



Results: Lesson, Week Two

“Any initial fear you may experience is your resistance to reclaiming your power as a creator. This fear will soon transform into excitement. It is time for you to consciously choose to create your life or you would not be reading this.”

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.

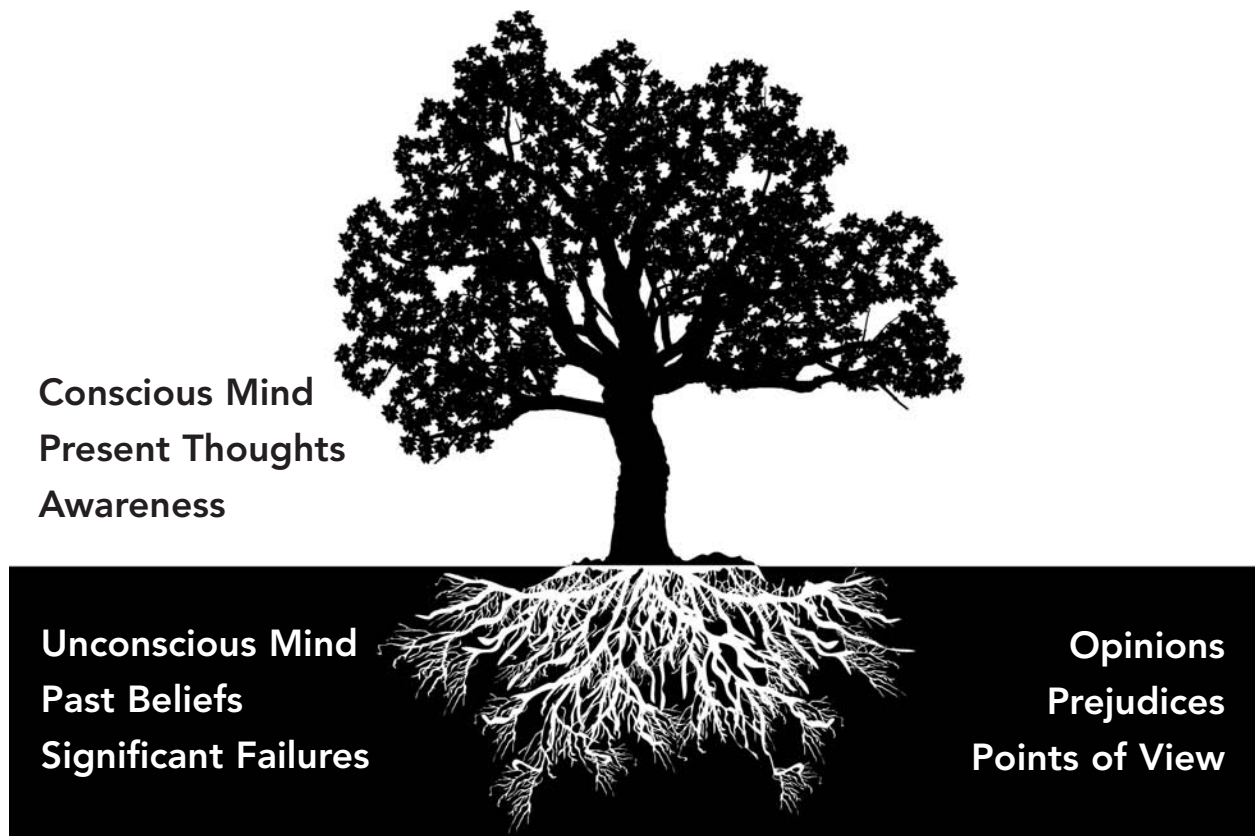
1. _____
2. _____
3. _____
4. _____
5. _____

Your Beliefs, Points of View and Opinions Also Create Your Reality

In Lesson One we established that your thoughts create your reality. Now we will expand this idea by establishing that your beliefs, points of view and opinions are also thoughts and, therefore, also create your reality.

