



# Results:

*The Willingness to Create*

A Six-Week Course  
in Creative Consciousness

**Frank Natale**

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in Creative Consciousness**

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# Contents

Forward .....	3
Introduction.....	4
Definitions .....	6
Agreements.....	8
Week One Lesson.....	9
■ Anything is Possible	
■ Your Purpose and Direction	
■ Results You Have Created	
■ Your Working Result	
■ Be Aware Stop Technique	
■ Self Study	

*“What’s important now is what you think, what you are willing to have and what you are going to do about it.”*

## Forward

Success is not a secret. The Results Course was created by Frank Natale to empower those who are willing to transform their lives in meaningful ways. This transformation occurs when we become clear about our intentions and willing to embrace the results we choose. While some authors may cloak the power of manifestation in mystery, Frank presents a straightforward process that yields profound results.

Shortly before his passing in 2002, Frank provided his notes for this course, which I have edited carefully to maintain the integrity of the Results process. He asked that we be clear about: “The distinction between wanting a result and being willing to create a result. This distinction moves the creator from waiting, wishing and hoping – a belief in destiny and fate – into taking action.”

In a seminar years ago I witnessed Frank process someone who, at the end of a long story confessed, “I guess that I’m just hopeless.” Frank reflected for a moment. “Hope is a notch above worry,” he offered. “My experience is there is no power in hope or worry. If you think your situation is hopeless, you are correct. What’s important now is what you think, what you are willing to have and what you are going to do about it.”

Frank advocated clarity, freedom of choice and the transformative power of active and engaged compassion (as opposed to passive sympathy). The mission is to be of service to others, to nurture consciousness and share the process of creation. The mission is to be of service to your self and to create abundance and joy in your life. Why not, since the choice is yours.

Respectfully,

Ralph Cissne  
Director  
Natale Life Skills  
FrankNatale.com

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*“The Results Course provides the opportunity for you to consciously experience that you always cause the thought that creates the action that creates the result.”*

## Introduction

### A Message from Frank Natale

Congratulations. You are beginning a journey that will change how you perceive your reality and your results. This is a bold statement, but it is true. Full participation in this process will empower you to create your life any way you are genuinely willing to have it.

The Results Course was developed for those who, for whatever reason, may have surrendered their natural power as creators and, therefore, fails to have the results they want. If we do not take responsibility for creating our lives then we are relegated to being victims of life. When we take responsibility we experience the joy, power and fulfillment that comes from consciously creating. As a species we have evolved to a level of consciousness that challenges us to embrace our responsibility as creators. With this higher level of awareness we may no longer claim ignorance. Reclaiming and celebrating our creative power is essential to our individual survival and to healing our families, communities and the planet.

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The Results Course provides the opportunity for you to consciously experience that you always cause the thought that creates the action that creates the result. Whether you are consciously or unconsciously creating the thought, you are the cause and, therefore, the creator of the result. Accepting this responsibility is fundamental to your empowerment.

You are invited to make the shift from experiencing life as you have been conditioned to believe that it is to directly creating the experiences and quality of life you are willing to have. The Results Course is designed to enable you to integrate the material into your daily life and experience that you are powerful, creative and capable.

Visualize the Results process as a dynamic, self-perpetuating cycle that begins with acceptance of the power of your creativity:

**Creation > conscious causal thought > willingness to create > responsible action > result > clarity > correction > choice > creation...**

You are unique and powerful. You always have been, but don't get heavy about it now. Be playful. Get into your power. Don't make the common mistake of confusing seriousness with effectiveness, discipline, understanding, thoughtfulness or compassion. They are not the same. The fact that the Results material is a significant and extremely effective way to create results does not mean you should be serious about it. Seriousness is valueless and disease-oriented.

Because you are now beginning to create your life the way you choose, don't be serious. There is no point in manifesting results unless you enjoy them. 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. Play consciously and enjoy the process.



