



Affirmative Therapy & Coaching Service

The Creative Power of the Human Mind

Forward

Before you get too far into the essay, please be warned! Some of the ideas put forward here may be seen as extremely challenging, impossible or controversial. For this I can make no apology as I am setting them out here for one purpose and that is so that you have an opportunity to make a choice based on information that may be new to you. After that it is up to you to make whatever choice seems to be the right one for you.

And no matter which choice you make (to stop reading now, to read and forget the information, to read and try out the ideas...) you will have actually proven the point of the essay and that is, you will have used your mind to create / affect your destiny.

The content of the material in this essay is supported from quite a broad spectrum and includes not only metaphysical thinkers, but also those who would be seen as being quite mainstream in the world of management consultancy as well as eminent writers and experts from the field of quantum physics. I will give some space to this. But before I continue I just want to note that the bulk of the material herein is based upon a book mentioned later. The edition of the book upon which this is based was republished in 1986, but was written years before that. Therefore, some of the language reflects this, and I have tried to stay true to that.

Introduction

This essay intends to lay out the ideas and techniques behind the movement that purports that we as human beings can actually affect the course of our lives by utilising our minds in certain ways.

From one perspective this is quite understandable, as the day-to-day decisions that we make will obviously affect our lives. However, what is being discussed here is something much different! The idea here is that we can actually affect our lives and the outcomes that we experience in a deliberate manner by focusing our intentions on that outcome!

And to add one more element of controversy into the mix, the theory is that every one of us has actually attracted into our lives everything that we now have in our lives, and that we are doing this all the time.

The Scientific Viewpoint

Over the past years scientists have been able to delve deeper and deeper into what makes up the human body (and everything else) with the emergence of more sophisticated equipment. This has led to some interesting and startling discoveries:

- Sub-atomic particles blink in and out of existence
- The same particle can be in different places at the same time
- Particles in water can change when exposed to certain sounds
- Particles seem to be in constant contact no matter how far apart
- Particles in experiments can and do react in accordance with the expectations of the scientist
- Energy is neither a wave or a packet until it is observed
- The space between the nucleus and its electrons is equivalent to one peanut in the centre of Wembley Stadium
- Matter is essentially energy moving at high speeds

What all this means is that what we perceive as being solid matter should actually be more correctly described as energy in movement separated by relatively huge empty spaces. The “particles” of this energy blink in and out of existence and can be affected by human thoughts. This energy is neither one thing nor another (wave or packet) until observed, and the whole universe seems to be in constant communication with no care given to space or time. When talking about bending a spoon using thought alone one physicist joked that the mystery was not how the spoon bent but how it kept its shape in the first place.

The field of science investigating this is known as quantum mechanics / physics and is a highly theoretical area. This field can be seen as the science of potential, as it is telling us that we are living in (part of) a massive energy soup, and that this energy is in constant motion and is malleable, that is, what finally manifests as “reality” can be affected by thinking.

It must be said here that there is a common belief that if it is science then it is real. Not so! The field of science is one of fierce competition, usually for funding and recognition. So, what the quantum scientists are saying is hotly debated by other scientists. Yet, all of them are noted experts, college PhD’s, authors, Heads of Departments etc.

All this essay can do is offer you some areas to investigate further if you are interested, but more importantly to note that some branches of science are now aligning with the age-old teaching of Eastern Philosophy, and this is of interest.

I also just wanted to get into this essay with the fact that the idea of creating your own reality is not any more confined to the “New Agers” etc., and that it is now a part of ongoing scientific theory.

The Creative Process

Note: in further updates I will do summaries on other sources that support the ideas put forward in this essay, but that this particular essay is based upon a book entitled Financial Success Through Creative Mind Power by Wallace D Wattles. This book

tends to focus on using your mind to get rich, but it can be applied to anything else that you decide you would like to attract into your life.

If a study is carried out on those who have become rich, it quickly becomes clear that there is no particular type of profession, or education or location that automatically ensures success. It is accepted that there are those who are “born” into riches or into a family business, but for each one of these there are countless others who have become rich. Indeed there are people from the same schools, with the same education and the same profession, some of whom get rich and some who do not. So the first lesson is that anyone can get rich if they apply themselves in a certain way. As noted above, we are all engaging in the creation process all the time whether we are conscious or unconscious of this. Using the ideas here anyone can begin to consciously attract into their lives what they desire.

So it is not a matter of what business you are in, or what education you have or where you live – it is a matter of applying the techniques herein.

