



## Results: Lesson, Week Six

*“Completion is to acknowledge, at any given moment,  
the results you have created.”*

### Completion and Acknowledgement

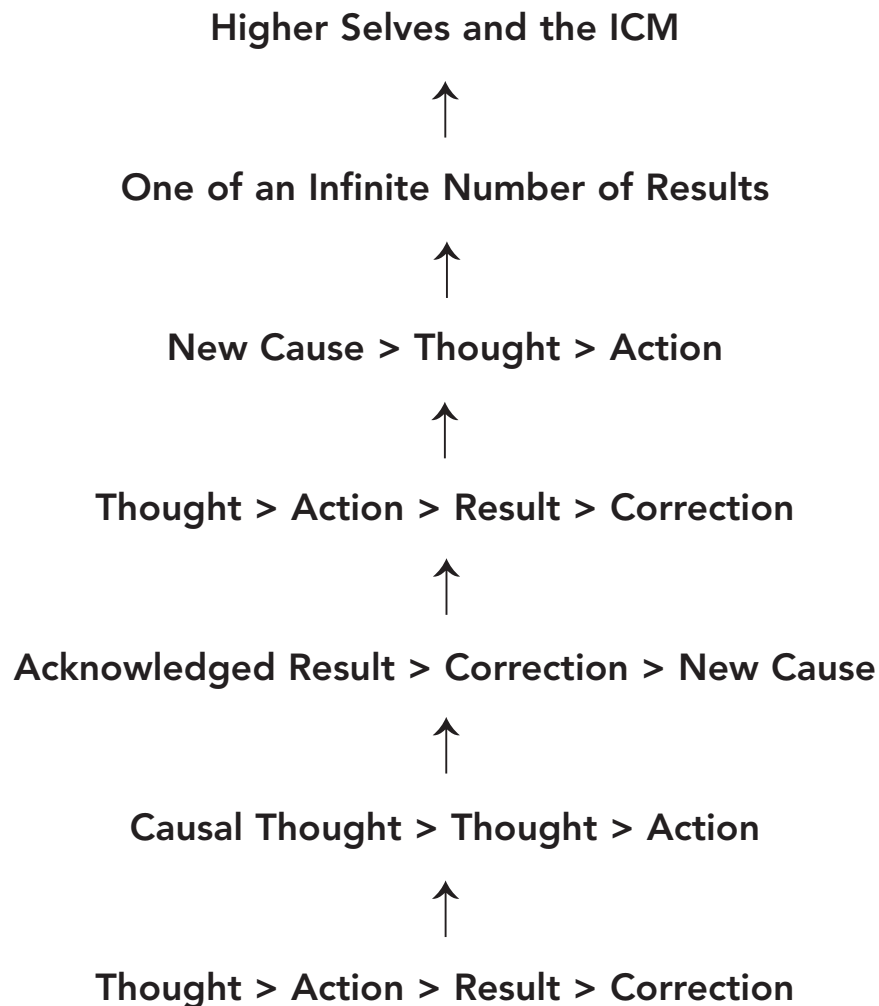
Absolute completion does not exist, only the ongoing process of “aliveness” itself. By acknowledging each result created, you give attention and define an experience in this process of “aliveness.”

This act of acknowledgement creates clarity and the opportunity for correction. You will never be beyond correction. There will always be things to process, because the purpose of aliveness is to process intelligence, which is then stored in your Higher Selves.

Correction creates new experience and the movement towards new levels of cause and the infinite results contained within the ICM. Because you are alive, you are curious and curiosity creates intelligence.

*Acknowledgement of Each Result or Act  
of Completion Always Moves You to a New Level  
of Cause within the ICM*

*Acknowledgement Makes Progress  
toward Your Higher Selves and  
the ICM Inevitable*





*Notice how  
you choose  
to experience  
completion.*

*“You may find that you avoid completion.  
Fear of loss creates the avoidance of completion.”*

## Your Response to Completion

Most people do not respond to completion in a conscious way because of their past negative experiences with completion. At completion, one of two experiences is possible:

1. **Response:** Satisfaction, fulfillment and relaxation of consciously created tension.
2. **Re-action:** A sense of loss, fear of the future and a “let down” feeling.