Frank Natale, circa 1982

Love, light and success,

Frank

# Definitions

The following terms are used throughout the Results Course and often reflect definitions that may vary from those found in the dictionary. Whether you are reading the material alone, working with a coach or as part of a group, it is always helpful to read these definitions aloud.

1. **Action:** Stated positive movement, positive action in the direction of a chosen reality.
  2. **Reaction:** An action, in present time, to a former condition or past experience.
  3. **Responsibility:** The ability to respond in the moment.
  4. **Choice:** An alternative beyond decision in present time.
  5. **Decision:** Considered change plus the commitment to be realistic.
  6. **Clarity:** A specific image of what you are willing to have now at the material, skill or state of consciousness level. Most people are clear about what they do not want rather than what they are willing to have. Choose a positive image. Total clarity manifests reality.
  7. **Correction:** To make better, true, accurate, right; to improve in present time; to no longer think in terms of failure, only correction.
  8. **Create:** To make a distinction and cause knowingly what is already there; clarity on what it is, in present time.
  9. **Mastery:** A commitment to acquiring excellence. Mastery of the self means having control over reality and acceptance that reality has control over you.
  10. **Power:** The ability to consciously act responsibly in the moment, absent of friction, and out of abundance.
  11. **Receive:** To allow into your reality what is already there.
  12. **Result:** A consequence of some cause. What is now.
  13. **Manifest:** To reveal and appear to the senses through total clarity.
  14. **Synchronicity:** The relationship between matter and the mind; meaningful coincidence; significantly related patterns of change; a causal connecting principle.
  15. **Intention:** To bring experience into being and create on purpose.
  16. **Transformation:** The ability to have an experience absent of form.
  17. **Agreement:** Consent to a course of action.
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# Agreements

The following agreements are fundamental to your success with the Results process as they establish your consent to a course of action. It is particularly important to be clear about your intentions and to read each of these agreements aloud.

1. I will follow the instructions for the work provided. The results I create will be my responsibility.
  2. I will schedule a specific time each week to read and work on the material for that week. If part of a group I will be on time for each session.
  3. If working with a coach or group I will ask for clarification when unsure.
  4. I will keep a journal dedicated to the Results Course to make notes and record my thoughts through each week of the process.
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## Results: Lesson, Week One

### **Your Reality Is Created by Your Thoughts**

People are motivated by their dominant thoughts. We become what we think about most and are often motivated by desire and fear. Think about what motivates you, about your desires and fears.

Unconscious people are more motivated by fears and obsessions, which become physically manifested in their lives, health, relationships and careers. Unconscious people become what they fear.

Conscious people create what they want in their lives, what they expect and are willing to have, and are essentially optimists. They understand what they receive is driven by their expectations. Conscious people are motivated by desire rather than fear and tend to experience problems as opportunities. They accept the role of creator and generally choose careers as inventors, artists, researchers, scientists, developers or entrepreneurs.

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## **Thought is creative and you are the thinker.**

You are the participator in your life and your life is your results. Conscious and unconscious negative thoughts create negative results. Conscious and unconscious positive thoughts create positive results.

## **What you think you will create as your life.**

When you do not take responsibility for your thoughts creating your results you get to be a victim and live thoughts and a life that is not of your choosing. Ultimately, you are totally responsible. Everything you think and perceive you will create as your reality. You cannot create anything for which you do not have an experience.

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## Reality Always Follows Belief

Open your journal and prepare to write down answers about your beliefs and results. Take a moment to reflect on each question, but trust the thoughts that first come to mind.

What are the two most negative beliefs you have about your self?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are two results in your life now that support these negative beliefs?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are the two most positive beliefs about your self?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are two results in your life now that support these positive beliefs?

1. \_\_\_\_\_
2. \_\_\_\_\_

The root of all negative thought is our most basic negative belief. For most people this is: "I am not good enough."

What is your most negative belief about your self?

