



THE MANA SERIES PRESENTS:

THE GOLD ROAD

~

*The Spiritual Art of
Creating What You Want In Life*

~



THE GOLD ROAD

- INTRODUCTION
- CHAPTER ONE:
THE MIND
- CHAPTER TWO:
DESIRE
- CHAPTER THREE:
BELIEF
- CHAPTER FOUR:
IDEAS
- CHAPTER FIVE:
ACTION
- CHAPTER SIX:
ASSESSMENT
- CHAPTER SEVEN:
PERSISTENCE



THE GOLD ROAD

*The Spiritual Art of Creating
What You Want In Life*

Your Creative Power

Everything you see around you came forth from a creative process: the clothes you are wearing, the home you live in, the chair you are sitting in, the television program you watch. The ability to create what you want in life isn't a mystery nor is it a special talent reserved for a select few. Your creativity comes forth from following the "creative process" which leads from the invisible realm of inspired thought to the manifestation of actual experience.

Over the next eight weeks you will be learning the spiritual art of creating what you want in your life based on unwavering Universal Principles. Please know that you will succeed in this process for everything is within your potential to understand. You are going to learn how to utilize the incredible spiritual power within you to create.

There are seven steps to the creative process, and over the next seven weeks you are going to become thoroughly familiar with each step. This will allow you to become the architects of your destination and create the life you desire.

The Law of Creative Process

MIND ACTION

Every thought, feeling, attitude and perception that shapes our world and determines our prosperity begins in the mind.

DESIRE

Within the mind a desire surfaces. We feel like life can be different; there is more to ourselves and our lives than we are experiencing.

BELIEF

Desires go unfulfilled if we don't believe that we have the ability to satisfy them. Belief is knowing that if we have the capability to recognize a desire, then we also have the capability to satisfy it.

IDEAS

Once we have confidence that we can satisfy our desires, the mind begins to create ideas that will achieve that end.

ACTION

An idea is just an idea until it is acted upon. We don't have to know exactly how everything is going to unfold, we just have to act. . .and take the first step.

ASSESSMENT

When we act on an idea we may miss the mark and not achieve the desired results. This is a natural part of the creative process. When this happens, we simply assess the results, learn from what took place and act again.

PERSISTENCE

Persistence is continuing on and being unattached to the fruits of our labor. Persistence is trying, failing, learning and trying again. The progress made in pursuing a goal is more fulfilling than achieving the goal itself.

If followed, this seven step creative process will lead to the manifestation of your desires. If progress isn't apparent, it is always the result of one of the steps remaining unemployed.

7 x 7

A Process of Positive Affirmation

Experts in human behavior have concluded that over 90% of the things we do are done out of habit. In the early years of our lives we committed ourselves to thoughts, feelings, attitudes and perceptions that defined the world around us. As a result, regardless of the situation or circumstance at hand, we refer to our subconscious minds for a "definition" of what is taking place. That definition then triggers an emotional response that makes us feel good, bad or indifferent about what is happening. Problematically, many of the beliefs we are committed to underestimate our ability and hold us back from expressing our higher potential.

It has also been concluded that any habit of thought, regardless of how deeply seated, can be altered or removed from our belief system over a short period of time. The perfect metaphor for this is a computer. When we are born our minds are like a new computer that has never been programmed. In the first years of our lives we take on the beliefs of our family, culture and social circle, and that becomes our "programming" for life. The good side is, once again like a computer, we have full power and authority over the "programming" by which we live our lives and can change habits of thought that cause negative experiences or deprive us from reaching higher levels of prosperity. The most effective way to do this is through the 7 x 7 (seven times seven) method.

Why Seven?

In Hebrew, seven is from a root word meaning to be complete or full. In the Book of Genesis 2: 1-3 it reads:

"And God blessed the seventh day, and sanctified it because in it all was complete."

Seven is the number for Spiritual Perfection. It represents the time necessary for transformation. When we multiply a number by itself, the symbolism is intensified. When undertaking to change a habit of thought it behooves us to have some sort of guideline that indicates when progress will be achieved. 7 X's 7 is that guideline.

It is a guarantee; a spiritual certainty that if you do something, or think something seven times a day for seven days and seven days a week for seven weeks you will have set in place a firm foundation for a positive and beneficial attitude.

The 7 x 7 Method

7 x 7 is the most effective method for utilizing our powers to create the experience we desire.

Set your intention to determine those areas of your life and aspects of your thinking that hamper your sense of well-being and hold you back from your abundance. If you are experiencing any kind of lack in your life, where is it? Where does your emotional uneasiness reside? What is it that may occasionally sweep over you causing deep despair or hopelessness? What is it you want?

The 7 x 7 Method employs three practices which work in conjunction with the creative process. The three practices can be used in any order, and all are equally effective. View each of them like one leg of a three-legged stool. Each one is useful, but the ultimate success is when the three are used in conjunction. The three practices are:

IDENTIFICATION

Identify yourself as the emotion you desire by more consistently expressing it.

AFFIRMATION

*Saying aloud a statement of Truth through the use of "I AM"
such as I AM PEACEFUL! I AM CONFIDENT! I AM PROSPEROUS!*

BLESSING

Be aware of and bless everything and everybody that represents what you want. The positive focus of your mind will generate your positive creative energy which will attract to you that which you desire.

For the next seven weeks, experience any combination of the above practices at least seven times a day, and you will discover after a short period of time this process will become an automatic response.

SELF - ASSESSMENT

My Life Now

	<i>Rank by Circling</i>	<i>My thoughts and feelings</i>
SELF ACCEPTANCE	1 2 3 4 5	_____
LOVE	1 2 3 4 5	_____
PEACE OF MIND	1 2 3 4 5	_____
SELF CONFIDENCE	1 2 3 4 5	_____
SELF WORTH	1 2 3 4 5	_____
WELLNESS	1 2 3 4 5	_____
SUCCESS	1 2 3 4 5	_____
DECISIVENESS	1 2 3 4 5	_____
PATIENCE	1 2 3 4 5	_____
ENERGY	1 2 3 4 5	_____
COMPASSION	1 2 3 4 5	_____
POSITIVE ATTITUDE	1 2 3 4 5	_____
WISDOM	1 2 3 4 5	_____
HOPE	1 2 3 4 5	_____
CREATIVITY	1 2 3 4 5	_____
FINANCIAL PROSPERITY	1 2 3 4 5	_____
OTHER_____	1 2 3 4 5	_____

TITHING

Tithing is a vital part of the creative process, for it engages you in the Law of Giving and Receiving. Quite simply, what you give out is what you get back. As you sow so shall you reap. The benefits of tithing are immeasurable and the practice has transformed people's lives in every sense of the word, for it moves them beyond the fear of not having enough.

