

Your Order Is Ready
By
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“The thing always happens that you really believe in; and the belief in a thing makes it happen.”
-Frank Lloyd Wright (1869 - 1959)

The art and science of goal achievement has been described in so many different ways: Top Ten Steps, 101 Tips, and 50 Ways. All are said to be sure-fire, guaranteed, fast and easy. Read this book, say these words, buy this product and you will spontaneously get everything you want. Most people spend their entire lives searching for that magic bullet that will change everything. How we love to make simple things complicated and then rationalize the results we get!

In truth, the results that we get in goal achievement (or non-achievement) are as reliable, dependable and impersonal as gravity. When you toss a ball into the air, you know it will come down. The ball does not care who threw it, what their history or previous experiences are, what kind of family or friends they have, what sign they are or what day of the week it is. The ball will always come down.

The Laws for goal achievement are just as predictable. You will get what you think about and what you allow. And here's the rub: do you really know what are you thinking about? Most will spend time in visualization creating the mental image of accomplishment or stuff they want to have. No more than 10 to 15 minutes a day for this is quite sufficient. If you can maintain a pure positive thought for 17 seconds without any negative intrusions, you are well on your way to achieving. It is by far easier to meditate and clear your mind completely than it is to hold fast and steady to the image of what you want to create without doubting its appearance.

Listen to your mind chatter. “I want a million dollars but I don't want to work hard” shows a belief system that says “you must work hard for everything”. “I want to win the lottery, but then I won't know who my true friends are and who just wants some of that cash” shows a belief system of mistrusting others and your own discernment about them. “I want to be a national champ, but then people will expect this from me all the time and I don't want that kind of pressure” shows a fear of success. Indeed, we set up our own limitations by arguing against what we have ordered.

Consider this. You are at a restaurant and order their blue plate special. The server writes this down and walks toward the kitchen, but then you decide instead to have a steak. She makes that change and as she turns to leave, you decide you'd rather have a hamburger. After changing you mind several times, she finally brings the water and crackers that you definitely decided on....and you complain that there is such poor food and slow service at this restaurant.... even though others have told you of their wonderful experiences. Are you doing this?

Consider this. When you want a horse to go, you squeeze you legs together. When you want a horse to stop, you pull back on the reins. The quickest way to ruin a perfectly good horse is to squeeze your legs and pull back on the reins at the same time. The quickest way to sabotage what you want is to argue against receiving it. Are you doing this?

Consider this. You go to a furniture store and purchase a new living room set that will be delivered in 4 days. You do not go home and worry that your furniture is not coming. Instead, you move the old furniture out of the way, you clean the floors, and visualize how wonderful this room will look and imagine where you will place each piece. This is positive goal achievement and you can create anything that you want with exactly the same mindset.

What will you create today? The choice is always yours....and your order is ready.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary EClub of Southwest USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. “A person for the people”, Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**