



Results: Lesson, Week Four

“Due to conditioned low self-esteem, most people experience themselves as unworthy to receive fully. Often they will avoid this sense of unworthiness with beliefs like ‘life is not fair.’”

Acknowledge Yourself

Take a moment to acknowledge yourself for the Results Course self-study you completed in the previous week. If working in a group, briefly share your created results. If you think you have not done the lessons and techniques regularly, it is not too late. Choose to start again now.

Open your journal and write the answers to the following questions. Be as specific as you can.

1. Since you have been using Results: The Willingness to Create, how have your beliefs changed?
2. What results have you created on the following three levels?
 - a. Material level:
 - b. Skills level:
 - c. State of consciousness:
3. How has your intent to create a new Direction and Purpose caused your perception of reality to transform? What has actually changed?
4. How has your intent to gain greater clarity enhanced your commitment to an existing Direction and Purpose?

*Acknowledge Existing Results
and Receive Them in Your Reality.*

Receiving Results

Receiving becomes effortless when you are in present time, open and available to abundance. Due to conditioned low self-esteem, most people experience themselves as unworthy to receive fully. Often they will avoid this sense of unworthiness with beliefs like “life is not fair.” Life is not fair. Life is abundant.

Receiving Technique

Now, listen to the **Receiving Technique** audio program. This is a guided experience so be sure you are in a place where you won't be interrupted.

You Must Have the Ability to Receive in Order to Create

The ability to receive flourishes when you make conscious choices in alignment with your new Purpose and Direction. At first, receiving joyously may seem awkward as the act itself gives rise to all of your unconscious negative thoughts about yourself.

Moving beyond this awkwardness takes practice. It requires the discipline of saying “yes” even when you feel not good enough, especially when your reactive brain is distorting your view of your Higher Self.

Practice and Receive Anyway!

1. How have you discounted what you have received in the past?
2. How can you practice receiving? Be specific.
 - a. Material Results:
 - b. Skills:
 - c. Consciousness:



You must transcend wanting to the willingness to create conscious continuous thought.

Conscious Continuous Thought

Causal thought creates the immediate experience of movement. This movement often dissipates because people do not have clarity about the results they are willing to create in their life. Willingness implies action. Wanting encourages inactivity.

The lack of clarity that comes with wanting is the most common error people make in creating results. This is why people who may have started to create their results with great enthusiasm become distracted and may lose their initial excitement.

As discussed in Lesson Two, repetition of thought, sensory awareness and emotions – such as enthusiasm and excitement – are the power with which messages are moved from the conscious mind to the unconscious mind.

To Create Conscious Continuous Thought You Must:

1. Have a total experience of what you are willing to have. Be sure to include the six senses: sight, sound, smell, taste, touch and emotion.
2. Have certainty about your willingness to do whatever is necessary to create the result. Be clear about what you are willing to become, or give up, to have this result.
3. Take positive responsive action toward that result.
4. Have clarity and correct the results of that action.
5. Choose, in present time, the full result you are willing to create.

> Willingness throughout the Process >

**Conscious Causal Thought > Positive Responsible Action >
Chosen Result > Clarity = Correction = New Choice**



*There is always
more clarity to
be gained.*

Clarity Is Essential to Create Conscious Continuous Thought

What is true is that nothing happens until you are willing to take action. Self-actualization is the willingness to manifest your thoughts on the physical plane. Students often waste time deciding about their major. Adults often waste time deciding on their career. Choose clarity and take action.

Consider an area of your life in which you are aware that you are waiting for more clarity before taking action.

