



### Change your focus, Change your life: The paradox of manifesting.

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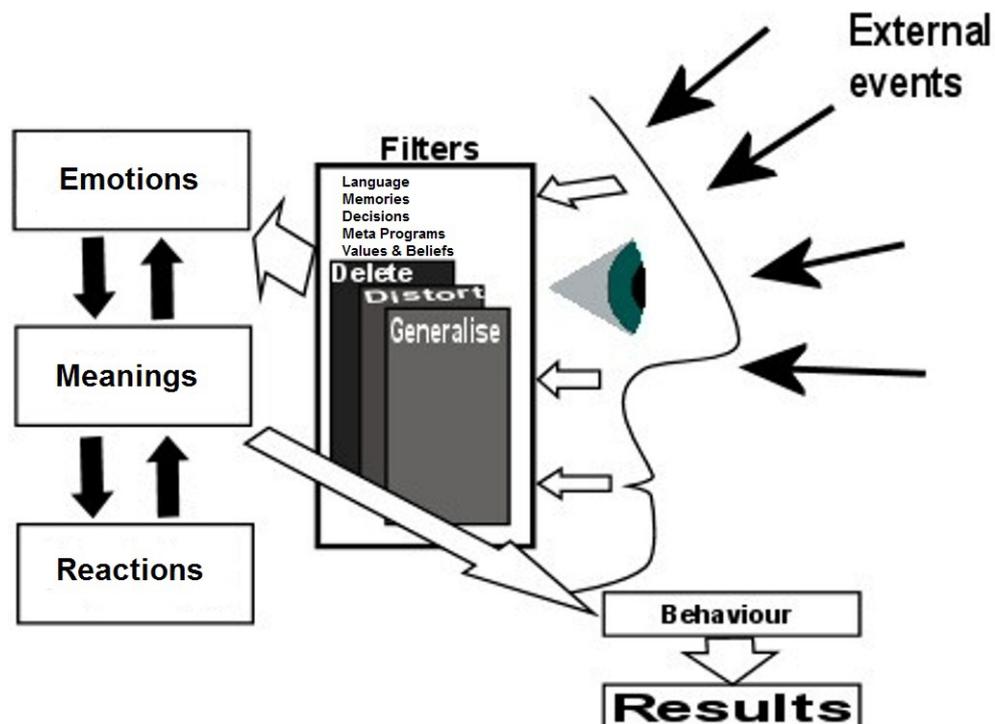
Most of us have heard about the law of attraction and probably watched movies such as *The Secret*<sup>1</sup> or *What the Bleep Do We Know?*<sup>2</sup> Books like *The Power of Positive Thinking*<sup>3</sup> by Norman V. Peale have been available for decades. Why is it then, so many people have trouble creating what they desire in life? I often hear, "yes I understand, but it doesn't work for me!" What you fail to realise is that it is working! The Universe always aims to give us what we focus on. So **focus** then, is a key factor of manifesting. If we drill down deeper, there are key aspects to focus and manifesting desires. The first aspect is that everything is Energy, which we have described repeatedly in the eBook [Being Human: The Contract of Life](#). You and everything you perceive, is a form of cosmic energy resonating at a particular vibration. Even your thoughts and emotions are energy. There are some fundamental principles governing this cosmic energy, and those principles have become known as Universal Laws. You can [download](#) a free copy of these laws from our website.

If we accept these Universal Laws, we begin to understand how our lives are shaped by our focus. You perceive your reality as real because your brain functions as a quantum machine and creates your world through the five senses of sight, sound, touch, taste and smell. You can also add your higher sensory perceptions to that mix. Your magnificent, miraculous brain, actually transforms and interprets the energy around you much like a hologram, where you can feel and navigate the 3-dimensional effect. You are a quantum energy machine and you create your own world by focusing energy. And remember, thoughts and emotions are also energy. What you believe, think about, worry about, and keep talking about, is what you create more of. This can be positive or not so positive, depending on whether you are creating what you want, or more of what you don't want. This brings us to the hidden face of creative focus...your unconscious focus.