In the past, how have you “reacted” negatively to completion? Take notes in your journal.

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These reactions were strong negative messages to your unconscious mind. Because of past negative experiences you may have an unpleasant reaction to completion.

In the future, how will you respond positively to completion?

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*“Receiving allows into ‘your reality’ that which  
already existed in another reality.”*

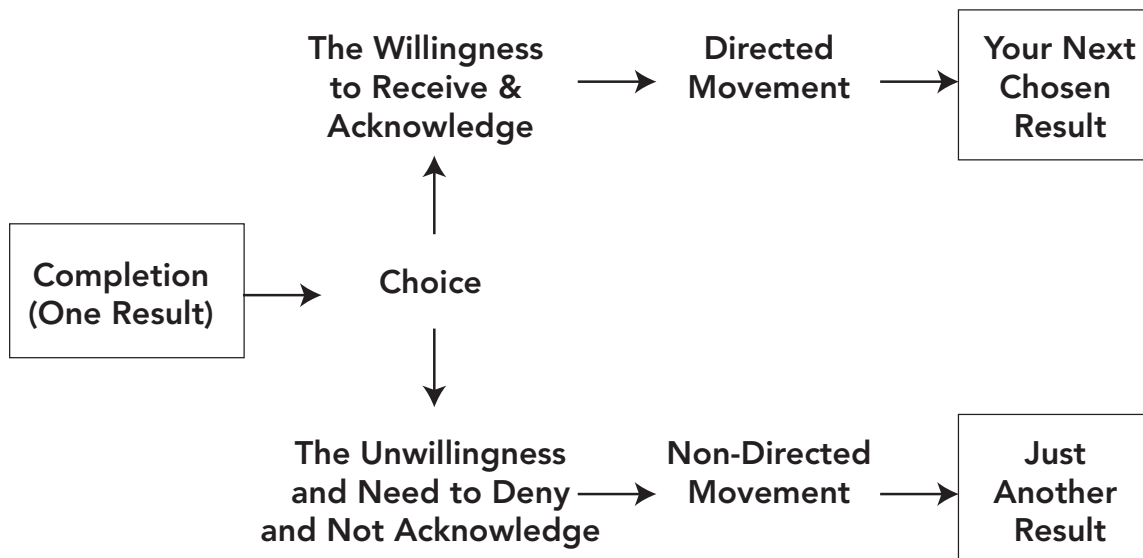
## Receiving Results

In Lesson Four you experienced and practiced receiving. Each time you allow yourself to receive:

- You transform and become available to new experience.
- You create movement toward your Higher Selves and the ICM.
- You become available to an infinite number of results and realities.
- You communicate your ability to complete consciously to your unconscious mind and to those in your external reality.

When you do not receive consciously and acknowledge each completion within the Result Cycle, you lose the support and power of you unconscious mind and the movement toward your next chosen result.

### Conscious Creation: “I enjoyed creating that.”



### Unconscious Creation: “I don’t know how that happened.”



*“Becoming part of the ICM is becoming your Source; it implies the willingness to be intimate with your Higher Selves.”*

## **Become Your Source**

The Source Technique will open a new channel, which will now always be available to you. Make notes what it was like being your Source and becoming more intimate with your Higher Self.

### **The Source Technique**

Now, listen to **The Source Technique** audio program. This is a guided experience so be sure you are in a place where you won't be interrupted. Have your journal ready to write down the answer to your question.

What did you experience when you became a part of the ICM, your Source?

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What happened when you finally embraced your Higher Selves?

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*“One of the most valuable insights  
within this material is the effect of acknowledging  
the results you have created.”*

## **Acknowledge Your Results**

Make a list of six things you have learned since you began  
Results: The Willingness to Create.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Make a list of six Results you have consciously created since you began  
Results: The Willingness to Create.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Stand and read your lists aloud, even if you are working alone.

