



The Laboratory of Your Mind  
How to Create Your Desired Reality

"If You're Going to Fly, that Cocoon Has to Go"

Secrets for Manifesting Your Desires!

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Are you ready to really manifest your desires? Really?

Before I begin, let me ask you. How old are you? How many hours have you been alive? Let's say you're 40 years old. That is equal to more than 350,400 hours on this planet.

You figure that by taking your age (40) X 24 (hours per day) X 365 days a year!

Now, think about this. Considering that you've been on this planet (assuming you're 40 years old), for more than 350,400 hours, can you commit to investing even 10 minutes a day or 300 minutes a month (5 hours) to changing your life?

Because if you do just this one thing: promise to commit to 10 minutes a day, EVERY DAY, you WILL begin to see changes – and as you do, you will be motivated to continue working in "The Laboratory of Your Mind."

Ok, great. Now, here's a plan – a spa for your mind - that when practiced consistently, will help you begin to change your vibrations/frequencies and through the Law of Attraction create for you your desires.

On the surface, the plan may appear simplistic. It is not. It is very powerful, when you use it consistently (did I say that already?).

Here's the plan, then.

1.) Remember who you are. You must claim your right, as a Divine Being, to have all that you desire (so long as it does not cause harm to anyone else.) Imprint on your consciousness this fact – because it is a fact. There is enough to go around for everyone – the Quantum Pool is infinite.

Deepak calls the Quantum Pool the Ocean of Unlimited Opportunity. The Buddhists call it the "emptiness from which all emerges."

2.) Next, you must clear out the storehouse of your mind. You want to collapse limiting beliefs and memories, and replace them with positive, affirming ones. You can do that in the conscious realm with affirmations, visualizations, and moment by moment thought control. You can also do it by changing your inner and outer dialogue.

Here is a powerful affirmation you can read before you go to sleep every night. "The storehouse of my mind is now cleared of all negative, limiting, non-productive thoughts, beliefs and memories. As the clearing continues, my mind is filled with positive, affirming, health giving thoughts and beliefs. From this point forward, all negative thoughts or feelings bounce off the force field of my mind and dissipate harmlessly into the ether. My mind is now a self clearing and self cleansing mechanism – and it continues to cleanse automatically and easily."

3.) Meditate. Every day. Twice a day for at least 15 minutes each is optimal. The most powerful and fastest way to cleanse your mind and imprint new frequencies, is from a deeper level of mind – alpha or theta – where your cycles per second range from 10-14 cycles (alpha) and 5-9 cycles (theta.) Light meditation is the alpha state – deep meditation is usually theta.

At these levels of mind, you quiet the noise of the world and imprint your vibrations clearly and efficiently. You also will receive huge insights when you consistently experience these levels of mind.

4.) Create a structure for your ten minutes a day (not including meditation) and read, journal, focus on affirming and positive ideas and thoughts.

5.) Focus on this Universal Law until you can interpret your physical world from it:

- There is an unformed substance from which everything emerges. This is the Ocean of Unlimited Opportunity – the Quantum Pool.
- Your thoughts, clear and focused, are sent into that unformed substance.
- When you send your thoughts and feelings, clearly and consistently, into that unformed substance, the thing you are thinking of is created.

- 6.) Do not give one moment's attention to what you have created up until now – UNLESS YOU WISH TO RECREATE IT. In other words, that which you have created that you love, continue to focus on it. But anything which you are NOT happy with, disregard. Remember, what you focus on expands. Therefore, focus ONLY on that which you desire. Remember, today is merely a series of "after thoughts."
- 7.) Stay outside of judgment. Of the self and others. Judgment is a lower vibrational field and does not create anything positive.
- 8.) Practice gratitude – in every moment. What you bless expands, remember?
- 9.) Get into nature – every day if possible. And listen. Part two of this equation: turn OFF the TV, the radio, and give those hours to reprogramming your mind and your thoughts.
- 10.) Remember that your FEELINGS, combined with your thoughts, create very powerfully. Remember how powerful your fear feelings are? And look what they create! So develop the ability to feel JOY and "flip the switch" of your feelings when they are not positive.
- 11.) Remember, once again, who you are. A Divine Being – here to have an earth experience. With ALL the abilities to create your desires.

Your thoughts and feelings are SACRED. Did you know that the dyslexic form of Sacred is Scared? Um hmmm.

Turn scared into sacred. Look the other way.


Wow! Looks like a long list, doesn't it? It isn't. It is a CHANGE of how you are living, thinking, feeling, and speaking.

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#### Secrets of the Universe

- ◆ Your thoughts DO create your reality
- ◆ You can only think one thought at a time
- ◆ Only you can choose your thoughts


**You, therefore, are the chooser, the thinker and the creator**


 <p>Oh no! Not again? (This is a BIG JOB)</p>	<p>Stand Porter at Your Door A True Story</p> <p>Several years ago I met a woman named Marie Barcus. Marie's husband Len was a paranormal researcher for Duke University. One day Marie was complaining about something and Len asked her, "Marie, if someone came up to our front door, and walked in, would you let them dump a bucket load of dirt on our floor?"</p> <p>Marie was shocked. "Of course not," she replied.</p>
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Len responded: "Then don't let others dump dirt in your mind, Marie. Not your friends, not the TV, not what you see in the newspapers. Marie, I'm going to give you a gift. A Porter. To stand at the door of your mind. See your porter there, and anytime a negative thought wants to come in, see your Porter holding up his hand and keeping that thought out."


What a loving gift! A Porter at the door of your mind! I now offer Marie's gift to you – so you no longer have to allow in anything which will clutter or muddy your mind.

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	<p>Bridge Wisdom – (this one came from my friend Kim – (<a href="http://www.drdeclutter.com">http://www.drdeclutter.com</a>))</p> <p>→ Sometimes to get where you're going you need a bridge. → If there isn't one available, build your own. → Then get over it!</p>
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<p>“Your entire body, from wingtip to wingtip, Jonathan, is nothing more than a thought.”</p> <p>Jonathan Livingston Seagull Richard Bach</p>	
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	<p>The question is not “what does the future hold?”</p> <p>The question is: “What thoughts are you holding that will meet themselves in the future?” m.gray</p>
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<p>When it all becomes too much, Don't take yourself so seriously!</p>	
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Remember, YOU are the thinker, therefore the creator.

Thoughts are things. Choose the good ones. (TUT)

Get the CD or MP3 – [“The Laboratory of Your Mind”](#)  
and learn the truths from quantum physics that prove  
your thoughts do create.