IT FEELS GOOD TO GIVE. *There is no fee for this class or the materials. We do suggest however, that you determine a percentage of your financial income to contribute to this class as your current source of spiritual support. This commitment is between you and God. Only you can decide the percentage you choose to give, but there are certain criteria to follow:*

**FREELY GIVE WITHOUT A SENSE OF OBLIGATION
OR DEMAND.**

**GIVE WITH A JOYFUL HEART WHEN YOU PRESENT
YOUR GIFT.**

**GIVE WITHOUT EXPECTATION TO RECEIVE
ANYTHING BACK. THIS IS YOUR UNCONDITIONAL GIFT
TO THE UNIVERSE.**

100% of your tithing during this class is your sole contribution to Unity Temple on the Plaza in support of this ministry.

My Tithing Covenant

I JOYFULLY COMMIT ON THIS DAY TO TITHING ____% OR
MORE OF MY INCOME TO UNITY TEMPLE ON THE PLAZA
THROUGH **THE GOLD ROAD PROSPERITY CLASS** DURING
THIS EIGHT WEEK PERIOD. I UNDERSTAND IF AT THE END OF
THIS EIGHT WEEK PERIOD I CHOOSE TO ASK FOR MY CON-
TRIBUTION TO BE RETURNED, IT WILL BE GIVEN BACK WITH-
OUT HESITATION OR QUESTION.

Signed _____

Date _____



THE MIND

Everything that happens in life begins with a thought.

In This Chapter

- Everything Begins With Mind
- From Directed to Director
- The Three Levels of Mind
- The Law of Attraction

Over the last fifty years, amazing discoveries have been made in outer space. With the development of the Hubble Telescope we have been able to observe stars hundreds of millions of miles away and have awakened to a deeper understanding of our universe that was unimaginable before now. In addition, our discoveries have also led to a greater degree of perplexity, for despite all our newfound knowledge we still do not have the slightest idea where space begins and where it ends.

Just as miraculous are the discoveries we have made in inner space. We have discovered that every person's mind is a universe of its own, and just as perplexing as the cosmos itself, for we do not have the slightest idea of its ultimate potential. Experts in the field of mind study tell us that the mind is capable of thinking "one followed by six and a half million zeros" numbers of thoughts. Simply stated, if you were to write the number that represents your potential for thoughts, the number itself would circle the earth over 200 times.



*Whether you think you can
or think you can't, you are
usually right.*

- Henry Ford

They also tell us if it were possible to build a computer that is capable of doing everything the human mind does, it would require a 60-story building to house it. The fact is, our minds are just as mysterious and presently unknowable as the universe. These new discoveries about the mind are not meant to overwhelm us but rather awaken each of us individually to the tremendous capacity we have to change our lives *by changing our minds*.

Everything begins with the mind. Whether it is the physical presence of our universe that came forth from God Mind or the simplest task you do on a daily basis, everything happens and everything comes into existence that is born from its original thought. This being the case, we know that the experience we have in life, whether it is good, bad or indifferent is the result of the thoughts we think. *Our thoughts create our reality.*

The Three Levels of Mind

Every person in the world is different from any other person. Every person has their own unique likes and dislikes, combination of characteristics, strengths and weaknesses, fears and hidden secrets. We are all different, yet at the same time, we are all alike. From a conscious awareness point of view, every person comes into the world in an identical way.

At the time of our birth our conscious minds were like a new computer that had never been programmed. Our senses alerted us to the elementary aspects of the environment in which we resided, but outside of that, we were not able to reflect on very much.

As we went through the first years of our lives, various notions were impressed on us that represented the thoughts, feelings, attitudes and perceptions of those with whom we came in contact. We received these notions and stored them very much the same way a computer stores that with which it is programmed. In our first six or seven years of life we learned the concept of yesterday and tomorrow. We developed our individuality and we were able to characterize the relationships of key people in our lives. There was no concept of unworthiness, feelings of inferiority or other emotional fears.



But as time progressed, notions that weren't based on truth were impressed on us by family members, teachers, our social circle and other authoritative figures. Nobody is to blame for the negative and inaccurate information that was impressed on us. Those people in our lives simply passed on the notions that were impressed on them.

A computer cannot tell the difference between something true and something false. If you program a computer to accept the equation $2 + 2 = 5$, when you ask the computer how much $2 + 2$ is, it will answer 5. To the computer, that is the truth. In that same way, our eager, receptive young minds didn't distinguish between what was true and what was not. We accepted all notions up to a certain age. Many of the beliefs we accepted then, and which even now dictate the way we live our lives, are false. Thus, the human condition becomes one of unnecessary sadness, despair, defeat and limitation.

The beauty of life is that it is equal and fair to all; we all have unlimited potential to create the life we desire. It is simply discovering the way to reprogram our "biological" computer and move beyond the artificial limitations that currently hold us back.



Chalk sidewalk art

We don't see things as they are, we see things as we are.

- Anais Nin

The Three Basic Levels of Mind

~ The conscious mind which perceives what is going on around us and has the emotional experience of reacting to it.

~ The subconscious mind which is the home of our belief system and dictates to us the *meaning* of what is going on around us and how we should *feel* about it.

~ The unconscious mind which is the realm of total awareness. The unconscious mind is often times referred to as the God Mind within. It is the total realm of all thought that exists. Every solution, invention, higher insight and brilliance has come forth from the unconscious mind of a human being, and the unconscious mind of every person is identical.

Once again, using the metaphor of a computer to better understand the human mind, think of it this way:

The conscious mind is that which is on your computer screen at the present moment. It is what you are looking at and what you are experiencing.

The subconscious mind is the computer program you are using. It is much greater than what is on the screen.

The unconscious mind is like the internet, a vast expanse of knowledge, wisdom and information available to us if we know how to access it.

From Directed to Director

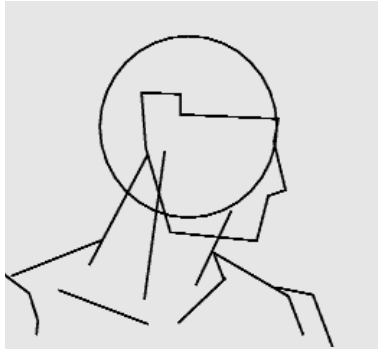
We have free will to live our lives as we choose and create the life we desire. The problem is we don't always exercise these freedoms.

We rely on our habits of thought that come forth from the subconscious to determine the experience we have in the present moment. It is like being on auto-pilot. We don't interact with what is before us, but we react to it in a habitual way.

Imagine that you have a team of mental helpers that create the experiences of your life. First you engage in a situation or circumstance and the sensory mental helper that resides in the conscious mind gathers up what the senses perceive and takes a message to the thinking mental helper that resides in the subconscious mind. The thinking mental helper

Your mind is a tool for you to use any way you wish. The way you now use your mind is only a habit, and habits, any habits, can be changed if we want to do so, or even if we only know it is possible to do so....The thoughts you "choose" to think create the experiences you have. If you believe it is hard or difficult to change a habit or a thought, then your choice of this thought will make it true for you. If you would choose to think, "It is becoming easier for me to make changes", then your choice of this thought will make it true for you.

