

Why Are We Skeptical?

And what is the cost?

I was a skeptic, a real “show me the money” type of person, for most of my life. At the same time, there was so much I had always wanted to believe! There were many metaphysical topics that had always interested me, but I could never really “experience” any of them because of a basic skepticism that prevented these things from occurring in my life.

And, of course, it had therefore always been my experience that **my skepticism turned out to be justified**. My belief system simply would not allow for extraordinary events, as if those were “too big” for me to tap into. It all just seemed too good to be true.

There are so many people who are ruled by the *too good to be true* mindset. And it is all about “being right.” It is so easy to say that certain philosophies are not true, or that they are fantasy, because it is so very easy *not* to experience the truth of the extraordinary! You simply say it does not exist, feel it in your bones, and it will not! Therefore, you have all the proof you need! It hardly matters what kind of evidence to the contrary might be presented to you. In *your* reality, the reality that you have attracted by your beliefs, thoughts, and feelings, you can support just about any belief (or disbelief) you have!

But, does your skepticism truly serve you?

Personally, my skepticism was a protection mechanism. After all, if I did not believe *anything*, I could not be disappointed! I could always be right!

But at what cost?

What I finally learned, after so many years of yearning to experience new things, was that my active “disbelief” was the only thing keeping me from experiencing them. I could use all the logic in the world to “prove my point,” but was I happy? No. But I was “right”...or so I thought.

Meanwhile, people everywhere around me were having the experiences I was wishing I could have! What was the difference? Simple! They simply were not *resisting* the experiences.

The only reason you do not have everything you want in your life right now is because you are resisting it to some degree.

So you are thinking, “How can that be?” After all, let us say you really want a new house. You want it badly! How can you be resisting it?

By *wanting* it so badly!

First, the word “want” and, more importantly, the *feeling* associated with the word, suggests an experience of “lack.” You *want* It because you do not have It. The reality is that you *do* have it. It is right in front of you. You just need to “tune into” it.

I know that probably sounds very bizarre right now, perhaps a little outside the comfort zone of your beliefs. I understand that. In fact, it is precisely why this book was written. I want to demystify all this so that even the most skeptical among you can finally get your intellectual arms around these concepts and begin to incorporate them into your life for your own benefit.

Yes, you will probably have to open your mind just a little. Just do it.

It is completely worth it.

So let us start with the most basic concept you need to understand at a scientific level...

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PART II

How to Do It

As I stated in the Introduction, Life is all about attraction and resistance. We experience what we attract through our vibration, and we repel that which we resist.

The only thing that stands between where we are now, and where we desire to be is resistance.

The upcoming chapter on Letting Go, is probably the most important section of this entire book, because it deals with exactly how to eliminate any and all energetic resistance affecting your vibration such that you seem unable to attain your desires.

Actually, “How to Do It”, is something of a misnomer in terms of what you’re going to learn in this chapter. What you really need to learn is how to BE it.

The problem with most “self-help” courses is that they give you a list of techniques and processes—things to do. Sometimes, these processes can do the all-important work of shifting your vibration into resonance with what you desire. However, more often, a person who is “doing” the processes maintains the vibration of “doing the processes”.

The Law of Attraction is very precise. It responds to exactly what you are vibrating. It does not interpret.

If your vibration is that you are doing a program in search of answers, then you will attract MORE “doing a program in search of answers.”

Books and programs should instead teach you how to be FREE of books and programs, and how to BE that you are wealthy, healthy, and whatever else you want to be, because, unless you are in the vibrational space of being wealthy, you cannot attract wealth.

That is what this section is about.

Remember also that we live in a completely Infinite Universe.

The reason we are experiencing our present reality is because it is the one with which we are currently in vibrational alignment, but ALL realities that you can imagine exist

directly affect what you are attracting, so until you can eliminate that noise, you can't attract accurately.

A common example of resistance shows up as being *attached* to your desires.

