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WAYS TO USE YOUR MENTAL FACULTIES TO GET BACK ON TRACK

You have six mental faculties that can help you reach your highest potential. When you get off track in your life, use these faculties—and these strategies—to change your situation and start creating the life you want.

Create Future Memories

Imagining the future is like remembering the past. It's just remembering a future that hasn't happened yet.

So, when you feel stuck or are off track, instead of using your imagination to reconstruct the past, use it to construct a wonderful memory of what you want to experience.

Imagine it all—what you will see, hear, taste, touch, and smell. And feel the emotions of the experience now to help your future memory become your reality.

Ask for Guidance

Get quiet and go inward for a few minutes. When you feel settled, ask spirit for guidance on something you're stuck on, challenged with, or curious about.

Then, remain open for insights, answers, and clues throughout the day that will lead you in the right direction.

When you feel a prompting from inside, go with it. Don't let your intellectual mind kick in and try to reason it away. Write it down, lock it in, and then listen for further guidance.

Change Your Perspective

Sometimes all it takes to get back on track is a simple shift in perspective.

Whatever you perceive to be true about a situation affects how you think, feel, and respond to it. However, adopting a new perspective can literally change everything.

Put Life Into Your Ordinary Day

Put some life into your ordinary day. Spend some time writing out what an average day in your ideal life would look like. Use as much vivid detail as possible—remember that when you're using the imagination, there are no boundaries. . . no limitations.

Then, do some acting. Build an image of how you want to live, and then act like the person you want to become.

Change Your Expectations

Just before you go to bed one night this week, set a clear, definite, POSITIVE expectation for the next day. Spend a few solid minutes concentrating on it. Repeat it to yourself. Write it in your journal. If your mind starts to wander, bring it back to your expectation.

Then say it to yourself again as soon as you wake up the next morning and repeat it a few more times as you get ready for your day.

You're going to notice early in the day that you're getting what you expected.

Become a Conscious Creator

Do you think of yourself as creative?

Whether you realize it or not, you are. Your wonderful mind is creating every aspect of your life, on both a small and large scale, at every moment.

As you go through your day, take conscious control of your inherent creativity. Allow yourself to be creative in a way that is positive and productive for the life you really want. Spend time visualizing your goals, journaling affirmations, and letting your mind wander to unexplored territories.

Give yourself wholly to this process, and you will be amazed by the beautiful possibilities that reveal themselves to you.

Stop Trying So Hard

When you're struggling to bring about a goal or dream, remember that the information that's coming from your five senses is a representative of your current reality. And that reality reflects what you have been thinking.

So, instead of trying harder, stop and think. Recognize that you can reach your goal—any goal—because you are hooked to the internet of the universe's mind.

Understand that there's an answer to any question and a solution to any problem you have. All you have to do is stop focusing on what's coming from your senses and start thinking about where you want to go. Tune into the energy that makes your answers and solutions welcome.