-Louise Hay



The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

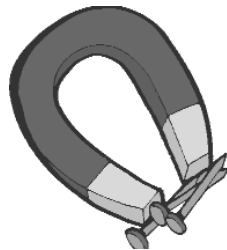
- William James

then turns to the memory bank of the subconscious, relates the present experience to past experiences and defines the situation. The thinking mental helper then turns to its roommate, the emotional mental helper who determines how you feel about it. The meaning and feeling is then given to the reaction mental helper who races back to the forefront of the conscious mind and says here, react this way, and we do.

When we commit to experiencing something in a certain, specific way we block all the other options. They cease to exist and we come to believe that our habitual way is the only way, even if it isn't the truth of the matter (which most of our uncomfortable reactions are not). Researchers in human behavior have discovered that the decision on how we react to something is made before we are even aware of it.

The point is, in every situation you face in life there are dozens of different ways you can experience it. In order to have a greater experience of peace, fulfillment, pleasure and harmony in situations that have been unpleasant in the past, think about them in a different way by utilizing the great wisdom of the conscious mind to change the programming of the sub-conscious mind.

The Law of Attraction



The universal Law of Attraction states that we are attracted to that which is of the same nature as the thoughts we are thinking. If you believe this world of ours is a horrible, depressing place all you have to do is walk around the block and your attention will be attracted to those aspects of life that can be defined as horrible and depressing.

The Mana Series: The Gold Road/Chapter 1

If you believe this world is a beautiful place you can walk around the block and the opposite will take place and you will be attracted to those aspects of life that can be defined as beautiful.

The Law of Attraction states that we are attracted to that which is of the same energy vibration as the thoughts we are thinking. We attract to us that which identifies with our energy. Angry people live in an angry world and attract angry people to them. Peaceful people live in a peaceful world and attract peaceful people to them.

The Practice

STEP ONE

By now you have determined the kind of person you want to be. Set your intention and claim that identity.

STEP TWO

Become aware when you are getting messages from your mental helpers that are in contrast to how you identify yourself. For example, if you claim the identity of a peaceful person and something is happening that doesn't feel good and makes you angry, it is a sign that the message you are getting from your mental helpers needs to change.

STEP THREE

When you experience feelings contrary to your desired goal, be gentle with yourself. Take a moment to step back from the situation and explore optional viewpoints that are in line with your desires.

*The more you practice being the person you wish to be,
the more you become that person.*



DESIRE

Every deliberate action one takes is born out of desire and has as its intention a sense of greater well-being.

In This Chapter

- The Dynamic of Desires
- The Essence of Every Desire is Emotion
- Two Kinds of Desires
- Desire as the Forerunner of What Can Be

The Dynamic of Desires

Every living thing in the world has the basic desires for survival, safety and the satisfaction of physical needs. Only human beings have the innate and mystical ability to recognize desires beyond the basics.

Where do these desires come from? Do they serve a purpose or would we be better off without them? Why are the desires that surface within you often times very different than the desires of others?

"There is only one of you in the world, just one. And if that is not fulfilled, then something has been lost."

- Martha Graham

The fact is that a life without desires is a life not being lived. Desires call us forth to exercise greater potential to grow, learn and expand our life. The life you are living at this time is not the fullest that life has to offer.

Your life offers opportunities and possibilities greater than you have ever imagined. *You* are more than you have ever imagined, and your desires are the calling of your inner self.

Let us clarify that the desires we hold are not meant to change the natural order of life, or to make of you what you are not. A rose bud never opens up to reveal a tulip. The desires deep within you are for you to become what you are meant to be, not what you are not meant to be. We must first recognize that any desire to change the unchangeable results in suffering. We must learn to be at peace with the way things are in this world.

Learn to distinguish between being able to

CHANGE THE UNLIKEABLE

~ OR ~

LIKE THE UNCHANGEABLE.

The world we live in is far from perfect and far from complete. God's great plan is divinely ordered and moves forward at a steady pace. There are many things in the world that can easily disrupt our peace of mind and sense of well-being, and many things about which we can do nothing. To harbor a desire to change the unchangeable is to invite misery into our hearts to take up residence.

The Essence of Every Desire is Emotion

Every desire has an emotion as its seed and its ultimate goal. We desire to feel a certain way, and we often attach that feeling to a person or thing in the physical realm. One might desire to be powerful, so they pursue fame and fortune thinking that will give them the power they desire. The primary desire, however, is to feel empowered. The secondary desire, is to achieve fame and fortune. The truth is that one already has the power they desire within them and it can be experienced in myriad ways beyond the achievement of fame and fortune.



"I walked for miles at night along the beach, composing bad blank verse and searching endlessly for someone wonderful who would step out of the darkness and change my life. It never crossed my mind that that person could be me."

-Anna Quindlen

This holds true of everything we desire. We often focus on achieving our secondary desire, that being something of the material world. Consequently we become dependent on something or somebody to give us what we desire, when what we are truly seeking is to experience the emotion within us that the desire represents.

THE LAW OF DESIRE

The Law of Desire states that an individual's identification of a desire simultaneously confirms that the gratification of that desire is inherent within them.

Put in another way, if you have what it takes to recognize a desire for something, then you also have what it takes to attain it. Every desire holds within it the energy and the knowledge required to manifest it.

Two Kinds of Desires

There are two kinds of desires. General desires are common to us all, like the desire to survive, the desire to eat good food and to rest. We all desire to love and be loved. We desire safety and security. These are desires which are common to everybody.

Then there are specific desires which are unique to you. There are over six billion people in the world and you are unlike any other. In your individuality, you have a general nature; a nature that is common to all people, and you have a specific nature.

Your specific nature is to become distinctly you; not to be like anybody else, not to fit a common mode. Your specific nature is to awaken to your deep, inner desires and fulfill them along your unique path in life.



"I have made it my habit to alter my desires rather than the order of the world."

- Descartes

The specific nature of an acorn is to become an oak tree of particular size and shape. The specific nature of a caterpillar is to become a butterfly of particular color and design. Just as there is an invisible blueprint or design within the acorn which shapes it into the oak tree, there is a spiritual design within you which is the very essence of your soul. Your soul makes its presence known through the desires that surface within you.