One idea to immediately lose is that wealth or money or success is limited. If we can accept that we are a part of nature and that nature is in a constant state of enlargement, then it follows that there is more than enough to go around, and what one desires will be created if one follows the principles. The only scarcity is that which we create, and this is the point to accept. If we believe in scarcity then that is what will be brought into our experience. If we believe in abundance then that is what we will begin to attract.

The creative process cares not whether you choose to create an extra 100-euro per month or an extra 100000-euro – there is no scarcity, only abundance.

With regard to ideas from religious sources that it is not right to be rich, or to want to be rich, we again need to give careful consideration. With the obvious examples of those who seek and amass riches due to their own insecurities or for power over others, it is the lack of money that leaves most of the world in dire straits. There can be little doubt that a creator will take more pleasure from its creation enjoying the beauty that the world has to offer through the moral use of riches than seeing them live in abject poverty.

The Key Principle

“Thought is the only power that can produce tangible riches...we live in a thought world, which is part of a thought universe”.

“Thinking is the energy that is always impressing itself onto the formless substance that eventually manifests into reality. Every thought of form, held in thinking, causes the creation of the form, but always, or at least generally, along the lines of growth and action already established.”

Therefore, there is no suggestion that the thing that you desire will materialise right there in front of you – it will be brought to you via normal channels, but your thinking will cause the creation of the circumstances through which this will happen. This could be a chance meeting, an advert in a paper you do not normally read, the winning of a competition you do not normally enter etc.

Now, this may all seem too easy to be true, but if we were true to ourselves we would agree that although we think all day long, a lot of this is just drifting, or criticising. We rarely actually take real time to focus with intent on what we want to attract into our lives! Most people find real thinking to be hard work, and thus engage in little of it. And remember, that whatever we hold in our thoughts will manifest, so if we are holding negative or critical thoughts in our minds then that is what we will unconsciously attract to us!

This is the essence of the first principle, and is key to the process. That which we hold foremost in our thoughts / feelings will attract that experience into our lives.

The Competitive Mind

This is a crucial element, so understand it well. We are talking here of a creative process, not a competitive one!

You must rid yourself of all thoughts of competition.

You do not have to take anything from anyone.

You do not have to drive ruthless bargains.

You do not have to cheat or take advantage.

You do not have to take from anyone more than the value you give in return.

You are in the creation process. There is no scarcity. You are using your mind to consciously create that which you hold foremost in your thoughts. If you hold thoughts of competition or jealousy you will attract that into your experience.

Never focus on the visible supply. Trust in the limitless supply that is being created.

The Attitude of Gratitude

The best way to align your thoughts with the intelligent creative energy is to hold an attitude of gratitude. Now, this does not mean that you must continually thank everyone for everything all of the time. It means that you must begin right now to feel a sense of gratitude for everything currently in your life.

There are two reasons for this! One is that you have already attracted everything in your life into your life, so be thankful for them. Secondly, holding such an attitude seems to open up your mind to the flow of universal energy.

So do two things:

- 1) Take a few minutes to really think about the good things already in your life and write them down. Allow a few moments each day to review this list and feel a sense of gratitude.
- 2) Get yourself a small object (a stone, a medal, a coin etc.) and carry it with you daily, or leave it somewhere you will come across it periodically. Every time you see it or feel it just hold it in your hand and take a moment to feel a sense of gratitude

Remember the law of attraction. You attract into your life that which you predominantly feel and think about. So holding an attitude of gratitude will attract into your life that which you can be grateful about.

Using your Thinking

“You must form a clear and definite mental picture of what you want; you cannot transmit an image unless you have it yourself. It is not enough that you should have a general desire for wealth – everyone has that desire. It is not enough that you should have a wish to travel, see more things, live more etc. Everybody has those desires also. If you were going to send a telegram to a friend you would not send the letters of the alphabet in their order and let him construct the message for himself...you would send a coherent sentence, one with meaning. When you send a message to the formless creative substance it must be done in a coherent statement – you must know that which you want and be definite”.

So you must clearly see what you want, form a clear mental picture of it. You must form an image of the final result, and you must hold this firmly in your mind.

And it is useful to get into your feelings and experience the feelings of how you will feel when you have what you want. Like a sailor sailing to a distant port you must keep your destination firmly in mind at all times.

You do not need to use prayers or affirmations- just remember to focus your thoughts and feelings on your goals as often as possible.

And you must have faith. You must believe that this thing you have imagined is already there on its way to you – you have just not picked it up yet!

Mentally live in your new house. Mentally spend you money. Mentally drive that new car.

The use of your Willpower

There is no need to use your willpower to make or force anyone or anything to give you what you want. On the contrary let everyone to themselves. Use your willpower to focus your attention on the thing that you want to attract into your life.

