



## Results: Lesson, Week Five

*“Consciously acknowledging all of your results contributes to creating conscious continuous thought.”*

### Acknowledge All Results

As a child, you acknowledged everything you accomplished. As you grow older and more sophisticated, you expect major accomplishments or results. The fact that you usually accomplish 80% to 90% of everything you intend to do goes virtually unnoticed. Instead you tend to notice what you *did not do*.

This is a function of your conscious mind and a form of self-analysis with which you have become accustomed. Each time you have an intention, result it and *consciously acknowledge* you created the intention and the result. Acknowledgement assures that the result or accomplishment receives the support of your unconscious mind.

**Your unconscious mind receives all accomplishments and results as the same when experienced with the same level of emotional intensity.**

## Completion and Acknowledgment Technique

Now, listen to the **Completion and Acknowledgment 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 make notes if you choose.

### Typical Unacknowledged Results

You create results all day long. When consciously acknowledged, these results are available to influence and reinforce your unconscious mind with the message, "I am a creator who manifests what I intend." For example, you intend to:

- Go to work and you do – "I accomplished that."
- Complete the day's work and you do – "I manifested that."
- Experience fulfillment and relax and you do – "I created that experience."
- Exercise and tend your diet and you do – "I care for my body and health."

The conscious acknowledgment of all results is a strong, continuous message to your unconscious mind that then supports you in creating major results more easily. The unconscious mind does not evaluate your results it simply receives them with whatever importance is consciously attached.

**Both major and minor results create conscious continuous thought equally when experienced at the same level of emotional intensity and aliveness.**

**Think of a result you created this week that empowered you and was exciting to experience. Describe this experience in your journal.**

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Now think of a result you created this week that was relatively ordinary, that you may have taken for granted and, therefore, it went unnoticed. Recreate this seemingly ordinary result, but add the magic, excitement and experience of self-empowerment. Describe your result in this new way.

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**What are two results you have created that you have not yet acknowledged?**

Since you began this lesson?

1. 

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2. 

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Today?

1. 

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2. 

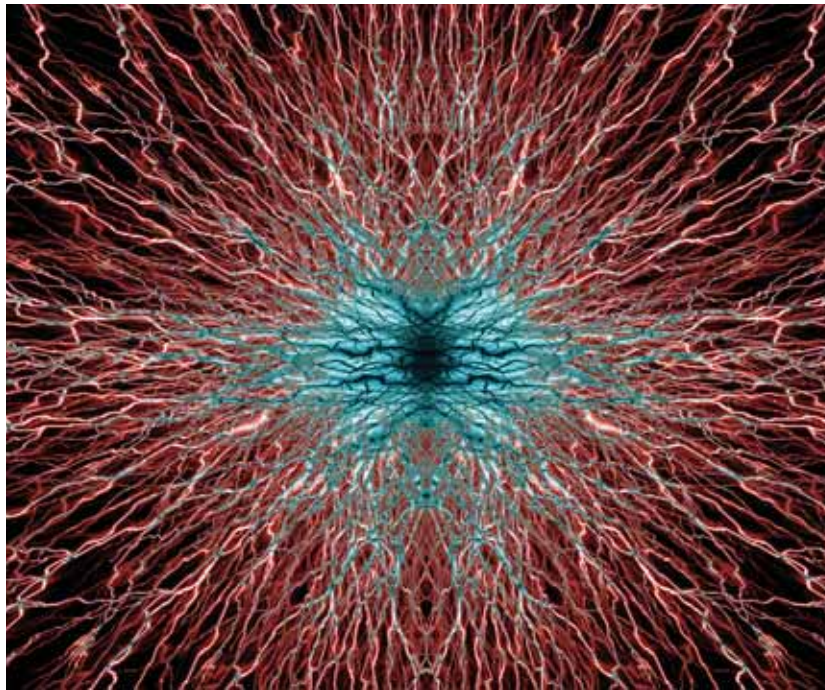
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This week?

1. 

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2. 

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*Clear your reactive  
brain and create  
movement toward  
your higher self.*

## *Acknowledging All of Your Results Makes Creating Major Results Inevitable*

### **The Acknowledgement Game**

You increase conscious continuous thought by acknowledgment of results you “set up” in which the creation of those chosen results are guaranteed.

**Example:** When writing your list of daily results to be accomplished, add a guaranteed result, “Visualize my day the way I am willing to have it.” Take a few moments to visualize your day the way you choose it to be and then cross this result from your list. It is complete.

