

"THIS IS THE MOST CONCRETE GUIDE  
TO PERSONAL GROWTH I'VE READ!"

Diane Kennedy, RichDad™ Advisor, Best Selling Author 'Loopholes of the Rich'

# Blueprint

CHANGE YOUR LIFE  
FROM THE INSIDE OUT

Understanding and Controlling  
the Invisible Forces Creating Your Life

PAUL DRAYTON



“This is the most concrete guide to personal growth I’ve read!”

*Diane Kennedy, Rich Dad Advisor™, Best Selling Author “Loopholes of the Rich”*

“I’ve spent 9 years, read over 200 books and been to at least 50 seminars to improve my life. I wish I had read this book back then – it would have saved me so much wasted time, energy and money. Your book is a masterpiece and a must read for anyone who wants to play BIG in life.”

*Dr R Gathoni Maina, Ph.D., Los Angeles*

“Thank you for your book, probably the best practical book I have ever come across. You may be interested to know it broke me completely out of the box I was operating in over the last year or so. I couldn’t see what I was doing, your book showed me. It has changed me forever, very powerful material.”

*Michael Lampett, London, UK*

“I was deep in debt, working hard and not achieving what I wanted. Now, I’m debt free, I own and operate a successful business, and am closing on a new house with my family.”

*ROBERT NEFF, Ph.D., Sports Psychologist (as seen on CNN)*

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## **FOREWORD:**

# **From The Bottom To The Top**

I was on top of the world.

With money in my pocket and London at my fingertips, my life was an exciting adventure. Power and confidence surrounded me. I had everything I wanted and was living the life I had dreamed of.

But it wasn't always this way.

6 months earlier I had hit rock bottom and was ready to end it all.

If there was a bottomless pit in front of me, I would have jumped in without looking back. But there was no bottomless pit, only tourists swarming up and down the sidewalks, stopping to take

pictures of the famous Les Miserables theatre behind me. Workers ignored me as they hurried back to work after lunch at one of the many sidewalk cafés in London's colorful West End.

I adjusted my suit and stared longingly at the ground. Still no bottomless pit. "I guess I'll just go back to the job I hate, the job that is not what I thought it would be" I complained to myself. After 8 hours of grinding away at the job, I faced cycling home with the weight of career disappointment on my back and a messy apartment where my girlfriend of 5 years had just dumped me. What a life - by day I worked at a demeaning job, at night, I renovated an apartment that reminded me of my ex-girlfriend who had taken off to Indonesia to work in a holiday resort. I thought she was going to help fix up the apartment and get us out of the financial hole we were in. No such luck!

Yes, life was bleak. But before you get depressed from this tale of woe, let me tell about how and why it changed. More importantly, you'll see how you can change any situation in your life that is not the way you want it to be.

### **Something had to change**

There is a picture burned in my mind of cycling home one evening down Piccadilly Circus to Hyde Park corner in the West End. It's a downhill ride all the way. What surprised me was that on this night, I had to pedal really hard to get down that hill. With each step of the pedals I felt the life gushing out of me like a giant fire hose.

“This can’t be right” I thought, “It’s taking all my energy to pedal a bicycle downhill!”

Something had to change.

It was about to.

On that day, standing in the gloom of the English summer in front of the Les Miserables theatre, I reached the bottom of the hole called my life. I hit bottom so hard I finally woke up. I snapped out of my self-pity and looked around me like someone coming out of a dream. “Look at all these people, enjoying themselves, laughing, doing what they want to!” I thought to myself, “Why can’t I have that?”

Then a strange thing happened - the clouds of doom parted and I saw clearly.

Glaring at the happy faces swarming around me, I saw my life from the outside. It was not a pretty picture and it finally hit me - it doesn’t have to be like this!

I made a decision I should have made long before. I decided that I would be happy. I told myself “What is happening to me is going to stop. The rotten job, the heartbreak, the apartment slavery, are going to stop. I don’t care what it takes, I don’t care what I have to do, I don’t care if it kills me – I WILL BE HAPPY!” And I meant it! This was not an optimistic, maybe, let’s see what happens decision –

you know the kind that lasts a few weeks and fades into obscurity. This was the real thing. This was going to happen.

For the first time in as long as I could remember, I felt like myself again. I had a mission, I was going somewhere. It seemed like mission impossible at the time but I didn't care. I didn't know how I was going to get there or even where there really was, but I knew I would make it. Nothing was going to stop me.

Have you ever felt like that? Absolutely determined, absolutely sure of something. You feel energized, focused, determined - you have decided where you are going and nothing is going to stop you. This resolution to achieve a goal I call an Iron Intention. As I learned later on, it is a requirement for achieving your goals (more on this later in the chapter on Intention)

I didn't know it at the time, but this Iron Intention started a massive change in my life.

### **Happiness at last**

When I made that intention, my life started to turn around. I became disciplined and focused. I had meaning and a direction. Magical things started to happen.

Six months later you would not have recognized me. I had gone from being a self-pitying failure to the happiest person in the world! My dream job had fallen in my lap - at a 500% pay raise! My money problems were gone. I had a sports car, a top of the line off-road motorcycle. I had sold the apartment of doom and catapulted

myself out of my financial hole into abundance and an apartment in an exclusive suburb of London where Ferraris and Rolls Royce's toured the streets and the rich and beautiful sipped espressos at sidewalk cafés and shopped in overpriced boutiques.

My life had changed completely. I was confident, I felt good about myself and my life and I was dating again. People were drawn to me instead of keeping out of my way. I was looking up and out towards a bright future instead of down into a bottomless pit of hopelessness. There was a smile on my face and a light in my eyes. I had plans, I was going somewhere. I was big, BIG, BIG! Life was fun!

### **How Did I Get Here?**

The rollercoaster that took me from wanting to jump into a bottomless pit to the top of the world really bugged me. I didn't understand what had happened. How did I get here? Surely you don't go from the bottom to the top by chance? There must be something behind this.

If my degree in Physics had taught me anything useful, it was that the universe is not the random, disordered mess that some of us like to blame our failures on. To paraphrase Einstein "The universe does not play dice". Life is not a mystery, it is only misunderstood and I somehow knew what happened to me was not "luck" or "fate". I also knew that if I found the exact process I had gone through unknowingly this time, I could do it again knowingly. Not only that, I could show other people how to do it.

I started looking.

### **The Mission**

It became my all-consuming mission to find the trapdoor to happiness and success I had blindly stepped through. I read all the self-help, self-improvement, positive thinking books I could find- Think and Grow Rich, Creative Visualization, Mysticism, White Magic, the Occult, Motivation. They all had pieces of the puzzle but none of them showed me the whole picture from start to finish in a clear, logical format that satisfied my naturally skeptical scientific background. I wanted the whole picture in such a logical and simple format that anyone could see it was true. No missing pieces, no wishy-washy new-age double-talk or acts of faith, no works-sometimes-but-not-all-the-time convincing but ineffective psychobabble. I knew that whatever I did worked. And if it could work once, it could work again and again, every time. I would accept nothing less than the exact blueprint, the precise step-by-step process that guarantees the outcome 100% of the time. As Einstein said “I want to know the thoughts of God. The rest is details.” I was determined to read the rulebook that decided whether my dreams became reality or were shattered on the rocks of failure.

I didn't know it at the time, but I was not the only one looking for this. There are countless self-help, self-improvement, motivation books and theories that are looking for the same thing – the holy grail of success – the exact path to creation.

It took a while, but eventually I found someone who had found it. At the time, I didn't realize what I had come across. It seemed so simple, and was presented in such an obvious way that I wondered why I hadn't thought of it before myself! The more I learned about it, the more I became aware of the incredible power behind its simplicity. I saw how this seemingly simple process governs the creation of *everything*. A smile, a frown, happiness, unhappiness, marriage, divorce, riches, poverty, a mansion, a jet airplane, even the universe as we know it, are built on it. All these things, and anything else you can imagine, are created by this invisible structure and follow its laws.

I call this invisible structure the Blueprint.

At first I found it hard to believe everything in my life happened according to an invisible framework. I didn't like the idea of my life being governed by some outside force. I wasn't sure I wanted there to be an explanation for everything that happened in my life (especially my failures). Surely there must be an element of chance in life and certain things you can't explain? Then I thought about the law of gravity - it was invisible to Newton and everyone else in the 17<sup>th</sup> century. But that didn't stop it affecting their lives. Even though they didn't know why or how, when they walked into a hole, they fell down. Just because you don't know about gravity doesn't mean rocks don't fall on your head.

