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THE TOP 5
REASONS YOU
ARE
UNWITTINGLY
SABOTAGING
THE
MANIFESTATION
OF YOUR
TRUE DESIRES

and creating
unnecessary adversity in
your life.

Introduction

One of the keys to mastering deliberate creation is to become aware of and eliminate the many ways that you are blocking the manifestation of your true desires. In fact, you'd be very surprised how well you'd be manifesting, even if you didn't know anything about the principles and practices of deliberate creation, by just eliminating all that is blocking you. Without even knowing how you were doing it, you'd be constantly manifesting your desires and you would be amazed how "lucky" you were — most everything would just go your way.

In this e-book I'm going to introduce you to five of the biggest reasons why most of us are unwittingly sabotaging the manifestation of our true desires. There is a whole slew of ways that we sabotage ourselves, but these are some of the most prominent.

Five Major Stumbling Blocks:

1. Unconscious limiting beliefs
2. Habitual pessimistic thinking
3. Doubt, worry, and fear
4. Paying too much attention to what is
5. Repressed negative emotions

All of these stumbling blocks have one important thing in common — they are all unconscious — most of us are totally unaware that we are doing them and totally unaware of the detrimental effects they are having on what we are manifesting into our lives.

Without these stumbling blocks (and others) interfering with the natural manifestation of your true desires your personal reality would be one of consistent health, prosperity, and abundance. Eliminating everything that is blocking you and you automatically return to this state — it is your natural state. Unfortunately, there are very few people that are not significantly blocking the manifestation of their true desires in some way. That's why I thought it was so important to share this information.

Other teachers of Deliberate Creation have used terms other than "blocking" to describe how we sabotage ourselves. Some refer to it as "not allowing" your true

desires to manifest, other refer to it as “resistance” but the idea is basically the same and the understanding of which can be truly empowering.

So without further ado, let’s dive into five of the top ways many are blocking the manifestation of their true desires.

#1 - Unconscious Limiting Beliefs

Perhaps the biggest reason many of us are not manifesting our true desires is our unconscious limiting beliefs. Our beliefs play a profoundly critical role in what we can manifest. And the sad truth is that we are largely unaware of most of our beliefs. They are essentially unconscious and acting like hidden programs running on auto-pilot that not only color our perception of the present moment but more importantly are shaping and constraining our thoughts and expectations — both of which are intimately involved in the creation of our reality.

And you'd be surprised by how few of your beliefs you actually formulated on your own — EG; based on your own experiences, observations, and analysis. The fact is that most of our beliefs we simply adopted from our society and our parents, teachers, and other so-called authorities. And worse yet, we are at best only dimly aware of most of the beliefs that are programmed into our mind and how profoundly they shape our thoughts and expectations and hence, by the Law of Attraction, are shaping our reality.

If you want to become a master of manifestation, then you must deeply understand the critical role that beliefs play in the steering manifestation of your personal reality and you must replace old limiting beliefs with new and more empowering ones. Anything that effects your thinking effects your life. And nothing else effects your thinking more than your beliefs. The problem is that they are largely unconscious and often sabotaging your success. Here's how to master your beliefs and hence the results showing up in your life.

What Are Beliefs and How Do You Get Them?

Beliefs are your thoughts about how life is, or should be, or could be, codified into rules — rules that filter and shape your thinking about what is possible. The main problem is that over time they turn into automatic rules that operate sub-consciously. Which means you become completely unaware of them, yet they still guide your thoughts and actions — much like being on auto-pilot.

The Origin of Your Beliefs

So how do we get our beliefs? Where do they come from?

Some of them you created yourself based on your experiences and observations of the world. They started out just as working assumptions about how parts of the world are, but over time they became hardened expectations which act like a lens and filter thru which you view and interpret the world. The initial experiences that birth a belief I call "seed experiences" and I'll talk more about them and their role in the self-reinforcing nature of beliefs later in this article.

Although we do create SOME of our beliefs ourselves, many we simply adopt from others or are impressed upon us, by society. We all absorb our culture's norms, but we often forget to question whether these are serving us — or limiting us. The truth is, many of the beliefs that we adopt are disempowering and counterproductive, and we don't even know it.

How and Why Do We Adopt the Beliefs of Others?

We take on beliefs from others by imitation and conditioning. During childhood, we become indoctrinated via authority figures such as parents, teachers, priests, experts, etc. One of the psychological factors that encourages our adoption of beliefs offered by others is our deep-seated need to fit in and be accepted. Because of this, there is a very strong bias to conform to both the beliefs and behaviors of our society.

Worse yet, we often become strongly identified with, and attached to our beliefs, regardless of their source. And for better or worse, we'll even tenaciously defend them and unwittingly pass them on to others, including our children. But it is

important to note that your beliefs GOVERN how you think and act, but they are NOT YOU. You can UNINSTALL them and install new ones of your choosing, and this is exactly what you need to learn how to do if you want to excel and create the life of your dreams — more on how to do this later in the article.

Once you can see the patterns, beliefs, and systems that you are operating in changing them, upgrading them, evolving them, is entirely within your control.

— Vishen Lakhiani

Do You Know What Your Beliefs Are?

Want to get a feeling for what some of your beliefs are? Ask yourself some simple general questions and respond with whatever short statement comes immediately to mind.

Here are some examples from the best-selling book [Infinite Possibilities](#) by Mike Dooley.

1. *What do you think of people in general? Are they kind, trustworthy, and good-hearted, or are they shallow, naive, and lazy?*
2. *What do you think of life in general? Is it easy, hard, exciting, or boring?*
3. *What do you think it takes to achieve success? Hard work, sacrifice, paying your dues (via schooling, apprenticeship, or whatever), or luck?*

Your answers to these questions are exposing your beliefs. You might think that your answers are just objective observations of how things are, but they are much less so than you imagine. And whether you know it or not, these beliefs are having a profound effect on how you interpret and respond to the world around you, and the experiences that you create for yourself.

Ruled by Your Beliefs

Your beliefs shape and constrain your thoughts and actions. They act as a selective filter of what information you will accept or reject, and they color your perception of the information that you do receive. Your beliefs allow only certain thoughts to enter your mind, and disallow others, and since thoughts are creative, this constrains what's possible to manifest. Thoughts that fall outside of what you believe is possible will not be entertained and thus CAN NOT be manifested.

Your beliefs don't just filter your thoughts they GENERATE them as well. When your imagination kicks in, one of the things that determines what thoughts are spawned is your beliefs — they steer what you imagine for the future, and by the Law of Attraction what you imagine and think about is what you will attract into your life, for better or worse. And for the average person, who is chock full of unconscious limiting beliefs and has a relatively undisciplined mind, what they will likely imagine is THE WORST, and hence attract exactly what they don't want!

This is why it's so important to CONSCIOUSLY choose your beliefs. The golden rule for self-mastery of your beliefs — identify and release any that aren't serving you. And any belief that doesn't expect the best and give you an empowering mindset probably isn't serving you.

Here's an example of how ones beliefs can strongly steer what arrives into ones life...

I have a female friend that has come to believe men are unethical and unscrupulous when it comes to relationships — that in general, they are untrustworthy. She talks about this to me, and I suspect others, very FREQUENTLY — which is a dead giveaway of her underlying belief and that she's giving a lot of attention to this thing she doesn't like. Which is a big mistake is you understand the Law of Attraction.

How did she get such a strong negative belief about men? Apparently, she experienced a few bad relationships with men when she was young, which served as the "seed experiences" that spawned the belief. And now, with her strong belief and frequent attention to this topic, surprise surprise, she seems to experience unscrupulous men far more frequently than the average person!

Her frequent focus and strong feeling on this subject makes it one of her most predominant thoughts and therefore, by the Law of Attraction, strongly attracts it into her life. She thinks that her belief is simply a valid observation of men, yet little does she know it's actually attracting those same types of men and undesired relationship experiences into her life. Clearly, her belief about men is not serving her highest interests.

This example illustrates beautifully how the Law of Attraction works and how beliefs play a critical role. It also illustrates the self-reinforcing nature of beliefs that results from the Law of Attraction.

The Self-Reinforcing Nature of Beliefs

Beliefs are like self-fulfilling prophecies — "seed experiences" birth a belief, or a belief is simply indiscriminately adopted from others, and if the belief is strong enough, it begins attracting experiences consistent with it, thereby validating and strengthening the original belief, and then even more powerfully attracting more of the same.

Your beliefs may have been birthed from your experiences, but they then take on a life of their own and DEFINE and CREATE what you experience!

Because of this self-reinforcing dynamic, our beliefs can get very strong and deeply entrenched. We tend to become very convinced that our beliefs are justified, realistic, and valid. This is one of the reasons that changing our beliefs is so hard. The resistance to shifting to a new belief in the face of all the "apparent" evidence supporting an old belief is tremendous. Simply understanding this goes a long way to helping you transcend your limiting beliefs.

A radical approach that makes changing your beliefs much easier starts with embracing a profound truth about the nature of reality — there is no absolute reality, all realities are generated by your thoughts and beliefs. Therefore, any thought or belief is no more or less realistic or valid than any other! More about this later in the article.

The Importance of Mastering Your Beliefs

The importance of Beliefs in manifesting the life of your dreams cannot be understated — most people are unwittingly sabotaging their success by their limiting and disempowering beliefs. When it comes to manifesting your dreams, your beliefs either permit or deny them!

Steering Your Thoughts by Carefully Selecting Your Beliefs

Our minds generate a constant stream of thoughts, most of which we are barely aware of. These unconscious thoughts make up the bulk of our daily thoughts, and so, by the Law of Attraction, they are potentially a powerful, attractive force.

Clearly, we need to direct our thoughts more deliberately, but the problem is that they come thru our mind so quickly, and there are so many, that it's very difficult to monitor them. This is where the power of deliberately selecting your beliefs comes into play. By selecting beliefs that are aligned with the life of your dreams all your thoughts will automatically be ones that are consistent with creating those dreams, and the impossible task of policing your thoughts becomes unnecessary.

Because all your beliefs are already installed, and many without any conscious participation, this leaves you in a position of needing to identify and review the beliefs, which you currently hold. Once you identify your beliefs you can then decide whether they are in alignment with your dreams and desires and begin the process of ridding yourself of the ones that aren't and replacing them with beliefs deliberately selected to support the attainment of your desires.

Changing Your Beliefs

Now that you understand the nature of beliefs and the profound influence they have on shaping your reality let's dive into practical advice on how to identify and remove beliefs that aren't serving you, and how to install new ones that are aligned with the attainment of your goals and desires.

Two Approaches to Changing Your Beliefs

You can take one of two approaches to changing your beliefs. The traditional approach is that you try to identify your hidden limiting beliefs and then weed them out, replacing them with new more empowering beliefs, as you find them.