1. The acknowledgement game guarantees and increases conscious continuous thought and movement, while making use of what you are doing anyway.
2. The acknowledgement game guarantees and increases conscious continuous thought and movement, which creates your results.
3. The acknowledgement game also allows you to stop and experience the satisfaction of your accomplishments.
4. Use these “guaranteed” results to send messages to your unconscious mind to keep the reactive brain clear and create movement toward your higher self.

**Who and/or what can you acknowledge in your life now that supports your creation of a more intimate relationship with your Higher Self and the results you choose?**

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## **Who You Have Become**

Open your journal and prepare to write a description of yourself – of the person you have chosen to be and have become – a year after participation in Results: the Willingness to Create.

1. Imagine that today is really a year from now. Imagine that you have created for yourself your ideal self-image within this past year.
2. Imagine that you have become exactly who you choose to be.
3. This is your one-year anniversary of participation in Results: the Willingness to Create.
4. Include in your description how you look, how you feel, how you respond to people, how people respond to you and your relationship with yourself.
5. Include in your description what has happened to you, your ideal self, within the past year.
6. Write your description in present time from the viewpoint that you have already created and/or experienced it.

Write your description now.

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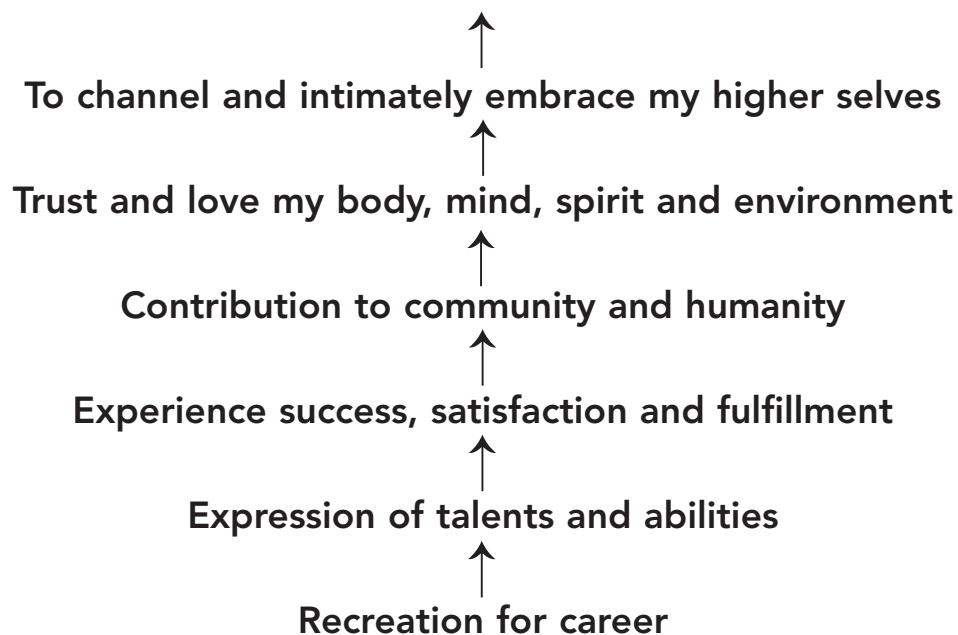
Take a moment to notice your experience writing the description.



*Your chosen  
purpose and  
direction support  
all of your results.*

## **Each Result You Create Supports a Higher Result**

Your higher results ultimately lead to your higher self and the ICM. In Lesson Two we discussed the three types of results: your purpose and direction, chosen results and associated results. Every chosen result creates a series of associated results and the chosen result itself supports an even higher purpose and direction. Be aware of the ascending flow of your results.



## Synchronicity and Universal Hidden Order

Synchronicity is that relationship between matter and mind that causally manifests matter by the mere act of thought. It is meaningful coincidence or significantly related patterns of chance. It is a deeper order, a universal hidden order.

The Incomprehensible Collective Mind determines your direction and purpose, which is non-verbal. Synchronicity is a type of information transfer that is currently incomprehensible yet allows information to be transferred from one member of a species to another without the use of language or any apparent form of contact.

For example, “The Hundredth Monkey,” as referenced by Ken Keys in the book of the same title, chronicled how the Japanese monkey *Macaca Fuscata* had been observed in the wild for over 30 years. In 1952 scientists provided the monkeys with sweet potatoes dropped on the sand. The monkeys liked the taste, but not the dirt. An 18-month-old female solved the problem by washing the potatoes in a nearby stream and shared this technique with her mother and playmates.