**You have a choice. What is your new belief about your self?**

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## Anything is Possible

**Exercise:** Imagine if your life could be any way at all. How are you willing to have it? To do this, separate what you are willing to have from what you believe is possible. Accept that your current perception of reality is limited by old beliefs that may not serve you. After reading each of the following, close your eyes, give yourself a minute and imagine that anything is possible.

1. Allow yourself to imagine your life exactly the way you choose it to be.
2. Focus now on your relationships and how you choose them to be.
3. Focus now on your work or career.
4. Focus now on your health.
5. Focus now on your physical surroundings.
6. Focus now on your inner states of consciousness.
7. Focus now on any other area of your life that you choose.
8. Focus on how you are willing to have your life now.

When you open your eyes, return to normal consciousness and make a few notes in your journal. If working with a partner or group, you may share your experience.

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## Accept Responsibility

**Exercise:** Open your journal and make a list of 10 events that have happened in your life during the past year.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

When your list is complete review each event and choose to perceive them, rather than as just events, but instead as your results. Notice the results for which you are willing to take responsibility. And notice the results for which you are not willing to take responsibility. Why?

Without making yourself wrong, realize that these reasons, excuses and considerations are limitations that keep you from creating your life the way you choose it to be.

**Accept that you always have responsibility in the matter.**

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## **Intention Creates Your Purpose and Direction**

Before we begin creating results it is essential to understand and accept your purpose and direction. When you have a purpose and direction, when you are on purpose, you experience minimal effort and struggle. If you do not have a purpose or line of results you probably will not achieve your chosen results (on the physical, skill and states of consciousness level) or the associated results that support them.

Purpose and direction are the context within which all of your other results must agree. This is the direction in which you are moving. This is the value you derive within the actual chosen result. When you do not identify and accept your intended purpose and direction, creating results will be difficult.

Accepting your purpose and direction creates the opportunity for:

**Choice, an alternative beyond decision, which is intuitive and does not require understanding; and...**

**Clarity, a specific image of the result you choose.**

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The following intentions create your purpose and direction and are vital to your mastery of the life process. Read each intention aloud.

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.
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## Results I Have Created

Now consider results, consciously or unconsciously, you have created in your life. These results may include your relationships, career, activities, possessions or personal qualities. What's most important is that you value these results and are willing to continue to manifest them in your life. List three of these results in your journal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

While you cannot eliminate anything on the physical plane, you can transform what you have created into something else that you prefer.

**Transformation is the ability to have an experience absent of form.**

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Now make a second list of three results you have created that you do not value and which you are willing to transform in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