The alternate approach involves skipping the first step — rather than looking for and worrying about your hidden limiting beliefs, you just select the beliefs that you want — ones that are aligned with the attainment of your desires. And then by regularly reminding yourself of these new beliefs, and taking small actions consistent with them, you will gradually install them and override any incompatible limiting beliefs. Because of the way the Law of Attraction works, as you affirm your chosen new beliefs, both through your words and deeds, evidence will mount that supports them and facilitates their installation.

Since it doesn't hurt to get in the habit of noticing and inspecting your beliefs let's explore that first.

Identifying Your Beliefs Through Reflection

The first step in the process of ridding yourself of your limiting beliefs, by the traditional approach, is to identify them. This isn't necessarily easy because many of them are almost completely unconscious.

The key to identifying your unconscious beliefs is the understanding that they are reflected in every thought you think, every word you speak, and every action you take. If you want to discover your beliefs just pay attention to what you are thinking, saying, and doing and reflect on what they imply or say about your underlying beliefs.

Paying Attention to Your Thoughts

Because our minds generate a constant stream of thoughts, most of which we are barely aware of, it's nearly impossible to monitor your every thought. Despite this, it doesn't hurt to try to build a habit of noticing and reflecting on your thoughts because the ones you do catch will give you a window onto your beliefs. Yet, it is often easier to monitor what you SAY, and the process is the same so let's explore how this works in that context.

Paying Attention to What You Say

Because we speak only a small fraction of our thoughts, it's often much easier to monitor and reflect on what you SAY. Get in the habit of paying attention to what you say and spend a little time reflecting on what it implies about your underlying beliefs.

Have you ever wanted something but then caught yourself telling your friends something contradictory? Maybe you long for a deep and meaningful relationship, but then you catch yourself saying something to the effect that relationships never last. Or maybe you're trying to lose weight, but you hear yourself complaining that it doesn't seem to matter what you eat, you still can't lose weight. These are examples of expressing your hidden underlying beliefs. When you catch yourself saying things like this you've just nailed a belief that's working against what you really want.

Here are some more examples from the book [Infinite Possibilities: The Art of Living Your Dreams](#).

Example #1:

Have you ever heard yourself say to someone, with a tad bit of envy, "*It must be nice?*" Even though you might just be joking you're really admitting that you can't even imagine what it's like to do or have whatever it is, and you're implying that you likely won't ever know. Catch yourself the next time you say something like this, and ask yourself why you believe this object or experience is out of your reach. If you drill down to the bottom of this you'll likely uncover a limiting belief.

Example #2:

Have you ever heard yourself groan when you receive an unexpected bill? Clearly you are expressing a belief that money is tight or hard to come by, and that the chances of this changing are small. Even though this belief may be an accurate reflection of present circumstances, it will only perpetuate those very circumstances. To pave the way for a different circumstance, you must think and imagine the new circumstance despite your current circumstances. That's why [Never mind what is, imagine it the way you want it to be](#) is a timeless pearl of manifesting wisdom.

Instead of focusing on the lack of funds when you react to the unexpected bill, you could say to yourself "*Good thing I'm rich!*" This has you focusing not on the lack of funds but your preferred circumstance and will energetically contribute to the manifestation of that very thing, especially if you say it over and over.

Example #3:

Have you ever noticed yourself turning off lights or turning down the thermostat at home to save money? What do you think that says about your money beliefs? Actions like this generally reflect underlying beliefs in limitation and scarcity. You might object saying that it's not a belief — that your resources really are limited. And that is indeed true RIGHT NOW. But again, if you focus on lack, by the law of attraction, you will get more of it.

Paying Attention To Your Actions

Just as your words reflect your beliefs so do your actions, so reflecting on your actions provides another window onto your beliefs. Here are some examples.

Example #1:

When your packing for a hike in the mountains do you always grab that can of bear spray and make sure you bring it with you? What belief do you think underlies that action? It's pretty obvious the underlying belief is "bears pose an imminent threat to your health and welfare". But are they? Well, maybe or maybe not, but you sure believe they are otherwise you wouldn't need to bring that bear spray, would you.

Example #2:

Are you one of those people that has stock piled food, supplies, money, and perhaps even a gun and ammo in your home? So you can be prepared for any natural disaster or maybe even the collapse of society and social order. What belief do you think this implies? It's pretty dang obvious that it implies you BELIEVE that there is a significant chance of these calamities actually occurring and have probably spent a fair amount of time thinking about and imagining these scenarios. What are the chances of these types of events actually occurring? Hard to say, but YOU believe there is a REAL chance otherwise you wouldn't have made those preparations.

From these examples it's pretty clear how our actions reflect our underlying beliefs. And by the Law of Attraction, your beliefs, and the thoughts and actions that they spawn, are the energy that is slowly but surely increasing the chances that you will actually experience those very types of circumstances.

So simply reflecting on your actions can help you identify your beliefs. Once you expose one of your beliefs in this fashion and determine that it is counter-productive you can then start working on ridding yourself of it, which I'll dive into a little bit later in this article.

Identifying Your Beliefs Through Backtracking

Another approach to identifying your beliefs is to reflect on the undesirable experiences that you've encountered and attempting to back-track to the underlying beliefs that might have attracted them into your life. Ask yourself the following: *"What would I have had to be believing in order to attract such an experience?"* Although this approach will not always yield obvious results it certainly can't hurt to reflect on your undesirable experiences and try to understand the beliefs and thoughts that might have served to attract them. Any awareness gained can potentially help you defuse them.

The Challenge of Changing Your Beliefs

Whether the discovery of a hidden limiting belief prompted you to formulate a new preferred belief, or you simply formulated the new belief by deducing what you'd have to believe to achieve your intended goals and desires, you are now ready to install it. Of course, installing a new belief can be challenging because old limiting beliefs are often very deeply entrenched.

Making it Easier to Change Your Beliefs

One thing that can go a long way in helping you transcend limiting beliefs is to realize that beliefs are NOT TRUTHS they are merely opinions about reality. All beliefs are equally-valid. Beliefs are neither true or false they are simply beneficial or detrimental. By releasing your attachment to the truth or falsity of your beliefs you liberate your mind to select whatever beliefs best serve you and

the fulfillment of your goals and desires. Repeat the following affirmation regularly to install this new belief about beliefs.

My beliefs are neither TRUE or FALSE they are simply either beneficial or detrimental to me.

With the freedom gained from adopting this new perspective about beliefs it becomes much easier to ask yourself "What would I rather believe?"

Another way to make changing beliefs easier is to embrace the esoteric truth that is the foundation of the Law of Attraction — all realities are generated by beliefs (and thoughts) and therefore there is no "basic" reality that is any "more real" than any other reality.

All realities are constructs of thought. Life and existence are an empty canvas with infinite possibilities and what you fill the canvas with is a function of your thoughts, beliefs, and what you can imagine. The canvas is EMPTY because there is NO "inherent real reality" at all! There are "Infinite Possibilities" because reality can be ANYTHING you define it to be, according to your definitions, your beliefs, and your imagination!

Fully embrace this truth and you will no longer have that lingering feeling that the old belief is more "real" or valid than your new preferred belief. And therefore, you won't slip back to the old belief, because it seems more "true" or "realistic".

Installing Your New Belief

Once you choose your new belief you can do the following to install it; (1) Create and regularly say affirmational statements that reinforce the new belief, (2) Actively seek out proof of the new belief, and (3) Ask yourself what you would do now if you were committed to the new belief and start doing it!

1. Affirming the New Belief

A key part of installing a new belief is by using affirmations. Affirmations are simply statements that you repeatedly say to yourself. They can be used to reinforce your thoughts about what you desire thereby amplifying their attractive power. In the Mastering Deliberate Creation program offered through the [Deliberate Creator Academy](#) you will learn a lot more about the power of the

spoken word and the powerful practice of affirmations so [stay tuned for the Academy grand opening](#).

In the case of affirming beliefs, you are both sending a signal to the universe and trying to reprogram your mind with the new belief so that in the future your thoughts and actions will automatically be consistent with it.

2. Actively Seek Out Proof of the New Belief

Because of the self-reinforcing nature of beliefs, you will begin to see evidence that the belief is working its magic. If you actively look for, notice, and remind yourself of this evidence it will accelerate the full installation of the new belief and completely dissolve any incompatible limiting beliefs that might have existed.

3. Acting in Accordance with The New Belief

As you begin to install your new belief by using affirmations you can also forge ahead and start acting the part. Rather than waiting till you've completely removed the limiting belief you simply "suspend your disbelief" and start "acting as if" you believed the new belief you are trying to install. [Actions speak louder than words](#) (your affirmations are words) and will spark the delivery of fortuitous opportunities from the Universe that will support the attainment of your desires, whatever they may be.

When you forge ahead like this, you will feel uncomfortable at first because you are taking actions without having completely changed your underlying limiting belief. For a while it will feel like you are faking it, and indeed you are, but, as the classic adage goes, just keep "faking it till you make it!"

To make it thru this "faking it" stage just march towards your goal intently focusing on empowering thoughts rather than doubt, "acting as if", and constantly reminding yourself that you are a creator and exist in a field of infinite possibilities and what you can create is only limited by your imagination!

"Acting as if" sends a powerful signal to the Universe that draws to you the opportunities (people, ideas, situations) that will facilitate the attainment of your dream. As this support kicks in you will find your old limiting belief will naturally dissolve as the new empowering belief is installed. One of the keys to successfully employing "fake it till you make it" is patience and persistence. It

might take a little while before the support from the Universe starts to show up. You must suspend your disbelief, go through the motions, and persevere for long enough till the support kicks in and you start seeing proof of the new belief.

As a personal example, when I first conceived of the idea of writing about and sharing my spiritual and metaphysical knowledge and insights my first reaction was fear and doubt — I didn't believe I could be a writer or author. But I had a burning passion to share this knowledge, so I just suspended my disbelief and started doing what any aspiring author would do — take a writing course, write regularly and put it in the public eye to get feedback, join a writers group, etc. Now I'm getting quite a bit of very complimentary feedback about my writing, my blog is really starting to take off, and I have a book on its way!

Gradually Shifting Beliefs — Bridging from Old to New beliefs

Sometimes when trying to replace an old limiting belief with a new empowering belief the leap is just too big — you simply won't believe the new belief you are trying to adopt — especially at first when you haven't yet seen any proof that it's working. In this case gradually bridging from the old belief to the new belief, as suggested in the book [The Law of Attraction: The Basics of the Teachings of Abraham](#) is a more effective approach.

Here's an example of bridging to a new belief from the book [Infinite Possibilities: The Art of Living Your Dreams](#).

Let's say you were thinking about how this is the beginning of the flu season and you're remembering how very sick you were in the past with the flu. Your memory of having the flu has conditioned your belief in the probability of getting the flu. Just saying "*I want to remain healthy*" is not enough to override the strength of your belief that you might get sick. In this case the following line of thought would probably be more effective.

