

# 4 Steps to Creating Your Reality

Did you know that if you have 2 piano's in the same room, and you play a note on one piano, it will cause that same note to vibrate on the other piano without ever touching it?

You can create that same kind of vibration in your life, where you radiate a belief that attracts like-minded people. These people can help you manifest the kind of life that you want to live. This is a follow up to my last blog on reality statements, so if you didn't read it, check it out [here](#).

**1** Brainstorm all the positive things you want in your life. The job, career or business you want to have, the relationship you want to have, the income, the net worth, what you want to give, and any material things or spiritual accomplishments.

**2** Write out your statements in a clear phrase, present tense (very important) and creating a vivid picture of the world you are creating. It isn't good to use the word "want", because that leaves you in a state of wanting something, rather than having it. Instead, say "I will make a million dollars this year" or "I am giving a million a year to help parentless kids in India". Also, adding descriptive details helps you to paint a picture that sinks into your subconscious mind quicker by engaging your emotions.

**3** Practice autosuggestion and say the statement out loud 3 times a day with passion and emotion. Create the emotion by remembering a time that was a highly positive, emotional moment in your life and relive that moment while saying your statement. This creates the magnetic force that is the attractor.

4 This should be done every day for at least 60 days to sink into your conscious mind. Saying it more often is good, and it can also be said in your head instead of out loud.

In [\*Think and Grow Rich\*](#), [\*Napoleon Hill\*](#) says on planting a seed in your mind “any idea, plan or purpose may be placed in the mind through repetition of thought. This is why you are asked to write out a statement of your major purpose, or definite chief aim, commit it to memory, and repeat it, in audible words, day after day, until these vibrations of sound have reached your subconscious mind”.

For a much deeper explanation of how to create your reality statement read [\*The Answer\*](#) or [\*The Prosperity Paradigm\*](#).

By having the belief and faith around what you want your life to be...you can create it by feeding your subconscious mind the right messages that will set in motion decisions and actions along with attracting to you the resources you need. Most importantly, it will help us get past our biggest obstacle, ourselves!

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**ABUNDANCE – [uh-buhn-duh ns]:  
an extremely plentiful or  
over sufficient quantity or  
supply**

My son (Tony) graduated from college back in May from the University of TN. I was toasting him, my niece (Danielle) and a bunch of graduate friends at his college graduation party when I shared some comments and personal perspective about

looking at their life ahead. The toast went something like “there are great opportunities out there to grow and advance yourselves and I feel a lot of you have a head start because I see you have a mind set of ABUNDANCE! This allows the things in life you want to have to flow to you much more easily!”

I recognize that mindset because I share it. I didn't always, however. See, I grew up with a mentality of scarcity. I think a lot of us do and it's caused by our culture, people, teachers and the world in general. We grow up hearing all the time that there is not enough of this or that. Ever heard someone say “Money doesn't grow on trees”? I have heard it and I have said it. This mindset is limiting and when we limit ourselves we don't open ourselves up to allow the circulation that occurs when we act abundantly! I am sure you have heard the saying “what goes around, comes around”. When you spend or love without creating some restricting thought or limitation around it you send out the signal to allow it to circle back to you. Does this make sense?

It took a long time for me to break away from a scarcity (poverty) mindset to one of Abundance (Prosperity). If you're wondering how I did it, it started with awareness that my beliefs were limiting me. I realized that there is not a limited amount of anything, so I changed my mind set to think more abundantly, and in turn act more abundantly. Love for instance...if I give my love to someone, I am not going to run out. In fact, I learned that the more I gave, the more I received. Why had I been holding back? [The Secret](#) by Rhonda Byrne (also a movie) is a good example of recent intrigue into the laws of attraction...and it all begins with changing the way you think.

I now give love wherever and whenever I can. The same with money...I acted like every dollar was my last and would fight tooth and nail before giving it up. Now I give money away and spend money, without an ill will every time I swipe my card or write a check. To my own surprise, money keeps showing up in

my life. It feels good to share my money with others in return for a valuable product or service they provide.

By now you've likely discovered I have a great love of reading and learning from other people. One of the best books I have ever read on this subject is titled [The Prosperity Paradigm](#), by Steve D'Annunzio. This book uses actions that "align with universal laws that naturally attract success as surely as gravity attracts objects to one another." It helps one to learn how to open up to the mindset of abundance – well worth the read.

Maybe this will help open your mind to see that abundance is something we can all have.