



Chapters 3 & 4

Expectation is a Powerful Attractive Force

James Ray

Most people look at their current state of affairs and they say, "This is who I am." That's not who you are. That's who you were. Let's say for instance that you don't have enough money in your bank account, or you don't have the relationship that you want, or your health and fitness aren't up to par. That's not who you are; that's the residual outcome of your past thoughts and actions. So we're constantly living in this residual, if you will, of the thoughts and actions we've taken in the past. When you look at your current state of affairs and define yourself by that, then you doom yourself to have nothing more than the same in future.

"All that we are is a result of what we have thought."

Budha

Follow-up Activity

Tuesday: Clean up your Frequency

James Ray



P. 73 *"I would like to share a process with you that came from the great teacher Neville Goddard in a lecture he delivered in 1954, entitled "The Pruning Shears of Revision." This process has had a profound effect on my life. Neville recommends at the end of every day, before you go to sleep, to think through the events of the day. If any events or moments did not go the way you wanted, replay them in your mind in a way that thrills you. As you recreate those events in your mind exactly as you want, you are cleaning up your frequency from the day and you are emitting a new signal and frequency for tomorrow. You have intentionally created new pictures for your future. It is never too late to change the pictures.*

***sidenote – I do this all the time. Not just in the evening. If something is bothering me – a situation that I didn't like the outcome of, I replay it like a movie in my head, but I totally change the scene. It doesn't matter that it didn't happen that way. By changing the movie I change my feelings and my thoughts...which provide a new frequency of joy and peace.**