



Results: Lesson, Week Three

“After working with tens of thousands of people, without exception, my experience is that anxiety, depression and fear of intimacy or success are all outcomes of a poor self image. Of all the judgments we make about ourselves, our current created self image is our destiny.”

Acknowledge Yourself

Take a moment to acknowledge yourself for the Results Course self-study you completed in the previous week and list them in your journal.

1. _____
2. _____
3. _____

And list the results you have been willing to create. Be aware of your progress.
Notice the shift in your consciousness.

1. _____
2. _____
3. _____
4. _____
5. _____

Who Are You?

In the last lesson we established that the conscious mind defines, evaluates and judges. Since birth we have been asking ourselves, “Who am I?” and “What am I?” Consider that some metaphysicians think these judgments began before birth.

The most limiting judgment you make is your definition of yourself. Your self-concept is a reduced version of your true Self, with which you are in agreement. You make this limiting view of who you are by choice to comply with “your” reality. Accept that you have profound depths that are far beyond your conscious definition of yourself.

Who you believe you are is limited to your past and is a strong message to your unconscious mind. These beliefs limit who you are and who you are capable of being – now and in the future.

Exercise: Open your journal and prepare to take notes. Uncross your arms and legs. Take a deep breath and relax. Consider each of the following, close your eyes and recall a time when you experienced your life as:

A failure

A success

You, as a very important person

As if there was something slightly wrong with you

As if you were the most lovable person you know

Perfect

Powerful

Weak

Unsatisfied

Satisfied

Extraordinary

Unique

Important

Complete

You Have Created Yourself!

Take responsibility for having created you as this empowers you to re-create yourself. With this acceptance you shift your power away from any perceived myths of martyrdom and victimhood.

You are not who you have been taught to believe you are. You are not who you believe you are now. It is time to create new beliefs. These too will limit you as you close the distance between your personality self and your Higher Self.

You Create Results Consistent with Whom You Believe You Are. Create a New You Now!



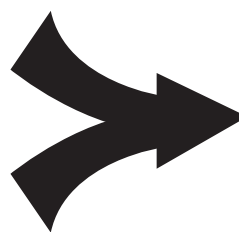
Conscious Mind

Choice: "I want to be free and open to experience."



Reactive Brain

Belief: "I am the kind of person who, when I am free and open to experience, gets hurt and feels guilty."



Result: No new experiences, and/or the experience of guilt and pain.

*You Can Create a New You and
Communicate it to Your Unconscious Mind,
which Always Receives Messages
from Your Conscious Mind as Direction.*

Who I Choose to Be

Make a choice to send your unconscious mind clear messages. Open your journal and prepare to write a description of the person you choose to be following these guidelines, including:

1. How you look and how you feel.
2. How you respond to people and how they respond to you.
3. If there is something about yourself that you dislike, describe how it would be to have the opposite.
4. Any new quality you would like.
5. What you already like about yourself, what you would like to continue and to expand.

Write your description now.

Who I Choose to Be Technique

Now, listen to the **Who I Choose to Be Technique** audio program. This is a profound guided experience so be sure you are in a place where you will not be interrupted. Make notes in your journal upon completion. Enjoy.



Highly creative people have a higher than usual tolerance for mistakes.

The Creative Process

Mistakes are an important part of the Results Cycle. A common misconception about creating results is that you should get it right the first time. This is false as hardly anything is ever created that way. Highly creative and effective people have a high tolerance for mistakes. If what you do first does not work, do not conclude that you should stop or give up until you create the result you choose.

To surrender only reinforces the experience of powerlessness.

There are five steps in the Results Cycle:

Cause > Thought > Action > Result > Correction

As we discussed in Lesson Two, within the Results Cycle is the creative process that involves Cause and Correction with movement between each phase of the cycle. You may also think of this as Create and Adjust.

You make something happen then fix it.