Only the adults who imitated their children learned the benefit while the other adults kept eating dirty potatoes. In 1958 a certain number of Koshima island monkeys were washing sweet potatoes – for the sake of the story it is 99 – and one morning the hundredth monkey learned to wash potatoes. Then it happened. By evening almost the entire tribe was washing sweet potatoes. The added energy of the hundredth monkey created an ideological breakthrough. The most astonishing development was at that moment this habit spontaneously jumped across the sea. Colonies of monkeys on other islands and the mainland began washing potatoes.

**When a certain critical number achieves awareness, this new awareness may be communicated from mind to mind. This extrasensory communication is amplified to a powerfully effective level and creates a cultural shift or turning point.**



## ICM Purpose and Direction

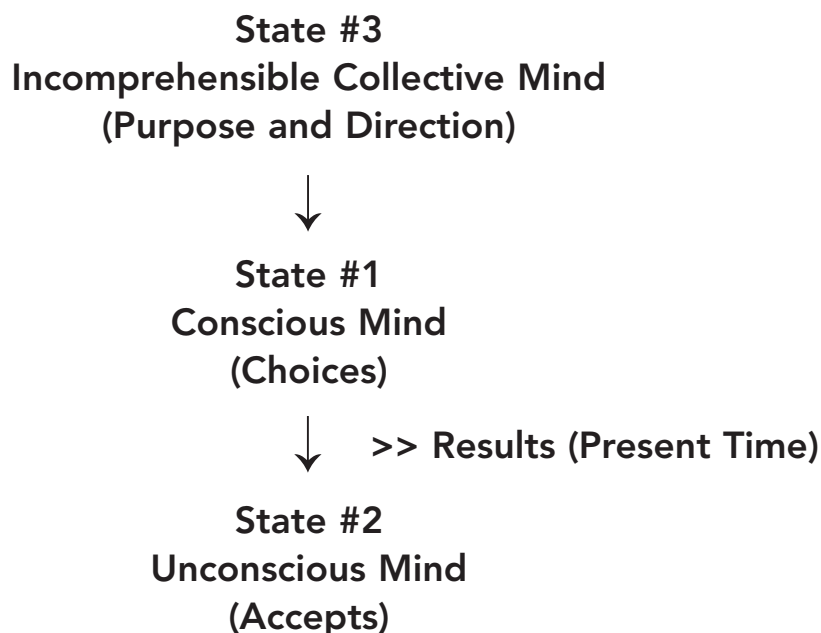
The technique you are about to experience directs all levels of your consciousness to reinforce your ICM Purpose and Direction. The result is the enhancement of your purpose and direction.

Much of your experience will be non-verbal. Your actual conscious experience of the technique is not of great importance as much of the technique works on the ICM-level. The purpose is to align all levels of your consciousness with your purpose, direction and your higher selves.

### ICM Purpose Technique

Now, listen to the **ICM Purpose Technique** audio program. This is a guided experience so be sure you are in a place where you won't be interrupted. Take notes in your journal.

Your purpose and direction is a strong message to your unconscious mind as your unconscious mind unquestioningly accepts your conscious choices. This action is determined by your ICM purpose and direction.



When your conscious choices are in conflict with your ICM Purpose and Direction, the result will be confusion and struggle.

When your conscious choices are in alignment with your ICM Purpose and Direction, the result will be aliveness, harmony, clarity, agreement and power.

The ICM communicates to your conscious mind eternal truths or “knowing” to be manifested on the physical, results level.

Your ICM is your purpose, your source and your ultimate result. Therefore, it is always to your advantage to make conscious choices.

**Make conscious choices that are in agreement with your ICM by allowing communication from your Higher Selves to be received by your conscious mind.**



*Learn how to  
tune and adjust  
the different  
vibrations of each  
state of mind.*

## **The Alignment (Agreement) of Total Mind**

You can break through limitations by aligning all of your states of mind. This is accomplished first by tuning and adjusting the different vibrations of each state of mind to the resonance of the ICM and Higher Selves by slowing down the left hemisphere or speeding up the right hemisphere. All levels of consciousness become aligned and you receive the ICM, which is “creative consciousness.”