**THE DESIRES THAT SURFACE WITHIN YOU
ARE THE CALLING OUT OF YOUR INNER
SOUL, THE HIGHER SELF,
ENCOURAGING YOU TO PURSUE
THEIR FULFILLMENT.
EXPERIENCING THIS PURSUIT WILL HELP
YOU GROW INTO
WHAT YOU ARE MEANT TO BE.**

Desire as the Forerunner of What Can Be

The roadblock to following our unique path in life is that our individual desires become thwarted and sometimes even scorned. In our schools, social groups, and in society as a whole, we are expected to be like everybody else. We are taught to suppress our uniqueness and conform to a generic, standard model of living, or strive for a pre-packaged, media-ordained ideal.

When each of us is born into this world, we are imprinted with our very own unique and individual path on which to proceed through life. But most often we are detoured to the main road, the generic road, which is traveled by most and which can only satisfy our general desires. It is essential that we honor the desires within us, for they are real; they are a part of us and their fulfillment brings to us an experience of life that can be had in no other way.

Each of us can think of many people who have dared not to follow "the beaten path" and lived a truly exceptional life. In the seventh chapter of Matthew, Jesus tells the disciples about the two ways they can proceed through life:

"Enter through the narrow gate, for wide is the gate and broad is the road that leads to misery and dissatisfaction, and many are on it; but small is the gate and narrow is the road that leads to life and only a few find it."

Our specific desires grow us into what we are meant to be. They create the drive to fulfill the wholeness of our being.

**NOTHING CAN BRING THE INTENSITY,
SATISFACTION, MEANING, PLEASURE AND
PASSION TO YOUR LIFE
AS CAN THE RECOGNITION AND
PROGRESSIVE FULFILLMENT OF THE DESIRES
UNIQUE TO YOU.**

**LET THE DESIRES
THAT ARE GREATEST IN YOUR HEART
GUIDE YOU FREELY FORWARD.**

"Look at every path closely and deliberately, then ask yourself

this crucial question:

does this path have a heart?

If it does, then the path is good.

If it doesn't, then it is of no use."

- Carlos Castenada



BELIEF

When we direct our imagination purposefully and intelligently, it gives us mastery over our lives.

In This Chapter

- Everything is what we believe it to be
- The Law of Belief
- The Power of Visualization

Everything is what we believe it to be

There is a seven-step creative process that you presently use to create what happens in your life. By utilizing this process, you can actually create what you would like to see happen in your life. The most important ingredient in the seven-step process is the third step, which is *belief*. If you believe in the process you will have the perseverance and conviction to overcome obstacles and move beyond challenges that are the

natural by-product of any goal. There is evidence of this seven-step creative process everywhere you look. Everything comes forth in this way and it is easy to see and believe. However, when it comes to oneself, for some reason it is more difficult to accept. Self-doubt sweeps in and infiltrates our thoughts with the erroneous insinuation that we are not capable of creating, or not worthy of receiving what we desire.



At times for all of us, life is not easy. We must have perseverance and above all belief in ourselves. We must believe that we are gifted to the point of attaining that which we desire.

- Marie Curie

Our beliefs are so powerful that they actually dictate not only the experience of every situation and circumstance we engage in, but the outcome as well. No matter what the objective, if we approach it believing we cannot accomplish what we desire it is highly unlikely that we will. In the last chapter we read:

The desires that surface within us are the calling out of our inner soul, the higher self, encouraging us to pursue the fulfillment of the desire.

The question is, *do you believe that?* Do you actually believe that you can accomplish that which you desire? Do you believe it without hesitation, reservation or doubt of any kind? If your answer is yes, as you acknowledge it you will feel a rush of assuredness course through your veins. If your answer is yes, but without any emotional accompaniment, it is just a rote affirmation.

**EVERY LIVING THING IN THE UNIVERSE IS
GIVEN ALL IT NEEDS
TO CREATE A COMFORTABLE AND FULFILLING
EXISTENCE FOR ITSELF.
THE ONLY WAY FOR THIS NOT TO HAPPEN IS TO
BELIEVE THAT IT CANNOT HAPPEN.**

The Law of Belief -

“They can because they believe they can.” - Vergil, The Aeneid

At this point it is important that we distinguish the difference between a belief and an absolute belief.

A BELIEF

can be true or false.

A belief can change positions.

A belief does not depend on evidence.

A belief can be imposed on us.

AN ABSOLUTE BELIEF

is based on Truth as we know it.

It can only grow stronger and never grow weaker.

It is based on indisputable evidence.

It is an intuitive knowing that comes forth from experience.

Quite simply, a belief is something we have inherited from the world around us. As stated above, some beliefs are true and some are not. At one time people believed the earth was flat because that is the way it appeared. That belief was handed down from generation to generation and seldom questioned. Yet the notion that the earth was flat was only an illusion; in Truth nobody had ever experienced a flat earth.

At the same time, when a brave navigator set out to disprove this ancient bit of lore, he actually experienced a round earth. It was the experience of the Truth of the matter that gave him an absolute belief; something he knew for sure.

Whether true or false, a belief is something we have accepted along the way and utilize to define the situations and circumstances in our lives.

An absolute belief comes out of an experience that is not predefined. An absolute belief is *knowing that we know*, because we have had personal experience.



When it comes to creating that which you want in your life, all sorts of different beliefs are going to surface. If you were raised in a negative, non-nurturing environment where the focus was more on your failures than your successes, beliefs are going to surface that you are not good enough, and this creative process will never work for you. You are predefining the situation as one you are incapable of doing. For this reason it is important that you suspend those thoughts that work against you and simply move into the experience without judgment. Reserve judgment until after you have had the experience.

THE PROBLEM

How does one approach a new situation with an Absolute Belief of success when an Absolute Belief can only be born out of the knowledge that comes from a past experience?

THE SOLUTION

Imagination.

We have the spiritual power to create within our minds images, ideas, and visions that have the potential to manifest into physical reality.

Self-confidence is a special elixir that Spirit has prepared to help each of us face and surmount the challenges of life. It is an aromatic blending of invigorating essences: attitude, experience, knowledge, wisdom, optimism and faith.

- Sarah Ban Breathnach

The Power of Visualization

We have been blessed with a creative power that is unlimited in potential. When we direct our imagination purposefully and intelligently, it gives us mastery over our lives. When we experience something in our minds with great emotion, it seems real to us and is accepted as real by our minds.

THE REASON THE IMAGINATION IS SO IMPORTANT IS BECAUSE THE SUBCONSCIOUS MIND CANNOT TELL THE DIFFERENCE BETWEEN SOMETHING REAL AND SOMETHING IMAGINED IN GREAT DETAIL.

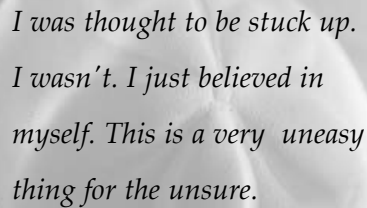
Information, whether factual or imagined, when presented to the subconscious mind, is accepted as truth. The subconscious mind then aligns to this truth by subsequently providing thought, direction and action to support it. When the mind accepts something as true it becomes a goal-seeking device that works incessantly towards substantiating what it believes by manifesting experiences that prove it.