- Stop and receive the full implications of your accomplishments.
- Allow yourself to receive the acknowledgement, yours and others.
- If part of a group, support and acknowledge each other.
- Celebrate your accomplishments and self-support.

**Acknowledge you have created results and by creating these results you have expanded your ability to create.**

Be aware and acknowledge how you have transformed over the six weeks:

- Your appearance.
- Emotional availability.
- Energy level.
- Ability to communicate.
- Openness.

**Congratulations!**

**To continue to create your life the way you are willing to have it, you must acknowledge fully the results you have created, the power of your Higher Selves and the availability of the ICM.**





*Be aware, be  
in the moment  
and shift your  
consciousness  
into willingness.*

Now that you have reclaimed your power as a creator, continue to consciously create.

1. Use the Be Aware Stop Techniques #1 and #2 as needed.
2. Always remember to focus on the satisfaction and pleasure of your fully realized result, rather than the process toward that result.
3. As often as possible, choose to be in alignment with your Higher Selves, Purpose and Direction and your ICM. Your result will be increased harmony, clarity, agreement, power and synchronicity.
4. Use the Present Time Technique to transcend your physical and mental fatigue.
5. Be aware and shift your consciousness from wanting to being willing as often as possible.

## **Congratulations!**

### **A Final Message from Natale**

We are reality creators. The ideas presented in the Results: The Willingness to Create material have been shared with me by scientists, psychologists and enlightened people from many cultures.

### **Eternal knowledge, when distinguished, is everywhere.**

The wisdom of thousands of years is walking hand in hand with modern scientific knowledge and a New Age is happening now.

### **Be aware and create.**

We can never be fully aware of the future. We can, however, be aware of what the future can be. That awareness is driven through contact with the higher consciousness and that is the real you and me.

Realize that we are much more than we have been taught and together we will create an extra-ordinary reality.

### **This is now and always has been.**

See the ideas presented here and now. Your old beliefs will crumble and your limitations will dissolve. As you choose to think, your realities will transform and your experience of magic, wonder and amazement will increase. Imagine that.

Reach for the highest in yourself and support others to do the same. Imagine the life you choose and create it.



With love and gratitude,

Frank

## About Frank Natale

A teacher and author, Frank Natale was founder and creative director of Frank Natale & Associates, an experiential education organization presenting seminars throughout the United States, Europe and Australia. Natale's teaching emphasized self-awareness, personal responsibility and choice as paths to conscious living and spiritual growth.

Books by Frank Natale include *The Wisdom of Midlife*, *Relationships for Life* and *Trance Dance*, *The Dance of Life*.

Committed to dance as a healing force, with his band Professor Trance, Natale produced a body of music including the albums *Shaman's Breath*, *Medicine Trance*, *Spirit Animal* and *Breath of Fire*. The *Om Bilateral Alignment* and *Ambient Om* meditation albums were dedicated to Baba Muktananda, Natale's spiritual teacher.

Experiential seminars created by Frank Natale include *Trance Dance* and *Soul Healing*; *Rites of Passage*; *Alive Relationships*; *Results: The Willingness to Create*; *Science of Communications*; and *Self Esteem, The Power Within*.

A native New Yorker, in 1967 Natale co-founded Phoenix House in New York, which became the largest residential treatment facility for chemical dependency in the United States. After serving as clinical director for twelve years, Natale chose to leave Phoenix House and focus his work on successful, functioning personalities who want to experience new levels of spirituality, creativity and aliveness.

During the Sixties and Seventies Natale studied and worked with many leaders of the modern human consciousness movement including Charles Dederich, Abraham Maslow, Carl Rogers, Fritz Perls, Baba Muktananda, J. Krishnamurti and Buckminster Fuller.

Natale passed on his birthday, June 21, 2002, surrounded by family and friends.

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