Your unconscious mind creates all that it receives. Your unconscious mind does not differentiate among beliefs, points of view and opinions and these are subtle, but extremely powerful messages to your unconscious mind. Although your conscious mind experiences your beliefs, points of view and opinions as mere ideas, your unconscious mind will create them as your reality and, therefore, your results.

*Your Beliefs, Opinions and Points of View
have Great Potential for Danger because the Origins
are Unconscious (Beneath Your Awareness).*



Exercise: Visualize that your mind is represented as a mature oak tree. Your conscious mind, along with your present thoughts and awareness, is what is visible, the trunk, limbs and leaves turning in the breeze. Your unconscious mind is what is buried below the surface, the root system, beneath your awareness and includes your past beliefs, significant failures, cultural expectations, opinions, prejudices and points of view.

*“Because these beliefs and opinions are
buried deep within your unconscious mind you
are not aware they are affecting you.”*

Your beliefs, points of view and opinions were generally formed as a child along with the development of your character and personality. Many were adopted in order to survive the environment in which you grew and why they generally reflect a particular prejudice or judgment. They tend, therefore, to be reactive and repressed as they represent our past and outdated modes of thinking and consciousness.

These beliefs and opinions are easily re-stimulated, however, as they usually remain just below our awareness level. They may be unknown yet have command over our thoughts and behavior. When they do surface we usually find them embarrassing and we experience shame and guilt, causing us to repress them again, which perpetuates their strength and power. Here are some examples of how common beliefs and opinions may manifest results in our lives.

Children are to be seen and not heard = we don't listen to our children.

Money is the root of evil = we feel unworthy earning a lot of money.

Eating makes you fat = we gain weight every time we eat.

Food means love = we eat from anxiety rather than hunger.

Racial stereotypes = we limit our experience of other cultures.

Because these beliefs and opinions are buried deeply in your unconscious mind you are unaware they are affecting you. Usually they can only be detected by your behavior that reflects them. Any shame or embarrassment about these beliefs and opinions causes you to repress them. The only way to purge them is to share them with others and then let them go.

*“Clarity about your beliefs, points of view and opinions
is essential to creating your chosen results.”*

Reality Always Follows Belief

Look to your experience to see whether your points of view and opinions are true. You will often find evidence that they seem to be. Clarity about your beliefs, points of view and opinions is essential to creating your chosen results.

One of the most common points of view that people hold, which does not support them, is “Life is a struggle.” If you believe that life is hard you could easily prove it to be true with the example of continuing your own struggle.

Exercise: Being as spontaneous as possible, open your journal and consider how you would complete the following statements.

1. Give them an inch...
2. Only the good...
3. Honesty is...
4. It takes money...
5. The grass is always...

List five beliefs, points of view or opinions you have that are not consistent with what you are willing to have now and in the future.

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

List five beliefs, points of view or opinions you have that are consistent with what you are willing to have now and in the future.

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



The Three Types of Results

First: Your Purpose and Direction

This is the context within which you create a line of chosen results. When you do not intend your purpose and direction, creating the results you choose will be difficult. You have already chosen the following examples of intended purpose and direction, vital to mastering the life process, but it is helpful to read these agreements aloud again now.

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 plant earth.

Second: Your Chosen Result

A chosen result is a specific result you choose to create. It is one which you experience as having value in your life and which is in alignment with your purpose and direction.

Third: Associated Result

Each chosen result has a number of related associated results. When you understand the relationship that exists between chosen and associated results you will discover that associated results become effortless and eventually all your chosen results dissolve into associated results.

Chosen Results Examples: Improve health and fitness; be a life coach; live in abundance.

Associated Results Examples: The willingness to do self-study; take responsibility materially. If you don't enjoy study, take responsibility, since that associated result supports your chosen results of improved health, service to others and an abundant life.

Becoming a life coach may eventually be seen as an associated result that supports your next chosen result such as supporting others improve their lives and create abundance.

All chosen and associated results work best when aligned with your purpose and direction. This is why it is essential to consciously intend your purpose and direction.

