



Directed Thought

How to access the power of the unconscious mind to assist in goal achievement

If there is a 'Law of Attraction' then this is how it probably works

If you want something that you don't already have then you will have to start doing something differently. Do what you always did and you'll get what you always got. The first place to start is with raising your expectations. There are two aspects to raising your expectations (or standards). The first is obvious. It is the delivery of a new and higher standard in your actions and decisions. If you want to be perceived as a success then you have to look and act like you are successful. If that success is in an environment that requires a certain standard of dress, of health, of fitness or whatever, then you will have to raise your expectation of yourself in that area and change your actions to make it happen. That bit is quite straightforward and easy, in theory.

It is not enough to say it; you have to do it for things to change

We know however that the real world of manifestation (the stuff that we can actually see, hear, feel, touch and smell) is driven by something else. It is not saying you'll raise your standard that makes it happen; it's doing it. In reality what makes the difference between feeling like you want to do whatever it takes or not is the directed thought that comes before it. It is the directed thought that generates the emotion that in turn creates the will to act. If you recall we talked about the idea of building a house by rushing off to the builder's yard for materials, and concluded that this would be a bad way to construct a home that will stand the test of time. Similarly if you rush into action without the requisite directed thought then you are unlikely to build something that lasts.

Just like a sphere or moon, there is a side of life we can see and one that remains hidden. Our directed thoughts are on the dark side but they match exactly the manifestation of events in our lives that appear in the light

All that seems logical and sensible may not be as it appears: Electricity was first described as 'flowing' like water down the feed cable; and the mental image for most people was that of some kind of movement from one end of the line to the other akin to watching a lollipop stick being carried by the flow of a river. That's not however how electricity is transferred. You can't float a lollipop stick along an electric current. Electricity no more 'flows like a river' than information does to a computer terminal or sound down a telephone line. When electrons were discovered, it was assumed that they were being unlocked from the natural fabric of things and rolled along wires bumping and crashing into one another forcing sound or electricity along from one end to the other. It wasn't until it dawned on the scientists of the time that if that were actually the case then a one sided conversation from London to Glasgow should result in a 'pile up' of electrons at the Glasgow end that would come spilling out of the receiver. Clearly this didn't happen and it was soon accepted that an *invisible force* must control the way the electrons move. An invisible force that



could perform the apparent magic of making the electrons 'travel' without them piling up at the far end of the wire. Michael Faraday uncovered the existence of force-fields and with that our exploration into the true nature of the world took a giant leap forward.

There is no greater invisible force on a daily lives than that of thought; both our own and that of others

If we are to take an equally impressive step toward becoming more effective in how to live happy and successful lives then we need to stand aside from some aspects of accepted 'understanding' and take a new look. A new look at the process of moving from being only partially happy with our existence to being far more contented.

It seems logical that if we identify a problem that we should find a solution and then reach out to fix it. But is that the way problems actually get resolved? Is our simplification of the process involved enhancing or damaging our potential to make things better? Could it be that in our desire to be logical and sensible we may in fact be deluding ourselves and in doing so, making our situations worse and not better?

The much used and often quoted 'Wheel of Life' is an example of this in action. It has become a tool that is used so widely that its efficacy doesn't appear to be questioned. Much like the QWERTY keyboard, it was a step forward in its time but our understanding of the application has now moved on a pace and a new model is needed. Unlike the QWERTY keyboard, there is no prohibitive cost to the introduction of this development.

Why stick with something that's outdated and can be improved?

The QWERTY typewriter keyboard (named from the first six letters in the top alphabet row) is the Universal User Interface with the written word between man and machine. However in today's world the layout makes no sense. It is awkward, inefficient and confusing and it has been for more than 135 years. Yet it is still in use today.

This arrangement of keys made their first appearance on a clumsy mechanical device marketed as the 'Type-Writer' in 1872. Today, even the most advanced and sophisticated computers and word processors in the world still feature the QWERTY keyboard.

