

## *Deep Wisdom*

### **Conceive, Believe, Receive**

#### The Essence

The thought is parent to the deed.

#### Just Do It

Her name was Dorothy. She was of retirement age and long divorced, lonely, and unhappy. The two things that gave her pleasure were shopping and travel; if the two could be combined, her dreams were fulfilled. When Dorothy returned from one of her tours, however, she had a very atypical report. She didn't show any of the touristy gee-gaws that she usually brought home. Instead she had an incredible announcement: "I did it! I walked barefoot over thirty feet of hot coals!"

Record in your spiritual journal a transcript of twenty minutes of your internal "head chatter." When you finish re-read your entry watching for positive ("I can . . .") and negative ("I can't . . .") messages. Which predominate in your mental monolog?

#### Imagine That

Fold a large sheet of drawing paper into four sections. Number the sections from one to four. In section one, create an image of yourself or symbol for yourself as you are right now. In section two, create a picture of you and your life at their best. In section three, draw a representation of what needs to happen for you to get to the ideal of section two. Finally, in section four, draw what needs to change for you to obtain your goal. Give each section a title or caption that captures its meaning.

#### Breaking It Down

We are often our own worst enemies. We sabotage our pet projects and dreams with words like, "I can't" . . . "Oh no, not me" . . . "I could never do that." In fact, we can . . . oh, yes . . . we can indeed! But we let our fear and self-doubt stop us. Look at the second panel of "Imagine That." That picture is your dream. Look at the fourth panel. How much of the hindrance is simply a matter of your beliefs? How much of the blockage is due to resistance from outside yourself? For example, if my dream is to learn to sail a sailboat, but I never sign up for sailing lessons, then the blockage is my responsibility. If, however, my dream is to become the first female Pope

and I am not even Catholic, I will need to find a way to overcome considerable outside resistance in order to achieve my objective.

Very often the impediment lies within ourselves and our thinking rather than from negative interference from others. Frequently our patterns are so ingrained we don't realize we are hypnotizing ourselves into not doing what we say we want.

Once in a workshop a man drew a picture of what was holding him back. He drew himself being weighed down by a huge tree trunk that he felt obliged to shoulder. In his picture he was laboring mightily, huge drops of sweat were pouring from his brow; his back was bending under the load. It was apparent as he showed the picture that he felt utterly and inescapably pinned down by the tree trunk. Suddenly one of the other participants turned to the man and asked, "Why don't you just drop it?"

The man, who had been sitting with shoulders slumped from carrying all that weight, sat up. His face brightened; he looked up. "I could do that, couldn't I? I could just drop that heavy old tree trunk." In his mind, he did just that. He felt freed up and lighter. He had let the log roll from his shoulder. Our language about our lives and ourselves shapes what we think, how we feel, and how we act.

### What's Next?

The drawing exercise in the "Imagine That" was one way to conceive how you think of yourself, what you want out of life, and what is obstructing the way. The following process will make use of those ideas. If you didn't do the "Imagine That" before, go back and do it now.

While holding a pen in hand over a piece of paper, take another look at the drawing you did for segment two from the "Imagine That" section. Say to yourself, "As I look at this picture, I think . . ." Then finish the sentence with twenty (or more) responses. Don't censor or edit; simply take dictation. Repeat the process for segment four.

Review your lists. Make special note of any negative statements. Rephrase any negativity to positive statements: from I can't to I can; from I wouldn't dare to I will. This is the path to believing your dream.

As you read over your lists, pay attention to statements that seem to have particular emotional power: they hum in your gut or feel intuitively true. To help yourself remember these powerful truths, recast them into pithy sayings or catchy slogans:

*I am fierce; I am a tiger.*

*I can . . . I will!*

*I am lovable and able.*

Repeat your special phrases to yourself throughout the day – standing in line, waiting at red lights, or walking down the corridors at work. On a slow inhale say the phrase to yourself; on a slow exhale let it settle into your bones as you breathe out feelings of self-doubt. As you repeat your personalized maxims, you are teaching yourself to believe the words and believe in yourself. You are readying yourself to receive your heart's deepest desires.