

## CHAPTER 10

### *How to realize your dreams*

In the work-a-day world, being successful or making your dreams come true is normally associated with such things as good ideas, hard work, perseverance and even good luck, but we can now add an entirely new element. Before discussing this new element, and whilst recognizing that it cannot be ignored and that it is invariably associated with success, a digression into the more mundane or down-to-earth aspects of being successful will be made. This will provide a more balanced view and a different perspective for achieving success.

Probably everyone knows someone, or at least knows of someone, who always seems to achieve success in all his or her endeavors. Whatever they aim for seems to materialize; sometimes they do not even appear to work very hard to achieve it. A good

example is that of people who start a business that just seems to flourish. In contrast, others starting the same type of business may find themselves bankrupt, and may just walk away from their Endeavour to look for employment. They may appear to have worked harder than the *lucky* person did, but it just did not work out for them.

There are, of course, such things as natural business acumen, and that is extremely important, but the words themselves are an over-simplification. Large, prosperous organisations are operating in the field of 'how to be successful', and many books have been written on the subject, so I will only discuss what is probably the basis of so-called business acumen.

Any business, be it a large, international conglomerate or the smallest, one-man show, operates in three basic areas: selling, producing and administration. No matter how many branches and subdivisions are created in large organisations, they all come under the umbrella of one of the above three categories, and they must be financed and operated in that order.

The most important of these areas is selling, followed by production, with administration a poor third. A person is heading for disaster if they invest heavily in administration before they produce anything, never mind having sold anything. The big and showy office with new furniture and equipment is the last thing required to start a business. Production should be limited to sufficient quantities to demonstrate

the business's abilities and products. The primary requirement is customers, which incorporates selling.

The great majority of new businesses fail, and they do so because of a failure to follow the natural and fundamental law of selling, producing and administration, in that strict order.

Dick Smith, the Australian businessman, provides a classic example of the application of this natural law. On his web page he almost offhandedly describes how he started his food enterprise. It follows the above criteria to the letter. He was already a wealthy man and could have started out with a grand office complete with all the trimmings, but he did not. He did the opposite, with the bare minimum of expenditure, and even before that he obviously did his research. A second-hand office desk is just as serviceable as a nice new shiny one! It is no stroke of luck that he is a wealthy and successful businessman.

### **The nature of success**

As mentioned in Chapter 2, that great mathematician and scientist Einstein is credited with stating that, as a general rule, people only use 10% of their abilities. Carl Jung went even further in stating that only 1% is used. When viewing humanity at large, this seems to be true, but that *truth* is only an apparent truth. People use all of their abilities, but, unfortunately, the great majority of them are used in the reverse vector – opposing their dreams and aspirations.

Anything a spiritual being decides to do or to have will materialize unless there is overwhelming opposition. On the battlefield, a company of 10 men led by an intrepid and powerful leader will be heading for disaster if they attack a powerful and well-prepared army of 10,000 soldiers. This example demonstrates the equivalent degree of opposition that most mortals experience every day, and explains why there are more people living in poverty than there are wealthy people. The opposition, however, comes from within us. We are our own worst enemies, and this, of course, is the story of negative identities.

### **Affirmations**

The practice of affirmations is a testament to this. The theory behind them and the mechanics of their use form a very important step in understanding the principles and methods of my procedures.

Affirmations are derived from the word affirm, meaning 'to say with certainty and conviction that something is true'. Affirmations are used to counter some negative aspect of life, by autosuggestion. By repeating the positive affirmation, the negative aspect of life is overridden and the positive predominates. When using an affirmation, in the strict sense of the word, people are actually attempting to make the affirmation materialize, and to convince them that what the affirmation says is the truth and what they are experiencing and trying to overcome is a lie. From this it can only be concluded that, deep down, they are

intuitively aware that their natural positive outlook is waiting to be resurrected.

Affirmations do not work for everyone – success is variable – and while not seeking to undermine the concept of them, they do provoke some reservations. The success and number of books on the subject demonstrate an underlying truth in the concept. However, many a client has said to me that they have tried affirmations without success. Of course, if they had been successful, they would have had no need to visit me!