The imagination can impose on us situations of great fear, distress or despair, or it can also be the most powerful means we have to elevate us to higher degrees of success.



Re-examine all your beliefs right now. What limiting beliefs do you have--about anything--that make you miserable? Find evidence to believe things that make you happy instead. You can believe that "the world is a terrible place" and prove it by example. But I can say, "The world is a beautiful place," and prove it just as easily. For which belief do you want to gather proof? Do you want to think positive or not?

*-Chellie Campbell
The Wealthy Spirit*



*I was thought to be stuck up.
I wasn't. I just believed in
myself. This is a very uneasy
thing for the unsure.*

-Bette Davis

Visualization is purposely using the imagination to create a positive experience in our minds that will serve as the blueprint for what we want to create in our lives.

Through visualization we imagine a positive emotional experience that we would like to take place. Say for instance, we have a talk to give to a large audience, so we imagine ourselves giving the talk in a very articulate, professional and charismatic way. That experience is stored in the subconscious mind as if it were real. When it comes time to give the talk, the subconscious mind acts on the information it has received and provides whatever is necessary to deliver the talk in an articulate, professional and charismatic way.

**VISUALIZATION IS OUR WAY OF GOVERNING AND CONTROLLING
ACTIONS BY USING OUR IMAGINATION TO RELAY TO THE
SUBCONSCIOUS THE RESULTS WE WANT IN A FUTURE EXPERIENCE.**

When a person has decided upon a goal, and when he can imagine that he has already achieved his goal, he is relaying the results of future performance or experience into his subconscious. The mind is a goal-seeking device. When it receives information, it does everything it is capable of to manifest the information into physical reality.

**DESIRES ARE
*I WANT***

**BELIEFS BEHIND DESIRES ARE
*I CAN OR I CANNOT***

**DESIRES EXPERIENCED THROUGH VISUALIZATION BECOME
*IT IS***



IDEAS

*When an idea comes to us
it is to be contemplated deeply
and implemented with positive emotion*

In This Chapter

- The Ideas That Will Manifest the Realization of Your Desires are Waiting Inside of You
- We Can't Create the New from the Mindset of the Old
- Awareness + Opportunity + Ideas = Awakening

The Ideas That Will Manifest the Realization of Your Desires

We have a two-fold nature to our being. We are human beings; the physical part of us that we can see and touch. But we are also spiritual beings, and the first characteristic of spirit is creativity. We have the power to create. We can create something from nothing. We can create more of something that already *is*. In addition and more importantly, our purpose, meaning and fulfillment in life depend on the degree we are creating. We have to create to be alive.

Human beings are intrinsically creative. We are the creators of tools, machines, reme-

dies, fashions, and mythological heroes that can leap tall buildings in a single bound.

Up until this time we have used our creative powers primarily to make things that comfort, delight and satisfy us. We are now moving into a new age where our ability to create must mature and be utilized to bring to us a deeper sense of being alive and a greater expression of who we are.

Awakening to a new awareness of our creative power will bring greater degrees of peace to our relationships, a stronger sense of confidence to overcome



An idea must not be condemned for being a little shy and incoherent; all new ideas are shy when first introduced among our old ones. We should have patience and see whether the incoherency is likely to wear off or wear on.

- Samuel Butler

the challenges of life, and a deeper feeling of connectedness between all people of the world. Most importantly, when awakened to this new awareness, each of us will be shown a vision of that which we can become.

It isn't necessary to gather around a conference table for a "think tank" session to discover ideas from this higher level of creativity. The ideas are in a womb-like state within our minds. They are whole, complete and organized, patiently waiting for the right opportunity to be recognized.

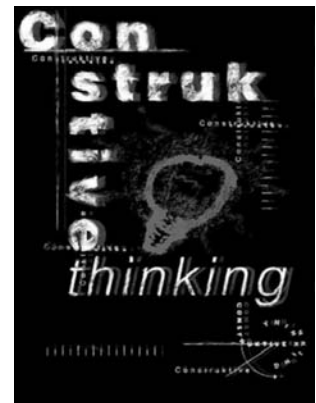
The underlying law of creativity rests on the seven-step process by which all things come into existence. There is *mind* from which desire surfaces; there is *belief* that one has the ability to satisfy the desire; then with this confidence, *ideas* from the higher conscious mind are birthed into our conscious awareness.

Ideas are the most powerful expression of the human mind. As stated above, they are whole and complete within us in this very moment. They have the ability to transform our awareness from what *is* to what *can be*, and all we have to do is be open to receive them. We can't think an idea into existence for it already exists. We can't search the world around us for a new idea that will make our lives better. All we can do is be aware of those things that inspire us and bring the ideas to the surface.

We Can't Create the New From the Mindset of the Old

As we go about our daily lives, for the vast majority of us, every thought, feeling, attitude or perception that we have is the offspring of our past experience.

That which you are thinking while you are reading this is the result of everything that has happened to you up to this point in time. Your perception of what is happening in the present is dramatically colored by your history. Your conscious mind perceives what is happening in any given moment and turns to your subconscious mind for direction on how to react to it. The reaction comes forth from what you have learned in the past. Because of this, we may engage in different situations, but never-the-less have the same emotional experience. This being the case, if we have a desire to change our lives and experience a new way of being, it won't happen from the ideas that spring forth from the past.



Everything that happens in our lives is the result of cause and effect. A thought causes us to act or react in a certain way and that creates the effect that takes place. If we continue to think from the same level of awareness that we always have, the cause is going to continue to be the same as the effect.

The solution to this is to open ourselves up to ideas and direction from the higher intuitive mind that perceives all things from a fresh and truthful perspective.

Doing this calls on us to *stop thinking*. This might seem absurd at first but it is the way all of nature exists. Every living thing with the exception of human beings, goes about their daily life living moment-by-moment. When something changes that causes them to act or react, they receive direction from their "instincts" and do it without question before or contemplation afterwards.

**THE INTUITIVE FACULTY OF OUR MINDS
IS THE EVOLVED STATE OF INSTINCT.**

Awareness + Opportunity + Ideas = Awakening

In this week's lesson, the objective is to be aware of what is going on around you. You can do the same thing you do any other day, but break the daily habit of only seeing

*The more an idea is developed,
the more concise becomes its
expression. The more a tree is
pruned, the better is the fruit.*

-Alfred Bougeart

that which you have always seen. Be open to EVERYTHING that is going on around you. The ideas of the intuitive mind simply wait for the right opportunity when they can inspire the most. They will come forth without thinking or forewarning. It will be an "ahh-haa moment" that may surprise you at first, but then you will smile and think this "stuff" really does work!

