Everything that happens to you is stored away your brain has trillions of cells not millions not billions trillions of cells it is capable of things that are just so phenomenal. As far sealing as far as health goes as far as success goes. And it all depends on how you see yourself. Now you get trained as a young person not to see yourself as a very competent human being especially women. Most of you were trained not to think of yourselves as equal with men are better when you were little girls. Many of you were taught that in order to be athletic that's not a feminine and that's not appropriate and you don't do that and so you have a lot of these sentences. And I ask you about the sentences that you use in your mind. The Times I'm nervous I'm shy I'm not very good at mathematics. I'm not a good cook I'm clumsy. You figure out the time. Now every time that you have a lot of that was encouraged because you weren't encouraged to take risks and you must take risks. If you want to be successful in life you must take risks. When your child. I've heard parents say don't you go near that water until you know how to swim. I think

there's something missing in that logic there somewhere. And so you train yourself when you're young because you believe that stuff. Not that it's anybody else's fault you believe it. You believe that you didn't have to. Now you've got to take responsibility for buying it and if it doesn't apply anymore side and if you nobody wants to buy it then just give it away get rid of it and change the images. Now what kind of images do you have. Here we are. We're going on a trip. And here's the car and here's a trunk. OK now we're getting already and we put all the suitcase in the soup. I mean clearly it's in the car manual. How many suitcases this trunk hold five suitcases. It says that you got six suitcases sitting right there on the ground now. How do you visualize it. Who are you. What kind of a thinker are you. Do you know that most people are going to need help are going to say

you can't get those suitcases in that trunk. Now when you have that kind of a picture that it can't be done. Do you know how that gets stored away in terms of the action that you take on it. You say we're just going to have to repack them or we're going to have to put one in the back seat and that's it can't be done. There's those who say now there's a challenge. I know it can be done. And you know there are people like that. Those two cases are going to get in the truck. I know it and they start wearing this and they put it over there and I thought I did this enough. And they see it happening. What kind of visions do you have. Who are you. I'm not standing up in front of all of you people saying that all you have to do is put a different picture in your head and your life is going to turn around. I am saying and get this I am saying that you must start first with the kinds of pictures that you have and then they will get stored away in you as reality. And when that reality gets stored away in you you will start acting on that reality rather than on another reality.

There's a word in our language it's called disaster.

You know it means the origin of knowledge of disaster. It means to dis associate from the astral. T R That's the origin of it. This astral

disassociate from the astral the astral is the plane the dimension that I'm calling thought Emerson said You become what you think about all day long. You are the sum total of your thoughts. Whatever you think therefore it shall be.

Someone said

Do not be conformed to this world but be what transformed of it

thought and visualization are the same thing. It's practice in the astral plane if you want to learn how to hit a back end in tennis in the physical dimension that you are the one percent of you that is physical. You go out there and you had a thousand a day you had a thousand a day and if you had a thousand back and a day for a year you're going to be able to hit a backhand without thinking about it. It's going to be automatic and are going to be good at it and that's called practice. Thoughts visualization are practice in the formless dimension and the more you practice those thoughts you will act eventual upon whatever thoughts you have and it's why I tell people who are trying to lose weight don't try to lose weight because lose is a negative. Whenever you fight something you're always weaker. Every time you fight something you're weaker. You don't want to be a fighter of anything you want to be a flower if you will. You want to understand that when you're fighting something it owns you and you're always weaker for the result. In order to be the way that you want to be you have to see yourself looking the way you want to look and you get that picture in your mind and you store it away and you get that picture and you have it there and you see yourself looking that way and before long you will act on that picture.