"This is usually the time of year that I get the flu. I don't want to get the flu this year. I hope I don't get the flu this year. It seems like everyone gets it. This may be an exaggeration. Everyone doesn't get the flu. There have been many flu Seasons when I didn't get the flu. I don't always get the flu. It's possible that this flu season could come and go without me getting sick. I like the idea of being

healthy. My past flu experiences happened before I realized that I control my experience. Now that I understand the power of my own thoughts things are different. It isn't necessary for me to experience the flu this year. Isn't necessary for me to experience anything that I don't want. It's possible for me to direct my thoughts towards things I do want to experience. I like the idea of attracting into my life the things that I do want to experience."

The explicit walking through of the reasons why your old belief is not necessarily true and focusing on a new belief and the reasons why it makes sense are a very practical approach. If negative thoughts about a given subject return simply repeat the bridging thoughts and eventually the negative thoughts will disappear.

Here's a personal example of using affirmations to gradually bridge from an old belief to a new one.

When I decided to start writing about spirituality and metaphysics, it seemed like a very unlikely direction for me. Being a writer and author seemed improbable because English and grammar had been my worst subjects in school. I knew I held a belief that I couldn't be a good writer or successful author, so I decided to do affirmations to counter this belief. Instead of starting with an affirmation like "*I am a great writer and a successful and prosperous author*", which might have been too big of a leap in terms of believability. I started by telling myself "*You don't have to be the world's greatest writer to be a successful author. Writing is a learnable skill. Anyone can learn to write reasonably well, including me. Study and practice is all that are required.*" Later as my confidence increases then I'll start telling myself, "*I am a great writer and a successful and prosperous author*" as well as envisioning my successful blog and books!

Summing it Up

Your beliefs play a pivotal role in what you can manifest. Ferret out your limiting beliefs by paying attention to what you think, say, and do. When you find a limiting belief formulate a new one that is more aligned with the attainment of your dreams, goals, and desires. Then begin the process of installing it by regularly affirming it, "acting as if" you believed it, and actively seeking out

evidence that it's working. As you do this your new belief will gradually install and any old incompatible beliefs will dissolve!

You can make this process easier by fully embracing two profound truths; (1) All beliefs are equally valid — beliefs are neither true nor false they are simply either helping or hindering the manifestation of your desires, and (2) there is no absolute reality, all realities are constructs.

This means that the only limit to what is possible for you to manifest is your beliefs and imagination — so choose your beliefs carefully and unleash your imagination!

#2 - Habitual Pessimistic Thinking

Another major reason why so many of us are unwittingly sabotaging the manifestation of our true desires is habitual pessimistic thinking. I'm constantly shocked by how often people doubt themselves and their dreams, anticipate problems, and expect the worst. And not just with the big things they're hoping to achieve, but with all the little daily things as well.

The Unconscious Habit of Pessimistic Thinking

Most of us are almost completely unaware of how pessimistic we really are — it's an insidious habit that most of us are, at best, dimly aware of and most of us are completely unaware of its detrimental effects on what we manifest into our lives. Someday, when you reprogram yourself to be an optimist the pervasive pessimistic mindset of many of your friends and family members will stand out like a sore thumb and will likely shock you.

Most of us are unknowingly spending an incredible amount of time worrying about what might go wrong and fearing the worst. If brought to our attention our rational minds will tenaciously defend this approach by asserting that it only makes sense to do this to avoid problems and stay safe. Sadly, by the Law of Attraction, this approach is actually **increasing** the chances that we will

experience the very things we want to avoid and bring unnecessary adversity into our lives.

Those in the grips of habitual negative and pessimistic thinking have been called Pessimists. A Pessimist views almost every situation through the lens of limitation and fear. Their first and most predominant thoughts (and words), about any situation, will likely be why it can't work, what might go wrong, or the dangers involved, etc. They tend to focus on the problem rather than the solution. They tend to expect the worst instead of the best.

The opposite of a Pessimist is an Optimist — someone who is habitually positive and optimistic. An optimist views almost every situation through the lens of possibility, opportunity, confidence in success. Their first and most predominant thoughts (and words), about any situation, will likely be about why it can work, how it can work, and positive expectation. They tend to focus solutions rather than problems. They tend to expect the best rather than the worst. They tend to see only possibilities and opportunities, not limitations, difficulties, and risks.

The famous British statesman Winston Churchill deftly characterized the difference between a Pessimist and Optimist when he said the following.

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

This might be an overstatement, but I think you get the point.

The Insidious Effects of Pessimism

If everyone that was habitually negative and pessimistic realized the insidious effects it was causing on what was showing up in their life they be appalled.

By the Law of Attraction, the more attention, thought, and emotion you give a particular subject the more likely that something similar to it will appear in your life. And of course, when you are being negative and pessimistic you're giving plenty of attention, and thought, and emotion to what might go wrong, how it might not work out, etc. — rather than expecting success. Which means you are

unwittingly attracting the very scenarios that you really don't want to happen. And you are powerfully attracting them because there usually is a strong dose of emotion associated with your negative and pessimistic thoughts — namely fear. Fear is a powerful emotion hence powerfully amplifies the attractive force of any thoughts its associated with.

So not only does pessimism sabotage the manifestation of your true desires but it also increases the chances of experiencing the negative and pessimistic expectations that you are holding and expressing. It's a double whammy miscreative habit!

The Buddha, who was deeply aware that we create our reality with our thoughts, aptly expressed the miscreative nature of the pessimistic mindset when he said...

The mind that perceives the limitation is the limitation.

If you want to become a masterful deliberate creator and stop creating adversity for yourself, then you're going to have to get rid of the habit of focusing on the negative and limitations and start focusing on the positive and possibilities instead! You'll have to become an optimist!

The Source of Our Pessimism

So why are so many of us so pessimistic and without even realizing it? Although our decidedly pessimistic attitude is certainly a product of the apparent truths of our world — that problems happen, that the world is unsafe, etc. — it is really a product of our fear.

If you point out to someone how negative and pessimistic they are they will usually tenaciously defend their thinking approach as completely rational, logical, and practical. But of course, almost all of them have no idea about the Law of Attraction and the true nature of reality — because if they did they'd cease their habit immediately. Those that defend their pessimistic outlook are simply trapped by their fear and the illusion that our reality presents (our reality is essentially a

virtual reality that's why our thoughts and beliefs, desires and intentions, etc. can alter it).

Another source of our pessimism, other than our direct experience of a world where problems seem to happen all the time, is the programming that we get from our society. Our society passes along its fears and its habitual pessimistic approach very quickly after we come into this world. It very rapidly trains us to think and be like this. And it does it much quicker and deeper than we would if we just learned the habit from our direct experience.

How to Tell if You Are a Pessimist

How to tell if you are a pessimist? It's pretty easy once you nurture the ability to be more aware of your thoughts and words (and even your feelings). Of course, that isn't necessarily easy because our deeply ingrained habits are like programs running on auto-pilot which means we are not really consciously choosing our reactions and perceptions to situations. But once you do gain some awareness, then you can ask yourself "*What is my first thought about any situation?*"

If you are like most people, the first thing you'll notice about any situation are the potential limitations, difficulties, what might go wrong, why it might not work out, etc.

Here are some examples of hypothetical situations and the alternative ways one might respond to them to help you determine where you if you are pessimistic. The optimistic and pessimistic alternatives offered in these examples should be obvious. Honestly identify the response that you probably would make from the alternatives and you'll probably get a good idea of how habitually pessimistic or optimistic you are.

1. Let's say you want to plan an outdoor activity for a few days from now. Do you spend time worrying if the weather will be acceptable before, during, and after setting up the activity or do you just assume the best? Many will worry about the weather even when it really doesn't matter — when there is no other requirement than to show up because the activity can be canceled easily at the last moment if conditions are unsuitable.

2. Let's say you're on the way to an appointment, and you hear on the radio that there has been a big accident somewhere in town causing some serious traffic backups. Even though you're not sure exactly where the accident is, do you start thinking about and anticipating being late and all of its dire consequences? Or, do you just expect the best and assume it's not on your route or will clear up before getting there, and you'll get to your appointment on time?
3. Let's say you're an employee and your boss left you a message that he wants to speak to you but he gave no indication of what it was about. Do you start thinking about all the worst-case scenarios or do you just relax and assume the best?

OK now that you've worked through these hypothetical examples see if you can recall some real examples from your own life and see if you can remember the level of optimism or pessimism that you expressed during them. If you can't don't worry because shortly I will explain a process for catching yourself in the act of being negative and pessimistic and what to do about it.

The Antidote to Negativity and Pessimism

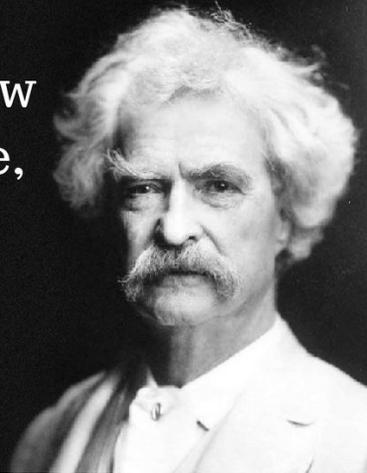
The antidote to the insidious effects of negativity and pessimism is of course adopting a habit of positivity and optimism instead. We've already talked about the miscreative effects of negativity and pessimism and that should provide all the motivation you'll ever need to make the change. But let's amplify the motivation by exploring the benefits of positivity and optimism.

The Power of Positivity and Optimism

The power of consistent positivity and optimism is that everything you desire and intend to have or to experience or to become will be completely and utterly free of the nullifying effects of negative and pessimistic thoughts and greatly amplified by your consistent belief and expectation that everything that you desire will come to pass. The result will be that you will much more consistently get your desired results rather than the adversity that you've been experiencing up till now.

They did not know
it was impossible,
so they did it.

— Mark Twain



Skeptical? I say why not learn it, try it, and see how it works for you. The caveat is that reprogramming yourself isn't necessarily easy and so it might require enough time to get good at it before you will see the results and become convinced. Also, this is not the only thing that is affecting the results you are getting so keep that in mind, make sure you understand the other blocks I'm explaining in this book, and realize that there is even more to learn to become a truly masterful deliberate creator. This is why I've developed my *Mastering Deliberate Creation Program* that I am offering through the [Deliberate Creator Academy](#).

The Key to Escaping Habitual Pessimism

The key to escaping your habit of pessimism is of course to **become aware** of your pessimism. That's the first challenge because almost everyone who is habitually pessimistic is not aware of it. Then once you're aware then you have the option to **choose** to nurture a habit of optimism instead. I'll talk about a practical approach to gradually becoming aware of your pessimism and nurturing a more optimistic response shortly. But first, let's look a little closer at the choice.

Choosing Positivity and Optimism

Making the choice to nurture a habit of positivity and optimism is made much easier when you deeply understand and acknowledge the damaging effects that negativity and pessimism are having on what you manifest into your life. Of course, this requires you to embrace the idea that you are creating your reality with your thoughts, beliefs, and more (the Law of Attraction and beyond). But this

is not a topic that I'm trying to address in this short e-book. But it is one that I spend a substantial amount of time on in my *Mastering Deliberate Creation* program in the [Deliberate Creator Academy](#).