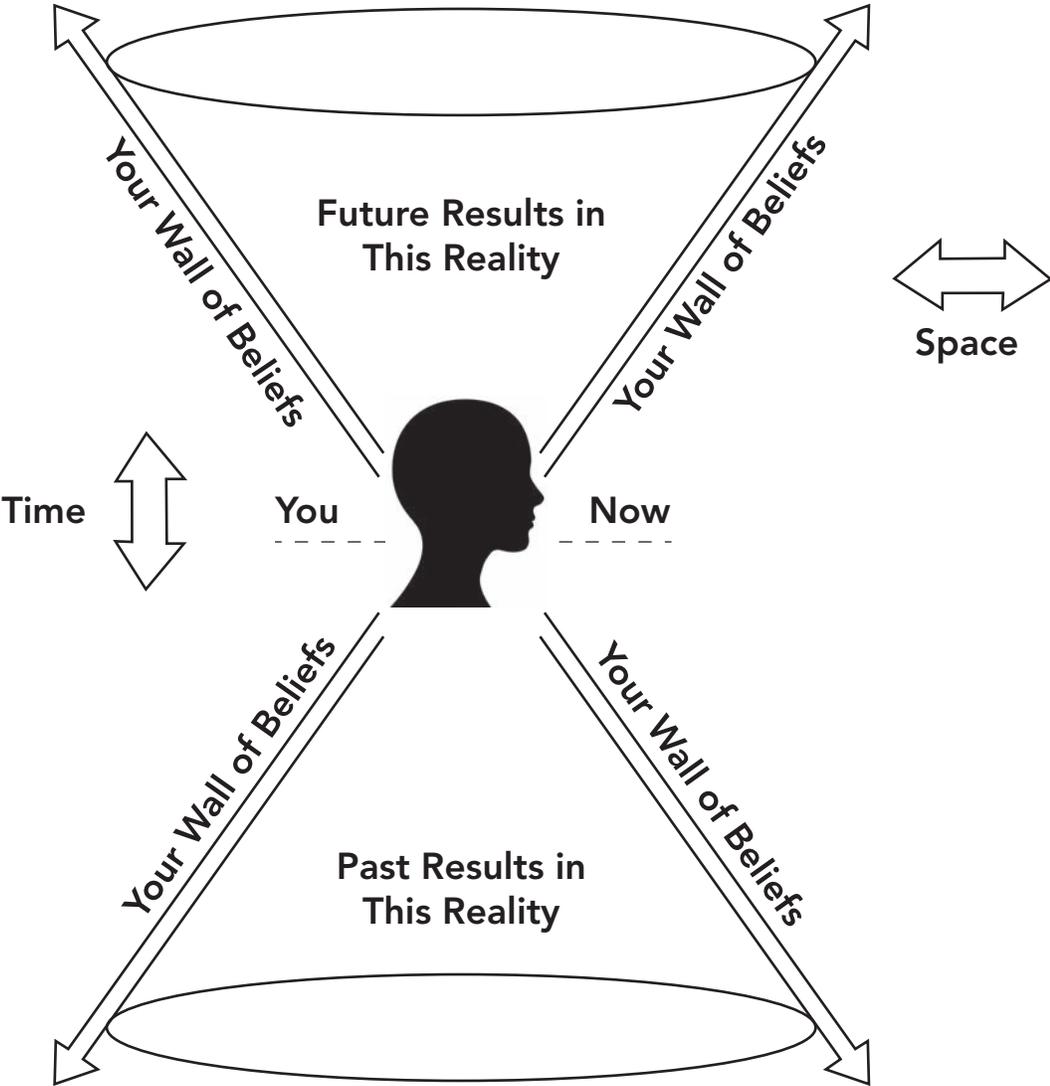
Important: Waiting for more clarity before you are willing to act, at some point, becomes avoidance.

What is true in present time is that you are never fully prepared and you are always fully prepared. When you take action, right or wrong, you will at least have the opportunity to correct and/or change that action.

When you do not take action there is nothing to correct, much less change, and, therefore, no opportunity to create. Conscious continuous thought creates action that creates new levels of clarity and new beliefs you prefer. This also breaks through old beliefs and moves you toward the results you are willing to create.

Waiting until you are fully prepared before you act is the same as being a spectator in your own life.