**Thought = Action = Result = Correction = Cause >>
Thought = Action = Result = Correction = and so on**

It is vital for you to develop the understanding and appreciation for the entire Results Cycle including Cause and Correction, which is the creative process within the cycle. Most people are only aware of the obvious steps of Thought, Action and Result. Effectively exercising your creativity must include corrections and adjustments.

Many people experience not creating results as failure, but these moments are actually ones that hold great power. Perceived failures always create opportunity.

When you define these perceived failures as opportunities for correction, you will move to a new level of Casual Thought, which is creation.



*Moving beyond
decision to choice
allows you to
reach for the
highest in yourself.*

*The Choice to Reach for the Highest in Yourself
Is Commitment without Limitations and Considerations.*

Choice is an Alternative Beyond Decision

People generally experience commitment as tedious, boring, stressful and limiting. Commitment is inherent in choice. When you reach for the highest in yourself the move beyond decision to choice becomes effortless. When you reach for the highest in yourself:

1. You clear yourself and make “unconscious blocks” conscious.
2. You can only realize the highest in yourself in those areas of life in which you are free of “unconscious blocks.”
3. The degree to which “unconscious blocks” exist, and are re-stimulated in present time, is directly proportionate to the amount of effort, struggle, stress and boredom we experience.
4. True choice is only possible in areas of life where we are clear and conscious.
5. Decision is necessary when we are unclear and not fully conscious.

Ask Yourself

Open your journal and take notes as you respond to the following questions:

What is your usual reaction when you do not create the results you want, (i.e. experience failure)?

What can you do when you are not creating the results you want?

BE AWARE AND STOP! Focus on the image of what you are willing to create. Commit to creation. Make any adjustments to proceed. Push past distractions and blocks to the result.

What is the advantage of considering “failure” as a moment of great power?

This is the opportunity to change direction. Action taken in this moment has great impact on your creative process.

Currently, in what areas of your life have you made a choice (commitment)?



State #3: The Incomprehensible Collective Mind

In the previous lesson we discussed the Conscious and Unconscious Mind, how they interrelate and influence our lives. The third state is the Incomprehensible Collective Mind (ICM).

The Incomprehensible Collective Mind exists beyond your conscious mind. Some of the traditional religious and spiritual names for this third state of consciousness are: Super-Consciousness; God-Self; Inner Guide; Higher Power; Spirit; Source; and Cosmic Consciousness.

Some of the scientific theories that support the existence of this third state of consciousness are: Ilya Prigonia's "Science of Becoming" (chemistry); David Bohm's "Implicit Order" (quantum physics); Rupert Sheldrake's "Formative Causation" (biology); and Karl Pribram's "Holographic Brain" (neurophysiology). We encourage you to research these for reference.

These names and theories reflect attempts to comprehend the magnitude of this level of consciousness. The purpose of these attempts has been to comprehend the incomprehensible and raise the consciousness of humanity. Even though the ICM is incomprehensible, it contributes as much to your reality as do your conscious and unconscious minds.

The ICM is somehow in communication with the conscious mind and implicitly consults it when the conscious mind is not at the effect of the unconscious mind. The ICM is aware of your consciousness. It is aware of the awareness, which is aware of that awareness. It is infinite and infinitely aware. It is aware of being alive. It is alive.

Results: The Willingness to Create contains powerful techniques that allow you to be available to communication from the ICM.

The ordinary reality we perceive is not one reality, it is an infinite number of realities we accept based on our current beliefs and limitations.