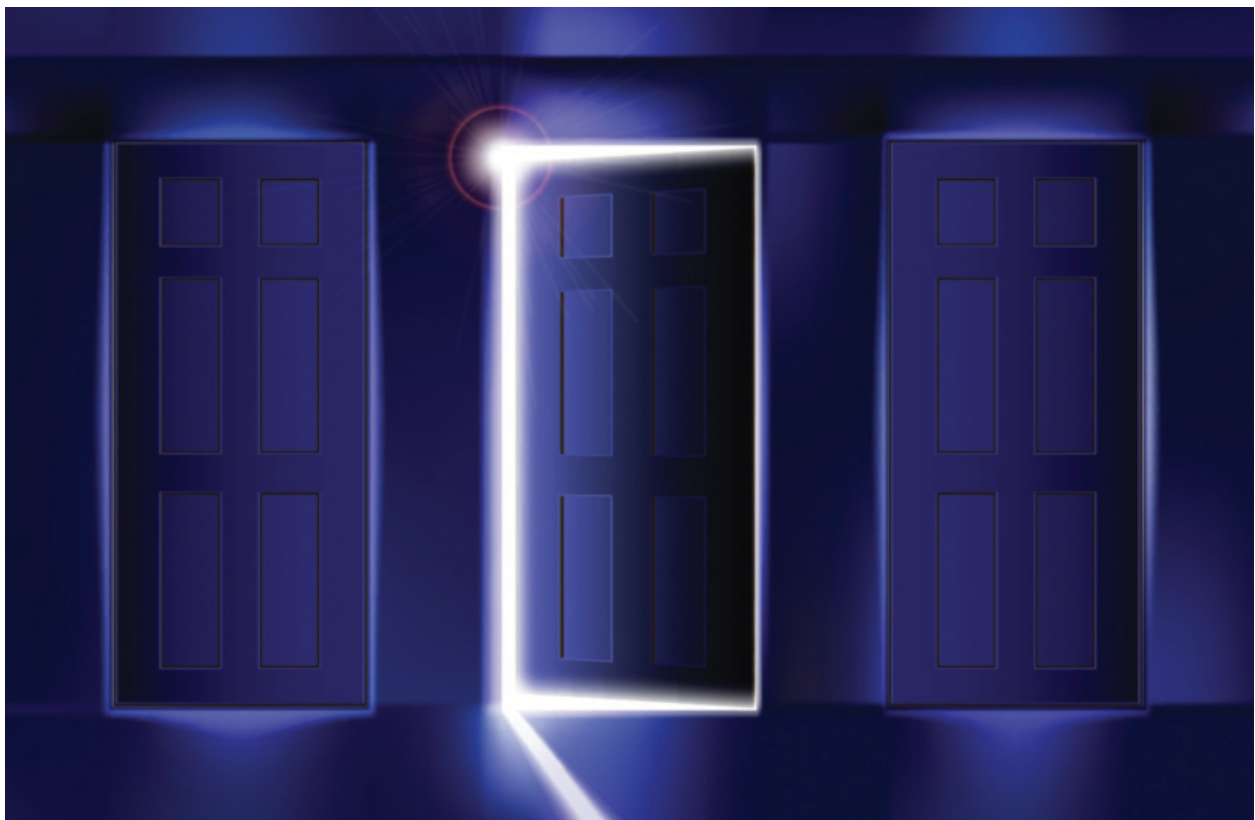
Create a third list by taking each result that you do not value and transforming it. For example, if a result is that you are over weight then transforming your diet and exercising will manifest improved health, greater energy, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now cross out the three results in the second list, those you have created that you do *not* value. Read the third list of the results you choose to transform. Read the list aloud. Are you truly willing to have these new results? If not cross them out.

**It's important to recognize that in writing down the list of results you value and do not value you have defined your starting point for where you are in your life now.**

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## Results I Choose to Create

In writing your list of Results I Choose to Create you set the direction of your future. When you make this list you focus vast potential and creative energy. Your choices imply your willingness to “make it up” just as Einstein did with the theory of relativity or Madame Marie Curie when her research discovered radioactivity.

Begin by asking yourself, “What am I willing to have?” Do not limit yourself based on what you think is possible. This requires practice because as children we are often taught to censor our dreams and creativity down to so-called realistic results.

**Do not limit what you are willing to have based on how you will achieve the result or how it can manifest. The process is less important than the chosen result.**

Imagine the complete result. In choosing, be aware of all aspects (the complete picture) including the surrounding circumstances and consequences associated with having the result.

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Ask yourself, “If I could have it would I take it?” Be certain. If the answer is yes then choose consciously the result you are willing to become. If the answer is no then create and choose a different result.

This action may seem like a leap into the unknown, but after an initial moment of uncertainty you will experience the energy and physical lightness of consciously choosing.

Open your journal and make a list of results you choose to create. These may be individual results or collective if working as part of a group. Choose them now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Read this list each day and update as your results are created. Add new chosen results so you maintain a list of 10 throughout the course.**

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## Choose Your Working Result

What is important about your working result is what it does, not what it is. The working result clears your reactive brain and therefore allows you to create all of the results you consciously choose.

Your working result must be achievable within your current belief system. It may be somewhat ordinary (i.e. a new outfit, exercise program or redecorating your space) or extraordinary (i.e. launching a new business or a new creative project). Regardless of whether it is easy or a challenge, the working result must be fun, exciting or filled with some positive emotion.