You might wonder at this point, *how will I ever get anywhere if I don't think about it?* It is necessary to have a clear vision of what you want or where you want to go, but it is impossible to create a "road map" that will reveal to you every step of the way or inform you of the "unexpected" that might take place. Hold the vision strongly in your mind, then *Trust*. As you go about your daily life, follow the emotional stream with which you resonate. Just as you are aware of what is pleasant or painful for your body, you can also develop an awareness of what you need to invest yourself in, and conversely, what you need to discount and move around.

"Throughout the centuries, practitioners of meditation have realized the deeply conditioned nature of our ordinary mind and the fact that an autonomous self is not necessarily in charge of its functioning. The result is not insanity but instead the beginnings of a new freedom of mind -- and increasing ability to doubt, ignore, or even override the habitual, reactive circuits of the brain. Seeing into our own brain-mind is the first step in a lifelong process of 'liberation' from our biological and psychological conditioning."

- Wes Nisker

from "Big Bang, The Buddha, and the Baby Boom"

Every worthy goal has a certain amount of obstacles to overcome and problems to solve. These aren't stop signs but stepping stones. There are challenges to overcome when changing how your life is now to how you want it to be. Every time you encounter an obstacle, know that as you overcome it you are one step closer to your goal.

Don't worry about getting there or the obstacles that might show up as detractors. When the time comes you will discover you have everything you need to continue on.

Lastly, don't shy away from asking for help if you feel you are stuck. Often times a dialogue with another person can assist in giving birth to the idea that lies within you.

Right here, right now you have the creative power and intuitive awareness that is equal to any person who has ever lived. If you believe this and are open to it, that which you are seeking will be given to you.

Three Practices:

~ QUIT THINKING ~ LOSE YOURSELF ~ BE AWARE ~

"The cosmic joke is that we were designed to...live by our senses, not by our brains. But over the eons we've learned to think our responses instead of feel them, totally backwards from the way all the rest of nature lives. Animals and plants do it (live by their senses), while all of us closed-down, disconnected humans snicker at it. But when you really start playing the Feel Good game, I promise, it's better than an all day ticket to Disneyland. You listen and do, listen and do, listen and do, trusting your Guidance without hesitation."

*- Lynn Grabhorn
from "Excuse Me Your Life is Waiting"*



*Ideas make their way in silence
like the waters that stir behind
the rocks of the alps; loosen
them from the mountains upon
which they rest.*

-Author unknown



ACTION

*We are what we repeatedly do.
Excellence, then, is not an act, but a habit.*
- Aristotle

In This Chapter

- Three Types of Action:
- Imagination - make it real
- Bring it forth - write it down
- Take little steps - have patience with the process

Imagination - Make It Real

The formula for reaching any goal and satisfying the desires of the heart is simple: in order to *get* more you have to *do* more. If you want to have greater peace of mind you have to do more peaceful things and think more peaceful thoughts. In this regard, it's not so much *what* you do but *how* you engage in what you are doing. Thinking rote affirmations 100 times a day is a very active practice, but if there is no emotional involvement in the practice, it is all for naught. When you are truly passionate about any endeavor you automatically want to do more of it.

The practice isn't considered "work," but rather something that is immediately gratifying.

In a past lesson we covered a very important principle; the mind cannot tell the difference between something real and something imagined in great detail. It is vital that we actively engage our imagination in every undertaking. Imagine the ending of your pursuit of a goal. Imagine it already having been achieved. Imagine it in great detail. Feel the emotion attached to your success. Spend time dreaming in vivid detail.



A thought that does not result in action is nothing much, and an action that does not proceed from a thought is nothing at all.

- George Bernanos

When you go to bed at night take a moment to have a waking dream of what you want and how you will feel once you get it. When you wake up in the morning, set your intention for the day. Engage in your dream daily, even if it is only for a minute or two. Make it a part of you.

Bring It Forth

The second action you can take, is to bring dream and desire from the mental realm into the physical realm. Write it down in great detail. Pretend it is a story you are writing. This doesn't require thinking about it so much as it does just sitting down and writing whatever comes to mind, no matter how inconsequential or trivial it might seem. When you write something down it becomes real. You can see it, touch it and it cannot fade away as a passing reverie.

“Thinking positive is your first step to living rich, inside and out. But it is not enough. You have to take action to achieve your goals. I call this ‘Sending Out Ships.’

In the 19th century, the merchants in London built grand, tall-masted sailing ships. It would take many months, sometimes years, to build them. Then they would hire a crew, outfit the ship, and store provisions for the long sea voyage. The trip would take many months -- often years -- and there were no communication lines open then: no ship-to-shore radio, no telegraph, no cellular telephones. Once the ship had sailed, the merchant could do nothing more; only wait for that future day when the ship would return, sailing into London harbor laden with treasure. On that day, the merchant’s fortune was made. And that’s where the expression, “I’m waiting for my ship to come in,” comes from.

Some people are going down to the dock, waiting for their ship to come in -- but they haven’t sent any out! If you want the fortune, your responsibility each day is to send out some ships. And you better send out more than one, because stuff happens to ships ... Once you send the ship out, it’s out of your control. You are only in charge of sending it out, not when it comes in.

When you get in the habit of sending out ships on a daily basis, even if you know some ships aren’t going to make it back home, you are still confident and optimistic because you know you have a whole fleet sailing out there ... Positive energy shines from you.

Send those ships out every day. Then prepare to unload your treasures.”

- Chellie Campbell from *The Wealthy Spirit*

Take Little Steps

“It is not enough to stare up the steps -- we must step up the stairs.” - Vance Havner

The third action you can take is to remember that every journey is undertaken in little steps, and not giant leaps. Our goals can sometimes seem overwhelming. They may feel to be a great deal loftier than we could ever achieve, like climbing a mountain. We stand at the bottom and look far into the clouded sky at the top, and our goal seems like something intensely difficult, if not impossible. However, all we really need to do is to stay in the present moment and simply take a single step up the mountain.



As an example, a fellow successfully lost forty pounds. When asked what the key was to his success, he replied that he simply broke his desire down into the smallest steps. As he contemplated his goal, he determined that if he wanted to lose forty pounds, all he really had to do was lose one pound forty times. To lose one pound all he had to do was either eliminate 3,000 calories from his diet, or burn 3,000 additional calories by increasing his physical activity, and that if he wanted to lose

one pound a week it would take him forty weeks to lose the forty pounds. To lose one pound a week he had to be free of approximately 500 calories a day. He decided to cut back 250 calories a day and increase physical activity to burn 250 calories a day. He successfully reached his greater goal by implementing a very manageable daily goal that he could achieve.