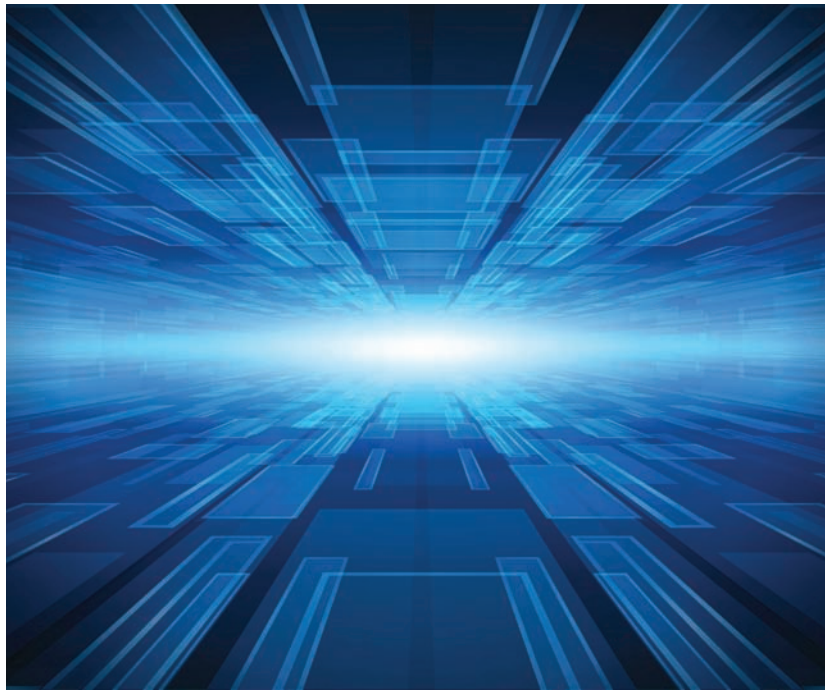
Therefore, there are an infinite number of realities that create an infinite number of possibilities that create an infinite number of possible results.

Reality is Neutral and Therefore Incomprehensible.

“Your reality” is your unique experience, your perception. Once you accept this you realize that there is not one reality or truth, but rather as many as there are perceptions.

At first, you may experience this realization as somewhat disheartening, but once fully understood you will experience tremendous liberation as this understanding empowers you to create anything within “your reality.”

“Your Reality” is the Results in “Your Life.”



*You exist in
all realities
simultaneously:
past, present
and future.*

All Results Are Possible When You Are Willing to Transform Your Perceptions

Reality is neutral. It is your perception of reality that creates your reality. All results or realities cannot be perceived simultaneously by our minds in ordinary states of consciousness.

Examples of state of consciousness we agree are normal:

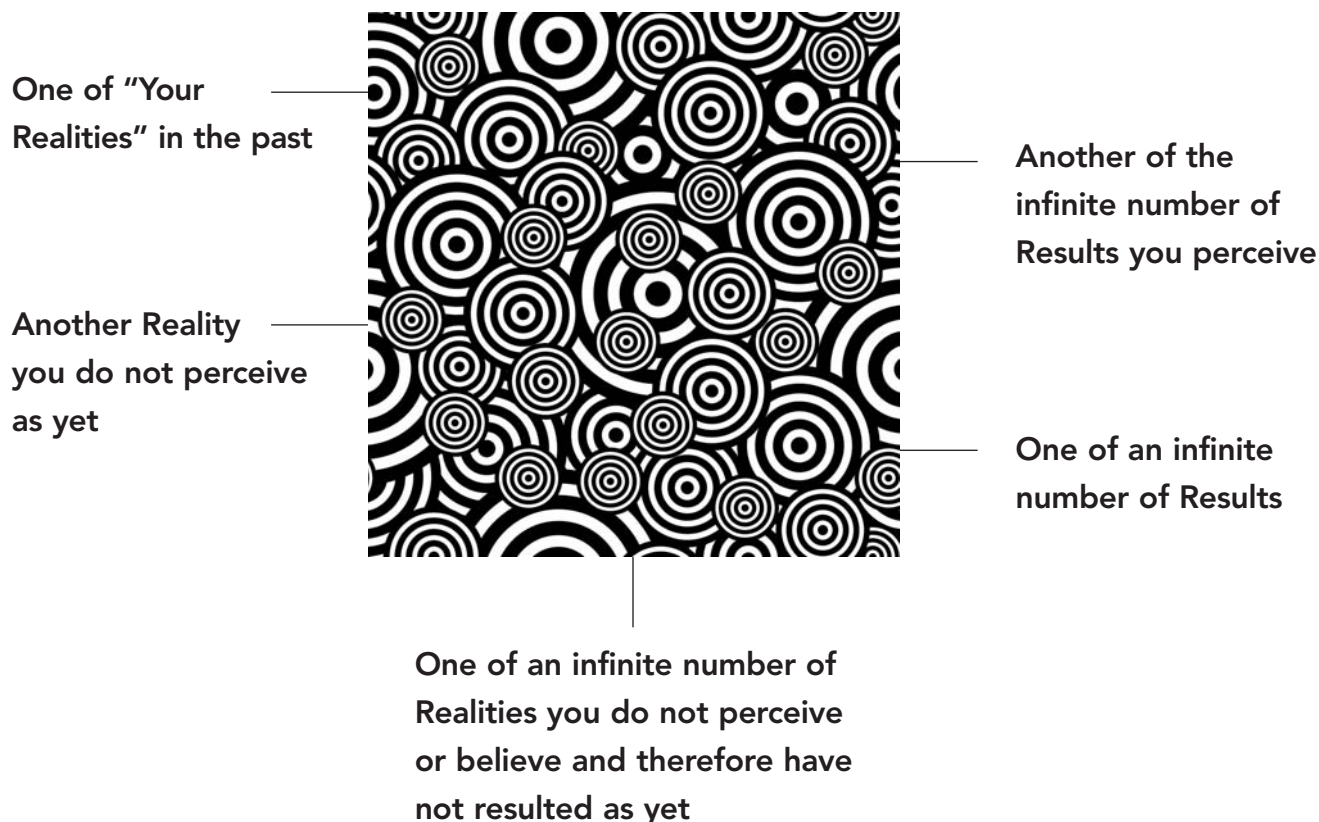
1. Awake focused thought or NOW: Our mind filters and focuses thoughts so we are able to function.
2. Sleep (REM): Our minds create collages of unfocused thought. These thoughts include unconscious past experiences, recent events, imaginary situations, fantasies, etc.
3. Love, confusion, neurosis, forgetting, grief, daydreaming, jealousy, lying, senile psychosis, alcohol and drug inducement.

Examples of states of consciousness we agree are abnormal: Mental disorders including schizophrenia, multiple-personality disorders, psychosis, anxiety attacks, acute alcoholism, paranoia, amnesia, autism, phobic conditions, obsessive compulsive behavior, egomania, fetishism, anorexia nervosa, obesity, introversion, extroversion, narcissism, voyeurism.

Examples of states of consciousness we agree are extra-ordinary: Paranormal states including meditation, channeling, healing, reincarnation, clairvoyance, precognition, levitation, hypnosis.

Examples of states of consciousness beyond our comprehension: Death, coma, orgasm, laughter.

All Results Are Possible When You Are Willing to Transform Your Perceptions



The Number of Results You Accept Is Perceived as "Your Reality" Now

You exist in all realities simultaneously – past, present and future – but cannot perceive that in what you have accepted as normal or ordinary consciousness.

All of your results cannot be perceived in "ordinary" states of consciousness.



*Every result in
your reality is in
relationship with
every other result.*

All Results Are Related on Levels of Consciousness You are Unable to Distinguish with Only Your Conscious Mind

The woman in the photograph is experiencing the joy exercise, being with her dog and the beauty of autumn. She may also be thinking about her relationships or career. She is the only being in the photograph capable of surviving without anything else because she is powerful enough to create an entirely new environment to support her survival.

Every Result in “Your Reality” is in relationship with every other Result within and outside of your current reality. All creation within “Your Reality” transforms your Results and all existing Results in other realities.

Consciously Observing a Result Changes the Result and You

The willingness to transform the way you observe anything or anyone is an act of creation. Thought is creative.