If you are constantly “obsessing” over your desire, then what you are truly doing is constantly reminding yourself that it is not here! This will generate a very specific feeling, and it is *not* the feeling that will attract your desire. The more “life and death” you feel your desire to be, the more you repel it! Instead, joyously accept and allow the Universe to bring it to you at the perfect time, and in the perfect way. If you continue to feel attached or obsessed, utilizing a tool like EFT, you can release that feeling completely or at the very least, significantly lower it.

When it comes down to it, detachment comes from a total “knowing” that what you want is coming. After all, when you order food in a fine restaurant, you do not fret as to whether the waiter is going to bring you what you want. There is no doubt in your mind. You are completely detached.

And so it can be with your desires, once you fully trust in the power of the Law of Attraction. You ask for what you want, you know it will come, and you do not give it a second thought. This will speed the manifestation of your desires like nothing else because you truly will not care a lick about the “when” and “how,” and you will not be forcing the Universe into taking any particular path in delivering, which can really slow down the process.

How do you “force” the Universe to deliver in a certain way? Well, remember that you attract that with which you are vibrationally aligned. If you are only vibrationally aligned with things coming to you in a certain way, then you are blocking out all other avenues through which your desires can be fulfilled. That translates into you missing out on all sorts of opportunities that might arise.

Instead, if you are vibrationally aligned with “any and all” possibilities – “This, or something better - for the good of all concerned,” you have created a much larger valve through which delivery can be funneled!

The best way to start deliberately creating is to ease into it by manifesting something small. Choose something that you can get excited about, but that you truly do not care whether it comes to you or not. You have no “time deadline” in your mind. Choose something that does not seem so monumentally impossible that your mind will constantly be having a conversation about how unbelievable the idea is, which will make it virtually impossible for you to maintain the magnetism you want!

It is much easier to “let go” of the little things. As you have success, you will be able to translate that ability to the larger ones.

Once you have truly let go, you are in a perfect state of “allowing” the Universe to deliver through the most efficient means possible, since you are not going to be looking for it to come in any particular way...are you?

from feeling that you deserve your desires is based on false information, which can be unlearned. Once you do unlearn it, watch out! You will turn into a manifestation machine!

Next time anything at all happens to you that you do not enjoy, ask yourself if you truly believe that you deserve a *better* situation. However, you must understand that all of your circumstances are brought to you through the Law of Attraction, which states very clearly that: “Energy Attracts Like Energy.” You are literally vibrating a frequency that has brought this and all other circumstances to you.

You do not have to believe it. Your belief in any of this has no effect on how the Law works. It will, however, have an effect on how the Law *occurs* for you.

Here is an easy way to gauge how “deserving” you truly feel at the deepest and most important levels:

Look around you. What do you see?

Whatever you are looking at is an indicator of what you feel you deserve. Nothing more and nothing less.

Now, let me explain that.

“Deserving,” the way most humans think about it, is an intellectual process of sorts. They figure that given everything they have said and done throughout their lives, they have “earned” (or they “deserve”) to have a certain experience in their lives. They “deserve” to have a house that is x size, a car that costs x amount of dollars or a marriage that is x happy.

On the outside, they might look at their environment and complain, “I can’t believe this! I deserve so much more than this! This is not fair.”

The tricky part to understand is that those statements are not reflective of your *true* beliefs. They may be intellectually sound, however. That is, you may work much harder than you are being compensated for. You may treat people a lot nicer than they treat you. You may be loyal to a spouse who does not return that courtesy. Therefore, you figure that you “deserve” better and that some cosmic injustice is being done.

While all that may be so, there are two things that are also true:

First, you are having the experience you are having because, on some level, you are in vibrational resonance with it. You are magnetizing it.

Secondly, the reason you are vibrating the way you are is that, at your deepest levels, you do not really feel you deserve any better (or worse) than you have right now. The reasons for that can run really deep and are the kinds of things that are extracted through therapy and the like.