**When all states of mind are aligned, relaxed and in similar resonance, each state of mind is supported by the others. This causes limitations to dissolve and all ways of doing things become possible.**

**Alignment transcends the explicit you and moves you to being available to the implicit you, the consciousness of the ICM and the “infinite you” that exists beyond the chosen reality of the personality/ego self.**

When in alignment, we are multi-dimensional beings and our collective Higher Selves exist on infinite levels of realities. When we are “out of alignment” we experience ourselves as our explicit self, limited by the time/space physical reality we have chosen.

*“The alignment of all your states of mind  
is available to you and requires the willingness  
to go beyond traditional forms of meditation.”*

## **The Alignment of All States of Mind**

Alignment is beyond the usual accepted forms of meditation or deep relaxation. It requires the willingness to shift your attention and focus from the physical personality Self to the meta-physical Higher Self as real and alive and not simply another concept or technique. Alignment enhances your infinite states of mind in the following ways.

**The Conscious Mind:** Functions with more clarity, leaving less space for the “re-active brain” to exercise its bizarre sense of humor. Allowing for correction, it creates higher levels of conscious causal thought resulting in empowerment. It operates at the level of “responsibility consciousness” rather than working at becoming more conscious.

**The Unconscious Mind:** Becomes more conscious, giving greater support for creating more accurate results due to increased clarity. The tremendous power of what was unconscious is then channeled and focused on the choices of the conscious mind, absent interference of the “re-active brain.”

**The Incomprehensible Collective Mind:** Takes on form and personality, radiating incredible energy in the form of “aliveness” that allows you to identify more easily with the ICM as an aspect of your Self, Higher Self, Higher Selves and eventually the ICM itself. It becomes available at will whenever you choose to allow it to communicate. Creative consciousness occurs at will, in varying degrees, determined by your willingness to be intimate with the ICM and experience it as your reality.

**When these states of mind are aligned we reclaim our origin as creators and consciously assume our rightful activity as beings capable of destroying and creating matter (results). With alignment we realize we are the brain and consciousness of the living organism that is planet earth. We realize that we are and will always be the pilots of our destiny.**



*You have  
the ability to  
transcend your  
limits by aligning  
all your states  
of mind.*

## Empowerment through Alignment

Most people miss empowerment through alignment because it is subtle. You are in this state all of the time yet miss it by attempting to move into it and clouding it with other activity. You are always channeling your Higher Selves. They are the “aliveness” within you right now. It is just a matter of tuning into their vibration and duplicating their frequency. The secret is to create a mind awake and body asleep state by “doing” nothing, which creates a wider harmonic resonance.

This inaction is overlooked and unacknowledged because most people fail to realize that “doing nothing” is really doing something rather than just being inactive when this “nothing” is done consciously.

Most paths of self-correction purposely increase the effort and struggle to achieve these states or vibrations. They insist that you must “earn it” or “handle it” or “surrender to it” or “get it” when the truth is you already have immediate access to all of it. You, in fact, are an aspect of it. The illusion we have created that we are separate from our source robs us of the direct experience of the intimacy and aliveness of our Higher Selves.

Some approaches require strict regimens or dietary codes; others require tedious emotional and physical procedures. Some are very expensive “because they are worth it.” Still others are based on years of discipleship.

**All have the limitation of being at the effect of a certain process or method through which this alignment can only be acquired, rather than the result of direct access to alignment through our willing intimacy with this aliveness.**

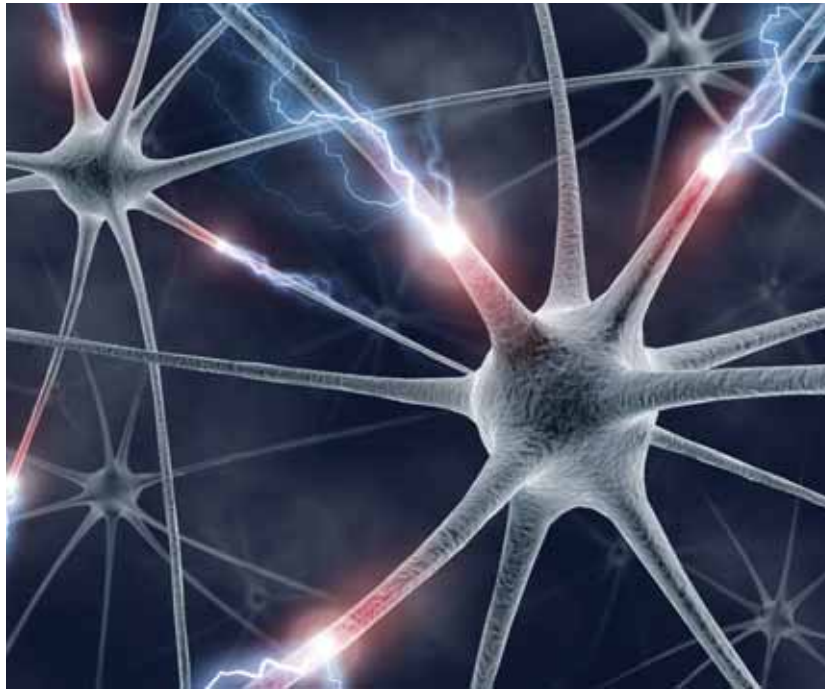
Because the brain will always create evidence for what it believes:

- When you believe it is a struggle, then you will struggle.
- When you believe it is very expensive, then you will pay a great price.
- When you believe it will take years, then you will take years.

Be aware and notice that the above methods through which you acquire alignment are examples of process, not the desired result itself.

Do not use this statement to denounce other belief systems. Just be aware that what simply requires choice and willingness has often been made to appear difficult. Before the New Age movement went mainstream most people were not ready to take immediate responsibility for their lives, let go of the past and begin anew consciously.

**The truth is you are always in alignment and you are an aspect of your Higher Selves right now.**



*The value of  
brain-rhythms  
alignment is an  
ancient concept.*

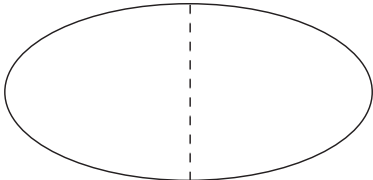
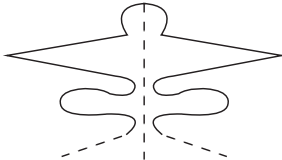
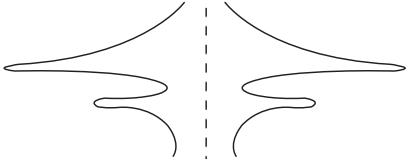

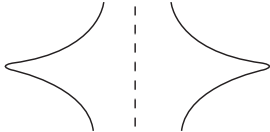
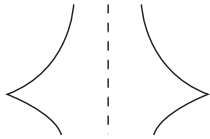
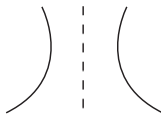
## Bi-Lateral Alignment

On the following page is a chart of brain rhythms with examples dating back over 5,000 years to science of life yoga traditions that today are experiencing exponential growth in popularity. We present these examples so you understand the value of being in alignment is not a new idea and has unquestionable support from science, psychology and religion.

C. Maxwell Cade designed the machine that identified the brain-wave patterns represented on the chart, having parts of an EEG and biofeedback machine and modified to measure brain rhythms. Electrodes were attached to temples and measurements taken while the subject was in varied states of mind. Reference the book *The Awakened Mind* by Cade and Cox.