Use you willpower to sty focussed on this method and to have faith and to have gratitude in your life.

Acting, Living and Behaving

But what about your current life, your current job, your current situation?

Right now the best thing to do is to do your best in your current situation! Remain totally focussed on doing the best you can every moment of your life. Live in the present moment and do your best in everything you do.

If you are making a cup of tea, then focus on doing it consciously. If you are working, focus on every moment. Be aware at all times.

Do not try to influence anything. Be aware and then act on circumstances that come your way that can move you towards your goal. The universe will try everything to get you your goal, but it tends not to throw it in your lap – it drops the opportunities behind you, beside you, all around you. Your job is to be constantly aware and focussed on your goal.

Focus on doing your best in your current job, even if your goal is for a new job. But be on the watch out for the opportunity that will give you your goal. You must be in the right mental frame to recognise your goal when it is presented to you.

Do what needs to be done now. Do all today that can be done.

One major cause of failure is doing too much inefficiently rather than doing enough things efficiently.

Being in the Right Business

Success can be realised in any business. As mentioned above, the initial key is to do the best you can in the current business that you are in. Remember to be really careful with what you ask for using these methods.

As an example, many people use the methods to get a different job. However, people often find that the new job does still not provide what they are seeking. So ask yourself what exactly it is that you want, before you make any rash decisions or take any rash actions. For example, if you want to earn more money it may well be that a promotion in your current job will provide that, so focussing on getting a promotion as opposed to a new job may well be the way to go.

Now, it is likely that many readers will be thinking that there are no promotions available. That type of thinking is one sure way to block the creative energy. One thing that is sure with this method is that what you ask for often comes to you in the least expected way.

There are many musicians of high standard who do not become rich, while those of lesser standard do. One carpenter can make beautiful furniture with a saw and some wood, while another cannot.

So do not necessarily focus on the obvious goal – think outside of the box. Perhaps it is the skills that you should ask for as opposed to more money?

Saying that, it may well be that you will be presented with a new job either way!

And try not to hurry your goal into existence, as that is entering the competitive world. Do what you can to the best of your ability every day, fix your attention on your purpose, hold the attitude of gratitude, and act as if your goal is already with you.

The Impression of Increase

In all you do you must hold firm to the idea that everything is increasing. All of the survival of life is based upon growth and increase. In every transaction with every person or task, hold the attitude of increase in your mind.

Every moment of every day look to hold the idea of advancement for all to the forefront of your mind.

Do not hold any ideas of gaining power of anyone or anything, as this introduces that competitive mindset which blocks the creative flow. “The mind that seeks mastery over others is the competitive mind; and the competitive mind is not the creative one”

In all you do or think hold this idea: “What I want for myself I want for everybody”.

The Advancing Man

Following from the above a point must be made. As you go about materialising your goals with the above section in mind, you do not, and should not, hold the idea of being a walkover, or currying favour with your employer.

The idea is to hold the notion that you are advancing in all you do. The key mental attitude is to advance you, by doing the best you can to more than fill the place that you are currently in.

Maintain an attitude of success, of growth, of increase, of advancement within everything that you do – this mobilises the creative force that will draw to you that which you desire. Drop any ideas of impressing anyone else – that is the competitive mind.

Do not wait for an opportunity to be all that you can be – choose to be it now, no matter what your circumstances. When you do this, you are open to the opportunities that will come your way.

Some Cautions and Concluding Observations

Some people may scoff at the idea that there is one creative force within the universe that humans can tap into – that is their right. All that can be asked is to claim your power as a creative being.

Do not concern yourself with how your opportunities will arrive. Just follow the instructions herein and remain full of faith.

Worry not about obstacles or disasters – let the creative forces worry about that, if indeed they know the very human notion of worry.

Never speak of yourself, of others, of the world, or of circumstances in a disparaging way. Remember that what you think and say sets forces in motion that will attract that into your experience!

Never admit the possibility of failure.

Always think, ask, behave and speak in terms of advancement.

Conclusion

In summarising this book I have tried to remain true to its spirit and language. In many ways this is one of the simplest books of its type that I have ever read, but remember that simple does not equate to easy.

However, of one thing I am sure – out of the countless books that I have studied on the “secrets of success”, this one does hold all of the keys. Within its apparent simplicity lie some profound ideas and techniques.

The focus of this book is on getting more financially abundant, but the ideas can be modified to achieve anything. If you are having any problems, then feel free to contact me via the website address.

If you do nothing, nothing happens. If you do what you always did, you get what you always got.

I wish you all the best.

Ian Molloy.