You Consciously Change Your Point of View or Belief > Observation or Focused Thought > Active Creative Thought Changes the Result

The Thought Exchanged Between You and Your Result Transforms You and Your Result

With practice this becomes habitual behavior. Creative Consciousness is achieved by the ICM and/or Higher Self that act as agents of transformation absent of any effort or struggle on the part of the personality of the physical self.



True Change Is in Your Mind

Change in perception is instantaneous. This is a quantum leap in space, not time. The perception is in your mind where your results are created. It is not “out there.” It is between your ears. What happens in your relationships, your body, sex life or career – all of this happens in your mind and can be changed instantaneously, by choice.

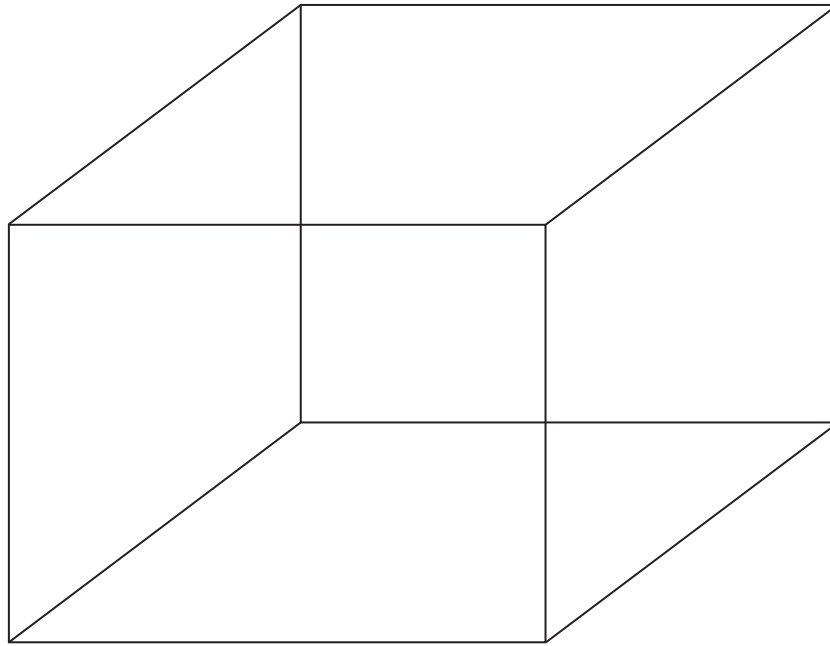
The Uncertainty Principle

In 1927 German physicist Werner Heisenberg demonstrated to acceptance the uncertainty principle: “The observer alters the observed by the mere act of observation.”

According to *The Holographic Universe* author Michael Talbot: “There is no strict division between subjective and objective reality; consciousness and the physical universe are connected.”

Princeton physicist John S. Wheeler suggested: “We must replace the term ‘observer’ with the term ‘participator.’ There is no physical world. We participate within a spectrum of all possible realities.”

By choosing a perception or point of view the brain sets into motion and recalls, or is reminded, of a past experience that reinforces its point of view.



Your Perception and Point of View

When viewing the image above most people have the point of view or perspective that creates the image of a box. You may, however, choose to see undefined intersecting lines.

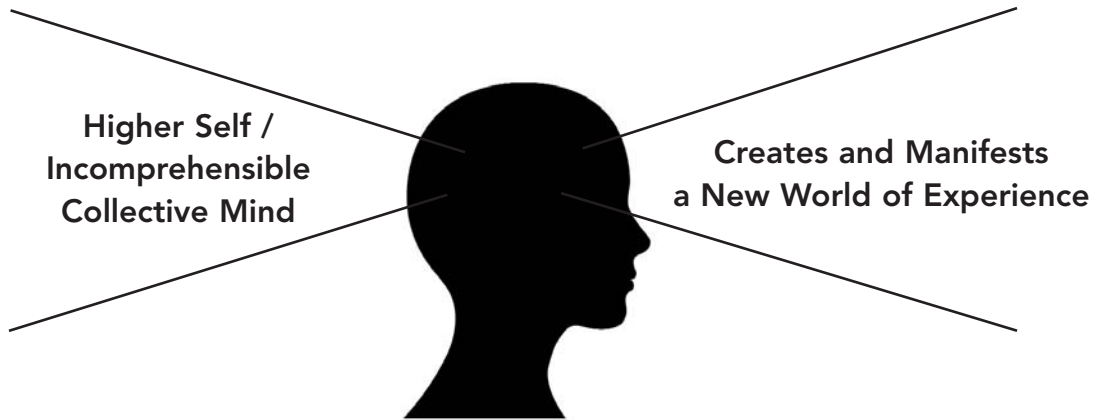
The choice is yours and you are probably more accustomed to seeing (remembering) the image as “a box.” When you choose to see a box, the box takes form, extends out from the page and reinforces your choice, your point of view. What you choose to see your reality will create.