The first thing about visualization and the key to understanding it is that you act on the image that you have consistently whatever it is that you're doing this is true for gaining wealth if you continually convince yourself that you're. Poor that you can't make any money that this is your lot in life. That is because of your inheritance because of where you happen to live or whatever it may be that this is something that you are stuck with then that's how you're going to start acting you're going to act on whatever picture you have and you'll consistently go through life expecting not to be able to overcome that. It's true of everything. That's the first part of visualization you act on the pictures that you have so you go to work on the pictures. The second thing is that when you visualize something what you have to understand is that everything you visualize is already here. Where else could it be on another planet in another solar system in another reality system in another dimension. It's here if you want to sell five million widgets to somebody else and you've only got a hundred to five million widgets may not be here. But who are you going to sell them to I mean that's basically what you're looking at. And those five million people are here someplace they've got to be on this planet we're not talking about selling them to Martians. They're here. All you have to do is tune in you have to tune in to them all right and help them to have the same image that you have about them buying your widgets. That's the second thing about visualization. And the third and I think perhaps the most important thing about understanding the power of visualization is that when you visualize something and you want it to work for you all you have to do is continually keep that image in your head. Don't let it go away. Don't let somebody else convince you that you can't have that image. That process of imagery a visualization is that it's already here. You can make it happen because you understand that your behavior comes from the pictures that you have and that picture doesn't have to go away unless you send it away. That's the power of visualization.

You are the creator of Fox which means that in some metaphysical way you are the creator of your life thought originates with each one of us but most of us have trained ourselves to believe that whatever we think just sort of happens and fast just sort of caught the pop in theory you know they just sort of pop in then I can't help it I'm walking along they just put There's a thought in this just there and I can't help it it just happened that isn't true when you train your mind. We spend so much of our energy training ourselves in all kinds of areas. We train ourselves in business and we're going to get a new computer system. We go out and we spend millions of dollars in a company and we train people how to work it and we want to become good at golf or swimming or tennis or backgammon or anything that you can think of. We know that we got to go out and we got to practice and we got to train ourselves we train ourselves and we ignore our mind which is ninety nine percent of who we are we just completely ignore it like there's no training available for our minds and we can all do that. I've really learned how to do it myself. No one ever taught me but I've really learned how to train my mind I mean anybody listening who thinks that they have a bad memory. If they want to train it they couldn't order a couple of sets of tapes. Right from this company they can work on train A memory and then in a matter of a week in order to teach it you never had taught in Berlin for half a year it was seventy students in the class and I would have been the first student introduce themselves and their name and I would have the second student introduce the person who was just introduced and himself and then each time I would repeat it and I'd have the third student introduced the two that he had just introduced plus himself. And we do that for the whole class. That's by the time we got to the seventieth student they had to introduce everybody in the class by name and I would then repeat each one of them and I just had a very simple technique for doing that. It was just like concentrated effort on making my mind remember seventy people's names. Even an hour and a half now. I wasn't doing it to waste an hour and a half. This was a class on teaching people how to identify neurotic behavior and it's like what I wanted to do was to teach them that they could do things with their minds just like their patients do that they never thought of that they never even dreamt were possible for them. Two weeks later three weeks later they would have like eighty ninety percent recall. And by the end of the fourth or fifth week everybody knew everybody's name in the class and they're all trained observers and most people go out there and are introduced to so many say Hello my name is when they what would you say your name was I can't remember one person's name in one minute and they think that oh I have a poor memory but it's because they don't train to

change the way that you process anything in your life is really so simple. And we try to make it so complicated now it's simplicity is what makes it so complex or so difficult for people. It's simplicity is when you say how do you change one thought to another. The answer is you just do it. Nobody knows how how you go from a negative thought of something that is very unpleasant in your mind to something very beautiful and very powerful in your mind you know to go from an image of a suffering animal to a bloke a of roses

the way that you do that is you just do you just picture the roses now instead of the animal. Now what we want to do is try to come up with what are all a sin that has that been created in there and where there's all of the chemistry involved in there. I don't know the answer to that I'm not a chemist I do know that if I want to change a thought