I have already discussed how negativity and pessimism are miscreative earlier in this e-book, so I won't repeat it here. But I suggest you sear them into your mind because they should serve as all the reason you'll ever need for choosing positivity and optimism.

If you respect angelic wisdom, then this rule of thumb from the angelic realms might give even more motivation to make the choice. It captures the essence of much of what I've been sharing with you here in one short and sweet pearl of wisdom.

Expect the best and that's what you'll get.

Of course, to consistently achieve this you will have to attain a high level of mastery of deliberate creation, but you can begin to experience an improvement in the results you are getting in your life by adopting this attitude right now, if you dare.

Once you stop anticipating problems and start expecting the best (e.g, your desired outcomes) things will begin to go your way more and more often and other people might notice and wonder why you are so lucky. And of course, you'll know by direct experience that it isn't luck — that its deliberate creation! And when they ask you why you are so lucky, and you know they aren't ready to understand or accept that they are creating their reality, you might have to tell something like "I'm not sure, but everything seems to go my way — maybe it's my positive attitude?" But perhaps, in the sanctity of your own consciousness you might be chanting this silly little affirmation "*Everything always seems to go my way — hooray, hooray! I get everything I want and more — galore, galore!*" because you know that you are a creator!

Nurturing the Habit of Positivity and Optimism

How does one nurture the habit of optimistic thinking? By becoming more aware of everything you think, say, and do and reflecting on the nature of those thoughts, words, and actions. It's just a skill that you can get better at by setting your intention and through practice. With more practice you'll get better at it. And as you gradually catch yourself being pessimistic and negative you will likely become more and more appalled at how often you do it.

Let your surprise and dismay be the energy that motivates you to stop reacting pessimistically and consciously choosing to respond optimistically.

At first, you'll catch yourself after you already said (or thought) something pessimistic. Don't let that dissuade you from starting over and saying/thinking/doing something optimistic instead. This is the practice that is required to build the new habit.

It will also help greatly if you affirm (say to yourself) what you now know about the miscreative effects of pessimism and negativity — do it in your head if you're not in a position to do it out loud but do it. This is you reminding yourself **why** you are choosing to change your habit of thinking and is powerful so don't skip it.

After a while, you'll catch yourself **before** you say or do something negative or pessimistic (probably by noticing the associated thought or feeling) and you won't make the negative statement or action — congratulations that's progress! Then of course, immediately go ahead and think or say something positive or optimistic instead — force yourself to do it. And of course, keep reminding yourself of the miscreative effects of negativity and pessimism.

Do this consistently and patiently for long enough and you will reprogram yourself to be habitually optimistic and positive. Your friends and family will thank you because they will definitely notice your increased positivity and definitely enjoy being around you more because of the encouraging and uplifting feelings they get by being around you.

And also, if you start paying attention to what's showing up in your life and how things are working out for you, both the little stuff and the big stuff, you will begin to notice that things seem to magically be going much smoother. That more and more circumstances go your way and that there is less and less adversity.

And over time you will become more and more confident that you are indeed creating your reality because it's clear that what showing up in your life is changing. You didn't realize or notice that you were creating your reality with your thoughts because you had no idea it was possible or if you did you couldn't see how your thoughts and desires could be creating all the shit in your life. But that's because you didn't understand how it really worked, and all its nuances. But now you better understand how you were creating (or perhaps miscreating) all of it.

Summing It All Up

To sum it all up, many people have a pervasive unconscious habit of negative and pessimistic thinking that is profoundly miscreative bringing them much unneeded and undesired adversity and derailing the manifestation of their true desires. As you gradually nurture a habit of consistent positivity and optimism and pay attention to what is showing up in your life you will notice everything start to go more and more smoothly and you will be delighted.

Harness the power of positivity and optimism — Expect Wonderful!

#3 - Doubt, Worry, and Fear

Doubt, worry, and fear are a potent triad of factors that are silently having a huge miscreative effect on the quality of your life. You would be dismayed if you realized how often you are sabotaging the manifestation of your desires with your thoughts of these.

The ancient Chinese philosopher, writer, and spiritual sage, Lao Tzu, eloquently expressed this point as follows:

Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream.

Doubt

Doubt is perhaps the greatest impediment to manifesting any desire. Doubt is your insidious thoughts that what you are desiring won't come to pass. Doubt is the invisible force that erodes your desires point of attraction and if left unchecked will completely neutralize it and stop it from manifesting.

Doubt is the Antithesis of Trust and Faith

Doubt is the opposite of trust and faith. If you had absolute trust and faith that your desire, once strongly expressed, was on its way you would be amazed by the results. Jesus hammered this point home to his disciples when he said, "*If you had the faith of a mustard seed you could move mountains.*" The point Jesus was making was that because a mustard seed does not have an analytical mind it can't doubt, and so if it had a desire it would manifest powerfully.

Trust and Faith are the Key

Doubt progressively cancels the manifestation of a desire. You must fully expect that what you desire WILL happen for it TO happen. Rule of thumb — unwavering TRUST and FAITH always yields the best results! Of course, this is easier said than done and I will be exploring practical ways to help you maintain unwavering trust further on in this chapter.

Doubting Your Creatorship

A common pitfall for many beginner deliberate creators is their doubt that The Law of Attraction is real — their uncertainty that they are really creating their reality — absolutely without exception — with their thoughts, intentions, desires and more. Not trusting one's creative power and the creative process is a major impediment to learning deliberate creation because it fundamentally interferes with everything one tries to manifest. Which lowers their early success rate and reinforces their lack of confidence in the whole thing.

One of the reasons we doubt that we are creating our reality is that we can't understand how we could be creating all the stuff in our life that we deem undesirable. The thing to understand is that the universe is simply bringing you

what you give your attention to according to your thoughts and beliefs — whether it's something you love or something you fear, or something you want or don't want, or something you like or don't like — you get whatever you focus on for better or worse.

This is how most of us have been creating up to this point — completely unconsciously and completely unaware of the how it works — and thus creating whatever crap we worry about.

Dispelling Doubt in Your Creatorship

One way to dispel your doubt in your creatorship is by starting to pay attention to and notice all the small stuff you are manifesting that until now you've either not noticed or disregarded as simply coincidences.

Noticing the Small Stuff

Have you ever noticed yourself casually express a heartfelt desire, about something small, something that you didn't consider important, and you think of it once and you don't think of it again? And then a little later it actually occurs, and you say to yourself "*Hmmm, I was just thinking about and desiring that a little while ago, that's an amazing coincidence*" and yet you fail to acknowledge this as evidence that you are indeed creating your reality.

Start noticing all the small stuff that shows up in your life, and their correlation to your casual thoughts and desires, and the undeniable conclusion you'll come to if you pay attention for long enough is that you are indeed creating your reality.

Suspend Disbelief and Playfully Experiment

Another thing you can do to dispel doubt in your creatorship is to take an open minded and playful approach to learning the law of attraction. Suspend your disbelief and just dive in wholeheartedly and learn the principles and practices and playfully experiment with them.

If you need a good reason to do this remind yourself how incredibly empowering it will be if you discover that you are indeed creating your reality with your thoughts and desires. Only closed mindedness and stubborn attachment to existing beliefs could explain why anyone wouldn't do this.

Another way you can begin to dispel your doubt in the Law of Attraction is to nurture a habit of noticing all the things that you manifest from casual thought. As an example, you might say "*Gosh, it would be so beautiful if...*" (fill in the blank) — you say it, you think it, and for a moment you deeply feel the emotion of it as you are imagining it. Then you move on with your day and a while later it actually occurs! And in amazement you say "*Gosh, it was just a little while ago that I was saying that this is what I desired and here it is.*" And you think what an interesting coincidence, what good luck — and of course it is neither luck or coincidence — you manifested it without even understanding what you were doing.

If you start noticing all the little manifestations that you are creating, you will begin to build confidence and start to transcend doubt. As you start paying attention to what is showing up in your life and noticing the correlation with your earlier thoughts and desires you will begin to understand that it is really you that's creating them and how you are doing it. And your doubt in your creatorship will begin to dispel and you'll be on the road to becoming a proficient deliberate creator that can custom make your own reality!

The next step to building your confidence in believing that the Law of Attraction is real and that you are a creator, beyond just noticing what is already manifesting spontaneously, is to start doing small manifestation experiments using the principles and practices of deliberate creation. This approach of starting with small experiments and gradually building confidence and proficiency before moving on to bigger manifestation goals is a key strategy to effectively learning the Law of Attraction that is employed in my Mastering Deliberate Creation program that I offer through the [Deliberate Creator Academy](#).

Doubting Your Manifestations Will Appear

The creation process is quite simple in principle — just imagine your desired outcome and steadfastly believe that it's on its way. If you understand The Law of Attraction, then you know that once you strongly express a desire as thought and emotion it already exists and that it is simply a matter of time before it appears. The key is to **know** that it already exists, and you just have to wait patiently till it appears. Let doubt and uncertainty creep in and your manifestation will be slowed or stopped.

The Delicate Balance Between Your Desire and Your Expectation

There is an extremely delicate balance between the desire to have something and the expectation of receiving it. If your desire for something is weak but you completely believe you can have it, then it will very likely manifest. If your desire for something is strong but your belief that you can have it is weak (if you doubt) then it is unlikely that you will manifest it. This fact emphasizes the crucial role that positive expectation (and trust and faith) plays in successful manifestation.

When people first learn about the Law of Attraction they get excited and they give it a try, they might say something like *"By the power of my Godself I desire such and such. I bring it forth, I know that it exists"* and then in the next breath they say *"Gee, I hope that works"* and they immediately shoot themselves in the foot. Doubt is the opposite of knowing and it kills your manifestations.

Dispelling Doubt that Your Manifestations Will Appear

Here are some of the most common reasons why doubt creeps in. Just being aware of them can greatly help you avoid slipping into doubt. But I also provide practical suggestions to mitigate each.

Believing Evidence That Indicates it Won't Happen

Most people pay far too much attention to present circumstances. By the Law of Attraction, this attention only serves to perpetuate more of the same. If you deeply understand the Law of Attraction you know that your future experiences are drawn to you by your present thoughts and desires, not by past or present circumstances. Past or present circumstances only affect what is possible to the extent that you believe they do.

So anytime the circumstances seem to indicate that your manifestation can't happen just remind yourself of the above facts — maybe even say it out loud — and then switch your focus to something else more productive. And what I suggest is you immediately switch your focus to either imagining and feeling your desired result or feeling appreciation for something you already have.

The main thing is to just keep trusting that your manifestation is on the way, even in the face of apparent contradictory evidence! The universe has many more ways

to deliver your manifestation than you can ever imagine so don't think you know how it has to happen and fall into the trap of giving up hope when you see something happening that appears contradictory. Keep the faith!

