

Commentary on Wow Factor 3 - Your Untapped Power: Imagination!

Trust this stuff!

Some - perhaps all - of what you're about to learn may seem a bit strange and new. Give it - and yourself - a chance. Most of us are so used to using our heads - our "brains" - (by which we mean our logical, conscious thoughts) to manage our lives that we tend to dismiss other powerful faculties.

The imagination gets a rough ride. We say, "You're imagining things" in a very dismissive way. We even tell children that they "must be imagining it" or "it's only your imagination."

In fact, virtually nothing would exist without human imagination. You couldn't even imagine dinner tonight or where to plan your next vacation or what to wear next time you go out without imagination.

You certainly would never create anything new - possibly not even conversation. Every sentence you speak needs some kind of imagination just to put the words and the ideas together in a meaningful way!

We are possibly the only species to possess this faculty, so not only is it a real treasure, but it is worth thinking about why we even have it. After all, millions of other creatures have survived - and continue to survive - perfectly well without it.

So it's not a survival tool, then, is it? (I'm not an anthropologist, but that seems like a logical conclusion to me!)

Creating Reality With Your Imagination

The point to remember here is that everything is energy, and the way we detect energy is through our emotions. (If you have a bit of the hippy in you, you will recognise the vibes, man!)

So, if you imagine something and it feels good in some way there's a path for you to follow there. If something feels uncomfortable, wrong, bad, upsetting or worrisome in some way then there is *still* a path for you to follow - only in the *other* direction!

This, I believe, is the true meaning of "turning the other cheek."

If you are "slapped in the face" - by life or literally - you will instinctively turn your head. When you turn and look the other way, you will be viewing the other end of that particular spectrum.

How Energy Influences Energy.

Imagine a violin laying on a table. No one is playing it but you stand nearby and make a tuning fork ring. The tuning fork plays the note of A.

The vibration of the note will make the A string of the violin begin to vibrate in sympathy.

You put out “vibes” all the time! Other things, which include people, opportunities and even things that are in harmony with your primary vibration will be affected. You will feel in harmony with certain people and they with you.

Imagine the implications of this!

Why do some people become your friends while others you ignore and still others you instinctively dislike and may even actively avoid!

Your emotions are energy!

Emotion means “energy in motion.” This point is covered in the video but is worth repeating - and repeating again - until you get it!

Here is the process in a nutshell. Get this, and you’ve got *the* golden building block of success, fulfilment and happiness. Really. Well, you have to put it into practice too of course!

1. Notice what you feel about something. When you feel uncomfortable, negative or worried or in any way bad, ask yourself what feeling you’d like to have instead
2. Discover - internally - what you’d need to change about your thoughts and inner monologue to begin generating that preferred feeling.
3. Keep doing it and imagining that’s how your life is.
4. Repeat 1 to 3 until reality changes!

I know it sounds simple - and it is. Simplistic, however, it is not, because you’ll come up against all kinds of resistance. Maybe you think you’ve tried this before and it didn’t work. That’s always a good one - but honestly, this isn’t a headache pill that you try once for an afternoon. This needs to become a way of life.

Another resistance that’s common is a belief that for whatever reason you can’t change, such as you’re too old or set in your ways. Or that habits are hard to break. (This is nonsense by the way. Try going to a country where they drive on the opposite side of the road from where you live and see how fast and easily all your driving habits change!)

Another “excuse” for things not working is that there’s no real evidence for this making any difference. If people had waited for so-called real evidence, Columbus would never have discovered America. (Imagine how much resistance his crew must have had to get on board that boat with him when they all thought the world was flat!)

Sometimes you just have to try things out on trust.

The fact is, you have an imagination. You don’t need evidence for that. Why do you have an imagination? The jury’s out on that. In fact, I’m not even sure if there’s anyone particularly asking that question! But it seems that you don’t need one just to survive, so Darwin isn’t going to provide the answers!

We have another faculty that you should consider too: we know we're going to die.

Now, if you can imagine any future you dream of, and also you're aware that your time to create that future is limited, perhaps it's worth putting those ideas together and being open to the possibility that you come equipped with dreams, the means to achieve them and enough time to turn them into a way of life for yourself.

Not only that, but we happen to be living in an age where there are more opportunities than at any other time in history. There is more personal freedom than ever before too. I know those things aren't yet true for the whole of Earth's population, but those of us who are blessed and privileged to live in those parts of the world where they are true can only possibly ever hope to change things for the others if we lead by example and by filling ourselves up first - which is to say, being "full-filled".

A poor person can't ever end poverty, and an unfulfilled person can't end misery and frustration either.

Goals

Don't set yourself up to fail by setting goals that you may or may not achieve! The ones you miss leave you with disappointment and even a sense of guilt and failure.

There are no incentives in that emotional set to keep going!

Instead set outcomes that are based on how you feel. Use the techniques described above to start feeling good now. (Don't worry, we'll be going over this ground - and more in depth - as the program progresses).

Next Time

Intuition - and we'll even delve into the tricky topic of God!

(Am I brave or what?)

See you then!