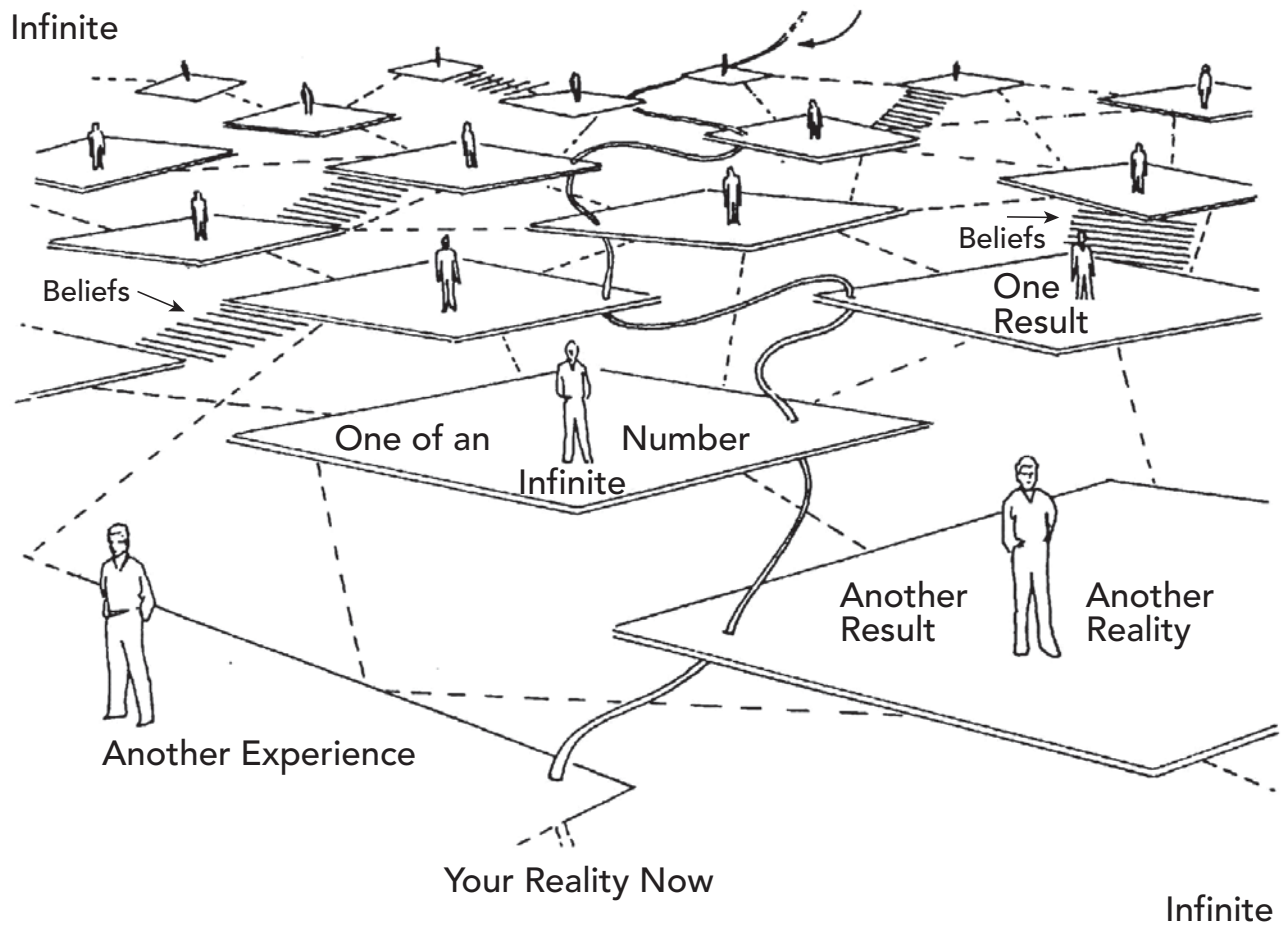
Bi-Lateral Alignment (psycho-acoustic sound) was developed by Frank Natale in the early 80s to balance the hemispheres of the brain and align beta, alpha, theta and delta brainwaves. These long-form Om and Ambient Om tracks were dedicated to Swami Muktananda, Frank's spiritual teacher, and are used in the visualization techniques that accompany this course.

## Chart of Validation for Alignment

State	Description/Acknowledged Origin	Right Brain	Left Brain
3	The Incomprehensible Collective Mind ..... Natale Formative Causation ..... Sheldrake Collective Unconscious ..... Jung Synchronicity, Being Cognition ..... Maslow Illumination ..... Bucke Self-Remembering ..... Gurdjieff		
3	Causal Thought ..... Natale Intention ..... Neuropsychology Crown Chakra ..... Hinduism/Buddhism		
3	Self-Actualized ..... Maslow Bi-Lateral Alignment ..... Natale The Awakened Mind ..... Cade		
3 1	Meditation ..... Traditional Transcendental Consciousness ..... Maharishi The Relaxation Response ..... Benson		
1	Conscious Waking Sleep..... Gurdjieff		
2	Hypnagogic (between waking and sleeping) Day Dreaming		
2	Unconscious Dreaming Sleep (aware of dream content & lucid dreaming)		
2	Unconscious Deep Sleep (aware of nothing)		



*“The ‘ordinary’ reality you perceive is a localized projection of an infinite number of realities or experiences, experienced in present time.”*