By the way, focusing on something you already have that you appreciate is a great tool to take your attention away from both doubt and worry and has other benefits as well. I teach about the power of appreciation and gratitude and related practices in depth in my Mastering Deliberate Creation program that I offer through the [Deliberate Creator Academy](#).

Not Seeing How It Can Happen

Sometimes we get discouraged because we can't see how it's possible to get from where we are now to the realization of our dreams and desires. One of the golden rules of manifestation is not to get overly focused on "how" your desire is achieved. Your job is to concentrate on imagining your desired outcome and taking baby steps in that general direction. It's the Universe's job to figure out "how" to make it happen. The Universe has a much broader view than you do and will find an optimal path to the fulfillment of your desires if you let it. This path will likely be serendipitous and lead you to the fulfillment of your desires in unexpected ways. Don't second guess the Universe, let it figure out the "how" and trust that it will guide you by providing opportunities, synchronicities, and inspiration as needed.

If you insist on HOW it's supposed to happen you are restricting the Universe's options on how it can deliver your results and you may end up tying its hands. You may also end up ignoring opportunities because they don't match your IDEA of how your desire was *supposed* to happen. Don't worry about the HOW, just focus on the WHAT, and stay open to the opportunities and inspiration as they arrive.

Getting Discouraged by It Taking Longer Than Expected

Our manifestations take some time to appear and it's impossible to predict how long they will actually take. Don't make the mistake that you know how it should happen and how long it should take. Just trust that the Universe is working on it and be patient. Don't get discouraged if it doesn't appear as quickly as you would like. Remind yourself that the worst thing you can do is to start doubting because

this will only slow down or stop your manifestation. And if you are pursuing a big dream don't let yourself get so discouraged that you give up — this only GUARANTEES your desire will not manifest!

The best course of action is always to remind yourself of the principles of the Law of Attraction, continue imagining and feeling your desired outcomes, keep doing any little thing that is congruent with your desired outcome, and keep the faith!

Feeling Unworthy or Undeserving

Many of us have hidden feelings of unworthiness or undeservedness. The idea that we must earn our deservedness is a deeply entrenched limiting belief of the human experience. Know that you are unconditionally worthy to be, do, or have whatever you desire — it is your divine birthright. There is nothing you have to do to earn your right to have anything that you desire. You don't need to put any preconditions on the fulfillment of your dreams — especially ones like "I am not worthy or don't deserve...".

The limiting belief of worthiness and deservedness arises partly from our belief in the limitation of resources — we feel the need to justify why WE should receive something rather than others because of our concern that there is not enough for everyone. There is no need to worry about this because the universe is a field of infinite possibilities just waiting to deliver unlimited abundance to each and every one of us as soon as we believe and expect it.

Often, we are not aware of our beliefs or feeling of unworthiness or undeservedness — they are hidden from us. So it's a good practice to regularly affirm that you deserve whatever it is you desire and that there are really no preconditions for the manifestation of anything that you desire. So many of us believe we have to pay our dues, or have a certain level of education, etc but these are just beliefs that are self-fulfilling because of the way the Law of Attraction works.

The topic of worthiness is an important one because it has significant ramifications on what is possible for you to manifest. So it is a topic that I explore in great depth in my Mastering Deliberate Creation program that I offer through the [Deliberate Creator Academy](#).

Doubting Your Ability

A common misconception about successful people is that they have some God-given abilities the rest of us don't possess which were instrumental in their success. This is far less true than we'd like to believe. The truth is that they just wanted and believed in their dreams more than the rest of us. Just about any ability can be learned, and the Universe is ultimately the source of all knowledge and inspiration — you just have to tap into it.

The way you tap into it is by believing in yourself and your dreams and demonstrating strong intention to achieve them — which means taking any action, however small, in the general direction of those dreams on a regular basis. By doing this, not only do you attract opportunities that will facilitate the fulfillment of your desire, but you tap into the Universal knowledge, inspiration, and guidance that will take you all the way to the fulfillment of that desires if you let it.

If you feel yourself doubting your ability start affirming out loud that you can learn anything you set your mind to and that with strong desire, you can tap into the knowledge and wisdom of the universe. Never doubt your ability to succeed!

Listening to the Naysayers

One of the most powerful influences that can create doubt is the opinions of others. There will be plenty of people happy to tell you that your dreams and desires are unrealistic and unattainable. When they do, remind yourself that they don't understand the creative power of thought and imagination as you do. You understand that the Universe is a conceptual field of infinite potential and possibilities only limited by your imagination and you can receive and experience whatever you imagine and expect. This knowing allows you to steadfastly ignore the naysayers!

Of course, believing what I just said and ignoring any naysayers trying to tell you that your desire or dream is unrealistic is easier if you've built a solid understanding of the principles and practices of deliberate creation and gradually demonstrated to yourself that they really work as the Mastering Deliberate Creation program offered in the Deliberate Creator Academy helps you do.

Summing it Up

Doubt is probably the number one reason you are blocking the manifestation of your desires. The road to dispelling doubt is to become aware of all the common traps that draw you into doubt and to deeply understand the principles of creation and trust them.

Worry

Worry like doubt is one of the main reasons that your desires are not manifesting. Worry is paying too much attention to what might go wrong or why something might not work out the way we hoped. And it is of course, closely related to and associated with the topic I just discussed – doubt. When immersed in this reality where shit seems to happen all the time to both ourselves as well as others it is certainly natural that we would worry that our desires, intentions, and hopes and dreams might not work out.

Don't think about what might go wrong, think about what could be right.

Worry Slowly Kills Your Manifestations

But if you want to become a powerful deliberate creator you are going to have to get control of your worrying. Because just like doubt, worry erodes your desires point of attraction and will nullify it if left unchecked. Why? Because when you are worrying you are thinking about and giving a lot of attention to your desires not working out and by the Law of Attraction the more attention and thought you give to a subject the more likely it is to come to pass. And when you are worrying your thinking about your desire not happening so you are increasing the chances that your desire won't happen!

The well-known Law of Attraction teacher Abraham Hicks eloquently summarized it like this...

*Worrying is using your imagination to create something
you don't want.*

The Necessity of Learning Not to Worry

So, if you know what's good for you you're going to want to learn how not to worry. And of course, the first step to achieving this is to become aware of when you are worrying. Most of us worry so habitually that we are hardly aware that we are doing it.

How to Detect When You Are Worrying

So, how can you catch yourself worrying? By noticing how you feel! Yes, how you feel when worrying is a dead give-away that you are worrying. Unfortunately, most of us are not very aware of how we feel. This is partly because of how busy and distracted we are and partly because our culture discourages us to really be aware of our feelings.

In any case, if you nurture the ability to sense how you feel then it will be pretty easy for you to notice that you are worrying because you will feel anxious, apprehensive, concerned and the like. You will not feel relaxed and at ease. Let these feelings be your warning flag that you are potentially worrying.

How to Become More Aware of How You Feel

Just to be clear, I'm using the term "feelings" to mean "emotional state" not the sensations coming from your physical body.

So how do you become more aware of your emotional state? Psychologists have specific advice on how to do this that gets a bit technical and tedious, so I won't bore you with it. All you really need to do is to set the intention that you want to become more aware of your emotional state so that you can use that awareness to guide you to better feeling thoughts and more constructive thoughts. It might even be useful to say that out loud and remind yourself of it on a semi-regular basis. Then just try to sense your emotional state whenever you can. With practice you will get better at it and eventually it will become automatic.

Whenever you do notice your emotional state go ahead and reflect on what you were thinking about and focusing on. See if you notice a correlation between the kinds of emotional states you experience and the kinds of thoughts that they are associated with. What you're going to find is that negative emotions are associated with miscreative thoughts. What I mean by this is that whenever you are experiencing negative emotions what you are thinking about and focusing on is something you don't want to manifest. Yet, of course, your thinking and focusing on it is increasing the chances it will manifest!

What to Do When You Catch Yourself Worrying

What should you do when you catch yourself worrying that something you desire and would like to manifest might not work out? You need to immediately stop thinking those worrisome and doubtful thoughts and switch to anything that feels better.

If your worry is not too strong then just switch to imagining your desired outcome coming to successful fruition and feeling the feelings that you would feel in that situation. Another thing you can do is to switch to thinking about something in your life that you have appreciation for — and feeling that appreciation deeply.

And of course, you can always ask for help from your spirit guides to cheer you up and help you have a more positive and optimistic outlook. Your guides can't change what you are creating for yourself directly, you're responsible for that, but will certainly do everything in the power to help you stop worrying so you can't successfully manifest your desire.

And of course, when you are worrying and doubting, it never hurts to remind yourself of the truths of your creatorship. Here's the mantra I use to do this.

I am a creator. I am creating my personal reality with my thoughts, beliefs, focus, and more. I create my reality absolutely without exception regardless of whether I understand how, and hence I take full responsibility for everything that enters my direct

experience. I exist within a field of infinite possibilities — whatever I can imagine and believe can come to pass. TRUST and faith are the key. I do not concern myself with HOW things will come to pass. I simply envision the desired outcome, take inspired action, and trust that it will appear in my reality at the perfect time in the perfect way.

If saying this isn't believable to you then here's a less bold version to use.

I am learning to become a powerful deliberate creator. Every day I am noticing more poignant examples of how my thoughts, intentions, and desires are correlated with what appears in my life. Every day I'm becoming more convinced that I am indeed creating my reality absolutely without exception. Every day I am becoming a more masterful deliberate creator.

You could even ask your guides for help with building your confidence in your creatorship and perhaps they will help manifest a few things to give you confidence.

Summing It Up

Worry is hugely miscreative and is one of the main reason you are blocking the manifestation of your desires and attracting unnecessary adversity into your life. By becoming more aware of your emotional state you can catch yourself worrying and redirect your thoughts to something more productive.

Fear

Fear is a huge source of miscreative thoughts and emotion. Fear directs your thoughts and attention towards subjects that are completely opposed to what

you really want. And hence, ironically, increases the chances that the very things you fear will manifest!

The Miscreative Effects of Fear

One of the principles of The Law of Attraction is that the stronger the emotion associated with a thought, the stronger the attractive power of that thought becomes. This is one of the reasons why thoughts associated with the emotion of fear become such powerful points of attraction. Because fear is one of the strongest emotions! Making any thoughts associated with fear very powerful attractors indeed! And hence attracting exactly what you don't want!

Another reason that fear is so miscreative is that it keeps drawing your attention back to the subject of your fear over and over. And by repeatedly thinking about that subject you are making it one of your most predominant thoughts and hence it becomes your point of attraction.

Fear powerfully attracts what you don't want!

Here's a hypothetical example of how fear can change the outcome of a situation.