Without changing anything on the page, by simply observing, you have changed the lines to a 3-D box, one with depth.

Now, by changing your point of view, create the front surface moving to the back. Suddenly, the back surface has become the front. Now, see if you can rotate the box. You probably have a memory or past experience to do this.

- What caused the lines to change?
- What caused the 3-D box to appear?
- What caused the box to rotate position?

Nothing has changed on the page. What changed was your point of view and perception. So, you did it just by observing and thinking.



*“To Create is to Choose to Distinguish and to Cause Knowingly
What is Already There in Present Time.”*

We Are Thought Itself, We Are Our Higher Self

The Incomprehensive Collective Mind (ICM) is beyond space and time and beyond our understanding, but as an extension of ourselves it is an aspect of our consciousness that empowers us to know we are here within space-time by choice.

There is no need for us to fully know what is; therein lies the mystery, wonder and magic of creation.

We will consciously accept our responsibility to create as we close the distance between our personality self and our Higher Self. We will be guided to our Higher Self to create a magnificent reality for the incredible beings we are. We will realize life is a gift we only need to receive.

We may call it the Incomprehensive Collective Mind, God or Cosmic Consciousness – as long as we realize that it is the Collective Higher Selves of all who are willing to accept the responsibility of imagination and of Creative Consciousness.

We will know that all that is created, and that is happening, occurs within a greater space that is us as unity.

This is the time to accept our power as creators, to clear our reactive brain and shift power from our unconscious mind to our conscious mind.



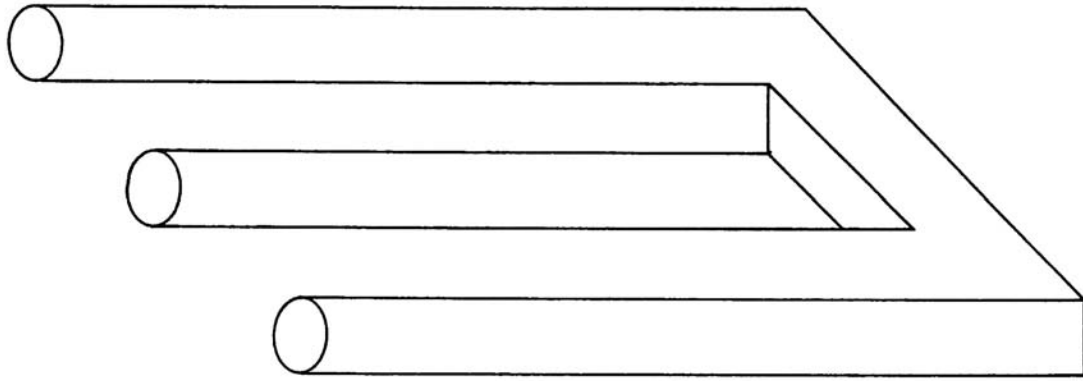
The Conscious Mind: Formless, Choice, Perception, Creativity, Response

With the conscious mind (thought) we generally see the dark image first, the form of the vase. The conscious mind is an either/or processor or filter. We choose to give meaning to the familiar and remembered form. The brain obeys and filters the image.