The Result Cycle: How Conscious Causal Thought Creates the Direction of Your Future

There is a unique movement generated in each of the results cycle steps that propels you on to the next step. Through your intention and willingness you have created the direction and purpose of your future.

Cause > Thought > Action > Result > Correction

Cause: Creating, making it up, innovation, instinct, inspiration.

Thought: Internalizing, creatively summoning inner and outer resources.

Action: Inner and outer spontaneity, finishing the task, following through, doing, stated positive movement.

Result: What is, an effect of some cause, conclusion, fulfillment, completion.

Correction: Raising quality, clarification, personal excellence, making better, improvement in present time.

When you choose to think in terms of “correction” rather than “failure” you move into a more conscious level of causal thought and therefore to creating results that are consistent with your higher self.



“Within the Result Cycle ‘Cause and Correction’ are the two steps that are essential to creation. Most people miss these two steps and, therefore, they miss the point.”

The Brain, Mind and Consciousness

Consciousness is the aspect of self that is aware of self, aware of being aware and aware of that awareness.

We Are Capable of Infinite States of Awareness

For purposes of comprehension we limit our model to three states of consciousness: your conscious mind, your unconscious mind and the incomprehensible collective mind.

Be clear that this is our model as you work with this material. This model is intended to facilitate understanding and not the way it is. A common misunderstanding is that the brain and the mind are the same. They are not.

The Brain: A physical organ that will die when you leave your body. The brain receives then stores information similar to a computer with unlimited storage. It receives information much like a radio or television, capable of tuning in various channels depending on its ability to “resonate” at various levels of consciousness.

The Mind: A metaphysical phenomenon with no actual location and, therefore, resides both within and without the body. The mind stores all information from which we draw according to our willingness to receive and the clarity of our unconscious. It becomes more available to us as we become closer to identifying ourselves as our higher selves, spirit or source.

State #1: Your Conscious Mind

Your conscious mind is your active mind that defines, observes, concentrates, evaluates, is awake, judges, analyzes, sorts data it has received, and concludes.

Focused thought and action are functions of your conscious mind. It is your conscious mind that makes decisions and choices and has the ability to recall pictures from your past in order to arrive at conclusions. Your conscious mind considers “what is” your reality in present time based on the flow of pictures sent to it from your unconscious mind.

Concentrating awareness or concentrating unfocused thought creates movement toward your results.

State #2: Your Unconscious Mind

Operating simultaneously with your conscious mind, your unconscious mind has the power to create results with or without the functions of the conscious mind. It does not think on its own (define, analyze, evaluate, etc.), is not under your control and creates the majority of the results in your life. It reacts mechanically to outside influences and stores and records all experience communicated by the conscious mind.

Within the Unconscious Mind Is the Reactive Brain

Your reactive brain stores and records all experiences communicated by the conscious mind, for which the conscious mind has little or no data to analyze and is, therefore, unaware. It also stores and records all negative experiences (pain, fear, emotional upset, etc.) for which the conscious mind has little or no data to analyze and is, therefore, unaware.

The reactive brain sends pictures of experiences to the conscious mind, which have been re-stimulated by something in present time. This causes confusion and reactive behavior unless the conscious mind is able to reason and analyze what is occurring in present time. The reactive brain is the source of all our irrational thought, feeling and behavior.

Even when the conscious mind is capable of analyzing what is occurring, we still react and experience fear and upset in varying degrees.



*Be aware of how
unconscious blocks
influence you.*

Primary, Secondary and Reminded Blocks

The reactive brain stores these negative experiences in sequence, causing a series of unconscious blocks that influence you, without your knowledge, and result in unconscious behavior. When stored these experiences are in exact detail (environmental, sensory, emotional, etc.). We call this sequence primary, secondary and reminded blocks.