It had decks off every bedroom, perfect for entertaining and just as I'd imagined. I love decks...and this house has decks galore! There was a beautiful dock in a cove of deep water, a view of the marina off in the distance and great sunsets. The house was built by a contractor for his personal use. He had intended to live in the home for the rest of his life, so you can imagine the quality and attention to detail that had gone into the construction.

He even had a computer in the kitchen.

So what does this mean? I try not to jump to the interpretation that this is necessarily *my* house...or that it is coming right now. It *could* mean that, but it is not for me to decide. I cannot force it, nor do I want to. I can only follow my intuition, pay attention to my ideas, and keep the vision alive.

Seeing this house really added some power to this whole experience of “being wealthy,” because then, I had something very real and specific to focus my creative Energy on (in an unattached way, of course). The house was no longer just a collection of concepts in my head. Now, I had seen it and touched it. I knew it existed in the physical. I just have to resist the urge to try to “figure out” how it is coming.

Clearly, the Universe is in the process of delivering. The “coincidences” of this experience were absolutely ridiculous. One would have to be totally blind, or at least very closed-minded, not to see that. I mean, it is almost as if the guy built this house six years ago according to the very spec sheet that I had just started creating a few months prior to actually stepping foot inside the home.

So the message here for you is to dream big and dream specifically. This house showed up in our lives almost immediately after I began to meditate on what I wanted our “dream” home to be.

Go play with “being” wealthy. Shop for a home, a car, or *something* that connects you with the feeling of wealth. It really helps raise your vibration and that is what you need. And, it is just fun to do!

Most importantly, **do not think about the money**. Shop as if paying for it is not even the issue. Go find what excites you! That does not mean to go spend a bunch of money if money is not currently a part of your experience, particularly if you are one who stresses over debt. Simply think about what you are going to end up with when you have it. Just remember that money is not always going to be the conduit to the “thing” in question.

Further, when you think about money, you are caught up in the “how” of the process and will then focus on trying to figure out ways the money will come, which is not your job. You just follow the signs and have the most fun possible.

This is a good point to talk about the “**This, or something better for the good of all concerned**” addendum you should place on all your desires. For example, if I get too attached to this particular house, I run the risk of missing an even *better* one charging its way toward me.

easily afford anything we want at any time.” (Of course, I had that thought in a nanosecond, which sustained for several seconds.) It was just such an intensely freeing experience. It was so powerful! I realized the concept of *being* Wealthy on a whole new level, and I could literally feel how magnetic I had become!

It far transcended affirmations like, “I have all the money I need for anything I want.” **It was completely experiential** and felt tremendously real, although as I mentioned, at first, I could only sustain the feeling for a few seconds. However, I believe those few seconds were a TURBO-BOOST in the delivery of that reality.

Putting into words exactly what I do to achieve that state is proving very challenging, but I think the first logical step is to state the affirmation in your mind. After that, you have to “step into it.” I cannot think of another way to put it. You just temporarily “forget” that anything other than that the essence of your affirmation **IS** the truth. Rather than focusing on “creating something new,” simply forget about what you do not want to exist.

For example:

If your desire is to experience great wealth, but your predominant thought is on this “wealth” you *do not have* – even if you are trying to imagine yourself wealthy – you still have the whole, “I do not yet have this” conversation running. Even though you are not necessarily conscious of it, the, “I do not have it” vibration is a powerful attractive Energy – attracting more of the same for you. However, if you can – even temporarily – *forget* that you do not have the wealth you want, then your “wealthy” state sort of becomes the “de facto” state for you.

I know this is a tricky one. I wrestle with the language here, as I am trying to describe something that is completely inarguable and is much more linked to **feeling** than is possible to describe with words. It is about how strongly you can “play” with having your desire...and maybe the technique of forgetting might help you to experience that sense of “play” on a different level.