that I just have to do it and it's just like I tell people if you want to quit smoking I mean you where you do it is you Stop putting cigarettes in your mouth if you want to quit habit of nail biting then you keep your fingers out of your mouth if you. I want to change the habit of processing the world in a negative way. Then you change the negative thoughts to change the way you process and how you do it is that you simply do it how you sustain it is through being aware of what kind of thoughts are creating that in the first place. If it's so easy why don't people do it. The answer to that is because the payoffs for not doing that are greater than the payouts are for doing it. If you are

able to manipulate and control somebody through your anger

and you're not able to manipulate and control them through your gentleness and manipulating and controlling people is on your agenda

then that's what you're going to do. Now if you get that off of your agenda or if you realize that that agenda is keeping me from relating to the people the way I would like to and it's going to end up in another divorce or another painful experience for me. If you can recognize that sometimes you have to go through several of those before you get it then you stop there's a payoff for all of that. So yes it's easier to be Christ like

it really and truly is easier to be Buddha like. But the payoffs for that in a world where people are still trying to manipulate and control others and acquire for themselves and get an outcome isn't nearly as great

a fundamental thing for the awakening soul or for the person who's discovering that magnificent universe within

that all of those emotions that you experience the rage and the hate and anger and the bitterness. The tension stress and all that emotional baggage that we carry around with us comes from I thought it's like when you're in a dream in your sound asleep or you're having a dream and everything is in thought when you're in your dream. Perhaps you're having an angry exchange with someone in your dream and you're handing them an ear and you're biting and you're punching them and you scream and you're scratching at them and I mean and you wake up and you look back on the dream you realize it was all thought. I mean everything was not I mean the character that you're in fighting with the thought and the scratching and the hitting that all thought and then it's just all going on in your mind and you look at yourself and you realize that you're breathing hard your blood pressure is up and that you know your jobs may be clenched and your fist may be clenched and it's and there's a tightness about you and that all came from thought and it's like an illusion. I mean the real cause of it wasn't the person because the person thought the real cause of all of this stuff that you're experiencing in your body right now as you as you're awake looking back on this day was just thoughts created all that your thoughts can make your blood pressure go up. Your thoughts can make your skin flush it can give you an ulcer. It can make you cry. Can make you rage and it can make you a killer robots. That's within each one of us. So that when you discover that and that's one of the beauties of knowing why you dream or mean everything that you do in that state you're capable of doing in the awakened state if you will and so you look at the awakened state and you look at the things that make you angry and you realize that they're just thoughts that he doesn't really make you angry. He can't you make yourself angry over your way of processing who he is

and that your sadness and your stress I really thought that there's no such. Yes out there that is only stressful thinking and then acting on the stressful part. So you begin to see that it's like that all of my problems all my difficulties all of my emotional charge and stuff that I don't really want to defend all comes from my thoughts my thinking mind which is where your divine this resides. So what you do is you go to work on that you know go to work on your emotions. You go to work and what creates those emotions especially the ones that don't work for

you. Prove to yourself that you're more than just a five sensory being and if you really want to know this about yourself and you're committed to changing it then write down all of the things that you experience within yourself that are beyond your sense of taste and sight and hearing and smell and touch to what you want to do here is you want to prove to yourself that you are more than just a physical body. And it's necessary for you to believe it. In order for you to get to this new alignment that is going to manifest real magic for yourself. So what you do is keep a journal for a day keeping a journal to wonderful idea anyway keep a thought Journal just for one day. Record all of your inner world there all of the things that are beyond the physical so you can know not just believe but know that you are a multi-sensory being here you're going to note any of your intuitive hunches you have an intuition just a slight little hunch jot it down you're keeping a journal of your inner world. You want to get the insight that you're much more than just a physical being. By keeping track of your actions in the physical world you learn that you're a physical being. OK so that you can keep track of your heart rate for example on how of what your pulse is and you can keep track of how fast you run and you can keep track of how many times you blink your eyes and there's a lot of things that you can count about your physical world and so you don't have any doubt that you are a physical being. But but. Keeping track of the inner being. You get the insight that your actions are coming from something that isn't physical at all. You keep track of your thoughts. You keep track of your intuition you keep track of your feelings you keep track of your notions your visualizations the pictures that you get in your head you write them down just chop them down the end of a day you look in you say hey I'm a five sensory being of course but I'm also more than that. All of this stuff here like I can't see that intuitive picture but it's there it's real. Now you're becoming a multi-sensory being