I came to realize this was true of the Blueprint - whether you knew it or not, the holes you fall into in your life and the setbacks and

disappointments that crash down on you are simply the workings of the invisible laws of the Blueprint. You are not being punished; the universe is not out to get you. You are not the victim of a grand conspiracy. You are not getting the happiness, the success, the money, the job, the relationship you want because you don't see and understand the Blueprint. You are looking up out of the hole and blaming the rocks for falling on your head. It's not their fault; they're just following the rules.

If this sounds a little harsh, take comfort in the fact that once you understand the Blueprint, you can get what you truly desire and enjoy getting it. After all, any game is a lot more fun when you know the rules. Can you imagine how frustrating it would be to play Football without knowing the rules? You would be penalized and not know why! You would lose ten yards or possession of the ball for doing something you thought was right. After a while you would become afraid of doing anything because you fear being sent off the field or losing 10 yards. So it is in life. After a few unexplainable penalties, setbacks and disappointments you 'wise up' to life. You restrain yourself, you look before you leap, fear of loss causes you to over analyze. Now you won't do anything until you are sure it is completely and utterly safe, by which time the opportunity has passed you by. In a few short years, you have become afraid of life, and life has become a somewhat painful experience.

You don't want to live like this do you? As Helen Keller said "Life is either a daring adventure or nothing at all". Life is about getting involved, playing hard and living passionately without fear

stopping your self-expression. If this is the life you want, then understanding the Blueprint is essential because when you understand it you know the rules are on your side and you can live life to the full without holding yourself back. You can live passionately knowing that anything that happens to you can be understood and fixed. When you understand the rules you can spend your time improving your skills and enjoying the game rather than fighting the referee.

I've set goals and not come anywhere near to achieving them. I tried to fix this with creative visualization, positive thinking and a host of other 'guaranteed' methods. I felt like a failure for not being able to make them work. I asked myself "They work for other people – what is wrong with me?" Understanding the Blueprint showed me what was missing from the 'how to' equation and brought back my motivation and certainty of achieving my goals. I now know I can achieve the goals that seemed impossible before.

### **Doesn't Everyone Know This?**

You would think by now that we would all be aware of this process and be using it to our advantage. The truth is we are not. There is an all too common belief that life is a mystery and you'd better just get used to it. You will hear people say things like "That's just life" or "You win some you lose some" as if that explains it all.

Most of us are totally unaware of the invisible Blueprint creating every moment of our lives. We are unaware that we built our lives on a Blueprint we are unable to see. We desperately try to

change the shape of our lives from the outside in; we try to change the result of the Blueprint, rather than changing the Blueprint itself. As many motivational and self help seminar attendees have learned – it doesn't work this way. Trying to change your life from the outside in is like trying to turn a brick house into a log cabin by sticking pictures of trees on the walls. It doesn't work. Its still a brick house, even if it looks like wood. It's the same with your life – you can only have authentic happiness when you are winning at the game called “Your Life”. Anything less is a substitute. And only understanding the Blueprint that is creating your life will do this.

If you're happy with the belief that Life is some mysterious thing that just happens to you, and there is not much you can do about it except throw your dice and hope for the best, then this book is not for you.

However if you want to take responsibility and understand the 'mysteries' in your life, then this book will help you. If you want to understand what is really creating your life and be able to change it then you need to be able to see the Blueprint in your life. This book includes a detailed explanation of each step of the Blueprint as well as practical exercises to help you master each step.

### **What's Your Goal?**

If you're reading this, there's a good chance there is something you would like to change in your life. Maybe you want more material possessions – a bigger house, a new car, a better paying job. Maybe you want more peace in your life, more self-esteem

or more confidence. Is what you really want to improve your relationships or your ability to communicate? Or do you have the goal of spiritual growth and a better understanding of yourself and the laws of the universe you live in?

In “Blueprint” you will learn the exact step-by-step process you can take to achieve any of these goals. The first chapter gives an overview of all the steps in the Blueprint. Subsequent chapters go into each step in detail. You will learn how each step influences your life, and how to make that step produce changes in your life. Along the way you will see the step at which you most commonly let yourself down and unknowingly set yourself up for failure. Of course you will also learn how to reverse this!

Although the Blueprint applies to everything from making a cup of coffee to building the space shuttle, it will be most helpful to you if you apply it to a personal goal as you read through this book. If you do this you will see where your goal stopped and how you can repair it. Along the way, you will learn and *know* how you can obtain your goal.

### **Ready?**

The Blueprint will show you the natural laws – it is your choice whether to see them or not. As you read, put your current beliefs and ideas aside - you can always come back to them later if you find them more appealing. Give your mind a break from making judgments – after all, if your mind had all the answers you probably wouldn’t be reading this. Open yourself to the possibility of change,

drastic change. Be willing to leave the comfort of your current beliefs and take a new look at life and your possibilities. Take a chance. You never know what might happen.

Here we go...

## Chapter 1:

# How You Get Everything You Want

*“The heavens themselves, the planets and this center,  
Observe degree, priority and place  
Office and custom, in all line of order “*

*– Shakespeare, Troilus and Cressida, Act I,  
sc. 3, 1.85*

*“There are no accidents.”*

*- Alan Walter*

Everything you did today, everything you have accomplished in the past, everything you own and cherish, everything that exists, has followed an exact sequence of steps to its creation. If you follow

these steps, your dreams will become a reality. If you don't follow the steps or you don't know the steps, your life will be a battleground of invisible enemies who seem to have nothing better to do than make your life difficult.

This is a lie. There are no enemies. There is only working with the laws or against the laws.

In the second year of my physics degree I began to see the incredible order and structure of laws governing the movement and interaction of all things around me. Years later I landed at Miami International airport and had the sobering realization that there are no accidents. Everything happens because it was made to happen. Everything happens according to the laws of the universe.

We accept there are laws governing the movement of the planets. We accept the laws of gravity and magnetism, yet we have difficulty seeing or accepting the laws that govern our movement through our lives.

I am constantly amazed at people who believe their lives to be the quirk of fate or fickle circumstance. They believe they have no control over what happens in their lives. "That's just life," they say, as if that explains it. They don't see through the apparent disorder to the simplicity of the Blueprint beneath.

This chapter is a quick tour through the entire Blueprint. It starts at the end and works back to the source of everything that happens (or doesn't happen) in your life. In subsequent chapters we

will look at each step of the Blueprint in detail. This will give you a clear picture of how and where to make changes in your life that will make getting what you really want as easy and effortless as possible.

## **The End**

*“The real act of discovery consists not in finding new lands but in seeing with new eyes”*

- *Marcel Proust*

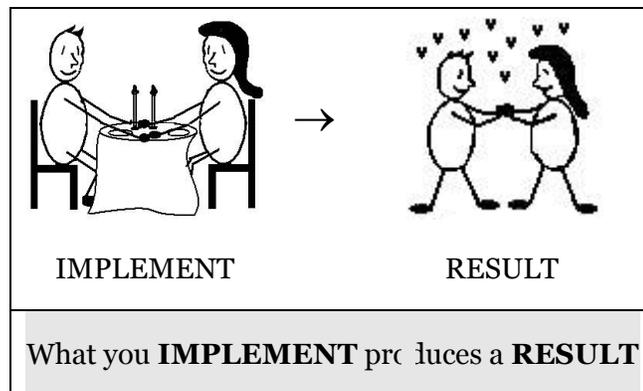
The end point of the Blueprint is the RESULT. Everything you have in your life right now is a RESULT – money or lack of money, happiness or sadness, fulfillment or yearning, friends or loneliness – these are all RESULTS. They are what you have now that you have reached the end of the Blueprint. What RESULT do you want? More money, friends, happiness, a good marriage, peace of mind, a new car, love, a successful business?

As diverse as these RESULTS may seem, they all come from the same source. There is only one source for every RESULT in your life. Do you know where all your RESULTS come from?

All your RESULTS are created by what you DO. If you want a new car, more money, love, happiness or friends, you have to DO what is necessary to create the RESULT of a new car, more money, love, etc. Whatever you want to create in your life, you have to DO something to create that RESULT.