I can just tell you that I had been working a long time with “Being” wealthy by doing the wealthy things like shopping for homes and cars. However, it was an entirely different feeling to approach these things with the true *feeling* that I had plenty of money (or means) to get whatever I wanted. Knowing *how* I was going to *afford* what I wanted was not the issue at all, on any level, not because I was thinking “The Universe *will* provide,” but because I had taken it one step further and was actually feeling that, “**The Universe has already provided.**”

Many people believe that “being a millionaire” means being someone who will never have to worry about money again. We get this idea that a million dollars is some kind of “magic number” with which all of our problems will be solved. Again, I would bet several “millionaires” would give you a thousand reasons that is not necessarily the case.

So, if you want to be a millionaire or, more accurately, someone who does not have to give money a second thought, be sure you play with the **FEELINGS** associated with **BEING** that. Do not think and try to feel “a million dollars.” Think and feel how it will be to have *no concern*

When Those Around You Do Not Believe

So you have started integrating the scientific principles of the “Law of Attraction”, or at least you are trying to, but your spouse, friends or co-workers do not share your enthusiasm for this way of thinking. The big question I get is, “Will this affect the outcome of my efforts to manifest wealth?”

The answer is that it totally depends on you. Now, before I really get into that, let’s back up and really look at your situation.

Remember that this spouse, these friends, these co-workers or whomever it is that surrounds you and talks all of this down, are people that **you attracted into your life**. You first have to take responsibility for that. If you fight that basic truth, you are unlikely going to have success with these principles, because understanding that you attract EVERYTHING – pleasant or unpleasant – is the distinction that gives you the confidence to create anything you desire.

You cannot just say, “I attracted this great thing, but this other situation is someone else’s fault entirely.” Remember, that does not mean that you **CREATED** the situation. You have simply attracted it into your life, either through conscious, persistent thoughts or unconscious thoughts and beliefs that run without you even taking much notice of them. This combination of thoughts creates your “vibration,” which then attracts like vibrations.

When these people came into your life, you were most likely vibrating something very different than what you are starting to vibrate now. When you suddenly change “who you are” or work on raising your vibration to a new state, you are going to shake things up a bit among your sphere of influence. How can you not?

You also have to remember that the path you are on is *your* path. It is not for us to coerce others into our way of thinking or believing. In fact, if we do that when they are not ready, we are only going to create conflict, which, of course, creates negative emotion, all of which simply begins to attract more of the same!

What makes this harder is that the people who are giving us a hard time about all this are coming from the mainstream view of what is “responsible.” So we hear things like, “Yeah, well that all sounds great, but the bills need to be paid NOW, and we have NO MONEY.” If that sounds familiar to you, what is your first response when you hear this argument? Probably things along the lines of:

- They are right. This is goofy. What they are saying is perfectly logical.
- They do not know what they’re missing. They are wrong. If they would just see it *my* way, we could change everything.
- They are making this so hard!

Creating With a Clean Slate

I want to talk about what I believe to be one of the biggest “slow-downs” you will run up against when you begin to purposefully use the Law of Attraction in your life. It comes from just a slight misinterpretation of one of the first steps in the process, which is deciding what you do not want, and then using that as a springboard to getting clarity about what you DO want.

Oftentimes, we will identify a situation that we clearly do not want and make the decision that we want a *different version* of it, instead of **something else entirely**. Hear that again: you know you do not want something like a job or a relationship, and you say to yourself, “Well, I’d like this job or relationship to be *this* way instead.”

Now think about what you have done. You are requesting that something outside of you that already exists *change* to your liking. Well, what if it does not WANT to be changed? If you are in a relationship and it is not going the way you want it to, you might say, “Well, I want him or her to be **THIS** way in this relationship.” Well, guess what? You cannot vibrate for them! You cannot change them.

However, you *can* attract something totally new and totally fulfilling. And before I go on to how you do that, remember this: if you are trying to change something, you will, by default, have some amount of Energy on what is **WRONG** with it, adding more Energy to what you are trying to change or eliminate.

