmonise with your soul, your Higher Self and your Higher Power and obtain this Power to propel you to achieving your goals and dreams. I must warn you that this understanding is a bit "heavy", spiritually speaking, but if you don't get it the first time always remember you have eternity to grasp it!

I am using Now to define the time/space rather than now which defines time only.

Where are you? Where have you come from? Where are you going to? When will you get there? Will you know where you are when you get there?

Where are you? You are here Now.

Where have you come from? From being here Now to being here Now.

Where are you going to? To being here Now.

When will you get there? Now.

Will you know where you are when you get there? I will be in the Now.

So where are you?!!

I am nowhere.

This is infuriating!! What do you mean nowhere?

I can only be here Now and, if I was theoretically somewhere else, there is nowhere else I could be but here Now. So here Now and nowhere are the same place.

I am getting mad!! What the hell do you mean?

Yes, what you call hell and heaven is here Now too.

Are you on drugs or something? What do you mean hell and heaven and me are here Now?

Well, there is only here Now, nowhere else where everything and everyone and anything and anyone can be. So here now and nowhere is the same time/space place.

Don't be silly! How can here and Now be the same place as nowhere?

Do you want to know?

Yes, I do!

Are you sure you won't get annoyed when I show you how here and Now is the same time/space as nowhere?

I promise you I will restrain myself from getting annoyed - just show me!

Okey dokey! Ready for this? Here and now and now here (taddum roll of the drums Maestro please!)

But you only separated nowhere to be now here.

Actually, there is no separation. Nowhere and now here are the same thing because to be separated implies there is another place you could be and you could only be here Now. You can only ever be Now here. In the past you were Now here and in the future you will be here Now, and you are always in the present moment of Now here. The past is a memory of when you were in the present moment of Now, and you remember that moment now while you are in the present moment of Now. Any projection your mind makes of the future is made here Now. There is only Now here or nowhere if you prefer.

Ok, I think I understand, but I will need time to comprehend this fully.
No problem you have eternity here Now!

May I carry on to explain to you this Now reality?

Ok but I am a little dazed at the moment.

That's understandable considering I have just shattered your belief in what you perceive to be your reality of time being past, present and future and replaced it with here Now or nowhere if you prefer.

What I would like to explain to you is that the most powerful tool at your disposal is your power to choose. This Super Power, if I may use the term, is a thought process that determines your happiness or your sadness; your health or ill health; your wealth or your poverty in all respects, not simply money in the bank, as it determines your abundant mentality or your scarcity mentality.

What of this so-called Super Power of the power to choose?

Well, if you can accept what is occurring Now and say "yes" to it and know that in this present moment of Now it is perfectly blessing you with a GIFT.

What do you mean a GIFT?

Well, my acronym for GIFT is Give In Faith Trust.

I don't understand?

The GIFT that is being offered to you Now is for the highest growth of your soul and is what you need right now, not what you want. This GIFT gives you the impetus to find what you need to do to achieve the highest growth of your soul. However, I caution you, most times, this GIFT looks like nothing you want!

What do you mean?

Well it may appear as adultery by your spouse/partner; it may appear as fraud of your finances by a trusted person; it may be an accident; it may be ill health; it may be bankruptcy; it may be the death of a loved one, and maybe even the death of a child, and so on. It may also be much lesser events than those traumatic ones I have spelt out for you.

Ok, you are making me very scared but suppose I do get this GIFT that I definitely don't want, but you say I need for the highest growth of my soul, what must I do?

Two things. Firstly, say, "thank you God for everything that happens to me", and I will have Faith and Trust in You that I have called this into my Now, ultimately, for the highest growth of my soul.

And the second thing?

To say "YES" to what it is and accept it.

At another Now moment, you can prefer to have another GIFT appear which would be more pleasant for you but that is for another explanation, and I don't want to get distracted now.

You mean if I have just discovered that my spouse/partner has been unfaithful to me I must say Thank you God and be happy about it?