If you don't have what you want it is because you aren't DOing what is necessary to create the RESULT you want. You have the RESULTS you have because you did what you did. That's the simplicity of it. Do the right action and you will have the RESULT you want every time. If you do the wrong thing (thinking it is the right thing) or don't do anything at all – you won't get the RESULT you want. If you think for example that ideal relationships just happen, you won't even think of DOing what is necessary to make it happen. You'll leave it to chance, which will probably mean you won't DO what is necessary to RESULT in an ideal relationship. On the other hand, everything you have in your life right now – whether it is good or bad - is the RESULT of what you did.

In the Blueprint, what you do is called 'IMPLEMENT'.



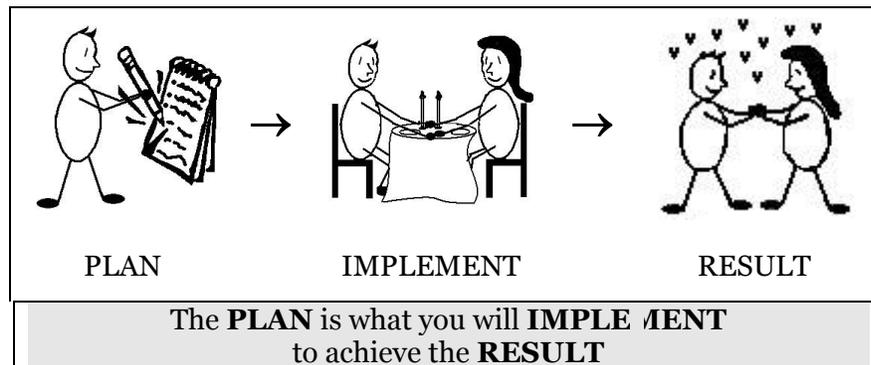
If you want money, you have to IMPLEMENT the actions necessary to RESULT in money. If you don't, you won't have the money. If you don't have happiness, friends, an exciting job, etc, it didn't just happen by accident - you IMPLEMENTED the actions

necessary to create the RESULT of no friends, unhappiness and a boring job.

### What made you do it?

You might think, “But I want friends, I want money, I want happiness. Why would I do what would create no friends, no money and unhappiness?” Good question. Why did you do that?

You did what you did because it was in your PLAN. The PLAN is what causes you to do what you do. A PLAN is a “detailed scheme or method for the accomplishment of an object”<sup>1</sup> that tells you what to IMPLEMENT to achieve your RESULT. Every action is preceded by a PLAN. It looks like this:



The PLAN not only tells you what to do, it also tells you how to do it. And here is a very important point. How you do something depends on what sort of person you are. It's not the other way

<sup>1</sup> *American Heritage Dictionary*, Second College Edition, 1983, Houghton Mifflin Company

around, as many people believe: *what you do* does not determine *who you are*! The truth is *who you are* determines *what you do*. What does “who you are” mean? It means “the predominant persona or identity you are using”. The plan tells you what persona or identity to be so that you can get the RESULT you want. If your plan is to make a million dollars you will have to behave like a millionaire (wear the persona or identity of a millionaire) so you can do what a millionaire does and have what a millionaire has – a million dollars.

Don't get stuck in the booby trap of thinking you have to make a million dollars to be a millionaire. Don't waste your time struggling to get money only to have it never appear, or worse, watch it all disappear when you finally get it. If this sounds familiar, you are probably tackling the money problem from the wrong end. You can't make a million dollars until you are a millionaire. To put it another way, you can't own a million dollars until you can be a millionaire. But if you BE a millionaire then you can do what a millionaire would do, and the RESULT would be a million dollars. Who you BE determines what you IMPLEMENT, which determines the RESULT.

Making a million dollars doesn't make you a millionaire. It makes you whatever you were before, just that now you have a million dollars. If you are being a middle class worker and you win a million dollars, you are now a middle class worker with a million dollars. You'd better get a millionaire identity quickly or you will lose that million dollars. For proof of this look at this statistic on lottery winners. Within 5 years, 80% of lottery winners are back at the same financial level they were in before they won the lottery. The money

was ‘theirs’, but the persona they were BEing couldn’t have it, so they unconsciously got rid of it.

You must be the sort of person that has money before you can IMPLEMENT the actions needed to create more money. It doesn’t work the other way round – you can’t have a poor identity and expect to keep your money. Poor identities are designed to be poor. If you want money, you must have an identity or persona that can have the money. If you are being a poor person you will do what a poor person does and the result will be that which matches the poor person – not much! If you are being a millionaire, you will do what a millionaire does and result will be a million dollars.

The same goes for all goals. Would you like more friends? Let’s see how you could get some. If you are being an unfriendly person you will do what an unfriendly person does (upset people) and have no friends. Too bad that you think you’re being friendly – if you have no friends it means you are being unfriendly. The RESULT never lies. You do what you do because you are wearing the persona or identity that is in your PLAN. The identity in your PLAN implements according to its nature (unfriendly), and you have the RESULT of no friends. But if your PLAN to have more friends includes a friendly identity, then you will IMPLEMENT the right actions to arrive at the RESULT of more friends.

### **There’s more...**

As powerful as it is, PLAN – IMPLEMENT - RESULT is not complete. Did you ever wonder what you created your PLAN from?

Did it just fall out of thin air? No, of course not! So where did it come from? Why did you create that PLAN to have that goal? And how did you decide on the persona or identity in the PLAN? The process below will reveal what caused you to create *that* PLAN.

Consider your major goal in life. What is it that you *really* want? What would make you happy and give you a sense of accomplishment and fulfillment?

When you have found your goal, ponder on it for a full minute before reading on.

Hey! Did you spend a whole minute pondering on your goal? The next part won't work as well if you don't do it. You'll miss out. Sit for a minute and enjoy pondering on your goal. Do it now. Put down the book and do it now.

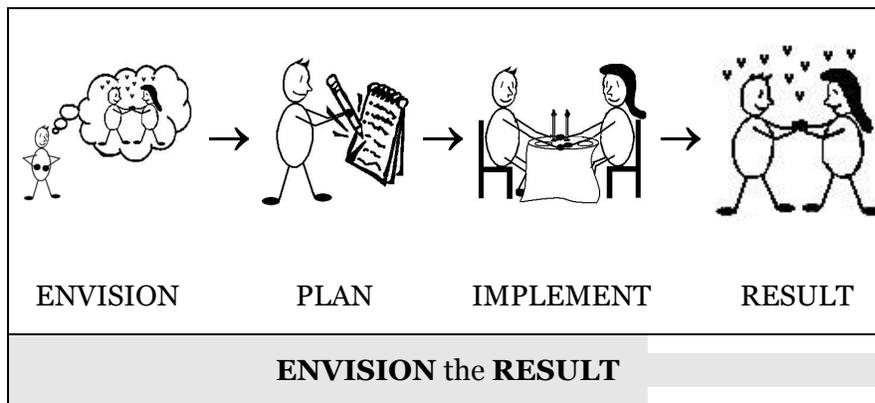
Well done! Now that you have had a good look at your goal, tell me, when you considered your goal, what did you do? How did you represent your goal to yourself? What is this goal that you 'looked' at? What did you see? When you looked at your goal, did you see a picture of what it would be like to have that goal? Of course you did! If your goal is a big house on the beach, when you considered your goal did you see yourself in a big house on the beach? Of course!

There's the answer to what comes before the PLAN. Before you make a PLAN, you ENVISION what the PLAN is going to RESULT in.

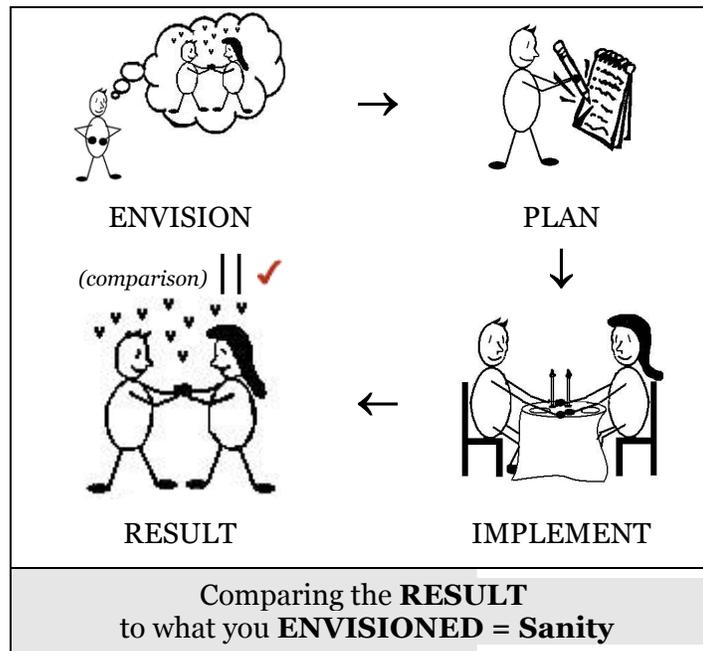
This is an essential step that is missed on many people's goals. Before you can make a PLAN you have to ENVISION what you are aiming for.

