



The Power of Your Reticular Activating System
How I Paid My Rent in ONE Day Using My RAS

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I first learned about the amazing part of our brains known as the RAS on a teleconference call with Jay Abraham and Tony Robbins. Tony spoke of the RAS (the reticular activating system) of the brain and went on to describe how successful people knew how to use their RAS to create great results in their lives.

Immediately after the call, I went online and researched the RAS and was amazed at this secret part of our brain that can be one of our most powerful programming tools.

Let me fill in the spaces. 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. Quantum physics now proves for us that our intention and attention, focused on our desires, actually works in harmony with the energy of the Universe to create our reality.

Therefore, learning to activate our RAS to “see” our desires, is the beginning of the process of creating them.

The "Secret" from Quantum Physics That Allows You to Create Your Dreams

1. At the core level of the Universe are waves and particles of pure energy
2. Everything in the Universe is energy – including you, your thoughts and emotions.
3. Those waves and particles will comply to your command
4. To create what you desire, you must learn to focus your intention and attention on your desires – clearly and consistently. When you do, you send your energy (thoughts and emotions) into the quantum pool and those waves and particles will form into the object of your desire.
5. Your RAS is a powerful focusing tool – and when you learn to activate it clearly and consistently, you can and will achieve your desires.

Here's an example. Have you ever decided you were in the market for a new car – a Lexus for example? Suddenly, everywhere you look you see your particular model of the Lexus everywhere – in commercials, on the highway, parked in parking lots, in ads in magazines. Now that Lexus was always there, but because you activated your RAS to "SEE" it, you suddenly saw it everywhere. You are now focusing your intention and attention on that car – and that can be the beginning to manifesting it!

Many years ago, my husband Richard wanted a new car. I told him to get some pictures of it, put them in his wallet, on the refrigerator, at his desk at work. He thought the exercise was silly, but he wanted the car so much, he indulged me. He even went to the dealership and had me take a picture of him in his dream car. Little did he know that he was, at that very moment, beginning to activate his RAS to focus his attention and intention toward that car. Now we were not in a position at the time to make car payments, so how he was going to get this car was far outside of logic, but Richard's desire was greater than logic (big secret here), so he kept his picture in front of him.

Less than 3 weeks later a friend of Richard's called and offered him a new job. With a car allowance of \$400 a month! So Richard got his car and ever after, he told everyone how to get their dreams by just taking a picture!

In another story, I remember helping a friend look for a new car some years ago. She was interested in a model of car that I had never really paid any attention to: a Buick Skylark. After going with her to the dealer to test drive her dream car, suddenly I was seeing this model of Buick everywhere! I can remember thinking, "Where did all these Buicks come from? How is it possible that they are just showing up everywhere I look?" Clearly, my trip to the dealer with Sharon had activated my RAS to "see" this particular make and model of car, and once that happened, it appeared seemingly everywhere.

Sharon also could not afford car payments, but like Richard, she really wanted that car. I told her the story of Richard and his pictures, so she did the same thing. Less than a month later, her father called her out of the blue and said he'd decided to gift all of his children with a part of their future inheritance – and in Sharon's case, it was exactly the amount she needed to get her car!

How My RAS Brought Me An Entire Month's Rent In One Day – In The Middle Of A Colorado Blizzard!

Here is a simply fabulous story from my life about the power of the RAS. It was early morning, around 3 a.m. I was staying in a house in the mountains of Colorado and we had just had a HUGE snowstorm – a blizzard, actually. I knew I was snowed in for several days. Actually, it turned out to be more than a week. We had more than five feet of snow. I was blessed to have power, and I wondered, "What can I do now? How can I do some business without leaving the house?"

What is the best way to deal with this?" So I did the "Twenty Question" exercise I've outlined below which activated my RAS to "see" many possible solutions to my dilemma.

When I finished it, I got an inspired idea to create an E-Class, and base it on my ["Thought by Thought" workbook](#). So I wrote the sales page, inspired on the words and presentation. My twenty question exercise had really opened up my subconscious mind!