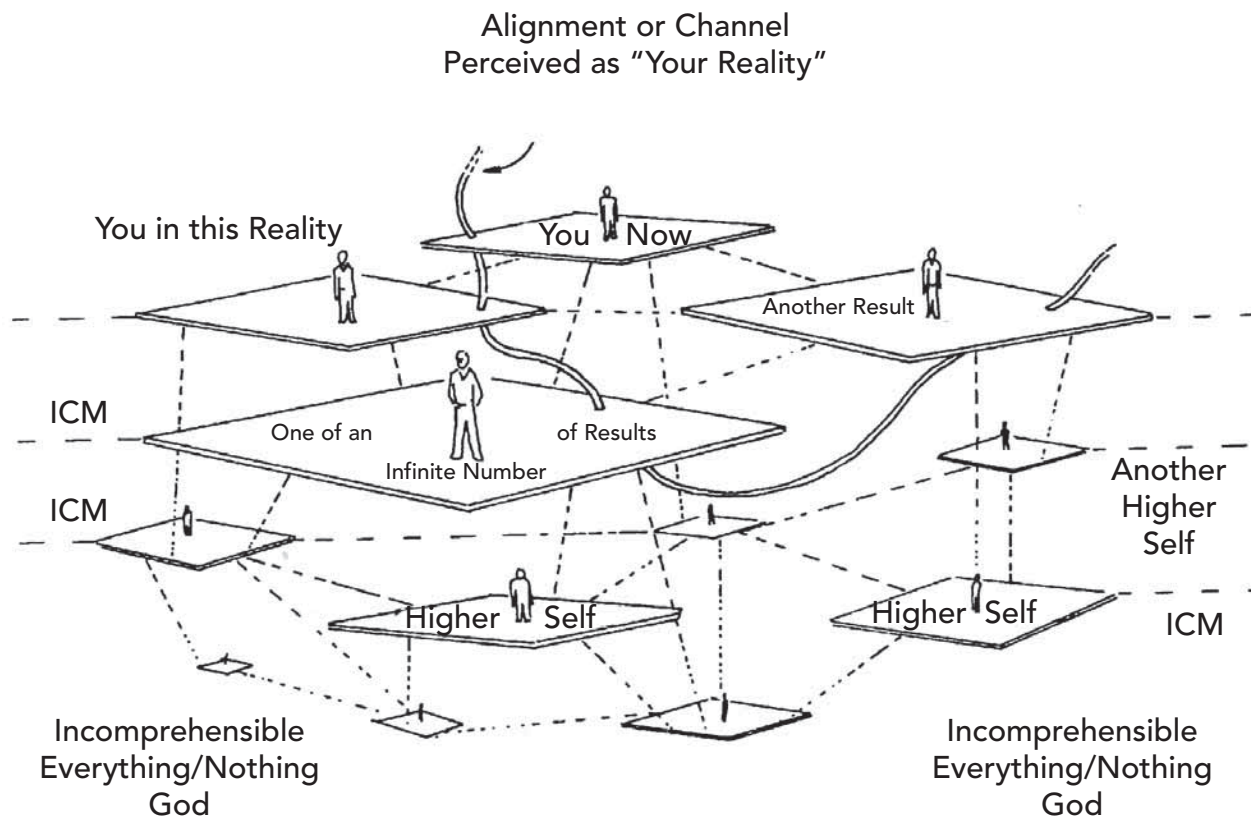
**Your beliefs limit your reality and therefore your results.**

*“You are, always have been  
and will be – a channel.”*

It is your choice to adjust and tune your vibration to receive the  
channeled frequency or reality you are willing to have.

Each individual reality, result, self and experience creates all others.

Each is connected to each other and all others.



What is beyond “your reality” now is incomprehensible.