When you ENVISION, you make a life-like non-physical copy of the actual goal. You see your dream house and walk through it touching the walls and smelling the new carpets. You see yourself spending a romantic evening with your ideal partner on a honeymoon cruise through the Caribbean. You see yourself opening your bank statement with the million dollar balance and driving around in your luxury car.

Without a powerful vision, you will not create a workable PLAN, you will not IMPLEMENT correctly and you will not create the RESULT you ENVISIONED. Without being conscious and clear about the vision, you are aiming in the dark and are unlikely to hit the target.

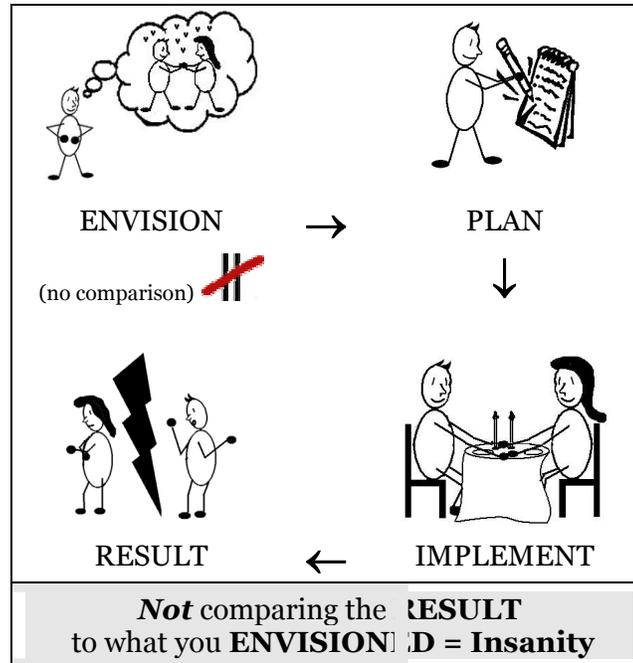


You ENVISION what your goal looks like, you make a PLAN to achieve it, you IMPLEMENT the plan and you get a RESULT. If the RESULT and what you ENVISIONED are the same, then that cycle is complete and you can start working on another RESULT.



### **Sane or Insane?**

What if the RESULT does not match what you ENVISIONED? Sane behavior is to recognize that what you ENVISIONED and your RESULT are different and modify your PLAN, IMPLEMENT different actions and produce the RESULT you ENVISIONED.



Insane behavior is not comparing the RESULT to what you ENVISIONED and not changing anything when they don't match. You continue with the same PLAN, you IMPLEMENT the same actions and you get the same wrong RESULT. The cycle looks like this:

### There's More?

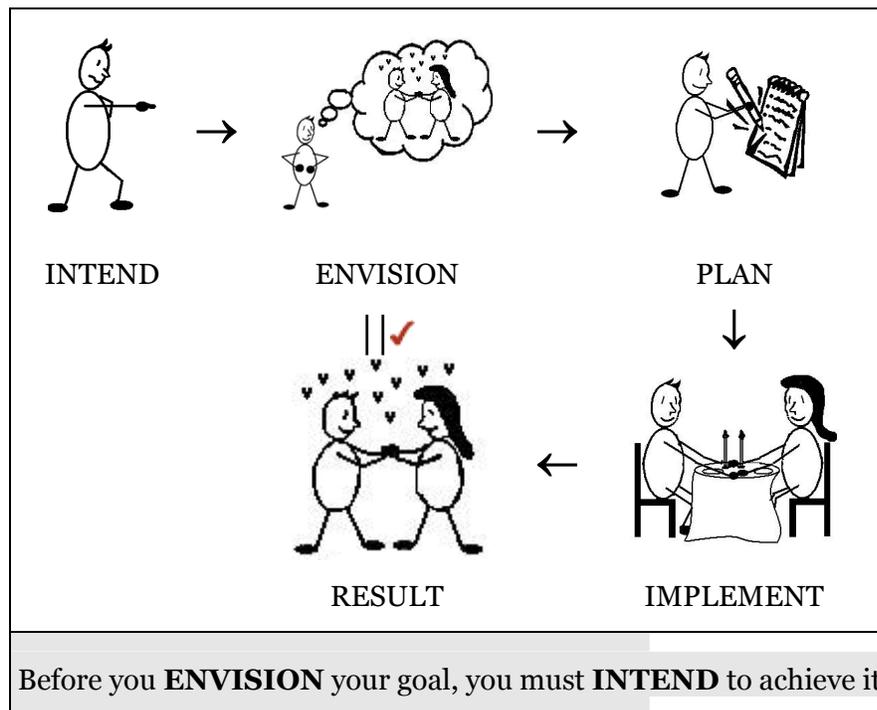
This is not all there is to the Blueprint.

Did you ever stop to wonder where your visions come from? Or why you have those visions and not others? They didn't just create

themselves, so you must have done something to cause them to appear. What was it you did to get your visions?

You **INTENDED** to achieve your goal.

Before you **ENVISIONED** your goal, you made the firm decision to achieve it. Before you created a vision of what would give you the final **RESULT** you wanted, you decided to get it. If you didn't **INTEND** to achieve it, you wouldn't **ENVISION** it.



When you **INTEND** to reach your goal, you make the decision to reach that goal. Your goals will remain unfulfilled until you create

the INTENTION to achieve them. If you do not have the INTENTION to achieve it, you will not ENVISION it, you will not create a PLAN to achieve it, you will have nothing to IMPLEMENT and there will be no RESULT.

NOTE: It may seem strange that you can INTEND to get something before you ENVISION it. After all, how can you decide to get something if you don't know what that something looks like? Intentions are usually emotional or desire based. You decide you are going to be happy, or feel good about yourself, or be appreciated by others. Once you have this INTENTION, you then ENVISION what will create that emotional response – being happy, feeling good, being appreciated. There are many different ways you could satisfy your desire. What you ENVISION is only one solution.

### **Before You INTEND**

Why did you INTEND on that goal? Why not another goal? What made you INTEND to get more money, or more friends, or be happy, or own a business?

You INTENDED to reach that goal because of what you PERCEIVED. You PERCEIVED you didn't have money, friends, or happiness and you wanted it. So you made the decision (INTENTION) to get it.

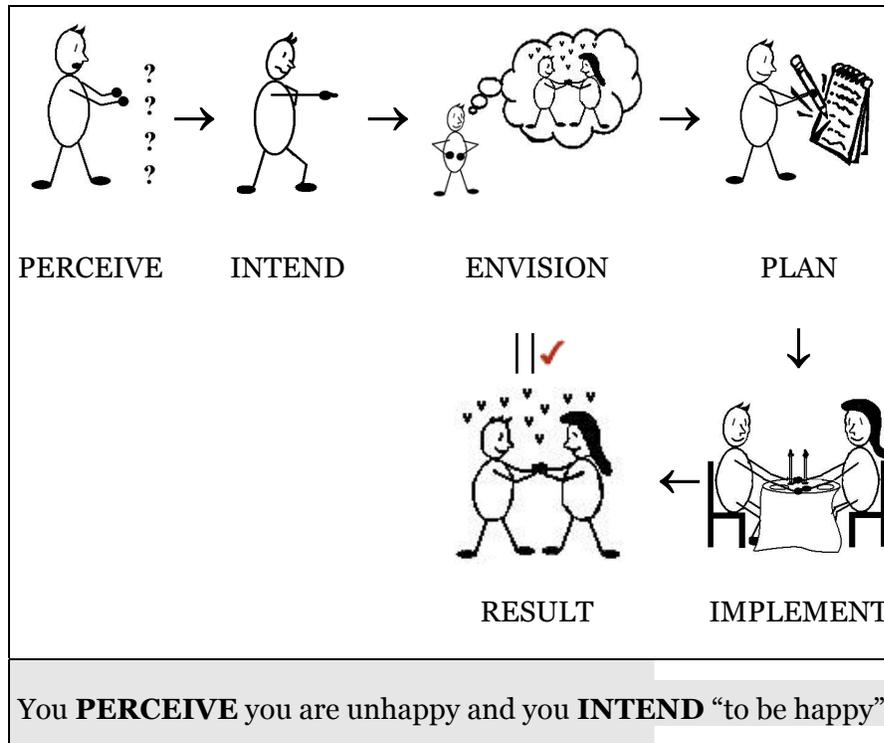
When you PERCEIVE or “become aware of through the senses,”<sup>2</sup> you notice something you want that you don’t have. You PERCEIVE the happiness of a married couple and realize you want that too. Or you may PERCEIVE someone flying to Spain and France for a vacation and decide you would like to travel to far away lands and experience their culture too. What you PERCEIVE shows you where you are and where you want to be. This creates what you want and gives you a goal. You can now INTEND to achieve this goal, ENVISION it, PLAN it, IMPLEMENT it and achieve the RESULT you want.