We see what we choose to see given what we see and we also choose to give it the meaning we choose. Generally when we “decide” our unconscious is operating either partially or fully. When we “choose” we are in our conscious mind and can move back and forth creating a new point of view rather than being stuck in a point of view or form that allows us to see the absence of form.

This is the way we perceive our results. We see and create what we decide or choose to create. We also give these results the meaning and significance we choose or decide to give them.

There is always more than one point of view to any result or reality. All of these views have validity because they are determined by your individual mind.



You Create Results as You See Them

The results we create are simply configurations of energy or matter. You create results as you see and distinguish them. The way in which you distinguish depends on your unique life experience. Your values, perceptions, opinions and beliefs form images in your mind that form or create your results.

Where you are going is created by the images in your mind that are created by your Higher Self. When you, or someone else, have chosen a particular point of view about life, don't be surprised when it turns out to be just that way.

1. The conscious mind and unconscious mind are alike in that they depend on energy, space, time, matter, storage and other quantitative considerations.
2. The ICM is beyond the physical, beyond belief and operates at the metaphysical level of cause, choice and creation.
3. The ICM, therefore, is the Cause state of mind.
4. When you are coming from the state of Cause, you know life is not necessarily fair, but it is abundant. You can generate, manifest and create (rather than blame) whatever you choose.

What is really happening: we create what is going on in our minds. The results we live are the ones we create by filtering patterns of energy in accordance with our beliefs in an infinite number of ways.



Creative Consciousness: Opening a Channel to the ICM

The Incomprehensible Collective Mind is within everything and, therefore, is within you. You are continuously channeling the acceptable form of “aliveness.” This technique is an opportunity to do it consciously and on purpose.

The following technique allows the ICM to communicate to your conscious mind through your Higher Self and causes Creative Consciousness. The purpose of this technique is to allow you to experience being available to communication from the ICM and your Higher Self.

When doing this technique, imagine special experience and be open to a magic and wonder that strengthens your spirituality and allows you to embrace your Higher Self. Remember, you are going for excellence, not demanding a perfect performance.

Allow yourself to be relaxed. Enjoy the experience. Open your journal and prepare to write down whatever comes, even if that is gibberish.

The ICM Technique

During **The ICM Technique**, you will ask a question as a way of opening a channel to your Higher Self and the infinite nature of the ICM. When you ask your question, do not be overly practical. The ICM exists and manifests with or without you, therefore, do not be careful and protective, just go for it.

1. Good questions for the ICM are about advice, analysis, friends, career, relationships and insights.
2. Your questions must require more than a “yes” or “no” answer.
3. Remember, you are opening a channel to the divine. Relax and know you are about to meet a very dear old friend.

Communication with the ICM

With the ICM Technique you may have imagined a teacher that you have known, or yourself, or a religious figure, or you may not have seen the teacher clearly. Perhaps you experienced a hazy form of light or a sense of presence. You may have expected the answer you received or it may have been a complete surprise.

Communication with the ICM develops with practice. This was only the first step. You are the ICM. You are not your body or brain any more than you are your clothing or car or home. You are associated with these things and you are not these things. You are thought itself.

You are the ICM. Once you accept this distinction you are spiritual to the point of manifestation.

Self-Study for Lesson Three

During the day do the Who I Choose to Be Technique. After the Who I Choose to Be Technique, consciously intend your purpose and direction.

1. To trust and love my body, mind, spirit and environment.
2. To be free and open to experience.
3. To experience humor and pleasure through my infinite creativity.
4. To do only what contributes to my consciousness and the consciousness of others.
5. To do only what contributes to the aliveness of planet earth.

Read your list of Results I Choose to Create from Lesson One and update your list as you create your results.

A minimum of four times during the week, listen to the audio programs:

- ICM Technique (evening)
- Use the “Ideal Self Image Suggestion” from the Who I Choose to Be Technique (two to three times each day)

Before Lesson Four, review this lesson at least once.

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