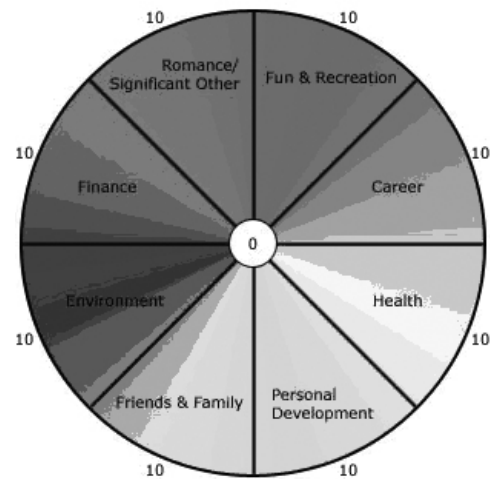
When inventor C. L. Sholes was putting together the world's first commercial typewriter in his Milwaukee machine shop in the 1860's he was at pains to make the machine operate as efficiently and as quickly as possible. The crude and clunky first machines were prone to jam when the mechanical arms holding the letters were pressed too closely together. Sholes first machine had the letters arranged in alphabetical order in two rows but the arms would often clash and jam the machine. To fix this problem he figured out which were the most common letter combinations and arranged their mechanical arms safe distances apart to reduce the clashing and jamming.

Typists were trained on QWERTY keyboards and generation after generation of keyboard operator has been taught on such a board. There have been many attempts to produce more logical layouts that would (once learned) potentially make typing easier; it would certainly make it easier to teach. The cost however of such an introduction outweighs the immediate benefit and so (even though many well thought out and 'better' keyboard layouts have been designed) the illogical and more difficult to learn QWERTY keyboard is still they keyboard we all use.



An example of the Wheel of Life as taught in most life-coaching training:

Not to be confused with the Buddhist Wheel of Life (although probably derived from it) the coaching Wheel of Life may be inadvertently responsible for more frustration and ultimate lack of success than any other single coaching tool. On the surface that sounds like a ridiculous thing to say. Indeed, there are probably many examples where this 2 dimensional approach has yielded results. It is still non-the-less true.



Everything that's new seems a little strange at first

It may appear to be heresy to condemn the Wheel of Life as damaging and dangerous but in many ways it is. When it is used in isolation as the flat 2-dimensional Wheel of Life process does not take the invisible force of thought into enough account. Anyone suggesting that electricity did not 'flow' down a wire would equally have been ridiculed at the time when this so called fact was common knowledge. The ridicule however did not make the suggestion any less true. It is very difficult for a person to challenge their beliefs about something; particularly when there appears to be evidence to support that belief. It is not until new or additional evidence is made available or considered, that a person can move past their prejudices and make a new and more rational judgement.

There are new studies to demonstrate how thought and emotion drive actions ahead of conscious awareness but, like Faradays force-fields, the facts have always been known. They just haven't been paid enough attention. The fact that thought always precedes action is well known but often ignored as part of the life changing process. Yet the invisible action of thought must be given as much attention as the manifestation of material events if any coaching intervention is to be as successful as it could be. This idea is not new; it is just the application of it in this tool (in this way) that might be.

We are the sum of our thoughts

The wheel of life asks a person to measure each critical area of their life. There are no set categories and the wheel shown is just an example; there may be as many or as few categories as you feel appropriate and the wheel may be applied to all of, or just part of your life. It may also be used to measure success in areas of business, with the category headings adjusted accordingly. It is a very flexible tool that asks just one question: How satisfied are you at this time with this particular aspect of life? The person then responds with a grading of anything between a low of zero and a high of one hundred. The person then completes the wheel by drawing a curved line across each segment to represent the level of satisfaction in that area. The central (satisfied) portions of the wheel are then shaded to represent the actual wheel the person is using to transport themselves through life. As corny as it is, it's quite powerful in having a person recognise that a



very unbalanced wheel will potentially equate to a bumpy ride, and a very flat wheel might make their life vehicle difficult to keep on track.

While the Wheel may be effective in making a person ask specific questions about areas of life that may need attention, it also has downside. The downside is that it predicates *action* as the next step to problem recognition, rather than thought or more precisely; *directed thought*.

