

Mental Mindset

Q- I am concentrating on keeping everything I mock up to be believable and possible, and my mindset positive- but I feel that doubt creeps in when I wonder if what I am asking for is what is really supposed to happen. If what I want is in God's plan? The visions I am putting into my mock ups seem to be coming into fruition, but should I just trust and keep it loose and flexible?



A- Here's a wonderful and interesting thing... it's great to focus in on what you really want- this is what rocks my world. If it rocks your world, just bring it in! Mock it up! If it's not meant to stay there, it will go out. So don't self-edit yourself, or question whether it is really in Divine Order. Put it out there- this is my dream life! The interesting thing is, once I really start mocking up my dreams, I find that my life is so filled, that I have to back off a bit, and refine. I have to make sure I still have the time to play my harp, and paint, and do the things that make me really happy. I have mocked up so many wonderful things that I'm on overdrive and I'm missing out on a few of my favorite things. So I will refine that into a different kind of mock up. So when what you mock up starts to come into reality, you can always say, "oh I like it" but shift to something new if it doesn't quite fit. Like I want more time for this, or actually I don't like that mockup anymore, and clear it. You have to get that sense of urgency, like you are going to create a miracle this week and nothing will stop you, you know it is going to happen. Take a little extra of your kundalini, your spiritual life force, and put that into your mock up! Let's really create some unbelievable miracles! Supercharge it! Take one thing that you know, and if you mock that up, and you brought that in that your life, things would be phenomenal. Go for it!

Q- I am having trouble believing that if I do the mock up, it will materialize. I have to be honest, I think it will work, but I'm not sure how to deal with my doubts.

A- First off, congratulations for taking the risk and getting out of your own little creation box and into a larger one. That's fabulous! You are taking some chances and they are going to pay off. Have you done any smaller mock ups that have happened instantly? ...something like "I am going to have someone gift me a cup of coffee" and they do?

Q reply- Yes I have! I looked back and realized that I did ask for it, when I received it. But I'm having a hard believing that it really worked, and that is why it happened. That it wasn't just a coincidence. I am trying to believe that I asked for it and as a result, I got it. I have asked for a lot of things in life and I have struggling to get it. Not just having it handed to me because I asked for it.



A- Well, first of all, we don't ask, we claim! "I will have a cup of coffee gifted to me today". Make it a definite. It's kind of funny, but I say, "I am receiving flowers from a few people today" and I WILL! The universe will give it to me. It sounds like you experienced it in a small way- now you have to turn off the doubt because we are playing a new game in life. Make it a game. Play it like you play Twister. Think to yourself, "Well, those are the game rules", turn off the doubt and say "wahoo, it came in! I don't know for sure if it is what I did, but I'm just going to say that it is and thank the universe for hearing my assertion, my intention, and honor that in creating my reality". You can start having this playful way of being rather than a serious way of being. There is this sense of asking and not getting that I am hearing from you, a kind of punishment energy. Like I have asked God for so many things and I keep getting turned down, so I don't know if I am a deserving child of the Divine, or maybe I'm asking the wrong way. You have to get into a different mindset and put whatever that childhood programming is aside. In this sort of free-flow game, you can do some small mock-ups that you can give yourself some tangible evidence in- oh look, I mocked up this yesterday, and this today, because the universe doesn't care about the size of your mock ups. If you mock up small things, it can give you the confidence to believe that you can mock up larger things. The homework I gave you, to write a love letter to the Divine, helps you shift your mindset. When you are in the belief structure that it is difficult to imagine that you can generate for yourself as creator/god/goddess on the planet, it's difficult because you have asked and asked and asked, and you haven't gotten it- it creates internal doubt that is not going to serve you. This homework allows you to get into an easeful feeling with the Divine. If you came from having a Father/God in your childhood, if you came from the

traditional Christian church, and you have heard that God might be a punishing God as well as a loving God, you might have lost the sense of your ability to generate or create in collaboration with God. As if God were a lover or business partner, you might have it that God makes the choice for you rather than you making the choice for yourself. So in writing a love letter to the Divine, however you experience the Divine, be it Father God/nature, or whatever, be thankful for how much you love your life and how much abundance you really have. It will help! Another assignment was to start with gratitude every morning, because you can then claim that you are creating those things and you can thank the universe- that the universe is actually reflecting how open you are. When you are in the attitude of gratitude, and thankfulness, you are really opening a valve, or a channel, for miracles to happen. You are opening that channel to receiving and being able to create on a large scale. We always want to be in that abundant space where we are thanking, thanking, thanking in gratitude in a large way, everyday. The more that you are living in gratitude, the more that comes to you because your receiver door is wide open! If you can go about your day and every 10 minutes start with "Thank you God for shoe polish, thank you God for dish soap, thank you God for food in my refrigerator ... " whatever that is for you, doing that keeps your receiver channel open. Was that helpful for you?