another thing that you can do to become a multi dimensional being is to go beyond your five senses you exercise the power of your mind and something that you might perceive to be difficult. Visualize yourself doing something that has always been difficult for you in your life. Now what you're trying to do here is to see that you can affect the physical world with the invisible world. So what you want to is that's your goal for you've had difficulty with a golf swing. Visualize yourself having a perfect golf swing or something that may be very difficult for you to do and maybe it's something you've never done in your adult life and that is to go to a cocktail party and not have a drink. Powerful emotion. Visualize yourself get a picture of yourself at a cocktail party where everyone else is having a cocktail and you just have a glass of water. Just picture that in your mind even if you're not ready to do that yet another thing that might be difficult for you is to jog a mile or to bake a cake for the first time or something that I did recently I have and I've got all of these little children and I've never been to the movies on Saturday afternoon with my children in my life. I've been to the movies on Saturday afternoon when I was a little boy. My wife and I have gone to the movies and slipped away on a Saturday afternoon when we got a babysitter but I have never had the experience of taking my two year old and my four year old and my six year old eight year old and my ten year old and putting them. On my lap and getting popcorn and taking a Saturday afternoon and just being there with them. This movie came out called hook

and I had read about it and the kids all wanted to see it and I was preparing to figure out a way so that they could see it. That is I would hire my babysitter and she would take them all and then I would do whatever I do on Saturday afternoon which is play tennis or meditate or write or. And I have the kids out of my life for a few hours. But this time I visualize myself doing that and I got a picture of it on a Friday evening and my wife and I were just lying in bed and we were talking about US have wouldn't be nice to just take the kids ourselves to the movies and have like a family thing and it became from a thought. We turned it into a reality and we went to the movies after we had that thought. It started with a thought and we created a wonderful phenomenal afternoon my little boy sat on my lap and we played hook and you know we did all the kinds of things and I didn't realize what a Saturday afternoon movie theater is like this it's just a lot of talking a lot of screaming kids running around and it was wonderful it was a joyous experience. So picture anything in your life that perhaps you think you should be doing. Or are you going to prioritize your life. I've said in many of my talks that and when I used to work with dying patients that I never heard anyone on their deathbed ever say i wish i'd of spent more time at the office always. They say I wish I'd have done. And you know what that list is like because you got it for yourself. I wish I would've spent more time with my family. I wish I'd of gotten the priorities of my life straightened out I wish I would have done things that would have made me a more loving spiritual being rather than accumulating a lot of things. So you don't have to wait till you're on your deathbed to experience it. So once you get this picture of something that seems tough for you to do jogging a mile. I mean if you're a couch potato listening to this and you've got a gut and you've been drinking too much beer. When you've been sitting around too much or if you're a housewife who has not gotten yourself is likely out of shape but you still know that jogging a mile would be a tough thing to do. Just get a picture of yourself doing that all right. Now the picture is non-sensory vision of yourself performing this difficult task. Describe it in detail in writing or recorded on tape. Get an image of this several times and see if you can create the reality from the vision. When you do this when you accomplish this you will have broken through five sensory to the multisensory level of the image. Remember this the image is beyond your senses. It is invisible to the senses and the action that you created from this picture came from that invisible part of your humanity. Get to know this higher part of yourself that truly wants to transcend the many limits that you believe in by functioning exclusively as a five sensory being. So here what you're doing is you're creating images and visions of things that are transcendent for you. You start with the picture and you hold the picture and then you take a picture which is beyond the senses and you move it into the five senses and you have created the molecules of your life from your thoughts. And that's how all of life is created.