1. Don't confuse this storage system with the mind's memory bank.
2. There is memory in both the unconscious mind and reactive brain.
3. The memory of experiences that are free of pain, fear, anger, upset, etc., are available to present time experience or response and are stored in the memory of the unconscious mind.
4. The memory of experiences unavailable to present time response hold varying degrees of pain, trouble and unconsciousness and cause you to react in present time.
5. These memories of negative experiences are stored in the reactive brain and are the source of what we call unconscious results and behavior.
6. When you are fully or partially unconscious your reactive brain is causing you to react fully or partially, which creates unwanted results.



How Unconscious Blocks Create Your Limitations

A series of blocks consists of similar negative past mental experiences, which have created primary, secondary and reminded blocks.

Primary Block: A mental experience of a past event that was so physically and mentally painful you went unconscious. An event that causes a primary block usually involves physical impact or injury, but may also occur from severe mental abuse or shock. This block is stored and maintained by the pain and fear experienced during the event.

Secondary Block: A mental experience of a stressful past event, shocking loss or threat of loss. An event that causes a secondary block usually includes the experience of emotions like anger, fear, grief or loneliness. This block emerges from the earlier primary unconscious block with similar data and real pain.

Reminded Block: A mental experience of a past event that reminds you of a primary or secondary block. Although the event causing the reminded block did not directly involve the experience of pain, unconsciousness or unpleasant emotions, the mental experience of the event may contain the feeling of pain and illness.



*This series
of blocks creates
negative results
and all limitations
in creating
chosen results.*

Example of how these blocks relate: As a child, while riding your bike, you lost control, fell and hit your head. You experienced pain and, for even a moment, may have lost consciousness. This primary block was followed later when, after school, you discovered your new bike had been stolen. You experienced loss, anger and fear and a secondary block was formed that reinforced the power of the first negative experience. Years later, you entered a bike shop to apply for a part-time job and are reminded of the previous two events. Your unconscious mind relates this event to the previous two events. You experience a headache or feel sad and depressed.

This process may continue and another series of blocks will be created. Each time you react the series of blocks is re-stimulated. The process goes on until simply by seeing someone riding a bike you possibly create a headache. The series of unconscious blocks has enough power to create a future head injury. This accident, or unconsciously determined experience, may take another form, but these blocks continue until they are obviously reflected as the results in your life.

All of these negative experiences and perceptions are recorded during each moment of now and have power over you when they are re-stimulated from your unconscious mind.

These blocks cause you to be stuck in the past and past experiences, therefore, they inhibit your freedom to choose to create thoughts and actions consistent with what you are willing to create.



Make Your Unconscious Mind Conscious

There is a wealth of information beyond what is remembered by your conscious mind. Many things that are not understood or perceived in your conscious mind are recorded in great detail by your unconscious mind.

You constantly give messages to your unconscious mind. Since your unconscious mind receives all input as direction, the opportunity to clear the reactive brain of past negative experiences is always present. Results you choose are created by giving the unconscious mind clear messages.

*Your Unconscious Mind Always Receives
the Message from Your Conscious Mind*

*Give the Unconscious Mind Strong, Clear Messages
of the Fully Created Chosen Result*

A useful analogy is to consider your conscious mind as the captain of your ship and the unconscious mind as the engine room of your ship. The power by which messages move from the conscious mind to the unconscious mind:

1. Repetition of the thought.
2. Sensory awareness associated with the thought.
3. Emotions about the thought.

The Results process is designed to bring clarity to the unconscious mind.

*When you are fully conscious and available
to your Higher Self, it is your Conscious Mind
that is in power and in charge of creating the thoughts
and behavior that create your Chosen Results.*

Most people habitually give their unconscious mind contradictory messages. This is because most people focus on what they do not want rather than what they are willing to have. This emphasis on what they do not want created unwanted results.

*To make your unconscious mind conscious, you must:
Give it clear, strong conscious messages
regarding the specific result you are willing to create.*

When you do this consciously, the re-stimulated past experiences in the unconscious mind are experienced consciously. This creates the understanding and elimination of the block series or stored experiences that contradict your chosen direction.

Over time these strong consistent messages shift the power of creative consciousness from the unconscious mind to the conscious mind and eventually eliminates the reactive brain entirely.