#### **What are you really focusing on?**

How we perceive and communicate within our reality is unique to each individual. Your body is bombarded with over two million bits of information per second via the five senses of sight, sound, taste, smell and touch. This estimate is based on the work by Mihaly Csikszentmihalyi and his book *Flow: The Psychology of Optimal Experience*.<sup>4</sup> Note, this is an estimate for the five senses we are all familiar with. If we were to include all our other psychic senses, how much more information would we be subjected to? The point is you cannot possibly cope with such an influx of information on the conscious level. In order to make sense of your reality, indeed to create your reality, a network in your brain called the Reticular Activating System unconsciously filters all the incoming data. Yes, it's actually a thing, a part of your brain anatomy.

The Reticular Activating System (RAS) deletes, distorts and generalises the incoming flow of information down to just 134 bits per second. Do you get that? That's 2 million down to 134 bits per second. It literally sieves the information through a series of filters. These are your filters to perception. These filters include your beliefs, values, language, education, decisions, religion, and meta-programs. So you will only process, or bring into your reality, what you focus on. Consider just how much information you are deleting. Are you deleting the positive input and focusing on the negative? Remember, 2 million down to 134 bits per second. Change your filters so you are focusing on the positive aspects of life and you will attract more positive energy.



### So how do you change your focus?

Simply being AWARE is the first major step toward change. Even some of your unconscious filters will change now that you are more aware. In fact, your attitudes, values and beliefs are being adjusted all the time. You experience things in your life that affect you and cause you to re-evaluate your values and change your beliefs, thereby changing your perceptions of the world around you. Yes, sometimes we have hidden beliefs and other filters that can sabotage our best efforts. This is an important consideration, as many of us form beliefs and make decisions early in life that limit our journey. From our work, we recognise this can even occur in the womb. The great news is that these unconscious filters that do not serve you, can be changed with [therapeutic tools](#).

The keys to change on a daily basis are:

- Being aware and taking responsibility for your thinking
- Change your focus to what you want, rather than what you do not want
- Recognise there are Universal Laws at work
- In every situation you do not like, focus on the polar opposite
- Be aware of your underlying intent

## **Another important consideration is your Intent.**

Everything we do in life, is done with some intent, with an expected outcome. Even brushing your teeth in the morning is based on an intent of achieving oral hygiene. Driving yourself or taking public transport to work is also based on an intent; namely, getting yourself to the workplace so you can earn an income. But, every now and then, we do not achieve the expected outcome from our action of intent. There can be many reasons why this might occur including unforeseeable, external influences beyond our control, such as a transport strike disrupting our intended travel. You could possibly argue that if we were more aware, we may have heeded the warning notices in the media of an impending strike. However, what commonly happens in life, is that we fail to be aware of our true intent. It is your true intent that commonly delivers the outcome you do not expect; an outcome you do not want. It's impossible to hide your true intent or your underlying intent for any action. Why? Because it is energy. And whether you are aware of it or not, the vibration exists.

This applies to every aspect of your life. Whenever you are about to take action on something or make a decision, you need to be honest with yourself and ask what is my true, underlying intent? As an example: a person decides to offer a gift to a stranger with no strings attached, because they perceive a need to help. Their conscious intent (what they are telling themselves or their friends) is to help and expect nothing in return; a pure act of unconditional love. But is it their true intent? The receiver takes the gift and walks away without saying a word of thanks or any acknowledgement. The giver then gets upset because there was no acknowledgement of their generous act of kindness. This then, is not the intent of true, unconditional love. This has the underlying intent of needing to feel good, or get recognition, or a hundred other possible reasons, none of which reflect true, unconditional love. Think about that next time you offer to do something for nothing.

You need to be aware of your true intent. So when you are choosing to manifest something in your life, consider your true intent. Are you unintentionally focusing on what you don't want? Is your true intent being misdirected by a limiting belief? There is no right or wrong in any intent, just a matter of being honest with yourself and recognising whether you need help clearing a limiting aspect. Just as an example: If you are manifesting money or more financial income for yourself, then do so. Don't try to fudge it, or dress it up, by declaring it's for the greater good of others, unless that is totally true.