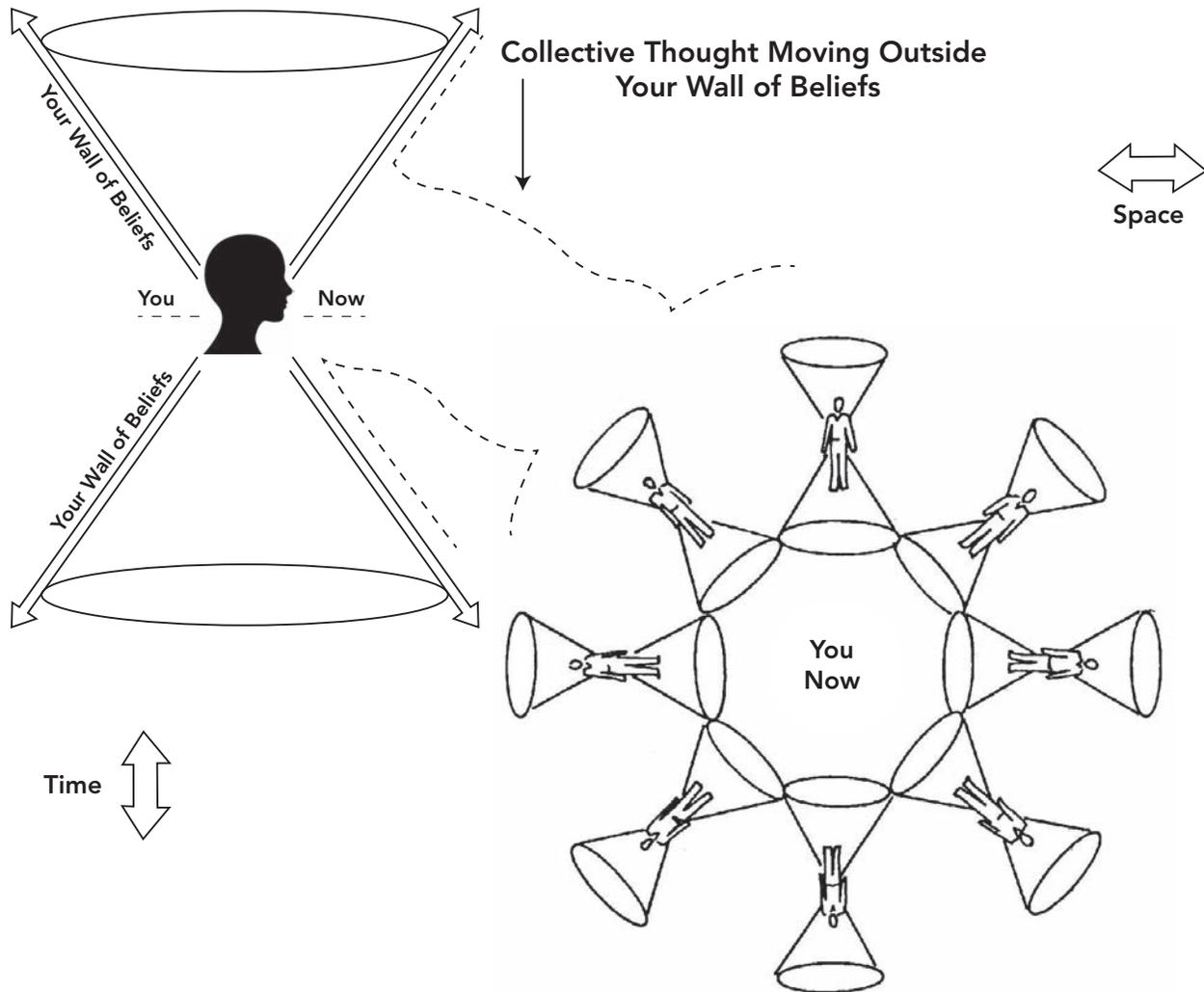
Your Wall of Beliefs Separates You from Other Results, Realities and Experiences



Your wall of beliefs separates your reality from other realities of which you are not aware. Therefore, it separates you from other results of which you are not aware.