For example, in the use of affirmations, if a person is unhappy, they have to keep affirming that they are happy. They are using a positive aspect to overcome a negative aspect. This indicates that something buried in the person's psyche is the unknown source of the unhappiness, and the affirmation is being used to override it. It appears that the first decision a person makes about an aspect of their life becomes the truth. If a person decides, in a moment of utter dejection, 'I will never be happy,' this becomes a truth for them. As sure as the sun will rise in the east, from that moment on, they are never really happy. The Mace Energy Method locates this negative decision and dis-creates it. On viewing the *full* circumstances surrounding the decision, the person, now blessed with hindsight, realizes how negative it is. They realize that it is not true and therefore they erase it. It is important to recognize that with my method the decision is not countermanded with a specific decision such as, 'I will be happy,' or, even more to the point, 'I am happy.'

This is totally unnecessary, for the natural state of all spiritual beings is to be happy. The procedure enables dreams to become reality without the need for the constant use of positive affirmations. The person's natural and inherent happiness surfaces once the negative consideration is erased or dis-created.

This is where the Mace Energy Method departs from affirmations: it locates the source of the negative sentiment and erases it, obviating the need for a positive affirmation to override it. At this point it is appropriate to mention a kindred subject, motivation.

## **Motivation**

As mentioned above, people are naturally happy and optimistic. If they are not, there is something 'foreign' in their make-up that is preventing them from being so. Remove that foreign element and their inherent *joie de vivre* re-surfaces.

Thousands of people attend motivation seminars, looking for that magical piece of information to achieve motivation. Unfortunately, very few achieve their goal. Motivation comes from within, not from without! Some people lose their newfound sense of motivation as soon as they leave the auditorium. For the great majority, it slowly dies as they drift back to their previous way of life with their previous attitudes.

It is ironic that people who attend motivation seminars are looking for something they already

possess – namely, motivation. They were *motivated* to go to the seminar! It is ironic that the elusive ‘something’ they are hoping to find when they go to the seminar is not something they *lack*, but rather something they *have* that is holding them back. That something is a negative consideration locked from view in their psyche – a negative identity. Locate that part of their make-up, that negative identity that is holding them back, free them from it, and the good things will just happen.

The universe of each and every one of us is a complex mixture of positives and negatives – like the positive and negative terminals that enable electricity to be generated and utilized.

It is the existence of the negatives within us that causes so many of our dreams to fail to materialize. When we wish for something, we are saying, ‘I would like that,’ rather than saying, ‘I am going to have that.’ A vast difference in attitude is inherent in these two statements. When a person ‘wishes’ for something, they are really saying, ‘I cannot have that but it would be nice if I could.’ The ‘cannot have that’ is coming from an underlying negative decision or consideration that is buried from view in their psyche.

Another concept is relevant here: *real* strength and success come from certainty, but weakness and failure come from uncertainty. Uncertainty is usually followed by *effort*, which is a sure sign that there is a prior negative or counter intention in existence. It goes like this: dream – decision – counter decision triggered – effort

– effort – effort... Once effort has been introduced, the chances of the dream materializing are limited. The natural state of things for a powerful spiritual being is: dream – decision – dream materializing as reality.

The use of ‘effort’ indicates with absolute certainty that a negative or counter intention is already in place. It is very subtle, but as soon as a person makes a positive decision, any negative decisions that exist are triggered. If any effort to achieve something takes place, the negative decision must have been in place before the positive decision was made. Decisions that are made with absolute certainty will materialize, but the trick is for them to be made with absolute certainty – without a counter decision being introduced or triggered.

Unfortunately, the pessimist, overwhelmed by negative identities, finds it impossible to override them, so that the negatives keep surfacing. The optimist has more positive than negative identities, so negative thoughts do not surface. Pessimism and optimism can be fleeting or permanent states, acute or chronic, and dictate the attitudes and demeanor of individuals.

Fortunately, optimism is an inherently natural state and is easily recovered by using the Mace Energy Method to address areas of negativity.

As affirmations demonstrate, the first decision is the one taking precedence and is, for practical purposes, the *truth*. Positive or pro-survival decisions are normal and natural, so it is only the negative decisions that need locating and dis-creating.