Q-reply- Yes, especially the part about making it a game. When you are really trying to change your habits, to think of it as a game, like "oh, I'm just going to try this, and it may not make sense or seem logical, and I may not have experience with seeing results in this way, but, what is it going to hurt if I just try it on"

A- Oh that is so beautifully stated. Congratulations, you just got everything I said.

Q-reply- Good, and it makes sense to start with manifesting the small things, like I'm going to get a cup of coffee today, or someone will get me flowers today, or I am going to receive a hug from my child today... If I start with the small things, it can build confidence to manifest the larger things.

A- Exactly! For people that haven't had experience in manifesting this way, it is easier to start by mocking up the small things and move into the bigger things. When you get a lot of small things coming, and you see the evidence of your mock ups, you think "wow, if it works for this I think it will work for that". I can attest to that as being 100% my experience, by starting smaller and saying, "yes, I can go for that", then life just continues to expand in these incredible ways.

Q- I need to open the doors in my mind and imagine what kind of work will funnel in large amounts of money. The three areas of work I am developing don't bring large, recurring amounts of money, but I would love to have that. To find those open doorways, do I just brainstorm the ways that seem realistic, do I ask friends, or do I pray?

A- Fantastic! I think you need to do all three! Brainstorm, ask friends and clients, and pray. When I made 6 meditation CDs last year, I followed my intuitive guide completely. When I was done, I said ok, God what do I do with them, and I would wake up with a download of what needed to be down next. That's one wonderful way of doing that. But there is also brainstorming. Keeping your ears open and asking your clients "is this something you are interested in". If you have been playing small, and you really want to tap into the flow and play in a bigger picture, look at the people in your field that are close enough to what you are doing, and see what they are up to. How did they create their bigger picture? It can give you a lot of really great ideas of how to create that path to bigger and better things.

Q- I have to work very, very hard to be successful and have a lot of financial income. But, I don't want to have to work that hard anymore. I find that I get into that groove of overworking myself in order to create what I want. How can I overcome this?

A- We start off with this concept that if I work hard I will achieve, and you know that working hard is tied into the amount of money that you get coming in. The result is you get tied into this idea that the harder you work,

the more money you will get- like a hamster in a wheel. That is one of the core beliefs that we have to blow out of the water when we get into this game of "Twister", this game of extreme abundance. We have to let that go! Start daydreaming about how you can be a funnel for larger amounts of money to come in. Until you have an idea of what that funnel is, it can't really come to you. If there is no doorway for the money to come in, it won't really get there. If you started by saying, "I see large amounts of money coming to me", maybe through the stock market, or maybe through real estate, or maybe through the lottery, whatever it is, see it happening. How YOU can create that open door to funnel the money in- that is the kind of daydreaming you need to do. Some people are really lucky and win the lottery. Look at where your open door is and say" I can open this door and let money flow in." Do it! Find what the door would be for you, and open it!

Q- The other day, we had all very in-depth mock ups and afterwards you advised us to cut them down and be more specific, to keep it simple, like two paragraphs.... I am unclear as to what it is that you want us to do. Should we keep our mock ups short?

A- There were some very, very long descriptions happening and with that long of a description in your mockup, you are going to diffuse the energy a bit. It is good to have a very strong sense of how the mock up feels in your body.. Say what you want in a specific sentence, feel how good it is to have that in your life, then move back into making it very specific to what you want to bring in. When I was in school, I wrote these very long flourishing descriptions in my writing assignments, and my teachers said it beautiful, but it took away from the meat of what I was trying to say. The work was good, but there were just too many words. You want to have the essence, but remove some of the extra fluff and description that could diffuse it, so it doesn't take away from the power of it. To mock up about 20 things, you would have about 2 strong, specific sentences for each. Refine it and present it in a really simple way. The thing that is going to diffuse it is using the "maybes" and the "sort ofs", that will take it down a notch. When we do the mock ups, just take each item and do a sentence or two, and don't diffuse the energy.