Conscious Continuous Thought Creates Collective Thought

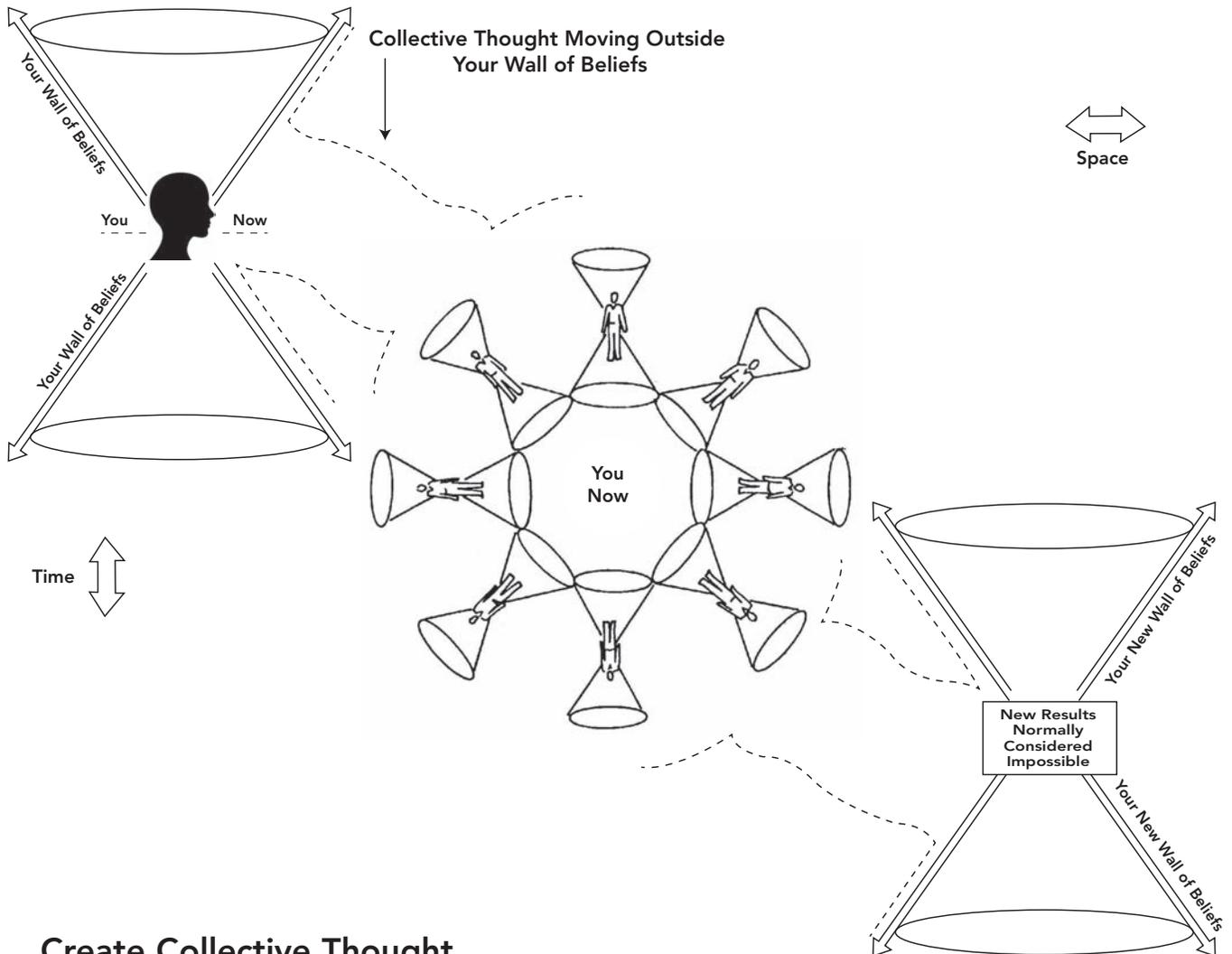
Collective Thought Moves Outside Your Wall of Beliefs



Thought moving within your wall of beliefs creates predictable results.

