



Possibility Thinking – Activating Your Dreams
[By Montana Gray](#)

It's great to learn from others who have forged ahead – others who have found and use tools and methods that bring them success – the same tools we can use. One big secret that successful people use is to activate their brains to “SEE” their desired reality.

Within your brain there is what is known as the *Reticular Activating System* or *RAS* for short. This part of your brain decides which bits of information get in and which are ignored. Since we are exposed to literally billions of bits of information every minute, the RAS functions as an “editor” to sort through all of that information. Why that is important is because the RAS is deciding what you're putting your Attention toward – which is part of the formula for manifesting your Desires.

Let me give you an example. Have you ever decided you were in the market for a new car – a Lexus for example, or a “red” car? Suddenly, everywhere you look you see a Lexus, or “red” cars – on commercials, on the highway, ads in the newspaper. Now those cars were always there, but because you activated your RAS to “SEE” them, you suddenly see them everywhere. Or remember when you learned a new word – and suddenly everyone was using that word? Again, the word was always out there, but because you activated your RAS by learning it, suddenly it seems to appear everywhere.

THE 20-QUESTION -- 20-POSSIBILITIES TECHNIQUE

Allow me to share with you a technique I learned some years ago from Brian Tracey, a well known motivational speaker and author. I call it: The 20-Question--20-Possibilities Technique.

This technique will activate your RAS to “SEE” new solutions, new realities, new ways of solving any problem. It opens your RAS to “think outside the box,” to “SEE” the bigger picture – and once you do that, your subconscious mind goes to work to help you solve whatever your problem is.

I have modified Brian's technique, however, so you not only are commanding your RAS (Reticular Activating System) to open up to twenty solutions, I have changed the command so that you are activating your RAS to come up with twenty “spiritually charged” solutions ...solutions that are heart felt and soul filled.

EXERCISE

Here's how it works. Choose any challenge. Let's use the desire for more income.

You write down your "challenge" – and then list immediately "20 ways" for that challenge to be resolved. Go way outside the box, here. Brain dump. Just write WITHOUT THINKING, twenty ways that your challenge could be resolved. AT THE SAME TIME, *COMMAND YOUR SUBCONSCIOUS* to seek twenty solutions that are in alignment with your passions and values.

Your question or problem to solve may start out as, *"I need \$5,000 to pay my bills by the end of the month. How am I going to get it? Where is it going to come from?"*

Now, restate this question into a statement so that you take any confusion, fear or lack out of it. You may find yourself asking the question or saying this statement in your mind over and over in order to write out the 20 possible solutions.

"I would like to have \$5000 by month's end."

Now, just let your inner-self guide you and write, write, write – anything that could happen is acceptable so long as it is *soul-filled and heart felt*. (There are no wrong or stupid ideas! Now, pen ready?... Go!)

Twenty possible solutions to this question:

- 1 Lotto
- 2 Gift
- 3 Seminars
- 4 Sales of CD's
- 5 Sign ups for course
- 6 Readings
- 7 Search engine placement clients
- 8 Sale of URL's I have purchased
- 9 Investors in my online business
- 10 Consulting fee for getting web based business
- 11 On going consulting fee from Realtors for getting biz to their sites
- 12 Ebooks – Joe Vitale made \$42,000 in one week!
- 13 Teleclasses filled
- 14 Contact previous satisfied clients for more work
- 15 Realtor friend #1 to promote me in his office
- 16 Realtor friend #2 to promote me in his office
- 17 Referrals from email list – need to give incentive for same
- 18 Referrals from psychic reading list – incentives
- 19 Previous clients – referrals
- 20 Additional Previous Clients – referrals

You see, without trying for more than about three to four minutes, I opened my mind to all these possibilities.

NOTE 1: "HOW" IS NOT OUR BUSINESS – PRACTICAL STEPS ARE!

It is not our business HOW the Universe is going to creatively bring your desires. At the same time, it is our responsibility to take all of the creative and sometimes "mundane" action steps and things we know we CAN do to move the Energy of success.

EXERCISE

Use this section in your journal to “20 Question” all of your desires and challenges.

NOTE 2: DOCUMENT YOUR SUCCESSES AND “WOW’S!”

Record your successes as soon as they happen! It’s too easy to “pooh-pooh” the “little coincidences, accidental meetings, magical moments and miraculous opportunities” and to take them for granted. Such seemingly small events ARE the stuff you are looking for to acknowledge and to be grateful for and appreciate -- in so doing your are sending out MORE high vibrations and frequencies to get more of the same and better!

Remember, *YOU ARE A MAGNET!* Document the answers and experiences that “match” what you are seeking. Document the RAS’s that begin to take shape and “show up” more and more often too! You will be pleasantly surprised!

1.) I choose a solution to: (state your issue)

I intend to have this solution by: (insert date) 20 possible ways this solution could happen: (write and

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Now, if you want to really activate your RAS (Reticular Activating System), take EACH of these twenty possible solutions and write out twenty ways your inner self says that each one will happen. Just PLAY with this exercise ...it is designed to get your RAS moving – and looking for solutions that do exist – that literally ALREADY EXIST.

In your journal, keep a record of all the solutions you discovered for any situation. As you do, your subconscious mind will register that you are a “solution oriented” person and will continue to operate from that premise.

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