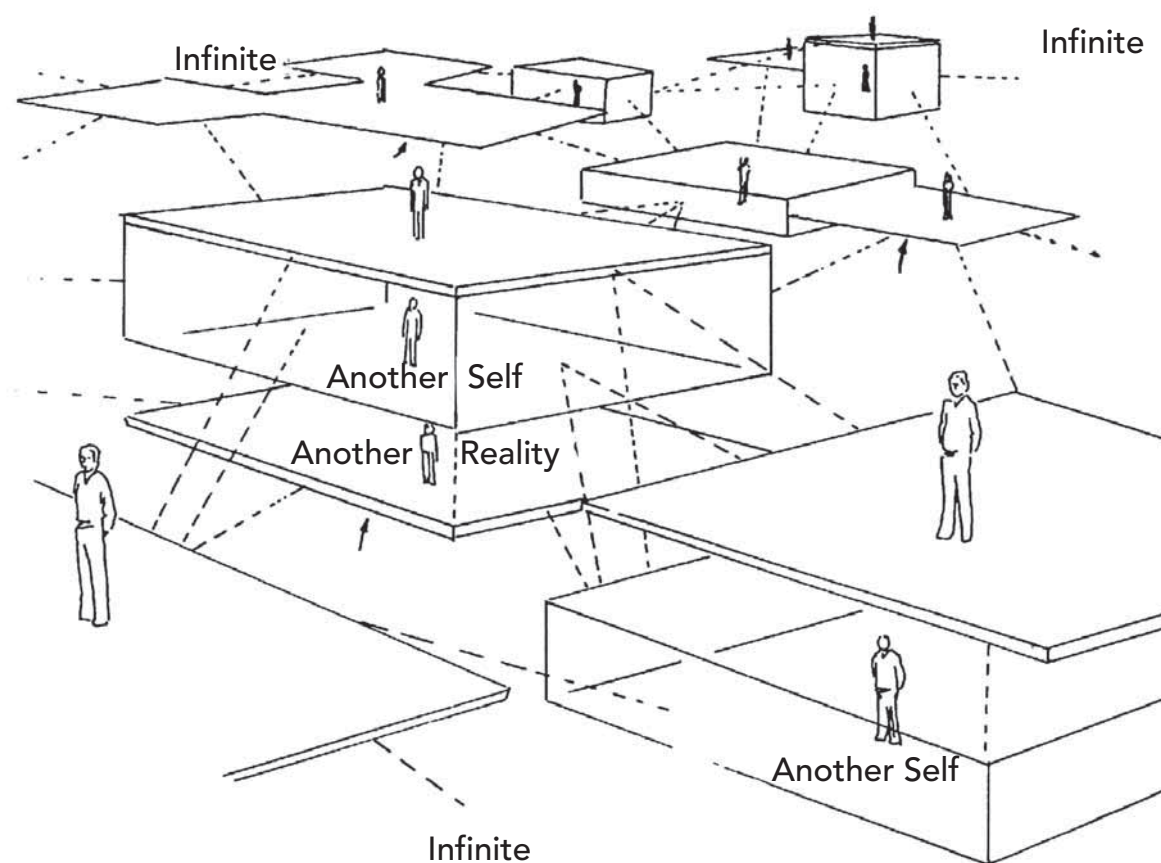
Through alignment you are available to all of the realities and results in  
existence without having to know consciously where and what they are.

*“The truth is, there is no beginning.  
There is no end. There is only change  
and change is continuous.”*

## Vertical Time

Vertical time is when past, present and future occurs simultaneously, but at different levels of vibration, which creates the illusion of separation or linear time.

Change is continuous and, therefore, an infinite number of selves, realities, results and experiences are available to you. Change is synonymous with results. People who are unwilling to change, therefore, get other people’s results rather than their own.



**By changing channels you create a continual sequence of results,  
which is change.**

*“Bi-Lateral Alignment is that state of consciousness  
in which all states of mind are balanced  
and support the functioning of the others.”*

Bi-Lateral Alignment creates harmony.

Harmony is accuracy without struggle and effort.

Harmony creates clarity.

Clarity is a high state of “being” able to create.

Clarity creates agreement.

Agreement is concordance on what is real.

Agreement creates reality.

Reality is the results in your life.

**When we agree that our Higher Self is real, we will create an extra-ordinary reality.**

You are the creator, the created, the teacher and the student.

You are very powerful and capable of creating any reality you choose.

This power is what separates us from animals. Because of this power we must be aware.

## The Alignment Technique

Now, listen to **The Alignment Technique** audio program. This is a guided experience so be sure you are in a place where you won't be interrupted. Take notes in your journal.

## **Be Aware You Are:**

Harmony

Clarity

Love

Brilliant

Light

Energy

Powerful

Responsible

The Cause

The Creator

The Teacher

The Student

Your Source

Your Higher Selves

Your Result

## **Be Aware and Celebrate**

## Self-Study for Lesson Five

During the day, at least four times this week, do the Completion and Acknowledgement Technique then 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.

Visualize your life the way you choose it to be.

A minimum of four times during the week, alternate listening to these audio programs:

- ICM Purpose Technique (evening 1 and 3)
- The Alignment Technique (evening 2 and 4)

Before Lesson Six:

- Practice acknowledgement and acknowledge your results daily.
- Share with three people the results you have created since you began Results: The Willingness to Create. Be aware of acknowledging yourself.
- Review this lesson at least once.

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Published by Morgan Road