Collective thought moving outside of your wall of beliefs creates results in ways that are normally considered impossible.

The Only Way to Break Through Your Wall of Beliefs Is to Create Collective Thought



Create Collective Thought

These breakthroughs occur at a speed faster than the speed of light (186,000 miles per second). They occur at the speed of thought, which at this time is incomprehensible. These breakthroughs occur in two ways:

1. Creating affinity with others, which manifests a collective power.
2. Embracing your Higher Self, which is capable of incomprehensible power channeled through you.

Collective thought creates new realities and, therefore, new results.



*You and your
chosen results
exist within the
illusion of time.*

Thought Is Creative and You Are Thought Itself

Results Without Delay

The way you define and perceive the results you have created is essential to creating Conscious Continuous Thought moving in the direction of the results you are willing to create.

1. You usually move within your reality. When this occurs, movement toward creating your results is *predictable*.
2. Results will occur immediately when you move outside of your reality by breaking through your wall of beliefs and creating collective thought and movement.

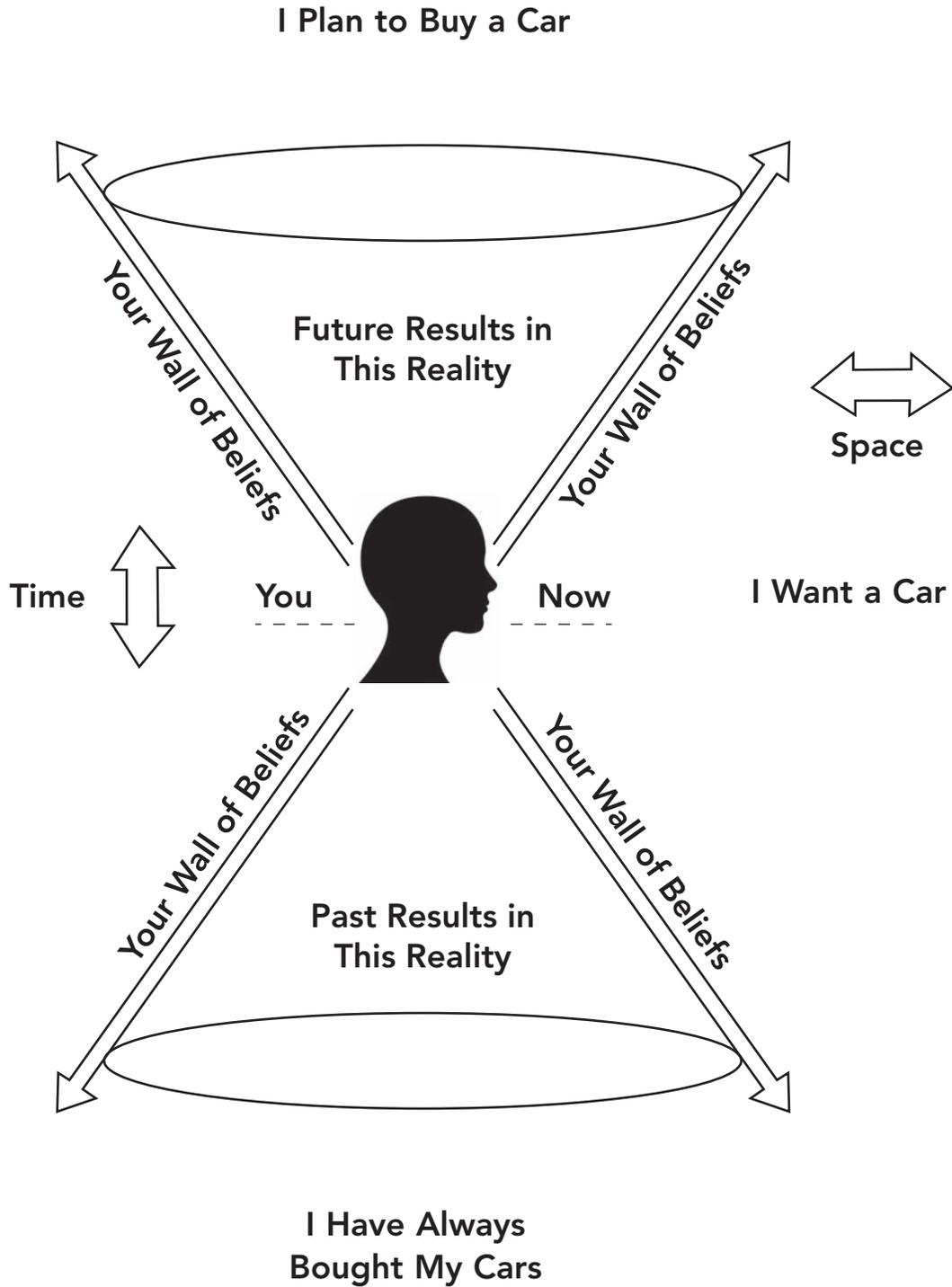
When results are created within your reality, there is a delay that you often view as failure. That view communicates to your unconscious mind that you are incapable of creating and therefore unwilling to have what you say you want.

