

Physical World

Q- I keep doing the meditations every day, but I feel frustrated because the door rings, the phone goes off, and I keep getting interrupted. Do I have to start over again every time this happens?



A- No, you don't have to start over again, but here's what I would recommend. Turn the ringer off, put a note on the door and create a quiet space for yourself. If you really have to answer the phone, maybe you can do it first thing in the morning, before that phone starts ringing. Or maybe at night before you go to bed- wherever you have the creative space to do that. If you are interrupted, do it anyway, but you are going to get the most results when you can sit quietly and focus without interruptions.

Q- If I daydream while in the meditation, does it still work or is it pointless?

A- It is never pointless. I know you are still seeing results even though you have been interrupted. That said, it will be even more powerful if you focus and are really being attentive to doing the mock ups and the full meditation. You might have something in your space where you aren't able to sink deeply into your meditations, and we can work on that. Do everything you can to clear your space of any distractions and focus- you will get incredible results by doing this.

Q- I am getting more work and clients as a result of my mockups, but I am having the challenge of being able to do all of this new work because of health issues. What would you suggest I do?



A- What we need to focus on for you then is a mock up of exquisite health. Maybe have wealth come in where it doesn't require you to do the work for it. Have money come in through a miracle so you can concentrate on your health. Remember, you have the ability to mock up whatever it is that you want- strong health AND great wealth.