You must visualize your working result as occurring in present time. If your chosen result happens sometime in the future your unconscious mind will provide little assistance because to the unconscious mind the future is always the future. Choose your working result with the following criteria.

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1. Be certain that you are willing to have this result.
2. Visualize your working result in present time, as if it were accomplished.
3. The result is achievable (within our current collective belief system).
4. Include yourself in the visualization to engender experience.
5. The result is the result and not just a process toward the result.

My working result is:

## Working Result Experiences

Your conscious communication to your unconscious mind should include visual, verbal, emotional and mental aspects of your working result. The visualization level requires a little planning. The act of imagining takes on a new importance when you realize it is not daydreaming, but providing your unconscious mind with clear messages.

**Exercise:** Create three experiences in which your working result is already fully accomplished. Consider the following points while doing this.

1. The experiences must show your result as a fully accomplished fact.
2. The experiences must be the complete result of what you are willing to have now, not the process toward that result.
3. Even non-material results have physical manifestations. If your result is non-material, think of a corresponding physical reality suggesting you have achieved the result.
4. Your experiences should include all of your senses: sight, sound, smell, touch, taste, and most importantly, your emotions and feelings.

Now, in your journal, write three working result experiences. Describe them vividly with detail and clarity to help engender experience.

Experience 1:

Experience 2:

Experience 3:

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## The Be Aware Stop Technique

Whenever you experience that you are giving yourself messages inconsistent with what you really want, stop and be aware of what you are willing to have and then consciously choose it.

There are times when we do not create our reality the way we consciously choose to have it. These are powerful opportunities to become more conscious and create the future of your choice. This is accomplished by giving your unconscious mind continuous messages. You have, therefore, continuous opportunities, moment to moment, to tell your unconscious mind what you consciously are willing to create.

### Be Aware Stop Technique #1

1. Be Aware: Of the messages you are giving your unconscious mind by your thoughts and actions.
2. Focus: On thoughts and actions consistent with what you are willing to have in the future.
3. STOP: Consciously choose and create the result.

Whenever you become blocked and are unable to immediately create your chosen result do the following technique.

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## **Be Aware Stop Technique #2**

1. Be Aware: Of the messages you are giving your unconscious mind by your thoughts and actions.
2. Focus: On thoughts and actions consistent with what you are willing to have in the future.
3. STOP: Consciously choose what you are willing to have with certainty.
4. Move On: Create movement. Move on to another activity.
5. Notice: When the solution for creating what you consciously choose enters your mind. Create it.

**When you focus and choose, you create movement toward your results.**

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## **You Must Use an Idea Before It Has Value**

The Results Course material is based on proven methods. Belief in these methods is not important as they have been used before in many different forms and do not require belief. What is essential is that you use them as if they are true. As children we were absent of limiting beliefs and conditioning and achieved growth through direct experience. Belief occurred after we experienced value.

### **Use > Experience > Knowledge = Value (Belief)**

As adults we limit our growth by requiring belief before we are willing to experience. It is the memory of experience that keeps us stuck in old beliefs absent of new value and expanding consciousness.

### **(Belief) Use > Memory of Experience > Same Knowledge = Old Values**

All belief is an illusion. The methods presented in the Results material allow you to move through experience directly to expanded consciousness.

Believing is only necessary when direct experience is lacking. For example, people always ask, “Do you believe in God? Political parties? Astrology?” Etc. People never ask, “Do you believe in your right hand or your left foot?”

**Belief is a method of avoidance that we create when we have insufficient direct experience of an idea we are expected to accept. The way we think about things determines their power. Stop avoiding through belief and expand your consciousness through use. Do it now.**

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## Self-Study for Lesson One

During the day, a minimum of four times in the week, 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 Two use the Stop Be Aware Technique as needed. Review this lesson at least once.

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