The error is not how you create results, but how you perceive and define your results.

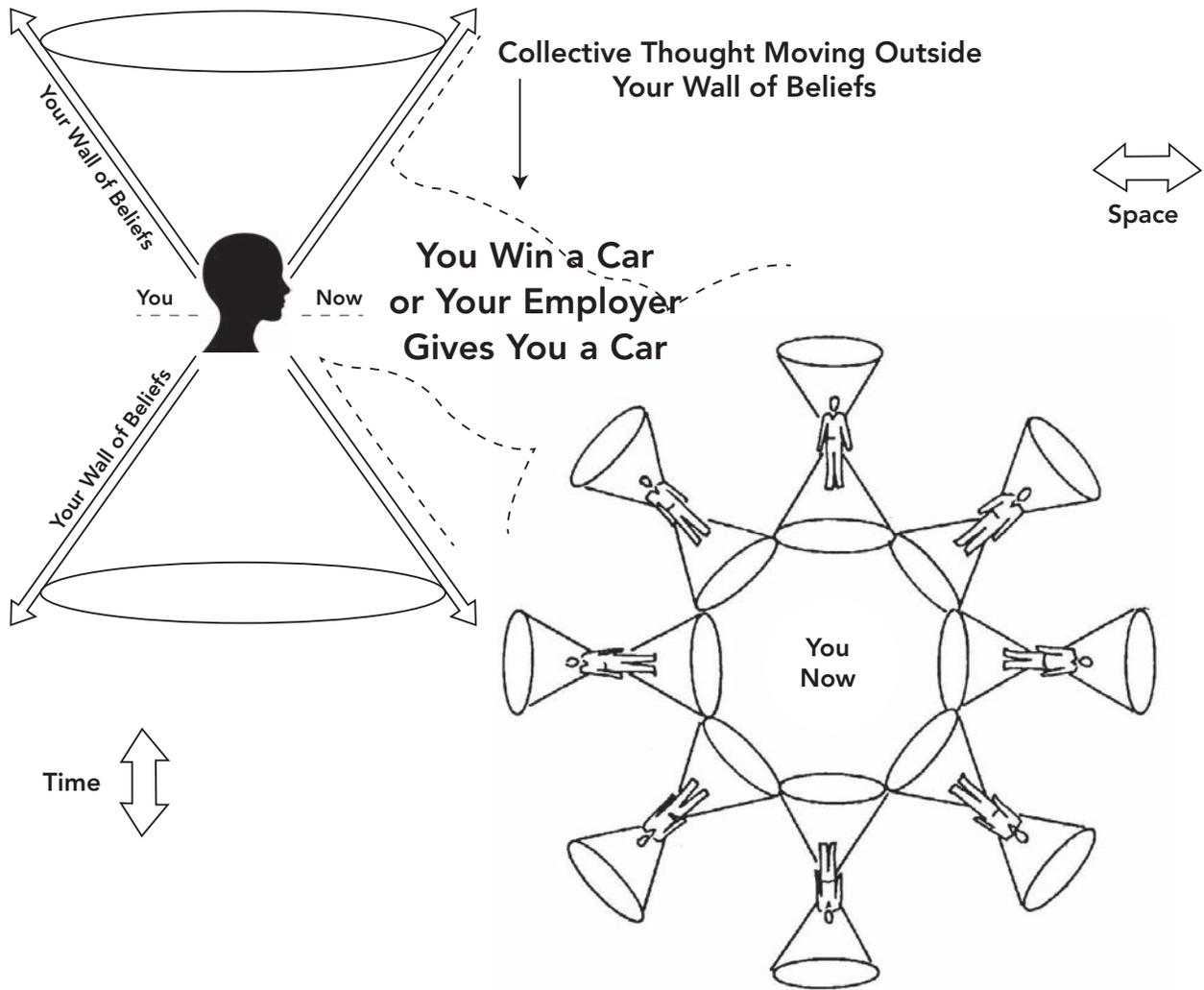
Important: To avoid this error, you must be aware that you and your chosen results exist within the illusion of time and, therefore, there is a time delay between the time you change direction within your current reality and when you begin to actualize and manifest your results within your new reality.

