

STYLUS

Scratching Beneath the Surface

stylus n. an instrument of metal, bone, or the like,
used by the ancients for writing

CHANGING YOUR REALITY You Have the Power

by Nina Durfee

I recently spoke to a group of women lawyers about ramping up the power of intention. I set out seven practical steps that work to create the reality you want, whether in body, mind, career, finance or relationship. My premise is that this 7-step process ensures creation of whatever change you want to see.

I only had twenty minutes to outline the steps, and the responses that ensued were varied and interesting. One lawyer, whose expertise is career counseling, took issue with my premise. “The trouble with this thinking,” she said, “is that when it doesn’t work, then it’s the fault of the person who attempted it.” In other words, the blame is on him when he does his best and life craps on him anyway, and that just adds to his hopelessness. Her position is we have to take care of these powerless people by bringing justice to the ones who do it to them, eliminating the injustice from the top down.

Here’s the thing about fault and blame. It strips away power. When someone else is to blame, I am powerless to correct it. When I’m to blame, I am also powerless because, in my perception, I have failed.

To reclaim power requires a subtle shift – from fault and blame to *responsibility*. Fault and blame rob me of choice. Responsibility puts me in the driver’s seat. When I accept responsibility for my choice, I have the power to choose something else.

I am powerless to change the behavior of a boss who treats me with prejudice and discrimination. I am, however, at choice as to my response. I can choose to wither in hopelessness, retaliate in anger, or move forward in a way that honors my core values. I am at choice to wallow in self-pity or to find the learning, use it as a stepping stone, and move forward. Will I act in a way that perpetuates the problem or in a way that opens new options?

Changing a lifetime of habitual belief and behavior around “the way it is” is difficult, but not impossible. At its inception, perhaps in early childhood, I believed the debilitating concept was true. Over time, I continued to behave and think as if it were true, and that solidified as my reality. I can change my reality by choosing to think, act and be differently. The solution is to go a different direction.

When we push against what is, we continue to feel resistance. The secret is to stop pushing against and choose an action or response that allows us to flow in another direction.

A judge in the group presented a beautiful analogy. In her landscape design plan she envisioned a beautiful red-leafed tree in a particular spot. She planted one and it died. She planted another and it died. No fool she, she examined the soil conditions and discovered that that spot would never hold enough moisture to support the kind of tree she wanted. She chose to alter course, placing drought-tolerant plants in that spot and planting the red tree elsewhere to flourish effortlessly. In effect, she changed her reality. The result: an easy-to-maintain, healthy, beautiful landscape.

When our reality is not what we want, we are at choice to change our experience. The first empowering step is to accept responsibility. Clutching the belief that someone else causes my suffering makes me a victim. Choosing to change direction in my thoughts, words and actions allows opportunities and options for a different, successful, more beautiful landscape.

Mike Dooley (*Notes from the Universe*), discloses a trick for changing the scenery in your life “radically, fantastically, and perhaps forever, if that’s what you really want.” The trick is to “look the other way.” Rather than dwell on what upsets you, falls short of your desire, or doesn’t work, move toward something that pleases you, meets your expectations, or results in success. What action can you take that moves you in another direction?

Even a slight shift in thought or action is enough. Making one small choice to feel differently, to see a different way, to take a different step, goes a long way to boost self-power in creating your preferred reality. A little taste of that power fires up a momentum that carries through to bigger and bigger success. Accepting responsibility rather than fault is the difference between bouncing uncomfortably over the wheel well and driving the bus. It devictimizes you and puts you in control.

What new reality do you want in 2008?

As a coach, I help people clarify what it is they want and partner with them to close the gap by discovering resources to move them forward, hold them accountable for the commitments they choose for themselves, maneuver through the barriers, assess progress, and re-chart the course as needed.

How may I help you create your desired reality?

“Well, you can start,” you say,” by telling me what the seven steps are!”

THE SEVEN STEPS

Okay, fine. I was going to save it for another article, and indeed, there’s enough to say about each step that I’m currently composing a book about them. But I won’t play the unfair game of teasing without at least giving you a vision. First let me state the premise:

Before we can have, we must do. Before we can do, we must think. Before we can think, we must be. In between are a few steps to accelerate the process of getting exactly what we want. Here they are, all seven steps, plus one to grow on:

1. **Be still.** A body/mind relaxation practice clears the clutter that clouds mental focus and refreshes the body with energy. Sleep is not enough. I’m talking about an intentional process to find inner quiet. (I happen to teach a meditation technique that is effortless and powerful. For more info on that, go to www.lifesculpt.net/programs and scroll down to “Meditation.”)
2. **Select your thought.** The word “select” implies intention, a necessary element in creating what you want. Once the mind is settled, whatever thought you introduce has a clear field to take root. Sift among the variety of seeds of thought and wisely choose the one that names your desired outcome.
3. **Add the feeling.** Feeling is the spark that ignites thought into desire. Thought alone is neutral and (for purposes of intentional creation) meaningless. Without feeling, the thought of a tomato is one-dimensional, flavorless, lacks juice, and has no taste. Having chosen the thought of what you want, imagine what you’ll *feel* when you have it. Is it elation? Energy? Sweetness? Peace? Respect? Security? Love?
4. **Write it down.** Clarification and refinement ensure a result that is not a vague approximation, but *exactly* what you want (“or better,” if you add that into the equation). Putting it in black and white adds the element of concreteness. Embellish your thought to the *n*th degree. As you write, feel the sensations of what’s to come: see it, hear it, smell it, etc. If your desire is increased business, do you want to experience it as hard work or as effortless flow? If your desire is for a house on the river, does it include an expanse of swamp or easy access to the riverbank?
5. **Allow, observe, recognize.** The first 4 steps send out the invitation. The Law of Attraction must comply. The strength of steps 1 through 4 determine the magnitude of what you attract. Manifestation is like the growth of a plant. First a sprout, then a leaf, the growth of the stalk, the appearance of the bud. The road to manifestation includes options and opportunities: a connection to someone

who knows a custom home builder; discovery of a book that contains the next right step to increase business; a for-sale sign in front of your dream house.

6. **Act.** “Signs” have appeared, pieces that if nourished will grow into your chosen dream. What action will you take to enliven the process and move it forward?
7. **Enjoy!** Having followed steps 1 through 6, what you intended comes to be. Recognize it, accept it, enjoy it, share it, and acknowledge your role in making it happen. As Joe Vitale suggests in *The Attractor Factor*, when the limousine pulls up, get in! If you find it short of your intended specifications, review the first six steps. What did you leave out? Where will you be more thorough next time?

One to grow on. Experience gratitude and express it. When we plant a seed and it grows to flower or fruit, it produces more seeds to perpetuate the abundance. Gratitude perpetuates the process of intentional creation. Sow it liberally!