(see graphic on opposite page)

Of course, if you PERCEIVE inaccurately you will INTEND to achieve something that will RESULT in a something you don’t want. This is why accurate perception is so important to success – it is almost the first step in any process, and it is used throughout the process to monitor your progress. However, PERCEIVING is not the starting point of the Blueprint.

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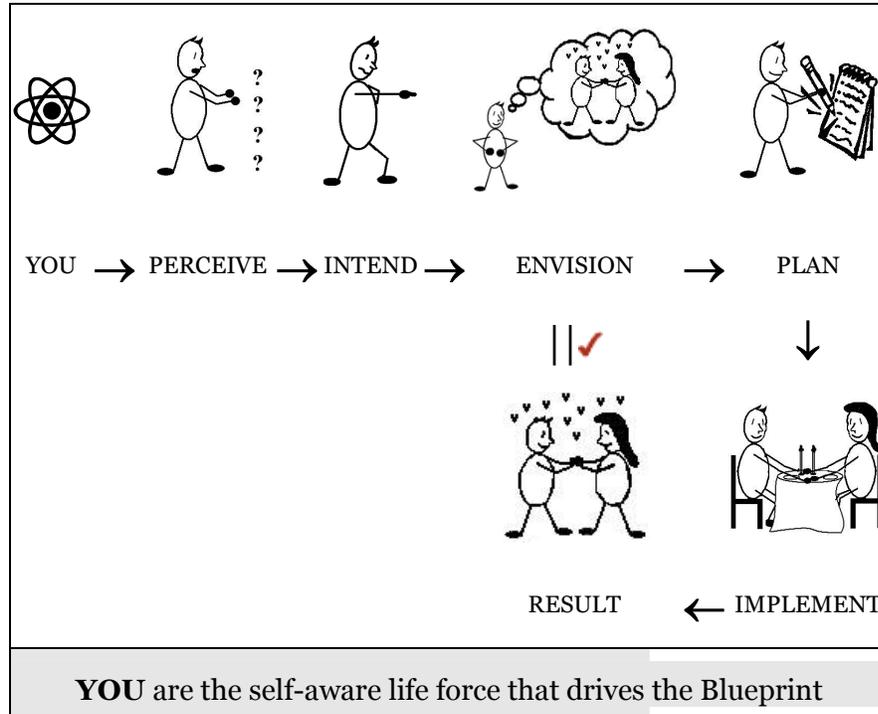
<sup>2</sup> *American Heritage Dictionary*, Second College Edition, 1983, Houghton Mifflin Company



### The Beginning

If PERCEIVING is not the start of the cycle of creation, what is? The real source of the creation is YOU. YOU are the one doing the PERCEIVING. By YOU I don't mean your body, or your mind or your personality. I mean YOU, the essential, indispensable, cognizant, self aware, spiritual entity that drives your body and mind and personality. YOU are the source and energy behind all your creations. YOU are the life force, the Soul or "quality which each form manifests...that subtle something which distinguishes one element

from another”<sup>3</sup>. It is this essential YOU that drives every creation through the twists and turns of the journey from the ‘invisible’ realm of spirit to the solid world of reality.



Can you see how you have used this process, whether you knew it or not, to create everything you have, or don't have? Take a moment to consider what you have attained and how it followed these 7 steps.

<sup>3</sup> *Ponder on This*, p 377, Alice A Bailey, 1996, Lucis Publishing Company

## **Let's Get Started**

Are you ready to learn more about how to apply these 7 steps of the Blueprint to your goals? Good. Let's start at the beginning by understanding exactly what YOU are, how YOU power your creations and how YOU can add more power to your goals.

On the following pages of this special review version of "Blueprint - Change Your Life from the Inside Out" you will find Chapter 5: Envision. This chapter is presented in its entirety due to the importance and common misunderstandings regarding this most important aspect of achieving goals.

To get the full version of this book, please visit [www.changeyourblueprint.com/blueprint.asp](http://www.changeyourblueprint.com/blueprint.asp)

## **Chapter 5:**

# **Envision**

When Martin Luther King stood on the steps and proclaimed “I have a dream!” he did more than give a speech. On that famous day, Martin Luther King shared his vision with the world. A vision of America free of racial segregation and hatred.

When John F. Kennedy announced that he saw a man on the moon, he gave his vision to the world. And the country sprang into action to make it happen.

When those great men communicated, their power did not come from their words. Their power came from their vision. The visions they projected to the world changed the course of history and the lives of millions of people. Their visions were a map of the future.

Have you ever been talking to someone and ‘got the picture’? Have you ever been explaining something and the person you’re talking to lights up and says, “I get it”? What is this thing that we’re passing back and forth in our communication? Is it really just words that we are sending back and forth to each other? Or is there more to our communication than just the sounds that come out of our mouths?

Yes! What we are really communicating to each other is our visions.

Powerful communicators always communicate in known visions - the words they use are just signposts pointing to the vision. Poor communicators are unaware that they are sending visions, or indeed, what those visions look like.

In business, in politics, in life, we speak about where we see ourselves in the future. What do you see in your future? Your dream house, your dream job, your dream life? But what is it exactly that you are ‘seeing’? You’re seeing the vision you have created of your future. This vision is made of the same stuff and behaves in the same way as the vision that you project when you speak.

The speed at which your vision of the future becomes a reality depends on how strongly you project that vision. Just as MLK and JFK redirected the future of our world, so too your visions change the direction of your life. When MLK and JFK projected their vision of the future, they did it so powerfully that people got it, and it

happened. The visions you project of yourself today are creating your life of tomorrow. That is the power of effective communication.

How powerful is your communication? Do people get what you say, do they see the picture? Or do you fail to get your point across and blame them for not listening to you?

By now I hope you can see the importance of understanding exactly what a vision is and how to use them to direct your life in the direction you want.

### **What is a Vision?**

Elephant.

What happened when you read 'elephant' above? You saw an elephant didn't you? If your mind is in reasonable shape, it would have shown you an elephant. If your mind is in above reasonable shape you will feel the elephant, smell it, sense its weight and hear it snort and trumpet. If your ability to envision is well developed, you will feel its motion and the emotion connected to it.

As you probably experienced with the vision of the elephant, a vision is not just an image. A true vision is a 3 dimensional exact replica of the object containing not just the 5 physical senses – sight, sound, touch, smell and taste but also:

Emotion – all the moods and feelings connected to the goal

Kinesthesia – a sense of body position and motion

Time – past and future are contained in the vision. Although it exists here and now, it also contains the time frame in which it will be created

Consequences – the effect the vision will have on the environment and people it comes into contact with

Since a vision is so much more than just an image, I prefer to call it a hologram. A hologram is an exact duplicate of an object - the holograms you make of your goals are exact copies of how the goal will be when you have achieved it. For example, if your goal was to make a million dollars and buy a new home, the hologram would contain you walking into your new house, smelling the fresh paint and roses in the hall, hearing your feet clack on the marble floor and feeling the softness of the leather recliner in the living room. It would also contain emotion – how you feel about yourself and the people around you, how you behave towards these people, your excitement when pulling up to your beautiful house in your new sports car. You would feel the kinesthesia of your body in the tailor made suits.