Time delay (process) only occurs when you are creating results within the illusion of time, which is your current chosen reality.

Results Created Within Your Current Reality



Results Created Outside of Your Current Reality



Results from Previous Taken Action

When you “respond effectively” and use the opportunity to refocus on your imaged result, your unconscious mind gets the message that you are creating conscious continuous movement toward your result (i.e. personal creative power, creative consciousness).

When you “react” (i.e. fall apart, become manipulative, complain, etc.) your unconscious mind gets the message that you are powerless. One of the many reasons time delay occurs within your current reality is that you do not have agreement and trust in your current environment. Often people choose to bypass these delays by changing their environment, having agreement on their self-image in present time (i.e. new career, relationship, etc.).

Time delay occurs when you are taking action in the direction of your chosen result and then choose a “new direction.” The result immediately following your newly chosen direction will not be consistent with your new chosen direction, but rather your previously chosen or old direction.

People often define the “immediate result” as failure or incompetence and give up on their new Direction and Purpose. What is true is that the result of your new chosen direction, and action, has not had time to manifest physically and, therefore, inactivity occurs.

Old Chosen Result > New Chosen Result > Old Result #1 > New Result #2

< — Time Delay — >

The Way You Perceive Your New Direction Is Vital to Creating Results

It is easier to change your reality when you change your environment. This eliminates the old beliefs and behaviors that contribute to inactivity. It also eliminates the collective beliefs about your old identity. When you respond, you know you have changed direction and are only experiencing a time delay caused by your new redirection.

When you react, it decreases Conscious Continuous Thought and therefore your willingness and power to create. When you react, you “believe” you are not getting what you deserve and you either quit or feel like a failure.

Respond: To act in the moment responsibly (being in the present).

Re-Act: To act and return to a former direction (being in the past).



Notice what is truly going on in present time.

It Is Always to Your Advantage to Tell Yourself the Truth

Many people feel that, if they awake feeling terrible, they should “look on the bright side” and pretend things are “not so bad.” While doing this may produce temporary highs and feelings of relief, the long-term effect is to separate themselves from their aliveness and they lose their ability to notice what is truly happening in present time. They lose their ability, therefore, to take appropriate actions to produce results.

Mastering contradictions is only possible when you are willing to tell yourself the truth – the life process cannot survive on anything less.

Pyramid of Clarity Technique

Now, listen to the **Pyramid of Clarity Technique** audio program. This is a guided experience so be sure you are in a place where you won't be interrupted. Make notes in your journal upon completion.

