

Manifesting your Dreams

By: Sher Smith RN, RPP, RCST

Whatever man can conceive, and believe he can achieve. The first step is to have an idea and the second step is to write that idea down. The idea is like a seed in the garden of the mind. Once we desire something we need to become emotionally charged with our desire and then add faith to bring results. Prayer amplifies our faith and moves our desire into the spiritual realm. In the spiritual realm, like attracts like. We will start to draw to us what is needed to bring our desire into crystallized form. This is best accomplished through a plan. We plan our work and work our plan with persistence to find our gold mine. Once we have a plan, we start. Along the way we may need to modify our plan. Make a to-do list for each and everyday. Any crisis is a challenge and an opportunity. Often times as materialization approaches a crisis occurs, for it is through the chaos that a new higher level of organization appears bringing with it success. You create a process, get into the process, stay in the process and let the process do the work.

Faith in our ability, which has been God-given, is what brings to us our desires. "Faith is dependence on God's Eternal Sound Current which sustains all through its Essence. Faith links the mind to the soul and raises it up to a higher vibration of life and light. Faith can lift mountains of negative mind substance and remove them to oblivion, as light dispels darkness. Faith is soul energy at work. Faith is the North Star of the mind, through the understanding of God's goodness and life's purpose... the Conscious mind should lift, direct and guide the unconscious impulses upward, toward the light and a higher conscious control of it all, by love, faith and clarity of perception" (Dr. Stone BkV P.13)

We can only hold one thought in our mind at a time and we can choose that thought. We have the choice to develop and to hold a positive mental attitude, for we become our dominant thoughts. Our every cell eavesdrops on our unconscious subconscious chatter all day long. We are today the result of our past thoughts. Thoughts held will eventually demand expression.

Whether we think we can or can't either way we are absolutely right. One way to enhance our process is to develop the daily habit of a gratitude journal and attending a daily success seminar for 10 minutes held in our mind (meditation on our goal). Visualize your goal as if you already have it and with exact detail especially on the amount of money desired by an exact date. Which is our dominant thought - fear or faith (love). Jesus worked his miracles with faith. Ford created cars with persistent faith. Ghandi mobilized a country with his faith. Once your faith is firm then be willing to give, for whatever you give is returned to you ten-fold.

No amount of knowledge made anyone rich. It is the application of knowledge that brings results. All riches begin first with a thought. You don't need to have all the answers, you will gain them as you go and what you need to know you can go learn in the library or ask someone who does know. Knowledge is only power when it is organized and applied. Write the goal, dream it daily, visualize it, believe it, get emotional with it, and keep on keeping on. When we visualize it, our mind translates our mental images into thought. Then we add belief, intense desire and faith to create the necessary mental chemistry of passion and obsession. It is our faith that will remove limitations.

Faith is the strongest feeling. As we affirm our desire with a burning passion, our subconscious believes it as it believes everything it is told and will act on the strongest impressions it receives. See yourself as already in possession of that which you desire, as you already have it in the etheric and all you have to do it is draw it to you in the physical. Write a statement of your purpose and goal, carry it with you, touch (feel it) and visualize it daily. Repeat it first thing in the morning and last thing at night. Belief is crystallized in faith. The difference between success and failure is habit.

Remember to get in the process, stay in the process and let the process do the work. Burn the midnight oil. Practice, practice, practice! When whatever you are doing isn't working, do anything else and you will be that much closer to finding what does work for you, to manifest your desires. Develop the buddy system and stay in harmony. See setbacks not as failure, rather as having an outcome and learn the one way that isn't the way for you. Start where you are and improve - start today to create the rest of your life. The life you were meant to have. Know that you can, believe that you can and you can!

Sher Smith RN, RPP, RCST has been involved in the Holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute and certification in Neuro-Linguistic Programming, Educational Kinesiology, Reiki and Touch for Health. Sher is the founding President of the Ontario Polarity Therapy Association, a member of the American Polarity Therapy Association, a member of the Cranial Therapy Association of the United Kingdom, and is a Director with the RYP School of Polarity Therapy teaching an approved APP & RPP course.