### **The Power of vision**

If you have made a strong hologram of your goal, you will feel like you have almost attained that goal already. When I was working on my goal of changing my job and increasing my income my hologram was so real and so saturated with emotion that when I achieved it I had a sense of déjà vu, like I had already been there. I had so fully created and experienced the hologram that when it became a reality I was simply experiencing it at a different level.

A report in the UK Telegraph showed that volunteers “imagining lifting heavy weights with their arms, increased their bicep strength by 13.5 per cent on average.”<sup>9</sup> We are slowly coming to realize the power of our vision. We are beginning to see through the illusion of solid matter to the spiritual foundation driving our reality. In films of Karate experts breaking layers of concrete or wood with their hands super slow motion film shows the object breaking milliseconds before it is struck. Could it be the Karate expert spends so much time staring at the object before hitting it because he is envisioning it breaking? Does this power of vision create the future?

### **Your Visions Predict Your Future**

*“The best way to predict the future is to create it”*

*- Peter Drucker*

Right now, you’re going to predict the future; without a crystal ball. To predict means to ‘say before’, so now you are going to say what is going to happen before it happens. Trust me, this is not witchcraft or a 900 number. It’s simple and you do it all the time anyway. Ready? Here we go! Envision yourself touching your forehead with the palm of your right hand. Create the full 3 dimensional hologram of you touching your forehead – see it, feel it, experience it. When you have the hologram clearly created say, “I will

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<sup>9</sup> *Thinking about exercise 'can beef up biceps'*, Robert Uhlig, Technology Correspondent (Filed: 22/11/2001), UK Telegraph

touch my forehead”. Now act out the hologram – touch your forehead with the palm of your right hand just as you saw yourself doing it in the hologram. Did you do that? Well done, you just predicted the future! You said what was going to happen before it happened.

As silly as the exercise above may have seemed, it does illustrate an important point - you can predict your future. In fact you create everything that happens in your life the same way. Everything you do is based on a hologram. The hologram is the source of all your actions. Think back to a goal you have achieved. Did you not see yourself achieving that goal before you achieved it? Of course you did! If you didn't, you wouldn't have known how to act. A hologram put man on the moon, it created the Boeing 747, it allowed Edison to create the light bulb, and it made your breakfast this morning and drove you to work.

If the hologram is what creates the future reality, then it stands to reason that your goals don't become reality because the hologram gets erased before you could completely act it out. Have you ever had a vision of achieving your goals and living your dream and then weeks, days, maybe even hours later you can't see yourself doing it anymore? What happened? The hologram of your future was lost. But they don't just disappear by themselves. Your vision was erased or collapsed by yourself or someone else convincing you that it couldn't be done.

## **Faith or Fact?**

When Henry Ford described his vision of the first ever V8 engine to his engineers, they told him it was impossible. But Ford had seen the vision of a V8 engine – he knew it could be done, all they had to do was figure out how. His engineers couldn't see the vision; they had preconceived ideas that blocked them from seeing it.

They said, "It can't be done"

And Ford said, "Do it anyway!"

Ford didn't let their inability to see his vision cause him to erase it. He kept the vision there for them to see knowing that eventually it would become a reality (Iron Intention). When the engineers finally let go of their old beliefs they created an engineering breakthrough – the Ford V8 engine.

Some people call Henry Ford's action 'faith' which is 'a belief in something unseen or unproven' (American Heritage Dictionary). Did Henry Ford believe in something unseen and unproven? No! He had seen it and proven it in his vision. He *knew* it worked, he just had to get his engineers past their limiting beliefs.

If there is such a thing as faith, I would say that it comes down to trusting yourself and your visions. When you can see yourself making a million dollars or creating a successful business or winning a race, your faith is keeping that vision in place and not letting anyone convince you that you didn't see it, it wasn't real and you can't do it. It is real – you can see it can't you? It is up to you to make it a

physical reality. How often have you let small people and small thinking evaporate your future? How often have you let other people's inability to see your vision let you discard your vision? I know I have. It didn't feel good.

Napoleon Hill and others suggest that you only share your visions with those who will agree with them. This is good advice. Even better advice would be to learn to erase any counter projections to your holograms. Since it will take a team to turn any large vision into reality, the better you are at handling counter-visions, the quicker your big vision can become a reality. Handling counter-visions is a skill that can be learned, but is outside the scope of this book. For more information on workshops or coaching on this subject please contact the author.

### **Emotional Speedometer**

In the chapter on Perceive you learned that Emotion is energy in motion. A hologram or vision has emotion, which is what drives the vision forward. It is like the fuel in a car – without fuel, the best car will not get you anywhere. Without emotion to drive it, even the best vision will not be realized. In magic tradition (true magic, not conjuring), the white magician creates a hologram of his goal and then animates it by filling it with desire. Without the emotion of desire it is dead. The white magician knows that the more desire he can inject into the hologram, the more energized it will be and the faster it will manifest. The same principle applies to your everyday life, even if you don't wear a pointy hat and carry a wand. When you want something you are creating the desire to achieve it. By

projecting that emotion into the hologram you are breathing life into it. If you do this skillfully and powerfully, the hologram will take on a life of its own and manifest quickly.

The more fuel or desire you can project into your vision, the faster the vision will arrive at its destination in the physical universe. Anything less than a burning desire to achieve your goal will slow it down. If you have a negative emotion towards your goal, such as apathy, blame, dejection, you are not going to reach the goal. In fact, you are moving away from the goal. This is why morale and a sense of purpose are so important in business – if you or your employees have a negative emotion (however well hidden) toward their job or the company's vision, they are actually working against the company. They are being paid to stop the company's goal from being achieved!

The subject of emotion and goals could fill up a whole book. We have only touched the surface here. Having said that though, simply recognizing your emotions towards your goals is going to make a massive difference in your ability to achieve your goals. As you become more aware of your own emotions and the emotions of those around you, you will become clear as to why some of your goals are stopped, others are moving slowly forward and yet others are flying forward. As you become attuned to the world of emotion, you will experience for yourself that if a vision is powered by weak or negative emotion, trying harder, or 'getting motivated' is very ineffective and short-lived. You will learn to generate and maintain genuine, powerful energy in motion towards your goal.

To be able to recognize the genuine emotion from the false it is important to understand how the get motivated, “go git ‘em” psych-up approach works. This approach is similar to getting out and pushing your car when it runs out of fuel. Yes, you are motivated to achieve your goal, but you are producing very little genuine motion and you eventually run out of energy. To get the vision back into high motion you must put fuel in it. The only way to do this effectively is to recover and re-inject the emotion connected to it. Recovering lost emotion and maintaining vision and drive is probably the most important element in success. It is so important that almost all of my coaching and training is based on it. When someone recovers the fuel that drives their vision, they don’t have to get out and push. All they have to do is steer. From the drivers seat with your foot on the gas, it is easy to see where you’re going and to adjust your course to avoid obstacles. When you’re behind the car, pushing hard on the rear bumper, you can’t see where you are going and you often run into obstacles and grind to a halt.

### **A Cup of Coffee**

The holographic vision determines *exactly* what the finished product will look like. For example, the pen, the book, the coffee cup, even the room you are sitting in is an *exact* copy of the hologram that created it. Everything around you was someone’s hologram before it became a reality. Everything in your life is the result of your holograms. You may not be aware of all of them but that doesn’t stop them.

Every action, yes, *every* action is driven by a hologram. A simple example is making a cup of coffee. You perceive you want a cup of coffee and you intend to get a cup of coffee. You see, feel, taste and smell the cup of coffee. This is your hologram or vision of the coffee. It is what you act on to create the cup of coffee you end up drinking.

You might not always be aware of the hologram you are acting on, but it is always there driving your mind and body. If your results are not what you want take a look at your hologram – it is what created your result. And if you can't see the hologram, then look at your reality – it is a copy of your hologram! (There are some cases where this is not true, for example where you lack the knowledge of how to do it, but for the large majority of cases it is true. There is more on this in the Plan and Implement chapter)

### **Your life is your Hologram**

Everything you do, everything you say, everywhere you go or don't go is determined by the holograms you have of yourself. The person you are is the reflection of the holograms you have accepted as 'you'. The amount of money you have is a reflection of your vision of how much money you should have. The kind of car you drive is the car in your vision of yourself. The way you behave towards the people around you is the way the hologram of you, or the person you are emulating, behaves towards people. Often these visions are not visible to us and we wonder why our lives are the way they are.