Do Not Consider the Process “How Do I Get What I Want?”

This gives limiting messages to the unconscious mind.

When you focus on the process, that process becomes the only way to achieve that result.

When you focus on the result, there are an infinite number of ways to achieve that result.

Focus on the fully manifested result you are willing to create in your conscious mind and a natural path of method for creating it will emerge.

*Create a specific image of the Result
and allow the process to develop itself.*

Do not limit the way the Result can be achieved.

*The process may be usual or unusual.
And it will be clear.*

*Focus on the Chosen Result and
let the path emerge.*



“It is important that you are aware of the difference between psychological tension and consciously created tension. The Results techniques we use promote created tension that simultaneously contribute to the experience of relaxation and balance.”

Consciously Created Tension

Out of causal thought comes an energy that propels you toward your chosen result. This energy is created from the natural movement of tension toward solution and may be called the “spring effect.” Consciously created tension is based on the law of physics that tension seeks solution.

From consciously created tension, like drawing the string of a bow, comes movement that propels you toward your chosen result. This movement is generated from natural movement of tension toward solution. When this tension is consciously created, results often occur effortlessly.

This is created tension, not anxiety or stress. Consciously created tension is not physiological or psychological anxiety, stress or conflict. People commonly convert created tension to anxiety, which often comes from an unconscious tolerance for the present reality not being the way it is wanted.

Consciously Created Tension: The difference between your specific image of the future and your present reality.

Psychological Tension: Exists when you become anxious about the difference. By knowing the difference between your vision and reality, without anxiety, you will tend to solve the tension by achieving your result.

Often stress and anxiety occur when tension has been created by your unconscious mind.

To Create Conscious Tension

You must have a specific image of the result you are willing to have in your future **IMAGINED IN PRESENT TIME** while being aware of your present reality. This creates tension that seeks solution. Using the archery example, you focus clearly on your result, draw the string of the bow and visualize your arrow striking the center of the target. Let it fly.

To Solve the Tension

1. You can change your image of “your future” so it corresponds with your “present reality.”
2. You can change your “present reality” so it corresponds with your image of “your future.”

The degree to which you image your result clearly is the degree to which the tension will move toward the solution corresponding with your image.

Total Clarity Manifests Reality

Once anxiety and stress can be distinguished from consciously created tension, true mastery of the life process becomes easy.

The source of creating results comes from distinguishing and then solving tension, not by avoiding tension.

Inevitably, a spontaneous pattern of chosen results just happens.

“Focus on communicating to your unconscious mind that your power is your choice.”

Reclaiming Your Power

Doing the Results Course work correctly communicates to your unconscious mind that you are the power in your life. When you follow the Results process correctly, you activate that message and make clear to your unconscious mind your ability to create.

You receive the total support of the unconscious mind in creating your chosen results.

Important to Note

When you do not do the Results Course work correctly, your excuse is communicated to your unconscious mind as the power in your life. You literally become your excuses.

Examples of excuses that surrender your power:

1. **Because your primary relationship demands attention:** Your unconscious mind will accept your primary relationship (kids are noisy, lover wants attention, work demands, etc.) as the power in your life.
2. **Because you don't have the time:** Time is a concept adopted so everything does not happen at once. We create and agree to time, therefore, we can create more time when we choose. If you don't have the time to do the course – to create your life the way you choose – then you are not willing to take responsibility for your life.
3. **Because you don't feel like it:** If the power in your life is how you feel you will always be at the mercy of your feelings. How you feel, rather than what you choose, will be the power in your life. If the power in your life is what you choose then one of the choices you make is how you feel.

Reclaim your power. Consider an area of your life where you choose to reclaim your power. Share that with a friend.

Self-Study for Lesson Two

During the day do the Working Result Technique. After the Working Result 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 and update your list as you create your results.

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

- Working Result Technique (day)
- Be Aware Technique (evening)

Before Lesson Three, share your Results Course experience with three to five people. Review this lesson at least once.

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