The wheel of life process is simple and logical:

- 1 Identify the key areas of your life
- 2 Measure your satisfaction in each
- 3 Decide on actions to take in order to raise levels of satisfaction

It is in this simplicity and logic that it fails to deliver because it seems to make sense intuitively; find out what's wrong and then rush to fix it. But that's NOT how significant change comes about. Counter intuitive it may be, but it's directed thought and NOT instant action that will cause more to change in the long run. Because for every person who finds the 2 dimensional process useful, there will be another who becomes frustrated. This other person will already know that (for example) their intimate relationship portion of the life wheel is going to score poorly. This person will already have focused on this area without the need of the wheel to tell them that they were not happy. For this person it is not a question of recognising a need to take action; it's about knowing *what* action to take. Simply pointing out the lack of satisfaction does nothing but increase the negative emotion associated with it. In other words, it makes the situation worse and not better.

The reason for this failure to deliver is a similar to the experience of misunderstanding electricity. It is a lack of attention to the invisible force of directed thought.

We must learn to think in 3 dimensions

Rather than the two dimensional model of the Wheel, we need to think in three dimensions and imagine instead of a wheel, a *moon*. Due to the synchronous rotation of the moon we only ever get to see one side of it from the earth; similarly in the everyday process of living we only get to see one side of what is really going on. Just because we can never see the dark side of the moon with our own eyes (from down here anyway) doesn't mean that it's not really there; and just because we don't see the thought, directed or otherwise, that goes into creating all that we *do* see, doesn't mean that it is not real either.

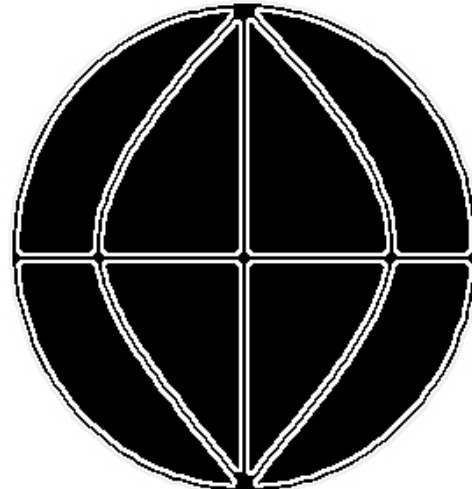
Patterns of thought drive our reality

The side of the 'Life Moon' we can see is an illustration of all that has been manifest in our life. If the Life Moon you are using is categorised as the key areas of your life then the 'light' side (that which you can see) will deliver exactly the same as the Wheel of Life. In fact, if you look at the moon even knowing that it is three dimensional, when you section it into equal segments (as with the wheel) it will appear as a two dimensional image; and therefore look just like the wheel. It is not until you imagine the Life Moon as it truly is; a three dimensional entity, that you begin to see another side hitherto unseen and unrecognised. Instead of straight lines emanating from the centre



of the image, curved lines now appear that demonstrate the true nature of that which we are observing.

This not only looks very different, it suggests a distinct process; one which not only combines the focus of attention achieved by the wheel model but also an equal emphasis on the unseen, invisible process of directed thought. It is as if we are now looking at the moon from above and are therefore able to see that the categories we have defined wrap around the whole; and although from our vantage point we only ever see one side, the other was always there in the shadows.



This process is even more logical but perhaps not quite so simple:

- 1 **Identify the key areas of your life** (as in 2 dimensions))
- 2 **Measure your satisfaction in each** on the light side of the Moon (as before)
- 3 **Replicate those satisfaction levels on the dark side** of the Moon to represent the extent of your directed thought in that area thus far (a new action that requires you to recognise that the achievement of your current levels of satisfaction are NOT the result of circumstance but your thinking and responses to them)
- 4 **Undertake a series of directed thought exercises** that will put in train a chain of new events (imagining and sensing things as if your goal were already achieved – even though your conscious awareness knows you are living in ‘reality’ you can’t stop your thoughts from being directed in new patterns by this sensory experience)
- 5 **Take only those actions that become apparent** through the exercises in directed thought (as it becomes very clear, very quickly what actions take you closer to your goal and what might have appeared sensible but in fact will take you further away)
- 6 **Establish short term targets only** that take you in the direction of your ultimate goal (remembering always that your consciousness can manage only whatever is on the immediate horizon)