I finished the letter in about three hours, and at around 6:30 a.m., I sent out a newsletter blast to my list.

When I checked my email less than an hour later I had enough sign ups for my E-Class to pay my entire month's rent!

It was simply awesome. Here I was, stranded, and my subconscious mind directed me to do something I'd not done this way before – and in the midst of this beautiful, but imprisoning snow storm, my mind found a way for me to be productive, generate income AND make a positive difference to the ones who signed up!

It was a HUGE win win!

**How To Activate Your RAS With the TWENTY QUESTION (TWENTY
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 Twenty-Question--Twenty-Possibilities Technique. It is a POWERFUL way to activate your RAS and your subconscious mind to “see” solutions to any situation.

The exercise 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 -- Example #1 – FOR A SPECIFIED AMOUNT OF MONEY

Here’s how it works. Choose any challenge. Let’s use the desire for a specific amount of money by a specific date. It is important to name a specific amount AND a specific date, so the subconscious mind has a clear blueprint of your desires.

You write down your “challenge” – and then list immediately “Twenty 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 challenge into a question that activates your subconscious mind and RAS to go to work for you. Remember, your subconscious mind knows all things – it CAN find the solutions you seek when you give it empowering questions.

“What are twenty ways (or more) for me to have \$5000.00 net to me by month end (fill in date), from sources that are ethical, positive and in alignment with my values?”

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: (example)

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. Consulting fee for internet work, Ezine marketing

You see, without trying for more than about three to four minutes, I opened my mind to all these possibilities. One really good result of this exercise is that it immediately opens your mind to see "options" to any situation and once you do, you are more relaxed and open to receiving new ideas.

Example #2 – TO OBTAIN MORE OF THE RIGHT KIND OF CLIENTS

In this exercise, you not only desire having more clients, you want to create more of the RIGHT KIND of clients. Clients who enjoy you, pay promptly, are joyful to work with, and will provide good referrals. Clients you can truly benefit and who YOU enjoy serving.

Several of the guru marketing masters I follow, including Dan Kennedy, are firm that they only want to work with clients who WANT to work with them. They do not spend their time trying to bring a client up to speed – they use attraction marketing to draw in clients who are already interested and excited to have a business relationship.

So write down this objective – and then list immediately twenty ways for this objective to be realized. Again, 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.

(One cool hint: think of others who are tremendously successful in a field similar to yours and ask your subconscious to provide you with clues as to how THEY do it.)

Your question or problem to solve may start out as, "I desire a consistent stream of desirable, enjoyable clients, who truly appreciate my work and me, and who are easily able to pay for my services."

Convert your problem/challenge into a question to activate your subconscious mind to go to work for you. "What are twenty ways for me to obtain desirable clients who honor my work, easily pay for it, are joyful to work with, provide me many good referrals, and enhance my entire working experience? Clients for whom I can make a very positive difference because of my excellent service and information, so that each of us benefit in a grand way from our business exchange."

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. **First, I set my intention.** I make a list of the traits of my most desirable clients, describe how our working relationship feels, how I help them and they are filled with gratitude, as I am because I am doing work I love and genuinely enjoying making a positive difference for others. This list will include the type of people I wish to work with, their financial abilities, their attitude, and how we are a perfect fit business wise. (This alone activates your subconscious mind to begin drawing in through mental attraction the kind of people you wish to work with. It also activates your subconscious to seek out solutions that include this type of client base.)
2. Contact existing client list personally by phone and ask how they are doing – obtain all current contact information, including and especially email. Ask how I can help them in their current situation – ask for referrals.
3. Contact existing client list by mail with an offer for a free report on my business
4. Send out an email blast with an offer for free information
5. Hire someone to do consistent emails if I do not have time
6. Review my website to make certain I capture email addresses from every visitor
7. Offline ads in appropriate publications – repeated at least 7 times
8. Online marketing via SEO – search engine optimization
9. Get free review of my website for new ideas
10. Find online networking groups and begin networking
11. Post articles related to my industry online with contact information included
12. Post free press releases online
13. Join off line networking groups
14. Donate my time to community projects
15. Make certain everyone knows what I do – including my dry cleaner (A Realtor friend of mine finally gave his dry cleaner a card after almost 10 years of going there. In the first year alone, he received 8 referrals - all of which became closed transactions.)