While reading a book called “Merlin’s Message” by Marelin Thornton, I realized that, as creators, we are much better served by **beginning with a clean slate**.

Close your eyes and just pretend you are starting completely over with your Reality. You have a totally blank palette onto which you can paint anything you want. Of course, you are free to paint those things in your life that you already have that bring you great joy, but there is absolutely no necessity to include *any* version of the things that do *not* bring you joy.

Now, in some cases, that might not be too easy, especially if some of the “things” in your life that do not bring you joy involve people with whom you have shared a long history but who no longer support the vision you have for yourself. However, your attachment to *anything* out of a sense of guilt, responsibility or whatever your Ego says you “should” feel about something, does not serve you or the person or situation in question.

For example, let’s say you start this process in the way I am going to suggest in just a minute. Pretend you have nothing and know no one, just for the purposes of this exercise, and that you are about to **create everything and everyone** that you wish to be a part of your experience!

You start with your eyes closed, looking at this clean slate – Infinite Possibility. Now you start creating your reality from the ground up. Where do you want to be? I am not talking about your house. I am talking about your geographic location.

one that seems most appealing to you and take action on it. Be totally okay with putting the other ideas on hold or letting them go completely.

You see, you could say to the Universe, “I desire THIS,” whatever it is, and then suddenly the Universe could bombard you with a vast array of possible ways to do this. Just choose one and you will begin to narrow down your choices. So you choose one, and then the Universe will give you a bunch of ideas on how to act on it.

If you could not possibly do them all, just choose a few that seem appealing and act on those. Do not stress over it or make it a big deal.

You are going to have your desire fulfilled.

You are simply choosing the path to get there. There aren’t any “wrong” choices. ALL choices will get you there in the most efficient manner possible, based on the choices you make along the way.

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You: Right. Two weeks. With the agreement that when you see how wonderful things quickly become, that two weeks extends forever.

Ego: Okay, I will do that.

So you get the idea. You'll want to tailor your "conversation" to whatever objections your Ego keeps throwing your way. First, fully comfort the Ego that this is all in his or her best interest, and then make some kind of deal. If the Ego pops in again after making that deal, simply remind it, "Remember the deal. Remember the payoff." And simply continue.

By the way, it may be necessary to have follow-up conversations with the Ego. Just do it! Whatever works to quiet the Ego is very valuable, especially as you first start. This is just one technique you might want to try. Meditation is another. Perhaps you could have this conversation while in a meditative state!

Just do *something* to deal with the objections of the Ego, because it will stop you with reason, logic, and external evidence, if you let it. Most of the time, we let it, because we do not really recognize it for what it is: automatic responses based on false information. Knowing this can take away its power. Soon, it has no power at all, and you are free.

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What do we do about that?

Think about this:

When you were born, you were not born with a lack mentality. It is something that was taught to you over many, many years. Your environment, which supported that belief, was the result of the predominant feelings of *others* who came before you. So if you were not exposed to anything different, how could you have possibly cultivated a belief in infinite and unlimited abundance?

So, as you bought into these belief systems, surrounded by *other people's* evidence as you grew up, you just basically *synchronized* with their vibrations and made them your own. You became your very own magnet to lack, and you have been that way ever since.

How long does it take to change this? Ultimately, it is up to you. Now, I know that everyone says that the *Universe* decides when and where a desire will manifest, but that will still **always be in direct response to what you are vibrating**. The Universe will deliver appropriately in accordance to what you are magnetizing, and thus allowing.

Here's an example.

Suppose you are \$30,000 in debt.

First, you not only have to accept responsibility for the fact that you attracted that debt, but it would also let you greatly to be outrageously grateful for it.

"So tell me again why I am to be grateful for huge debt?"

Because that debt is the exact appropriate response to what you have been vibrating all this time and it shows you that the Universe does, in fact, respond perfectly! Knowing this, you now have the freedom of choice to vibrate something totally different!