*Active natures are
rarely melancholy.
Activity and sadness
are incompatible.*

- Christian Bovee

We also can achieve our goals in this fashion, whether they be tangible or abstract. For example, if you want more peace of mind, don't think that you have to immediately be in Nirvana all the time. First bring to mind those times when you are the least peaceful. Perhaps it is when you are with a certain family member or somebody at work, or facing a deadline that is very stressful. If it comes upon you, experience it, then let it go. Then choose to activate the presence of peace in your life by dedicating small blocks of time each day to invoke it, through meditation and prayer. It won't be long before you will come to rely on this time as a daily practice, and a growing sense of peace will permeate your day.



*Though good may come of practice,
This primal truth endures:
The first time anything is done,
it's done by amateurs.*

-- Art Buck

The Gold Road Prosperity Program provides you with a way to get from where you are to where you want to be. The journey is the greatest blessing. Every day in every way, with every little step you become more, you learn more, you receive more and you give more. That's satisfaction. Any goal that can be easily attained in a short amount of time most likely doesn't have lasting value. It is the satisfaction of progress on a step-by-step basis that brings the real joy.

Everything you have accomplished in life is the result of repetitious behavior. As a youngster in first grade, the teacher pointed to the ABCs above the blackboard, and it was through repetition that we committed them to memory. Then we repeatedly arranged them into familiar words that we read and wrote over and over, spending hours sounding out syllables and drawing connecting circles or slanted vertical lines. Stop and think where that repetition has brought you. Now you can sit down with pen and paper and write pages and pages of words all strung together by a common theme.

In this process of pursuing a particular goal and the feeling it will provide us, it is the practice of repetition which moves us beyond old habits of negativity, and instills new habits. This insures that when we arrive at the emotional level we desire, it will be lasting.



ASSESSMENT

Along your journey make a truthful and compassionate assessment of your progress.

In This Chapter

- The Truth of the matter
- Self-assessment
- Feedback
- Steps along the way

The Truth of the Matter

A great part of the assessment process is asking questions. Take time to assess what has happened in the past with a mind that has suspended all pre-conceived notions. Question everything.

Curiosity is a part of our nature. We come into this world with a natural impulse to be inquisitive. As young children we ask questions about everything until at last those to whom the questions are directed become frustrated because they themselves don't know the answers.

This is especially true with religion. Many of the fundamental beliefs in organized religion that are presented as fact fall terribly short of reality when questioned with logic.

The response from some religious authorities has been: "Some questions can't be answered" or "Don't question, just have faith." This kind of a response has us living in a world of myth and superstition and stuck in a way of life that doesn't allow us to move to heights of greater fulfillment.



I am only one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do.

- Helen Keller

Self-Assessment

Similarly, we as individuals also often take a staunch position. Oftentimes we don't question various aspects of our lives because we are afraid we might find out that what we have been doing all along is not in our best interest. Thus we remain stuck in difficult or even miserable situations rather than face the daunting prospect of change.

With true assessment, we take on the responsibility to question everything without blaming anything or anyone, but rather to learn what works and what doesn't work.

**WHEN PURSUING ANY WORTHWHILE GOAL
IT IS JUST AS IMPORTANT TO KNOW
WHAT DOESN'T WORK AS WHAT DOES.**

On this journey you determined where you are and where you want to be. It's important that along the way you do a truthful assessment not only of your progress, but whether or not you are still passionate about the original destination you set. When pursuing a goal it is very possible that things happen which present even a better destination than the one originally set.

**QUESTION EVERYTHING.
LET YOUR "WHYS" LEAD YOU TO
THE TRUTH OF THE MATTER.**

Feedback

One of the most important ways of assessing our progress is with a system called "feedback." In a past chapter we discussed the three different levels of the mind. There is the conscious mind which senses and perceives what is in front of us in any given moment. There is the sub-conscious mind which holds all the thoughts, feelings and attitudes we have collected in the past and which define what the conscious mind perceives. Then there is the unconscious mind which holds the deep wisdom of the Soul. Some call it the intuitive or higher mind. It is from this higher mind that insights and viewpoints come forth that have not been tainted with erroneous knowledge.



The results of everything we have ever done are reported to the subconscious mind in the form of feedback to be used as reference for future situations of a similar nature. For instance, when we all are first learning how to walk, the information we had stored in our subconscious mind was primarily conceptual. We had seen other people walk and the stored information was as simple as, "Stand upright and move feet." In doing so for the first time, we most likely took a tumble and got hurt. This result was reported back to the subconscious mind with an emphasis on the pain and the determination to prevent it from happening again. The next time we tried to walk we drew on a greater degree of our innate coordination and balance. This experience was also reported back to the subconscious mind for future reference.

If a person tells you that you are an ass, pay no attention. If three people tell you you're an ass, buy a saddle.

- Sholem Aleichem

It is impossible to achieve the simplest of goals without using feedback. The way we have used our feedback up to this point has determined how successful we have been in our careers and the degree of harmony in our relationships.

Steps Along the Way

**WHEN WE RELAY TO THE
SUBCONSCIOUS MIND THE RESULTS
OF PAST PERFORMANCE FOR THE
PURPOSE OF IMPROVING FUTURE
PERFORMANCE, IT IS CALLED
*FEEDBACK.***

**WHEN WE RELAY TO THE
SUBCONSCIOUS MIND THE RESULTS
OF FUTURE PERFORMANCE FOR THE
PURPOSE OF IMPROVING PRESENT
PERFORMANCE, IT IS CALLED
*VISUALIZATION.***



*Ninety percent of people's woe
comes from not knowing them-
selves, their abilities, frailties and
even their real virtues.*

-- Sydney J. Harris

Visualization is a method of imagining an event before it happens for the purpose of determining how the event will unfold when it does happen.

When you try something and it doesn't work out the way you intended, rather than get frustrated, assess what happened. Determine what went wrong. Remind yourself of your original intention and reinforce that "feedback."

We are surrounded by a myriad of things that seem commonplace but hold within them great inspiration. Look at everything differently. Leonardo da Vinci collected conch shells from the northwestern shore of Italy. One day while looking at one he was inspired to design a magnificent spiral staircase for the French King's chateau at Blois.

Alexander Graham Bell was inspired to invent the telephone by making an improved model of the ear.

The little burrs that stick to your trousers when you walk through the words inspired the invention of the Velcro fastener.

Assessment should be kind and friendly. It is not a means of interrogating yourself and harshly judging your results. It is simply a way of looking at your life with a "How's it going?" intention.

**INSPIRATION DOESN'T ALWAYS COME
FROM SEEING SOMETHING
NEVER SEEN BEFORE,
BUT FROM SEEING SOMETHING
COMMON
IN A WAY NEVER SEEN BEFORE.**



Every person is the painter and the sculptor of their own life.

-- St. John Chryostom



PERSISTENCE

The progress made in pursuing a goal is more fulfilling than achieving the goal itself.