Imagine that you are diagnosed with Cancer. Despite what the doctors might have to say about the likely outcomes of this type of cancer, the possibilities range from spontaneous remission or successful treatment to profound disability and perhaps even death. Of course, your doctors feel obligated to tell you the "facts" and inform you that the chances of survival from this kind of cancer is 50/50 – which means, by their reckoning, you have just as good of a chance of surviving as not. But because you fear death so much you dwell on that possibility constantly which of course greatly increases the chances that that possibility will come to pass. In addition, let's say you are no longer thrilled with life – your will to live is not very strong, so you inevitably die of this cancer. Yet, what if you were still thrilled with life, and had not let your fear of death make you dwell on that possibility? Perhaps you could have manifested the best-case outcome for this type of cancer and your doctors would say "You were very lucky" but of course it wouldn't have been luck at all.

The Power of Fearlessness

If you were completely fearless, if you feared nothing, you'd be absolutely amazed how little adversity you'd experience, and how much more often your desires would manifest, and how incredibly successful you'd be at everything that you set your mind to.

Of course, being fearless in this world is quite challenging. The world gives us plenty of seemingly convincing reasons to fear all sorts of things. But once you fully embrace that what you directly experience is completely your creation and a product of your own thoughts, beliefs, and emotion and that nothing that appears to be out there can touch you unless you invite it into your experience with your own thoughts you will be at the gateway of freedom from fear.

The Four Fundamental Fears

Almost every fear that you might hold is derived from one of these four fundamental fears.

1. Fear of being unlovable.
2. Fear of being unsafe.
3. Fear of being powerless (to change your circumstances).
4. Fear of not being good enough.

Soon after our inception into this world our family and our culture quickly instill most of these fears deeply within our psyche.

You'll find that pretty much any and every specific fear anyone holds will fall into one of these four categories. For instance, the fear of flying is at its core the fear of being unsafe, so is the fear of heights, so is the fear of bears (if you are a hiker), and so on.

Holding any of these fundamental fears has a silent but profound impact on what you can manifest and the quality of your life. The fear of being unlovable will impact the relationships you can manifest and their quality. The fear of being unsafe will increase the adversity that you will attract into your life. The fear of being powerless (unable to change anything) puts you in a victim mindset that will keep you stuck with whatever less than desirable circumstances you currently have in your life. The fear of not being good enough — not smart enough, or

capable enough, or worthy enough, or deserved enough (there are endless variations) – will keep you from manifesting success and abundance.

Becoming Fearless

Until you free yourself of fear it will simply be impossible to manifest your best life and your best self. This of course is not an easy task because our fears are so deeply ingrained in us. But being aware of a few important things can certainly help.

- You create your reality absolutely without exception, so you are in control of what happens to you. It might take you awhile to believe this as you learn and master deliberate creation. But as you build confidence in this you will become more and more fearless.
- The real you is an eternal consciousness, non-physical and formless and you cannot be harmed.
- You are loved deeply by Source who considers you absolutely valuable and worthy.
- You can become anything once you release your limiting self-beliefs and fears.

Releasing Specific Fears

You cannot release a fear that you are trying to avoid and not acknowledging. The only way to release a fear is to recognize that you are feeling a fear in the moment that you feel it and then acknowledge it, accept it, and totally embrace it. This is not easy to do if you've spent most of your life trying to avoid your fears, as most of us have. You must face your fears to transcend them.

So when you are doing something that brings up fear that you recognize, just go ahead and acknowledge and accept, then do it anyway. Once you get to the other side you'll likely realize the fear was unjustified. You'd be surprised at how many fears are unjustified.

Another way to release a fear is to adopt a new perspective or belief. An example is our fear of death. This fear arises, at least in part, because we believe it will be the end of our existence. But if you adopt the belief that your essence is

consciousness, non-physical and formless, and that your consciousness never ceases to exist then your fear of death will likely dissolve.

Another example of how a new belief or perspective can dissolve your fear is the knowing that you are creating your reality with your very own thoughts and beliefs. Once you know this then it become very hard to continue to fear being powerless, to continue having a victim mindset.

Summing It Up

Fear is a miscreative force that blocks us from manifesting our best life and best self and attracts adversity diminishing the quality of our lives. Simply being aware of this can help you begin to become more fearless and manifest a better life.

#4 - Paying Too Much Attention to What Is

One of the reasons our lives and the world change so slowly, if at all, is that most of us pay far too much attention to how things currently are — to "what is" rather than to "what could be". This bias is not surprising because of two things; (1) most of us are deeply convinced that our external reality is absolutely real and independent of our perception of it, and (2) most people aren't aware that their thoughts create their reality.

Unfortunately, these misunderstandings about the true nature of reality encourage us to pay far too much attention to present circumstances and cause us to limit what we believe is possible for the future. A powerful habit that can take your manifestation ability to the next level is to do less observing and more imagining.

The Trap of Focusing on What Is

The Law of Attraction states that the more you think about a subject, the more likely it is that something similar will manifest into your life. And since what you pay attention to you are thinking about, paying too much attention to "what is" only serves to perpetuate more of the same.

The famous Law of Attraction teacher Abraham Hicks said it succinctly like this:

Attention to WHAT IS only creates more WHAT IS.

In addition to the "more of the same" effect, giving too much attention to present circumstances can also influence your belief in what is possible for the future — typically **limiting** it to something similar to, or extrapolated from the current circumstance. And like we discussed earlier in the book, because most of us are habitually pessimistic we'll probably extrapolate the worst-case scenarios and expect that, which means we'd be ruling out all the better possibilities and soon as we do that they probably won't manifest! Ouch! You just shot yourself in the foot.

By paying too much attention to what is you're literally just creating more of the same! And unfortunately, most of us spend the vast majority of our time with our attention fixated on the present circumstances and its limitations rather than thinking about how we would like it to be.

Giving More Attention to What Could Be

The formula for getting something other than what you've already got is to spend more time imagining how you want it to be! And here's some practical advice on how to do that.

Nurture the ability to be more aware of what you are focusing on. Set the intention that you'd like to become more aware of what you're giving your attention to and start trying to notice it. Practice makes perfect.

When you catch yourself thinking about a present circumstance and it isn't exactly compatible with how you'd like it to be, and that you don't particularly feel good about, or isn't pleasing to you, that's a dead giveaway that you are thinking about something that you don't want, and it's your cue to switch immediately to imagining it the way you want it to be. Let yourself daydream! Let your mind wander into daydreaming often because when it's doing that it isn't giving attention to what is.

Yes, I know that you might feel silly or even uncomfortable unleashing your imagination and using daydreaming as a tool. Sadly, adults in our society are taught to be very rational and serious, which is really limiting what they can manifest.

Logic will take you from A to B. Imagination will take you everywhere. – Albert Einstein

If you want to become a powerful deliberate creator, then you are going to have to become more uninhibited with your imagination! Perhaps the following realization might help — since daydreaming and imagining are largely happening in the privacy of your own head, no one will notice.

In addition to day-dreaming which we might call on-the-fly "imagineering", I highly recommend setting aside 5 or 10 minutes a day to a more formal imagineering session. In these sessions, you concentrate on envisioning what you want in your life based on a very carefully crafted list of your desires. This is one of the practices that I explore in much more depth in the Mastering Deliberate Creation program that I offer in the [Deliberate Creator Academy](#).

Summing It Up

Most of us spend far too much time just paying attention to what is rather than imagining what could be. The antidote is to look around less and imagine more. Deliberately do spontaneous and planned day-dreaming and "imagineering" sessions to envision what could be and watch the magic begin!

#5 - Trapped Negative Emotions

Introduction

The subject of Trapped Emotions is one that many are not aware of, especially if they're not familiar with energy and the energy body. A more common term for Trapped Emotions is “emotional baggage.” Although most people probably think that emotional baggage is just memories of emotionally traumatic life experiences, it is much more than that and has a slew of detrimental effects that most are unaware of.

Just about everyone has some emotional baggage from painful life experiences. But it's not all in your head like most people assume. Our emotional baggage is very real, and unbeknownst to most of us, it is causing profound negative effects on the quality of our lives including our health, relationships, happiness, success, and much more — including whether we'll be able to continue participating in the ongoing Ascension process! Trapped negative emotions are one of the big hidden reasons why so many people are unwittingly manifesting needless adversity in their lives and sabotaging the manifestation of their true desires.

The good news is that by releasing our trapped emotions many undesirable manifestations will often disappear from our lives. And perhaps more importantly, by learning some new skills, adopting some new perspectives about the challenges and people in our lives, and changing ourselves (our state of being) we can avoid creating new trapped emotions, and their harmful effects, in the future.

The Detrimental Effects of Trapped Emotions

Trapped negative emotions are the root cause of, or a significant contributing factor in, almost everything that goes wrong with your physical body. Including dysfunction, disease, and pain. They also contribute to creating dysfunction in your relationships, career, and in many other areas of your life.

And trapped negative emotions often contribute to maintaining the undesirable circumstances that spawned them in the first place. And worse yet, they can even

attract (via the Law of Attraction) similar adversity in the future. Trapped emotions are a potent force that is ever present and silently blocking you from manifesting health, happiness, and success.

And last but not least, if we don't clear our trapped negative emotions we will not be able to continue to participate in the ongoing ascension that is taking place here on Earth. If you are unaware of this, there is something profound underway on our planet. The long heralded great spiritual transformation of Humanity is underway. The energetic frequency of everything on Earth is rising, including the frequency of our bodies and consciousness. More and more people all over the planet are awakening and remembering their higher selves and the greater reality. More and more people's level of consciousness is shifting upwards as well. This shift in consciousness will ultimately (over the next 20 to 80 years or so) completely transform ourselves and our world.

One of the things that can hold us back from this process is our trapped negative emotions. They are literally like an anchor that will hold us down, not allowing us to ascend with everyone else if we don't clear them from our bodies. As the frequency of everything rises the detrimental effects of having trapped emotions will be amplified and those holding them will experience increasing health issues and adversity. So more than ever, it is extremely important to clear one's emotional baggage.

With all the detrimental effects that Trapped Emotions cause I think you can appreciate why releasing them could be very helpful. Before we get into that let's explore what Trapped Emotions really are and how they form in a bit more detail.

What Are Trapped Emotions and How Do They Form

Emotional baggage isn't just memories trapped in your head it's also negative energy that is trapped in various other parts of your body. Everything is energy — matter is energy, thoughts are energy, emotions are energy, and of course, your physical body is energy. Your body is a very complex set of energy patterns (energy of a very slow vibration that is visible and seems solid) and the energy of negative emotions interferes with the energy that composes your body and its functions. That's why it causes pain, dysfunction, and disease. Besides the effects

trapped negative emotions have on your health they also are a potent force that, by the Law of Attraction, attract undesirable circumstances into your life.

Far too often many of us suppress and hold on to the negative emotions associated with unpleasant life experiences — emotions like anger, resentment, frustration, fear, sorrow, grief, despair, shame, unworthiness and so many more. When we do this, we trap the negative energy of the emotions in the energy field of our bodies.