I will never forget a blind date I went on. When I arrived at her apartment we got in her car and she drove us to the restaurant we had decided to eat at. I've rarely ever been so frightened or thankful for seatbelts in my life! On the road to the restaurant cars appeared out of nowhere and almost crashed into us at every turn. At side streets cars would pull out and barely miss us. On the highway cars pulled in front of us barely missing her front bumper. My mouth hung open in amazement! I almost pinched myself to make sure I wasn't dreaming! Were these the same streets I drove on everyday? From the inside of my car these streets were calm and safe; from the inside of her car it was like a stock car race. I stared in disbelief as another car jumped a few lanes and came close to taking the paint of her front bumper. "Surely all the dangerous drivers haven't all come out tonight by coincidence?" I thought to myself. I was baffled. Slowly the question formed in my mind, "Could I have stepped into someone else's reality?"

I had some idea at that point that beliefs create reality – so I asked her about her car. She told me that she used to have a BMW but after a number of accidents resulting in a write-off and time in hospital, she decided to buy this Volvo because it had the highest safety ratings. I had never met anyone who bought a car for its safety ratings! With these reassuring thoughts echoing in my mind, I realized that I had stepped into her reality. I was experiencing the holograms that created 'the way things are' for her. To her, the stock car race all around us was normal traffic, and she accepted it with calm resignation. It is her hologram of how driving is, it is the hologram she steps into whenever she drives her car. I didn't probe to

find the source of this 'hella-gram', I was too afraid of what might happen!

### **What is the difference between a hologram and reality?**

*“Everything you can imagine is real”*

- Picasso

What is the difference between holographic visions and the real world around you? What is the difference between the car you imagine and the car you drive? What is the difference between the vision of your ideal home and that home in the physical universe?

If you said, “One is real and one is imagined” you are correct. But what is the difference between the hologram in your imagination and the real thing? A hamburger you imagine eating and a hamburger that you are actually eating are very similar - you can feel, smell and taste both of them. Admittedly, you are not using your body to experience the holographic hamburger, but you *are* still experiencing it. Just as you don't need your body to experience emotions, you don't need your body to experience holographic sensations. Everything that defines a 'real' hamburger – the smell, taste, touch, sound, sight – is present in the holographic hamburger. So what exactly is the difference between them? To answer this question, we will need to take a short detour down physics alley.

In 1982 Physicist Alain Aspect made an amazing discovery. The same discovery was independently arrived at by both Physicist David Bohm, an erstwhile protégé of Einstein, and neurophysiologist Karl Pribram. Their experiments lead them to believe that the universe is a massively intricate hologram; that the world as we know it is nothing but a glorious phantasm. They concluded that everything we take for granted as 'real' is part of an elaborate hologram called 'the physical universe'.

The physical universe is sort of a universal vision that all of us can see and interact with. As we saw with the holographic hamburger, non-physical holograms have all the characteristics of a 'real' hologram – they have size, sound, smell, taste, etc. The only real difference between them is their density. Remember from the Perceive chapter that spirit simply meant not physical. So these holograms are spiritual objects. They are a spiritual copy of what you are going to transform from light spiritual matter into dense physical matter. If this sounds new-age or woo-woo to you, do this. Build a hologram of a brick wall - see the wall, feel it and push on it. How long did it take you to create that wall? Not very long, maybe a few seconds. How long would it take you to create that wall in the physical universe? How long would it take you to get the bricks, mix the mortar and lay each brick? Hours, probably days, because physical matter is much denser and therefore harder to move than spiritual matter. This is the main difference between spiritual holograms and physical holograms – their density

As you hold your vision firmly, it acts like a magnet and attracts other people to contribute energy to it. As they contribute energy to it, it becomes more and more solid until eventually it becomes so solid that it is a physical reality. This is why it is so important to be very clear on what you want. Your clarity and certainty of vision is like the steel frame of a building. When the frame is there, others can come along and contribute to it. Not only that, if you hold the vision firmly in place, your actions will be consistent and congruent with the vision and you will achieve your goal. If you change the vision constantly, or don't hold it firmly in place, you will be inconsistent and incongruent in your actions, you will swerve from side to side on the road to your goal, and you will probably never reach your destination.

### **You 'think' in Holograms**

If you have trouble visualizing clearly, don't worry – with practice you will improve. As with any ability, creating powerful life-like holograms is a skill that can be developed. My ability to visualize was all but destroyed by schooling and society. “Daydreaming” or being a dreamer were severe accusations and I was told to “Stop imagining things!” Growing up in South Africa, I was taught, subconsciously, that if you can't touch it, feel it, smell it or taste it, it doesn't exist. ‘Imagining things’ was not considered a constructive or worthwhile activity. Not surprisingly, my initial holograms were weak and poorly defined when I first began practicing creating holograms. If you practice, you too will eventually be able to create complex and life-like holograms just as Tesla did.

Nicola Tesla, official inventor of the radio and alternating current, is said to have created and tested non-physical prototypes of his inventions before building them. When the non-physical prototype was completely built, he would start it up and leave it running. After a while he would return to it, shut it down and take it apart to discover which parts had failed or worn down. The first time I read this story, I thought it was crazy. Nobody can do that! But as I have developed my ability to envision I have glimpsed the incredible ability that we all have to create complex and life-like holograms and I now believe it to be true. All it takes is practice. Why would you want to do that? Because your life is built on your holograms.

### **Changing Your Reality and Your Holograms**

*“these two wills, one old, one new... contended with each other and disturbed my soul”*

*- St Augustine*

You can't change your behavior by changing your behavior. Since what you do is based on your vision, trying to change what you do without changing the vision will cause stress and the feeling that you are fighting yourself. It's not just a feeling - you are fighting yourself! You are jamming 2 opposing visions into your mind and telling the body to do 2 opposing actions. This is like having two people driving a car where one wants to go to New York and the other wants to go to San Francisco. A guaranteed recipe for disaster and failure.

Many self-help practices will help you ‘reprogram’ your mind to eliminate the opposition. You will overpower or drown out the opposing intention. This is the equivalent of handcuffing one of the drivers and stuffing him in the trunk. Yes, you now have freedom to drive where you want, but you’ve got something kicking and screaming in the trunk! Very annoying, and you have to keep the stereo loud to avoid hearing them. This makes it hard to focus on where you are going. Wouldn’t it be better to talk to the other driver and convince him to change his destination to the destination you want? Of course it would! In practice this means seeing the opposing vision and erasing it or modifying it to fit in with your primary vision. If you do this you won’t fight against yourself and you won’t have to force yourself to “do the right thing” - you will do it naturally without stress.

### **Reprogram or Erase?**

Since your mind is going to attempt to bring into reality any vision that you give it, it is a good idea to give it only positive visions. This is the basis of positive mental attitude (PMA) and motivational style training - it puts the positive image in place. This is good as you must have the positive vision in place in order to achieve the goal. But what if you already have a negative vision in the space you are putting the positive vision in? The negative vision will constantly push the positive vision out. For example, you have a negative vision of yourself as ‘a Loser’ embedded by subtle, long-term mental and emotional abuse. This negative vision is so solidly embedded and locked in place by pain, it will not simply disappear when you bring in

a new vision of yourself as 'a Winner'. To put the Winner vision permanently in place you must first remove the Loser vision. The chapter on identities explains how you can do this

### **Visions are copied from previous visions**

Often we have stuck visions and create our lives based on these implanted holograms. For example, people who say that they will never be like their parents, yet they can't seem to help themselves from doing what their parents did. Why is that? Because they have the hologram of how their parents behaved programming their minds. Their decision to not be like their parents is rooted in the mind, which comes after the vision stage. Since the vision programs the mind, they are in conflict. The mind is being told to not behave like the parents, but there is also a hologram programming the mind and body to behave like the parents. This is the origin of conflict that we all feel all too often. You know, that feeling of "I don't want to do it, but I am driven to do it anyway". St Augustine called it, "the fight with myself".