In This Chapter

- Stay Committed
- Working With Your Willpower
- Let It Go
- Win-Win

Stay Committed

In this final chapter we examine what it means to stay committed to achieving our goals and dreams. This process requires an on-going investment in our spiritual life and dialogue with our Higher Self. Ultimately, The Gold Road is not only about manifesting what we want in life, but is a metaphor for our unique and individual spiritual path. As we walk this path we find that *our life is successful only to the degree that we are successful each step of the way and in each and every moment*. How do we know if we are being successful in the moment? It may be

as simple as checking in with our feelings. We ask ourselves, "Does this make me *feel* good? If not, what can I do right now to change course by changing how I *feel*?"

In chapter two we learned the role that our feelings play in identifying our desires, which are a calling from our inner self. We learned that "Every desire has an emotion as its seed and its ultimate goal." By focusing on the *feelings* that our desired goal will provide us, we tap into the abundant assistance of the universe to get us there.

Subsequent chapters walk us through the importance of believing in ourselves, creating the mindset from which creative and prosperous ideas generate, taking the action these ideas suggest, and assessing our progress along the way. The final step in this creative process of getting what you want in life is *persistence*.

Working With Your Willpower

First, let's look at what persistence is *not*. Persistence is not about enforcing our will over a situation in order to manipulate a desired outcome. Charles Fillmore, co-founder of the Unity movement, acknowledged that will is one of our twelve spiritual faculties, calling it the "Executive Power of Mind." When properly used, this mental faculty works in harmony with the unfolding of Spirit and our highest good. When it isn't properly used we can get into trouble by willing into manifestation what we *think* are the solutions to our problems and life challenges, when in reality they can be solved only through an increase in self-knowledge.



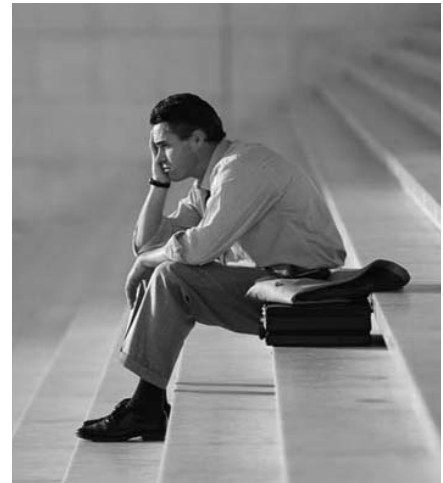
Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, "Press on," has solved and always will solve the problems of the human race.

--Calvin Coolidge

Let It Go

As Truth students, perhaps you have heard and repeated the affirmations "This or something better, God," or "Let go, let God." *Herein lies the paradox: You can't ever truly have anything until you let it go.* Just like the proverbial story about the butterfly of love, not until you set it free is it truly yours.

In the introduction of this book you identified a personal goal on which to focus while working the steps of each chapter. At one point you learned the importance of visualization: as you see yourself reaching your goal you feel the positive emotions of joy and satisfaction that accompany it. While this powerful tool of visualization can create a super-highway to the achievement of your dream, the question is, *can you be persistent in your daily rededication to reaching your goal, and be simultaneously flexible about not only how it is reached, but how it will look in the end?* By releasing an attachment to the outcome, we open ourselves to new and different opportunities. The affirmation "This or something better, God" opens you to the abundant assistance of endless possibilities in the achievement of your highest good. Regarding the emotional content of your goal, if an emotion of *joy* is a predictable side effect of your goal's achievement, it is also *the one guaranteed component of the goal that will be reached.* Stay open to your good!



"Most of my major disappointments have turned out to be blessings in disguise. So whenever anything bad does happen to me, I kind of sit back and feel, well, if I give this enough time, it'll turn out that this was good, so I shouldn't worry about it too much."

- William Gaines



Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go.

Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life.

What is it you would let go of today?

--Mary Manin Morrissey

WIN-WIN

As you progress down the road to creating the life you want, remember to lend a helping hand and a word of encouragement to other travelers along the way. Be patient with your process and theirs. It has taken an entire lifetime for us to become the way we are, and changing old habits of thinking takes time. As children we learned that "If at first you don't succeed, try, try, again," and indeed we are all in the process of becoming all that we can be. This process is one of trying, failing, learning, assessing, and trying again.

Fear can get the better of realizing your dreams, especially fear of failure. Even one perceived failure at something can prevent us from ever giving it another go, or can intensely color our perceptions about ourselves and our abilities. But it has been said that *often-times a breakthrough comes after a breakdown*. Remember to make allowances for mistakes and errors, be kind to yourself, and always persist. With faith and visualization, and by invoking the power of your emotions in the process, any goal you set can be realized.

REVISITING 7 x 7

In the introduction of this class we identified the "7 x 7 method" as effective for utilizing our powers to create the experience we desire and get past the seeming road blocks in our way. If you are experiencing fear of failure, or even a sense of resignation about achieving your goals, the 7 x 7 method can be employed to set you back on track.

7 x 7 METHOD

IDENTIFICATION

Identify yourself with your goal's corresponding emotion
by more consistently expressing it.

AFFIRMATION

Say aloud a statement of Truth through the use of "I AM" such as
I AM SUCCESSFUL! I AM CONFIDENT! I AM A WINNER!

BLESSING

Be aware of and bless everything and everybody that represents what you want.
The positive focus of your mind will generate your positive creative energy
which will attract to you that which you desire.

Experience any combination of the above practices at least seven times a day, and you will discover after a short period of time this process will become an automatic response and a breakthrough will soon follow.

IN CONCLUSION

The world is in the process of becoming a perfect, totally loving, supportive and positive place. Meanwhile, there's plenty of love, joy, success, money, health and happiness for everyone! We are each an inseparable part of the unfolding of a divine and inherently benevolent plan of *Good*.

As we come to the end of our journey together and go our separate ways, here are the words of an old Irish blessing to take with you on your path:

*May the road rise up to meet you,
May the wind be ever at your back.
May the sun shine warm on your face,
And the rain fall softly on your fields,
And until we meet again,
May God hold you in the palm of His hand.*



SEE YOU ON THE GOLD ROAD!



The Gold Road Survey

What is significant to you about what you have learned in this class?

As a result of taking this class, describe whether you feel you have a better understanding of what it will take for you to reach your goals and dreams in life, and why.

Please provide feedback on the following, 1 being “not at all” and 5 being “very much”:

The class increased my interest in spiritual study: 1 2 3 4 5

The course and instructors met my expectations: 1 2 3 4 5

The textbook adequately covered the topic: 1 2 3 4 5

The textbook was clear and well written: 1 2 3 4 5

I recommend the current textbook continue to be used: 1 2 3 4 5

The activities conducted in the small groups

were reinforcing to each week’s lesson: 1 2 3 4 5

I expect to stay in contact with my classmates: 1 2 3 4 5

I would recommend this course to others: 1 2 3 4 5

*Thank you for your feedback!
Your answers will help us to provide
the best possible experience for future participants.*