Yes, you must say Thank you God, but nobody said you must be happy about it. Acceptance is not happiness or sadness, it's simply acceptance.

It may surprise you to learn that infidelity is so common in the Western World that statistic-brain.com quotes that 57% of men admit to infidelity in any relationship they have had, while 54% of women admit to similar infidelity. More frightening is the fact that 74% of men and 68% of women say that they would have an affair outside of their marriage if they knew they would never get caught!

So, if you did get that news know that you are in the majority of people in the Western world!

The adultery is not the real issue. The real issue is that you must have done something knowingly, or not knowingly that caused your spouse to willingly drop his pants or her panties, and allow another person into the sacred space that is the epicentre of your marriage - and that is Trust. Someone happy in their marriage would not want to take the risk of committing adultery and potentially suffering the losses that could come from such exposure of the truth. Of course, I am a bit naive here as for most people crossing the line into adultery there probably isn't that rational thought process and simply a lust to do something they want to do.

Now for you to lash out and blame the other person is the way of a VICTIM - Verily I Call This Into Manifestation. The way of the VICTOR is through self-examination and finding what needs correcting on your part to restore the harmony in yourself, and in what remains of your marriage, for now.

This process is for the courageous and the brave. Someone who knows that they said "Thank you God for everything that happens to me" and "YES" to what has happened to them. The faster you get to this moment of Now of acceptance and gratitude, the faster will be the GIFT's promise of the highest growth of your soul.

OK, but what is the purpose of wanting the highest growth of my soul when I may prefer to hunt down my spouse and their lover and make mincemeat out of them?

Well, let's begin with the vengeance part first. "For every action, there is an equal and opposite reaction" is *Newton's Third Law of Physics*. *The Law of Cause and Effect* and *The Law of Attraction* state that whatever you do to your spouse and their lover will be done unto you in some form or other. So this is definitely a bad move if you value your life and your lifestyle.

You can suspend the *Law of Physics* and ensure that the equal and opposite reaction comes from the *Law of Cause and Effect* and the *Law of Attraction* as birds of a feather will come together, and adultery and mistrust will be the basis of any relationship your spouse and their lover know.

The effect that the cause of adultery created will be visited on your spouse and their lover by a Force far greater than you can muster.

Trust the process to unfold as it should without your direct involvement in any form of retribution or vengeance.

Your focus should solely be on your self-examination and the perfection of yourself to be the best person you can be in any circumstance.

I don't want to discuss forgiveness here as it is covered in many of my other books. (Please refer to my recent book, *Managing Your Stress Effectively* found as a free book on personalempowerment.co)

OK, but what is the reward inherently within the GIFT?

Ah, you shall elevate your soul to higher realms where you will know the bliss of being in God's Space Now. This bliss and the feeling you will experience on earth is beyond any physical pleasure you have experienced, whether by love or by hateful vengeance that you wanted to carry out. This connection will open up so many new opportunities for you in all realms of your life that you will feel that you have been given the "keys to the kingdom". Whatever your spouse did will stay with them and drag them down, and you will know the elevation of body, mind and spirit and all your pleasures will be intensified greatly.

That sounds great in theory but does it work in practice?

As I spelt out earlier in this book, on the 9 April 2018, I discovered a major fraud by a business partner who I trusted for four years. I followed the advice above, saying "Thank you God for everything that happens to me" and saying 'Yes' to acceptance of the fraud.

I discovered that the thirty corporate sponsorship contracts which he supposedly signed were all forgeries as were the thirty signboards with the sponsors' logos on them which I was shown that were supposedly positioned outside various participating schools' main gates.

Upon self-examination, I was too lax and trusting and wanted to believe the stories he was feeding me which showed much potential and promise. In retrospect I should have been more proactive in the business, although I live in a different country now.