## **Two personal examples**

Some years ago, I applied for a position that I really wanted, so I put a lot of emphasis on my application being successful – I was *efforting*. By this I mean that I was continually thinking about my chances of being successful, waiting for the phone call or the postman. At the same time, I developed a physical complaint that had me really worried and made me pessimistic about my long-term health. The doctor I visited organized a battery of tests, after which, with a smile on his face, he informed me that I had absolutely nothing to worry about in the long term. There was nothing physically wrong.

This doctor, unfortunately now deceased, was a fascinating guy, for after telling me that there was no physical reason for my bodily pains, he told me to lie down on his examination table. He then proceeded to use a kind of ‘laying on of the hands’, which I now realize is very reminiscent of the Chinese healing art of Gi-Gong and also Reiki, which I have since studied and, in the past, practiced. He focused my attention on various areas of my body by placing his hands there for a few seconds, which resulted in associated negative energy ridges dissipating. (I would love to be able to tell him of my own work in this area.) Very quickly, two things happened. First, there was a gradual lessening of bodily discomfort, and then second – and importantly – I found myself outside my body, enjoying the bliss often accompanied by this state. Then, literally out of nowhere, I was thinking

quite calmly and matter-of-factly, 'I am going to get that job.'

Next day, the phone rang and the company director making the call apologized for the delay in responding to me after my interview and offered me the position. This was not a coincidence. I do not believe in coincidences.

Please do not read into this that the practice of Gi-gong or Reiki will end with a person being out of their body – I make no such claim. What happened to me was a combination of various circumstances, and is not the import of what I relate. Additionally, being aware of being exterior to my body is not an unusual circumstance for me. So much for positive decisions!

Years before that happy event, I was going through what can only be described as a personal domestic crisis. I wanted to expand my skills as a counselor, so enrolled in a course to do so, but, among other things, the money and time involved only exacerbated the personal issues. In a moment of utter despair, and in a vain attempt to resolve my personal problems, I gave in and ceased my training. The personal issues did not resolve, so I eventually started a new life. Even so, 2 years later, my desire for more knowledge by way of more training had not materialized. An obstacle always seemed to prevent me: I needed a holiday! I will start after Christmas! There was always a good reason to justify my attitude. I even got around to starting once, but did not continue – for a good *reason*, of course!

Then something remarkable happened. I met

a supervisor from my original course, who, after expressing surprise at my failure to continue, said, 'When you said you had decided not to continue I thought it was only a temporary thing. I did not dream it meant permanently.'

I looked at her in amazement and was then overcome with grief as the circumstances of my ill-fated decision came back to me. They had been occluded and locked away, buried under the emotional pain and turmoil of that period. I recalled saying to a confidant in a moment of utter despair, 'I will not train any more!' That decision had been buried in my psyche, where it had been completely forgotten, but it had been sitting there like a hypnotic command, which I was powerless to overcome. Like all hypnotic commands, I was certainly living it out.

Having exposed the negative decision, I was free of it, and I have never stopped expanding my skills and researching since that moment. But I cannot help but wonder what direction my life would have taken had it not been for that chance meeting. I certainly would not be writing this, but then again, I do not believe in coincidences!

The decision to cease training had been made from despair and apathy, with no thought as to the possibility of circumstances changing. In other words, nothing was even considered to qualify the decision, let alone counter it.

The same applies to being successful in life. While in my doctor friend's rooms, there was not the slightest

hint of doubt about me getting the position – negative thoughts were conspicuous by their absence.

These two incidents have told me that there are two circumstances in which decisions will always eventuate: when a person is very down, and when a person is very high. The trouble is that when a person is very down the decisions are always negative, and non-survival, although they are exactly the opposite when the person is very high.

To be realistic about this, it needs to be accepted that the two states mentioned above are generally the exception rather than the rule, but they do serve to explain the mechanics of success or failure in life, and the struggle or ease with which we achieve our goals.

The more negative identities that are removed, the higher the individual's stable mood level and the more often good things just happen. The only thing impeding a person's dreams and aspirations are negative identities. The fewer negatives a person has buried away, the greater the chance of success and happiness in life, and the greater the chance of living his or her dreams.