16. Write an E-book about my industry to increase my credibility and visibility
17. Get testimonials from previous clients and post on my site and in my written materials
18. Do a direct response marketing campaign – for all existing clients
19. Offer an incentive for referrals
20. Create an online E-Class to teach others about what I do (regardless of your industry, you CAN educate others about it.)

Don't stop at 20 if your brain wants to continue --

Just in this process alone, you have activated your RAS in the brain to begin "seeing" new ways of doing things and the more you revisit this list, the more your subconscious mind will continue to work for you to find the right solutions. The more precise you are in your questions, the more precise will be your answers. Carry a recorder with you, so you can record ideas as they appear.

Many of my "ah ha" moments appear when I am at the beach, driving, exercising, and often in the shower. When I listen to them later, I am often surprised, because my conscious mind has forgotten them entirely!

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 inspired action steps and things we know we CAN do to move the Energy of Success.

Once you have activated your RAS to "see" new possibilities, your subconscious mind will begin providing you ideas, and it is important that you TAKE INSPIRED ACTION immediately. Ideas, like money, respond best to immediate action!

In my own personal experience, I will be guided to do something, make a phone call, contact a certain person, and I am often simply amazed at the results!

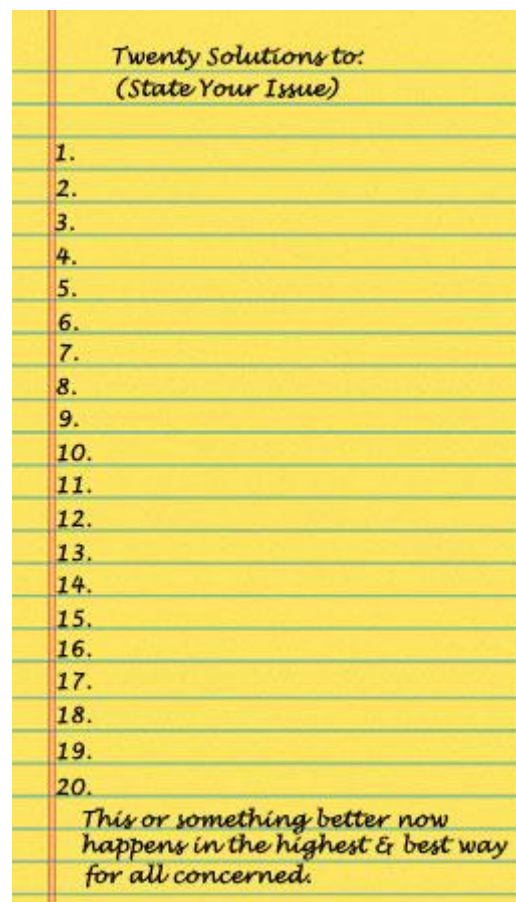
NOTE 2: DOCUMENT YOUR SUCCESSES AND "WOW'S!"

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 you 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. The more you document your successes, the more you are continuing to program your RAS to keep working successfully for you.

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

I intend to have this solution by: (insert date) Twenty possible ways this solution can could happen: (It is best to hand write this list – it activates the neural pathways in your brain better when you are actually writing this by hand.)



*Twenty Solutions to:
(State Your Issue)*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

This or something better now happens in the highest & best way for all concerned.

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 look for and find solutions that do 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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Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

Visit <http://www.givingyourideaavoice.com> and <http://www.guruofchange.com> for free motivational information and free e-courses to help you develop your mindset for living the soul-filled life you were meant to live.