

Creating the Life You Want

The Creative Process

“The world is but a canvas to our imaginations.” Thoreau

It is not common for people to think of their own lives as creations. But your life *can be* a creation, something you can form, mold, and change any way you want. How tremendously different that is from playing the victim, allowing life or circumstances to shape your being.

When we know what it is we want, we are in touch with the purposes for which we have been created. How do we know? Because we are filled with joy and enthusiasm about life; we know and accept who we are and what we’re doing.

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The Importance of Vision: Creating vs Problem Solving

As proactive people, one of the first things to do, therefore, is to create a vision of the kind of life we *want*. This is also an uncommon idea. Too often people approach the future by *avoiding* what they **don’t** want rather than *focusing* on what they **do** want. We are trained to find fault and solve problems.

Without a vision,
the people perish.
Proverbs

As a physician, Freud, for example, was trained to look for what was wrong, to observe symptoms. Diagnose causes. Prescribe solutions. He, like other doctors, was trained to alleviate pain. Relief from pain was the goal.

The medical model is still the most prevalent in the world of psychotherapy. Find out what is wrong and fix it. This model is of tremendous value when you are sick. John Houston, when he was asked the secret of his long life, retorted, “Surgery”!

But medical science is not a method for creating health. Rather it is a discipline dedicated to eradicating pain and disease. Most doctors do not make the profound distinction between alleviating disease and creating health.

At the risk of beating a dead horse, consider a few additional examples of the distinct difference between problem solving and creating, i.e., moving *from* the negative vs. moving *toward* the positive.

- Trying to get out of debt vs. creating financial independence,
- Trying to lose weight vs. creating a healthy, trim, and fit body,
- Trying to get a raise, to eek a few more dollars out of the boss vs. finding an alternative way to significantly increase income.

The former requires problem solving; the latter, visioning and creating. Problem solving does not enable people to create what they want and often perpetuates what they do *not* want.

Is this because it's so hard? No. It is because *people are not in the habit of separating what they want from what they think is possible*. And why do they do that? Because they believe, deep down inside, that they can not really have what they want. They feel unworthy or undeserving. Besides, why ask for more disappointment!

But, knowing what you want has two important advantages. First, you are in touch with your True Purpose. Second, focus creates clarity, a major component in the process of creating Wealth. Whenever you are confused, you can become clear by asking then answering the question: What do I want? Confusion usually comes from focusing on process, or solution, and not being able to see where you are going. When you are considering what you want, your ability to focus your attention toward desired results eliminates this confusion.

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Consider What You Want Independently of *How* You're Going to Get It

We are not asking, "*How* do I get what I want?" That is a question about process, not result. As an initial question, it is quite limiting because it directly ties to what you already know how to do. Edison gives us a wonderful example. When using electricity to produce light, he set about looking to find a material that did not burn out and instantly consume itself. He began by reading everything he could get his hands on about the subject and it is reported that he filled two hundred notebooks with jottings and diagrams.

But he sensed that the substance he sought could not best be found by systematically testing the standard "expected" substances as his contemporaries were doing. Instead, he tried unlikely combinations of materials, always listening to his gut instinct, his intuition. Edison used his *whole brain* when he was thinking.

Letting what you want be determined by how you're going to get it severely limits you. (Have you noticed this in your life? (Duh! Is rain wet?) Instead, Wealth Coaching is based on creating, on the power of imagining.

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Using Goals to Focus Your Energy

Let's say your goal is to purchase an item from a store in the mall. You know how to negotiate your way through your local mall, although the process usually happens at an unconscious level. First you visualize, or in some way sense, the location of the shop you want, and you notice clues to your current position that guide you to your next move, perhaps to an intersection or a store directory. At some level you have determined why you're going there and have grasped other necessary factors: the time it takes, the need for a functioning automobile, the mental and physical strength to drive, park, open doors, etc., etc.

A trip to the mall is pretty simple really. Why am I pointing it out to you?

Here's why. The same basic skills for getting from where you are, physically, to another location which is physical for a specific purpose, parallels the skill of fashioning and achieving a Fast Track goal. There are subtle differences, of course, but my point is that the process of setting a purpose and a destination and carrying it out successfully is something you have much experience in.

Yet, in 90% of our lives, we do not often use the simple skill of focusing on a single destination. Most of the time, in fact, we are in default mode, automatically going about our lives reacting to external circumstances. Rather than proactively setting intentions and goals, we seem instead to be expending our energies in problem-solving and other activities that seek self and social approval, acceptance, and superficial security.

Our most impressionable early years molded us to be normalized (like everybody else), socialized (nice to each other), cooperative (while competing with others), obedient to authority (in order to stay out of trouble), eager to fill in the blank with the right answer and get an “A.”

The Goal Request Process sets a focused objective that originates from our deep desire to creatively express ourselves and our presence in this world. This focus leads us toward mastery instead of victimhood.

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Creating a Life

Robert Fritz in *The Path of Least Resistance* urges us to risk, to take action to create the life we want rather than settle for whatever life gives us. First, he says, we must know what we want, the result we want to create. Creating requires action. No action, no creation.

So, when CREATING we have our attention on what we want, on the result, and when the feelings come, as indeed they will, we listen to them and what they are telling us. We tell the truth about ourselves and the way we feel. We pay particular attention to the body feelings which show up to alert us to what’s going on inside us. When we isolate a Blocker, we dispatch it as quickly as possible.

When you are truly motivated to bring your creation to fruition, you will not waste time bemoaning your fate, *nor will you repress your feeling*. You will not lie to yourself by proclaiming you feel fine when you don’t.

You will learn how to **relish the truth**.

Because you are not your emotions, you can separate yourself from them. Contemporary society has taught us to buck up Bucko! and ignore our feelings, repressing them and burying them deep inside us. These stored feelings are little knots of energy that require care and feeding. And so, most of the time unconsciously, we leak our energy and divert our focus to these whining internal parts. And in so doing, we give away our Power.

You feel what you feel. When you tell yourself the truth about your feelings as they arise and use the Wealth Coaching processes to clear them, you will be back in power. In fact, you’ll be quite amazed at how your sense of **Personal Power** grows.