### **Persistence of Vision**

Have you noticed that schools don't seem to prepare children for real life. They definitely don't encourage children to develop their imagination ; their ability to envision. In fact they are often responsible for thwarting the ability to envision. Envisioning means thinking for yourself, and that is the last thing they want you to do at school. At school you should sit down, shut up and listen. Or rather, record. Don't think, just record. When you have a test, regurgitate

what you recorded. No actual thinking required. And definitely no envisioning.

Why is this? This is due to the persistence of the vision that created the schools, and it is a good lesson in the persistence of the visions creating the world you live in today. Schools were originally created to train factory workers – that is the vision they were created on. The original schools were designed to teach people to do routine mechanical tasks. Repetitive, non thinking tasks. All the factory owners wanted was people to repeat an action that they had been taught. They definitely didn't want them to think for themselves. In the days in which schools were first created, it was considered dangerous to allow the masses to think – there was no telling what a semi-literate mob would do to the ruling classes.

How much of this vision has carried forward into today's schools? School is a place to learn your work and repeat it back to the teacher. Learn your lessons like a parrot. Yes, there are many schools that are moving away from this way of teaching, but you still find traces of the original vision of training factory workers. If the education system is to change, the vision creating it must be changed – a new education system built on a new vision.

The same rules apply to your life. The vision of yourself you created, or had created for you, as you grew up, is probably still shaping your life today. To recreate yourself without the shackles of your past, you must erase the old holograms of yourself not place an overriding program on the existing hologram.

## **You Can't See 'Don't'.**

One night I climbed in bed and picked up a thick heavy book I was reading. As I picked it up, a thought flew through my head - "Don't drop it". Guess what? I dropped the book! I wondered why this would happen. I distinctly had the thought to not do something, yet I did it. Have you ever known what you didn't want to do and were trying not to do, yet you did it? I couldn't figure it out until I looked at the hologram that went with the thought "Don't drop it". What do you think that hologram looked like? You guessed it, the hologram was of me dropping the book. So what did my body do? It dropped the book.

At that moment I realized there are no negative visions.

What does "no negative visions" mean? It means you can't picture "don't". When you create the hologram of what you mustn't do, you are seeing what you mustn't do which programs your mind to do it! Your mind doesn't understand "Don't" because it can't picture "Don't". If I say to you, "Don't think of a polar bear" what happens? You see a polar bear don't you? What I realized in dropping the book was that if you give your mind a "don't" vision, it turns it into a 'do' vision. The mind can't understand "don't" so it does what you don't want it to do. For example, if you tell someone (including yourself), "Don't have an accident", what do you see? You see an accident. And if you tell your kids "Don't come crying to me", what picture do you create and project to them?

Your mind has no intelligence – it just does what it is programmed to do. If you give it a vision of poverty and unhappiness,

it will do all it can to create that. If you give it a vision of happiness and prosperity, it will do all it can to create that. As you will learn in the next chapter, your mind is a powerful spiritual computer. It doesn't make any difference to a computer if you ask it to print out a coffin or a smiling face – it is just ink on paper to the computer. It is the same with the mind – it does whatever you tell it to do without evaluating. Can you see the importance of being aware of the visions you place not only in your mind, but in the minds of others. If your child is riding their bicycle (which you bought for them after they mowed the lawn 10 times) and you say, “Don't fall”, what vision did you just give them? What do you see when you say “Don't fall”? You see them falling, and that is the vision they will receive from you. Rather say something like “stay up” and project the vision of them riding all the way to the end of the street.

### **Never say Never**

Have you ever noticed that if you can't see yourself doing something you usually won't try to do it? That is why negative thoughts like “I can't do it” are so destructive - they throttle the spirit and kill ambition. That is why I have developed a habit of never saying ‘no’ to anyone, especially children. Saying no kills the creative spirit. We are here to be creators, to learn to say, “Yes”. It may seem difficult at first to never say no, but it is an all too common habit you can break. I saw a 2-page article by a psychologist teaching his readers how to say ‘no’ properly – two pages of training on the best way to say ‘no’. Why bother? Why not just say yes? In reality it is the

easiest and most natural thing in the world to say 'yes'. For example, with the child:

Child: "Can I have a new bicycle?"

You "Yes. How are you going to get the money to buy it?"

Child: "Will you buy it for me?"

You: "Yes, if you mow the lawn for 10 weeks" or "Yes, if you give me something I want in exchange" (teaching them the universal law of exchange)

I know that this is a hugely simplified example, and I'm sure your kids can be immensely creative and trying in situations like these, but the principle applies at any level. Use your creativity. There is energy and power coming from somebody asking you for something. Don't kill that energy by saying "No". Rather use your creativity to redirect the energy to helping you and the other person obtain something positive. With practice you will be surprised at how much easier it is to say "Yes" rather than "No".

### **The Problem with Positive Affirmation**

*"Energy follows thought"*

*- Alice A Bailey*

A hologram exists here and now, but it contains the future - it will exist in the physical universe in the future. Some proponents of

positive thinking or visualization teach that you must believe that you already have it. This is dangerous – the mind thinks “oh, we already have it so I don’t have to do anything about it.” The mind will not act to bring it about because it believes you already have it. The other problem is that believing or telling yourself you have it now is a lie, its untrue. Yes, you have the vision now, but you don’t have the reality now. This is a very important distinction – if you confuse the two with your mind, you will start to notice that you are living in a dream world. You must fully visualize and experience the hologram right here right now, but be aware you are visualizing what is to come.

Positive affirmations that state that you already have what you want are dangerous because you are telling your mind that something exists when it doesn’t. Your mind will start to reprogram itself to see this non-existent object you have told your mind exists. Following your example, your mind will, after a while, try to convince you that things exist when they don’t. This tends to create mind chaos and delusion.

### **Show me the hologram!**

Words are very unimportant in your communications. If you have ever spoken with a powerful person, you will notice that the communication you get is so much more than the words they say. When Martin Luther King said, “I have a dream” you could feel the power, you could see the dream. At the end of his speech his vision of the future was etched in the minds of those who listened. MLK wasn’t using words to communicate, he was using a hologram. Powerful communicators and leaders don’t use words to communicate, they

use holograms. They hold and project their holograms in such a way that others can see them. The others often don't even know what is happening, all they know is that it seems like a good idea, it feels right. They can 'see' it happening.

### **Your New Future**

I was standing on a diving board staring into the water below. I could do a single flip, I could do one and a half flips. But the double flip eluded me. No matter how much I tried I just couldn't see myself doing it. And that was exactly the problem – I couldn't see myself doing it.

Standing there on the diving board, I tried and tried to see myself spinning twice in the air and landing feet first in the water. Instead I kept seeing landing on my back and howling with pain. I stood on the diving board for what seemed an eternity. No matter what I did I couldn't see myself landing the double flip correctly.

After a long while, I realized what I was doing wasn't working, so I considered why I couldn't create the vision I wanted. The reason was there was too much pain on the vision my mind was creating. My resistance to the vision of landing on my back (a vision created from previous experiences) was holding it in place. So I stopped resisting these images of pain and failure and perceived them fully. They dissolved and I was able to easily create the vision I wanted in full holographic detail. I saw my wet feet leaving the diving board as I sprung forward into a ball. I could feel the air rushing past me as I clutched my knees to my chest and the world spun lazily around me. I

could hear the water crack as I broke the surface after two full rotations.

It was a powerful vision – a full 3 dimensional hologram. All the senses, all the emotion. Full, life size, punchy, so real I could step into it. And I did.

I stepped forward on the diving board and had the strangest sense of déjà vu! As I stepped forward on the diving board I stepped into the vision. The vision I had created was so real and so holographic I felt I was repeating myself. The vision began to play out to the script I had created; my body automatically followed the motions I had created in the vision. I landed on the diving board, rose up in the air, did 2 flips with my knees tucked in and landed feet first in the water. No stinging back, no face first landing. Just a completed vision.

Once the vision is created, all you have to do is step into it. If you project powerful visions, the same will happen with any goal you set in life. What will happen is that your mind will receive the vision and automatically create a plan to turn the vision into a reality. That is what we will cover in the next chapter.

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This concludes this special preview of  
"Blueprint - Change Your Life From  
the Inside out". I hope you got something you can  
use right away to improve your life.

To get the full version of this book, please visit:

[www.changeyourblueprint.com/blueprint.asp](http://www.changeyourblueprint.com/blueprint.asp)

or click *here*

Best wishes for your happiness and success,

Paul Drayton