## **Another important aspect of focus is emotion.**

Remember, it's actually your choice to enter a negative state of emotion when a challenging situation occurs. Why not choose something else? Quite often, we get upset because we ascribe a negative meaning to an event, comment, or action. The Universal Law of Relativity states: nothing has meaning until you ascribe meaning to it. In any situation, why not utilise your free will and give it a positive meaning instead. We are all good at energising what we interpret as negative experiences with emotions such as anger, resentment, fear, and the like. As we now know, this only attracts more of the same.

What if you were to put the same amount of emotional energy into what you want?

- Whatever is your focus, energise it with the vibration of positive emotions
- Picture it, touch, taste and feel the powerful, positive emotions of having it
- Amplify it with PASSION...your desire must represent your passion.

A note on passion: When you are passionate about something there is no other alternative, no other choice or consideration. All other things fall by the wayside. When you are in your passion, your intention and concentration are automatically focused on your idea or desire.

### **Putting it all together...the paradox of manifesting.**

So now, how do we put all this together in order to create or manifest what we desire? To begin with, you need to be clear in your intent for whatever it is you choose to manifest. In some quiet space, in a meditative or peaceful state, you allow yourself to imagine that passionate idea or desired manifestation. Feel it and build that energy up in your emotions, in your passion. Build that energy to a peak over a course of 15 minutes and no longer than 15 minutes. Less, when you become proficient. This is all that is needed to activate the idea and put in motion the manifestation of the invisible to become the visible. The key at this point is building your passion to a peak or crescendo of emotion.

### **The important final step...the paradox.**

Once you have done that (remember, no longer than 15 minutes), the final crucial step is to completely, and utterly, let it go. Forget about it; stop thinking about it; stop caring about it. Surrender it utterly to the Higher Self or the Higher Mind if you prefer that term. Let the Higher Self now do the job. You can relax, your job is done.

The physical mind does not have the capability, or is not designed to understand how things are going to happen or manifest. All the physical mind needs to do is flip the switch and allow the Higher Mind to take over...to do the how. The Higher Mind or Higher Self has the big picture view and can organise the synchronicity, the inspiration, the downloads needed for manifesting your desire. BUT you must let it go. This is the paradox, that having created a passion around something you must then release it. If you do not release it, you do not have the whole mechanism engaged and the energy will not flow on. This step is vitally important. You MUST really know and trust that the Higher Self is doing its job; that your desire is in safe hands. You can then move on to focusing on the next most exciting thing you are capable of taking action on.

#### References

1. *The Secret*; Prime Time Productions, 2006.
2. *What the Bleep Do We Know!?*, 2004; <http://www.whatthebleep.com>
3. Dr. Norman Vincent Peale (May 31, 1898 – December 24, 1993); *The Power of Positive Thinking*, Ballantine Books; Reissue edition (August 1, 1996). ISBN 0-449-91147-0
4. Mihaly Csikszentmihalyi (1990); *Flow: The Psychology of Optimal Experience*; Harper & Row

## **About the Author**

Mark Pasley is a professional practitioner of energy healing based on the Sunshine Coast Hinterland in Queensland, Australia. In 1985 Mark began his career in health as a Dental Technician studying biology and nutrition at the School of Biological Sciences in Sydney. With a keen interest in nutrition, Mark completed a Diploma in Applied Clinical Nutrition under Dr Laurent Bannock of London, and adopted a holistic approach to nutritional health. This holistic approach led Mark to discover therapeutic tools for change such as NLP and hypnotherapy.

Founder of Red Spirit Energy Healing, Mark has a unique ability to see energy blockages in and around the human body. He specialises in releasing emotional blockages and clearing inter-dimensional interferences from the past and present. Today he works with his wife Chris who is also a healer and gifted medium. Having developed specialised techniques in energy therapy, Mark & Chris offer intensive healing sessions, house clearings and intuitive psychic readings, anywhere across Australia and internationally.

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Text updated July 28th 2019

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