When his father was 80 years old, the son of Arturo Toscanini asked about his most important life accomplishment. Toscanini answered, “Whatever I happen to be doing at the moment is my greatest achievement, whether conducting a symphony or peeling an orange.”

Vertical time: Past, present and future occurring simultaneously.

Telling yourself the truth will always put you in present time and present time is the nothingness from which all results are created. It is the absence of form from which all things manifest.

The New Age marketplace provides many popular ways for people to avoid themselves. These paths of self-discovery tend to place undue emphasis on “positive thoughts” rather than “what is in present time.” This is problematic because when you are not in present time it causes you to take inappropriate action toward your results.

*You Cannot Create What You Choose
Unless You Accept What You Have.*

*You Cannot Create Where You Are Willing
to Go Unless You Know Where You Are.*

*You Cannot Clearly Focus Your Thoughts
on the Results You Are Willing to Create
Unless You Take Responsibility for What
You Are Truly Thinking.*

Be aware of your negative thoughts as well as your positive thoughts. Do not repress them. Repressing negative thoughts gives them power. These negative thoughts eventually become your unconscious opinions and points of view.

Become aware of your historic negative thoughts and tell yourself the truth by noticing examples, in present time, that support your newly chosen direction and cause you to create your chosen results.

By telling yourself the truth, in present time, you will be in touch with your higher self in the now that creates your future.

“One of the fastest ways to move into present time is to forgive yourself and others for ignorant actions toward you. And forgive yourself for your ignorant actions toward them.”

The Power of Present Time

Being in present time always eliminates past negative influences. When creating results, you must drop the past otherwise you risk reacting and, therefore, creating results motivated by past influences. To avoid this, focus on what you are willing to create now in present time, rather than what you have been conditioned to “believe” you should want.

The ability to focus thought in present time manifests the power essential to creating results.

Your future is the Incomprehensible Collective Mind, the ICM, which already exists now in vertical time.

Within the ICM is your higher self, and higher selves, that empower you with the aliveness essential to creation.

When you are in present time, you are totally available to your Higher Self and the infinite results that availability creates.

When you are not in present time, you are reacting fully or partially to your reactive brain and, therefore, are not fully available to the ICM.

Forgiveness increases the clarity necessary to create your chosen results in present time.

The Present Time Technique

Tiredness and fatigue are states of mind, concepts most of the time, we experience when we are not in present time. They can be altered, therefore, by choice. We all have the experience of being tired and when given a new alternative we prefer – such as play, companionship or entertainment – we easily transcend our fatigue by moving into present time.

To replace physical and mental fatigue with exuberance, use the following technique. Read the technique once before beginning.

Important: When doing the breath technique, do not take more than 20 circular breaths.

1. Close your eyes. Notice parts of your body that you experience as being tired. Become aware of any problems you associate with the tiredness or with that part of your body.
2. Take deep circular breaths that involve your belly, ribs and chest. Circular breaths are long, slow and deep in a continuous motion so the breaths are connected and not cut off at the top or the bottom. Allow yourself to reconnect with that deep state of relaxation you have been practicing.
3. To reinforce this message to your unconscious mind, say as if aloud:

“Higher Self, I am about to take twenty deep circular breaths of our **aliveness**. This **alive, conscious energy** will move throughout my body and brain, removing all tiredness, pain and discomfort. **I am willing to be present. I am willing to be alive. I am willing to be healed.**”
4. Close your eyes and begin the cycle of 20 deep, connected breaths filling your entire lungs. Allow the breath to move outward to those parts of the body and brain that are tired, releasing the tension and thoughts you associate with tiredness. Count each breath to yourself.
5. When you complete the 20 breaths, return to normal consciousness, open your eyes and experience being relaxed, energetic, alert and healed.

Self-Study for Lesson Four

During the day, at least four times this week, 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 three times during the week, listen to the audio program:

- Pyramid of Clarity Technique (evening)

Before Lesson Five:

- Practice the Present Time Technique at least three times.
- Review this lesson at least once.

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