Why do we suppress the negative emotions that we feel from painful life experiences? We suppress them because we don't like feeling that way and we just want it to stop, we just want to get rid of them. What we don't realize is that by forcing ourselves to stop feeling the uncomfortable feelings we aren't getting rid of them we're just hiding them from ourselves. The energy of unfelt (unreleased) emotions just stays in our bodies energy field, where they arose in the first place. This is why we say the emotion is trapped — we didn't want to fully feel those feelings and hence release them so they stay in the energy field of our body.

Emotionally Charged Memories

Your trapped emotions aren't just isolated clumps of negative energy, they are associated with the memories of the experiences that "caused" them. As an aside memories are energy patterns too, just like everything else.

Our memories of our traumatic experiences often have very strong negative emotional energy associated with them — that is, some memories are highly charged. And those charges stay there until you release them, but you don't because you don't like thinking about that experience and feeling the way it makes you feel. Or if you do revisit those memories, and you feel the feelings, you hold onto the feelings because you want to — for instance, you want to remain angry and resentful about the perceived harm another "did" to you.

But ultimately, your perception of any event, and the emotions that you feel because of it, is your choice despite how it seems. The choice to play the victim arises from not wanting to take full responsibility for all your experiences and how you interpret them. More about this important topic later in this chapter.

The emotional charges associated with your memories can vary widely — from highly negative, to neutral or none, to highly positive. But of course, positively charged memories are not a problem, it's the negatively charged ones that cause all the problems.

And it's not the memories themselves that are the problem. You can't avoid your experiences being recorded as memories. There's nothing wrong with memories, they are just objective recordings of what happened. It's your interpretation of those experiences that creates the emotional charge associated with the memories.

The reason you store the emotional charges with your memories is because during and after the experience that triggered them, while you are intellectually and emotionally processing the experience, you don't fully express, and hence release, the emotions associated with the experience. They were uncomfortable, and you didn't want to keep feeling them. You may have also judged the emotions you were having as being "wrong" or "bad" — believing that you are not supposed to feel that way (for instance, some believe it's wrong to be angry) making you feel even more uncomfortable with having those emotions.

One of the keys to avoid trapping emotions is to understand that there's nothing wrong with feeling any type of emotion, including uncomfortable ones. If we stop identifying with and judging our emotions and instead see them as natural and allow ourselves to feel them completely and let them flow out of us, and hence be released, we'll be much better off.

Instead, we bury them with the memory rather than fully feeling them at the moment and then releasing them. We force ourselves to stop feeling them and they get trapped in there with the memory. We think we've deleted the memory and associated feelings but all we've done is hidden them from ourselves — suppressed them and they become effectively trapped within us.

And each time we revisit those memories and dredge up the associated emotions we just reinforce the memories and their associated emotional charge because we never release them and hence we unwittingly maintain or even reinforce those trapped emotions and all the undesirable effects they cause.

How Trapped Emotions Affect What You Manifest

We've already discussed the importance of deliberately choosing your thoughts and keeping them positive and optimistic as possible in previous chapters. But what about your subconscious thoughts? Your subconscious mind has a big effect on what you manifest in your life.

The detrimental effects of emotionally charged memories (trapped emotions) arise largely because they subconsciously affect how we think, feel, and behave and hence adversely affect what we experience and create. You may be trying your best to think positively at the conscious level, while subconsciously you are having lots of negative thoughts and feelings that are contradicting your conscious thoughts. The more trapped emotions you have, the more subconscious negative thoughts and feelings you have that are silently eroding or negating your conscious point of attraction and blocking the manifestation of your true desires and attracting adversity.

Also, we sometimes revisit those emotionally charged memories on a more conscious level — often more frequently than we are aware of — just to wallow in anger, blame, self-pity, etc. or when we're worrying that something similar might occur in the future.

When you revisit your emotionally charged memories it's like you're reexperiencing the event with all of its thoughts and feelings. Which is the perfect formula for manifesting more of the same. It's like the practice of intentionally visualizing and imagining your desires to hasten their manifestation except in this case you're just remembering a past experience but the effect is the same — you are attracting it!

When you revisit your traumatic memories and reexperience the emotions you are creating a very potent point of attraction which is increasing the chances of experiencing more of the same. And most of us are revisiting these traumatic memories and feelings far more often than we're aware of. It's kind of just a bad habit.

This is probably why the Buddha shared these words of wisdom with the world:

*Do not dwell in the past, do not worry about the future,
concentrate the mind on the present moment.*

Releasing Your Trapped Emotions

So, I hope I've impressed on you the profound detrimental effects that your trapped emotions are having on the quality of your life. The good news is there are many ways you can release or clear your trapped emotions and gain relief from their adverse effects.

There are many different methods ranging from what I call passive external methods to active internal methods. What differentiates passive external methods from active internal methods is the degree which they require you to identify your trapped emotions and the experiences that created them, and to understand why you chose to interpret and respond to those experiences in the way you did, and perhaps prompts you to learn new ways of responding.

Because completely passive external methods of releasing trapped emotions do not require you to identify or understand the trapped emotions and their genesis they are quick and easy as compared to methods that lie on the active internal end of the scale. But their downside is you don't learn anything that will help you avoid responding differently to situations in the future and hence avoid trapping more emotions.

In the following section I will explore some of the more well-known methods of releasing trapped emotions. There are probably more that I am not aware of and many variations. I will start with the methods that are more passive external oriented and progress to ones that are more active internal.

Sound Therapy

This method has many variations but what they all have in common is the use of sound to affect the energy in your body. One example of this is the use of a series of 6 musical tones called the Solfeggio Frequencies that are said to increasingly raise your vibration when listened to. These tones help dissolve or transmute

negative energy such as trapped emotions which effectively releases them from your body and energy system.

This method is a totally passive external method that does not require you to identify your trapped emotions, or the experiences that caused them. Check out this great article about the [healing power of the solfeggio frequencies](#) for more info and to listen to the tones.

Third Party Removal

There are a number of energy healers that act as facilitators or intermediaries for non-physical beings who provide the service of removing or dissolving our trapped negative emotional energy. The exact methods used by the various practitioners vary but they all claim to be able to remove your trapped emotions and provide immediate long-lasting relief from their adverse effects. This is a completely passive external method. It does not require you to identify your trapped emotions, or understand what experience was involved in creating them, or change yourself in any way. It simply requires you to want to clear yourself of negative energy and be willing to allow it to occur. A great example of someone who provides this service is Ethan Fox, check [out Energy Transfer with Ethan Fox](#) to learn more.

The Emotion Code Method

The Emotion Code method was developed by Dr. Bradley Nelson and it uses muscle testing to quickly and accurately identify what trapped emotions a person has and what experience created them.

Muscle testing is a procedure that accesses the subconscious mind (and infinite intelligence) to get yes or no and true or false answers to specific questions regarding what trapped emotions we have and their cause. Apparently, the spirit realms have provided us this query tool to facilitate clearing our negative trapped emotions which is essential if we are to awaken and ascend according to the divine plan because trapped negative emotions are one of the key things that are stopping us from achieving this.

Once one has identified a trapped emotion they then state their intention to release the emotion and swipe a magnet (which produces an electromagnetic

energy field) over the governing energy meridian of their body to amplify their intention and to release the emotion.

The Emotion Code method is a hybrid method that lies somewhere between passive external and active internal. Even though the direct method is fairly passive and external in and of itself. Dr Nelson, in his book [The Emotion Code](#) does address the changes of attitude and perspective that can greatly help in releasing old emotional wounds and avoid creating new ones.

Overall, I think this is one of the best methods and one that anyone can learn and administer to oneself or one's friends and family. Dr. Nelson provides a thorough explanation of the whole topic and teaches the methodology in his book [The Emotion Code](#) which I highly recommend.

Regression Therapy

Regression Therapy uses hypnosis to access a person's subconscious mind to find forgotten and repressed experiences and the trapped negative emotions associated with them. The process facilitates the release of those trapped negative emotions and it also encourages the subject to change the way they interpreted those experiences and to change themselves so they will respond differently in the future making it perhaps the most active internal method available.

Other Methods

There are a bunch of other methods that claim to release trapped emotions that may or may not be effective. Here are a few of them: [The Sedona Method](#), [Access Bars](#) and [Emotional Freedom Technique](#) (EFT / Tapping) — there are certainly others.

Shortcomings of These Methods

The problem with many of these methods is that even though they can clear your accumulated trapped negative emotions and the undesirable manifestations they cause from your life they do not ensure that you won't trap more emotions in the

future. And this is because they do not require you to change yourself — the way you interpret and respond to life’s traumatic experiences.

No Longer Creating Trapped Emotions

So how do you ensure you don’t trap more negative emotions in the future? By understanding how your current state of being is contributing to how you interpret and respond to challenging situations and learning a new way of being that responds differently. After all it is how you interpreted and responded to your past experiences that made them “traumatic” and “emotionally charged” and caused you to trap negative emotions in the first place.

The Greek Stoic philosopher, Epictetus, had this to say about the importance of how you respond to life’s challenges:

It's not what happens to you, but how you react to it that matters.

Here are several changes you can make to yourself that can change how you interpret and respond to life’s challenging situations. Making these changes will not only improve how you feel as these situations are occurring but will also greatly reduce the chances of trapping emotions.

Here they are:

- Learn to deliberately choose your emotions rather than being emotionally reactive.
- Allow yourself to fully feel whatever emotions arise without judgment.
- Become more forgiving and less judgmental.
- Take full responsibility for everything you experience.
- Look for the pearl of wisdom in every situation and learn the lesson rather than blaming.

Let’s explore each of these in more depth.

Reducing Your Emotional Reactivity

One of the things that contributes to the creation of trapped negative emotions is your level of emotional reactivity. Emotional reactivity is when you unconsciously react to situations with strong negative emotions. It's when you let circumstances dictate how you feel and respond rather than deliberately choosing how you want to feel and respond. It's your knee jerk reactions that you have to life's happenings.

One thing that can help you transcend reactivity is being aware that you, and only you, choose your emotions.

You Choose Your Emotions

Many people believe that their emotions are **caused** by what someone else is doing or the situation they find themselves in. You've seen this belief in action if you've heard people saying things like "*My husband makes me so mad...*" or "*That made me so depressed...*" or "*That put me in such a bad mood.*"

Of course, this is kind of ridiculous because no one but you chooses how to interpret and respond to situations — no one can make you feel any emotion that you don't choose to feel. Things that happen to you do not determine the emotions that you feel. Although you may not have deliberately chosen every circumstance you find yourself in, you do have the ability to choose how you think, feel, and act. No matter what happens, you ultimately are responsible for how you respond.

Many of us unwittingly fall victim to our emotions at times. Our knee-jerk emotional reactions can happen so fast that it seems like there isn't any time to choose differently. If you are late for an appointment, you may automatically feel anxious. If someone treats you rudely, you might automatically feel offended. When you are insulted or abused, you may immediately feel resentful or angry in response.