I then took whatever action I could in respect of communicating with him and with my trusted other business partners, family and friends who rushed to my support. However, through my trust in him and lax controls, I allowed the stable door to be opened, and the financial horse had bolted!

Two days later I received great news that my current apartment had been sublet and that I could move at the month end to my new penthouse apartment within a five-star resort at the same cost I am currently paying.

The following morning I received a message that an Advisor to South Africa's wealthiest family's Private Equity Fund wanted to investigate becoming my business partner in one or more of my businesses.

OK but what about the adultery part because right now I would not follow your advice and guidance?

I want to protect all parties involved, including my precious sons, so simply believe me when I say that it was my experiential journey that I was recounting to you about discovering the adultery referred to above. I found that reward within the GIFT which I expressed earlier in this conversation.

What is interesting to note is that the infidelity that I discovered occurred in July 2004 and was the stimulus for my rapid spiritual growth as I gave forgiveness within 48 hours of the discovery. GuideSpeak.com was a direct result of this episode in my life, and I wrote/channelled some 600 pages in 90 days when it was posted on the new website GuideSpeak.com, as I was "instructed" to call the website. This process occurred from March to June 2005. So there was a time lag of some

nine months, whereas, having developed spiritually since then, the episode of fraud discovered two weeks ago today, on the 9 April 2018, I received the benefits of the GIFT referred to above within 60 to 72 hours later!

The manifestation process has sped up because of the attunement, alignment and harmony I have been talking about throughout the spiritual section of this book of connecting to my soul, Higher Self and Higher Power and acting with the maxim, "What would God/Love do now?"

Equally importantly, through the discovery of the adultery I referred to above, I also lost my ego of self-importance. I believe that to be a GIFT I share with millions of people through my books and my Facebook page "*Path to Personal Empowerment*", where, at the time of writing, we have over 1.2 million followers in three years since the Facebook page has been live.

Phew, we seem to have got sidetracked on the explanation of the Now moment but what I was explaining to you, dear Reader, was to;

(1) accept the moment of Now by saying 'YES' to it, and

(2) to be grateful for the Gift being shown to you for the highest growth of your soul by saying "Thank you God for everything that happens to me".

Two caveats here is that you must both desire this and believe that you deserve to achieve the highest growth of your soul through this process. Also be aware that what you focus on will determine how you feel, and what you feel will determine what you create as your manifested reality. By enabling your soul with feelings of love, and not enabling your ego with feelings of power/fear, your focus and your resulting feelings will place you, and keep you, living in the Now.

You will then know all the benefits of being connected to your soul in Unconditional Love and Light, and to your Higher Self, and to your Higher Power. This will bring to you the Unlimited Force aligning in vibrational energy harmony with you in Unconditional Love, Light, peace and bliss.

What you will experience through your focused feelings is an emotional reward so much greater than your initial goals and dreams. You will have found bliss beyond words to explain. You will see eternity full of love, peace, harmony and unlimited opportunities to achieve whatever your heart and your emotional feelings believe, intend and desire. You have come home to be with the God of your perception, but always a God of Love and Light.

Conclusion

I have decided to stop writing at this point because although I could continue and show you more and more ways to find your bliss, instead of merely your goals and dreams, I would prefer you to focus on what I have explained to you above:

To be in attunement, alignment and vibrational energy harmony with your beliefs, intentions, desires, and with soul, your Higher Self and your Higher Power.

You do this by asking yourself and acting upon “What would God/Love do now?”, when confronted with choices, while focusing on achieving your goals and your dreams.

Not only will you achieve your goals and your dreams but you will discover what has been called Nirvana, meaning liberation and total freedom, and you will know by the feeling of absolute joy and bliss that you experience Now!

May you go forward and achieve your goals and dreams and then through your spiritual growth realise that there is so much more you can achieve in joy and in bliss when connected to your soul, your Higher Self and your Higher Power.

In Light and Love

**Neville Berkowitz
Mauritius
May 2018**