Remember, you have been **feeling** this debt into existence on many levels, probably for many years. Just simply chanting an affirmation about being "wealthy" without any real *feelings* that resonate with those words will result in something that the Universe hears...something like this:

"I am Wealthy... I am Wealthy... I easily pay my bills..."

While at the same time hearing:

"30 thousand dollars in debt...30 thousand dollars in debt...30 thousand dollars in debt...How am I ever going to pay it?"

You have got two conversations running and chances are very good that the *second* conversation about the debt has much stronger emotions connected to it, because it is your experience right now.

So what happens? You attract MORE stress, MORE fear, MORE worry, and possibly even MORE debt, because that is what you are truly magnetizing.

You see, it is not that the Law of Attraction is not working for you. It most definitely is working, just not in the way that you consciously want it to.

So what do you do?

Given that most of us cannot completely turn off that negative conversation like a light switch, you have to start small. You have to do what you can to experience the positive feelings associated with your desire, even if it is just for moments at a time, *because in those moments*, you will be magnetizing more of the same.

The Abraham-Hicks folks, among others, talk about the power of holding a vibration for 17 seconds, then doing it again, and so on, and the exponentially magnetic power of doing that. While 17 seconds does not seem that long, just try to hold your positive feelings for that long without getting distracted with a negative thought. It is not that easy.

However, we DO provide a tool in the next section of this book to help extend the time you can stay in a truly positive and magnetic space. It is called the Experiential Meditation. I get more positive feedback on this meditation than I do about any other part of the “Wealth Beyond Reason” program, and I highly recommend that you start making this meditation a daily practice. Simply put, it makes you extremely magnetic for the period of time that you are using it. The more you use it, the easier it will be for you get into the feeling of having what you want, rather than thinking about what you do not want. That feeling will build and build, until eventually, the scales are tipped the other way.

However, a couple of things have to be happening at the same time:

One, make sure you are not consciously going back into a state of worry or fear around your money when the meditation is over. That is a *choice* (albeit an easy one) that, while habitual, is totally destructive. If you do that, the bulk of your day will be spent sending out frequencies of worry or fear, and that is what you will get more of.

My suggestion is this: when you come out of the wonderful feeling of experiencing your desire, no matter how long it lasted, be sure to express your gratitude for your ability to feel that way! Also, express your gratitude for everything around you right now, knowing that it is through this wonderful, seemingly magical power of the Law of Attraction, that it is a part of your experience.

Also, keep it in the forefront of your mind that you *have* begun to start the trend in another direction and that although you might have only felt truly prosperous for a few moments,

So Now It is Up to You

Well, I have done everything I told you I was going to do.

I have told you absolutely everything you need to know to create the perfect life. Not just a good life. Not just a *great* life. A Perfect Life.

What will you do now? Will you begin designing your life with intention and commitment, or will you keep waiting for something “out there” to happen? Remember, until it happens “in here,” it will not appear *out there*.

As I have mentioned repeatedly, the Law of Attraction is at work in your life, whether you purposefully “invoke” it or not. Why not **use** this incredible ability, rather than be victim of it?

It is all spelled out in the book you are holding.

But if you still have questions, I am happy to answer them. Refer to the “Contact Us” section of this book to learn how to reach me personally at any time.

Whatever you do, find something to be happy about. Tap on your desire magnet and start attracting! Make up for all the lost years. Do not live another moment in compromise. Follow your passions. They know the way.

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Contact Us!

We appreciate the opportunity to help guide you through the integration of these principles and welcome communication from you in a number of ways!

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He highly recommends goofing around as much as possible.

Bob lives in Duluth, Georgia, with his wife Krissy, and children, Catharine, Deborah, and Max, along with various animals that think they own the place.

Visit some of Bob's other web sites!

- BodyChangers - <http://www.bodychangers.com>
- Flightwaves – <http://www.flightwaves.com>
- Boundless Living - <http://www.boundlessliving.com>
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