All of us experience disturbing situations occasionally but unless you take responsibility for how you respond, you will simply react. When you allow yourself to react, your subconscious mind and your ego often will deliver negative emotion, likely ones used in similar circumstances in the past. This is

because you are allowing the situation to trigger your automatic response patterns, but you don't have to. You can override them and deliberately choose how to respond. In every new situation you encounter you can choose to feel and respond differently than you have in the past.

You always are choosing your emotions it is just that you are either doing it unconsciously or consciously. Simply becoming aware of this can greatly facilitate you becoming less emotionally reactive. Of course, setting an intention to become more deliberate about how you respond to life's bumps can help greatly also. It's not always easy but you can get better at it with intent and practice.

So here's a practical suggestion on how to avoid simply reacting unconsciously the next time you are faced with a challenging situation. When you feel that surge of negative emotions starting to build (and with practice noticing this will become easier) take a short pause and breathe. This gives yourself the space to connect with your higher-self and remember who you really are or want to be and to consider what response will be the most productive, loving, and compassionate. And only then respond in a deliberate fashion based on that.

Of course, one of the keys to consistently choosing to feel and respond differently is to fundamentally change how you **interpret** situations. And the key to this is to adopt new beliefs and attitudes about people and situations. What I'm talking about here is adopting a more understanding, forgiving, less judgmental attitude, taking more responsibility for your experiences (rather than the tendency to blame others), and focusing on the pearl of wisdom that these situations almost always contain, rather than focusing on the problem itself. I will explore all of these in some detail shortly but first let's take a look at how to handle the emotions that do arise, so you can reduce the chances that you will repress them and trap them.

Allowing Yourself to Feel the Emotions Fully

Regardless of what emotions do arise you must not judge those emotions or yourself for having them. Doing this is part of the reason that you suppress and trap them.

To ensure that you don't trap them you must allow yourself to feel those emotions fully – without judgment. There's nothing wrong with how you feel, they are just feelings. Let them flow through you and feel them completely. Really let yourself vent – jump up and down, scream, cry, or whatever you need to do and just keep doing it until the feeling dissipates.

You might want to remove yourself from the situation before you do this but let yourself do this. And like I said, and this is very important, don't judge what you are feeling or yourself for feeling that way – this will only encourage you to suppress those emotions, which is what we are trying to avoid.

The goal is to feel your feelings fully and then let them go. If you hold a grudge or can't stop thinking about a situation it's probably because you haven't released the emotional charge that you allowed that situation to create within you.

Becoming More Forgiving and Less Judgmental

One of the ways that you can change how you interpret and hence respond to events is nurture a less judgmental and more forgiving attitude. The inability to let go and forgive is one of the primary reasons why people end up with trapped negative emotions. Understanding the reasons why you are less forgiving and non-judgmental than perhaps you could be, and how to change that is therefore an important step on the road to no longer creating trapped emotions. Let's take a look at some of them.

Reducing Your Egoic Pride

One of the reasons that people find it difficult to let go and forgive is egoic pride. Although there are positive types of pride, egoic pride is an insidious and damaging type of pride that ultimately ends up harming those that wield it even though they are likely completely unaware of this fact. And sadly, it is very common.

Egoic pride expresses as selfishness, jealousy, hatred, resentment, superiority, ill will, or anger toward others. Egoic pride leads those that are in its grip down a dark path to strong negative emotional reactivity, often starting with the feeling of resentment. And of course, this makes them unwilling to forgive others. Instead, they hold on to the real or imagined wrongs they have suffered, and

allow themselves to feel angry, frustrated, resentful, etc. And in the worst case it may even drive them to pursue retribution against those they perceive have hurt them.

What they unfortunately don't realize is how damaging holding onto negative emotions is to themselves — because if they did, they would certainly choose to change their ways.

Becoming aware of the nature and consequences of egoic pride and to what degree we are in its grip can be very helpful in nurturing the ability to be less reactive, more forgiving, and to let go. The problem is that even though it's very easy to recognize egoic pride in others, it is often very difficult to recognize in ourselves. But of course, with increased self-awareness you should be able to catch it in yourself. A sure sign that your egoic pride might be out of control is if you are easily and quickly offended (and brought to anger, frustration, and resentment) and tend to hold a grudge.

You will not be punished for your anger, you will be punished by your anger. — Buddha

The Liberating Effect of Forgiveness

It is so important to understand how much that letting go of old hurt feelings helps you. You may think that you are justified in holding on to hurt feelings because it punishes those that hurt you. But in truth, holding on to negative emotions hurts only you, not them. Those that you perceive have wronged you may or may not be aware of how you feel and may or may not suffer along with you. But your choice to hold onto the perceived wrong ultimately hurts you far more than anyone else.

The Buddha eloquently echoed this point when he uttered these words of wisdom:

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

They may have done something truly horrible and it may seem impossible to let it go. This is your opportunity to do something truly liberating — you can choose to forgive them unconditionally and free yourself of all of the negativity associated with the situation.

Forgiveness and Unconditional Love

One of the keys to becoming more forgiving is to foster the quality of unconditional love and compassion within ourselves. These qualities will motivate us to look beyond the surface of another's actions to try to understand why they behaved that way. These qualities will enhance your ability to understand how and why they feel the way they do and why they have behaved the way they did.

When our hearts are full of love and compassion we are much more likely to get beyond our own self-centeredness, and we are much more forgiving, patient, and kind, we are much more interested in the welfare of others and making others happy, and we are much less likely to develop trapped emotions. Our tendency will be to overlook the faults and weaknesses of others, rather than to judge them. Our tendency will be to look deeper into the reasons behind another's actions and feelings and understand that they are just doing the best they can based on the sum of all their experiences up to this point in their life.

Beyond Forgiveness

We may even realize the deep wisdom that if we were in their shoes, truly in their shoes, we would feel and do the same. And so often the harm we do to each other is unintentional or happens out of ignorance and looking beyond the surface will often make us realize this. These realizations take you to the lofty understanding that everyone is doing the best they can given their life history and experiences up to this point and that it really could not be any other way. Then you begin to see the challenges as simply opportunities for everyone to learn and grow.

The qualities of unconditional love and compassion are worth nurturing within yourself because they will create a life of positivity that will have you floating joyously high above the negativity and drama of most of the everyday world.

Taking Full Responsibility for Your Experiences

A very important realization that is both critical to self-empowerment and greatly facilitates changing how you interpret and respond to life's challenges is taking full responsibility for everything that comes into your experience. For anyone on the road to self-mastery and mastery of their creatorship a crucial understanding is that blaming others is a hugely disempowering habit. When you blame others you implicitly are saying to yourself and the Universe "*something outside of myself, over which I have no control, is the cause of my experiences and my happiness.*"

Which of course is not true, because you are creating your reality absolutely without exception with your very own thoughts and beliefs regardless of whether you understand how. And by not embracing this you effectively abdicate your creatorship and you unconsciously create your experience which will likely contain more adversity and undesirable things than you would prefer.

The most productive attitude is "there is nothing being done to me." By the Law of Attraction, you draw to yourself every experience your soul requires, in order to learn, evolve and grow.

Life isn't happening to you, it's happening because of you and for you.

When you accept this completely, you will begin to really see the gift in every situation, however challenging, and you will extract the pearl of wisdom from it and use it to propel your growth and evolution, and you will never again dwell on your past experiences with the slightest amount of resentment or remorse.

Focusing on the Pearl of Wisdom

Another way that you can change how you interpret and respond to life's challenging situations is to always focus on the pearl of wisdom that every challenging situation almost always provides you — rather than focusing on the immediate problem or offense.

Is there a higher principle or ideal that can be gleaned from the situation? Is there a lesson to be learned? What pearl of wisdom does the situation contain that can help you grow to be a wiser, more loving, and happier being?

Focusing on the wisdom to be gleaned from, and the growth opportunity provided by, every situation takes you to a higher plane far above judgment, blame, recrimination, and any other negativity to something far more productive. And it will greatly increase your chances of never trapping negative emotions again and unwittingly suffering their insidious damaging consequences.

Cultivating Self-Awareness

One of the key skills that is important to transforming yourself so you can forever become free of negativity and the threat of trapping negative emotions is self-awareness. Self-awareness is essential to all forms of healing and change. Without awareness of your state of being no change is possible — awareness enables the choice to make a change. While this may seem obvious it is often overlooked. Without becoming aware of our defensive and negative thoughts and judgments how are we to choose to be different.

Nurturing and cultivating greater self-awareness is crucial to all growth including growing beyond emotional reactivity and holding on to negative emotions. One thing you can do that will help with this is to set the intention to become more aware of mental and emotional habits and behaviors. You might perhaps even ask for help and guidance — from the Universe, or God, or your spirit guides, or your higher-self, whatever works for you.

And believe it or not this will actually help you begin to catch yourself reacting in ways that perhaps you'd like to change. When you do catch yourself reacting go ahead and acknowledge it and give thanks that it has come to your attention. For example, you might say to yourself, *"I'm feeling irritable for some reason. I'm really glad I can see that."* The increased awareness that you will cultivate will give you the opportunity to learn, grow, and change.

If you always respond to becoming aware of your thoughts and feelings with something like *"I'm really glad I can see that."* and you feel genuinely pleased and grateful to be able to notice them and have the opportunity to address the source

of them then you will find yourself quickly becoming more and more self-aware. And as you do you will find yourself gaining deeper and deeper insights into yourself and making more and more healthy changes. Just remember to be non-judgmental about anything you find in yourself that you would prefer to change. You don't have to make yourself wrong to change yourself, in fact, it makes it harder. It is always most productive to notice your thoughts, feelings, and behaviors lovingly and without judgment.

With sincere intention and practice you can become very self-aware and this will facilitate much learning, growth, and change in yourself for the better.

Summing it Up

Trapped negative emotions are one of the biggest causes of all sorts of adverse effects on your health and what you can manifest in your life. You create them when you interpret and respond to situations that unfold in your life with strong negative emotions that you are uncomfortable with completely feeling so you suppress them, which only traps them in the energy field of your body and hides them from you.

There are quite a few ways that you can release or clear existing trapped emotions from yourself that will give you relief from their adverse effects. But ultimately, you will need to fundamentally change yourself if you want to avoid creating new trap emotions and subjecting yourself to their adverse effects in the future.

The choice to clear your trapped emotions and learn how to avoid creating more in the future should be a no-brainer once you understand how damaging they are to the quality of your life.

Conclusion

Becoming keenly aware of how you are unwittingly blocking the manifestation of your true desires and inadvertently creating adversity in your life and working

towards eliminating them is a crucial step in becoming an effective and powerful deliberate creator.

I hope you found this exploration of five of the most important blocks to deliberately creating wonderful in your life useful. There are certainly more than five, but this is a good start.

More power to you,



Jeff

[Deliberate Creator Academy](#)