... thoughts, words, imagining, the plan, action, accomplishment

Chapter 11 – Making it Happen

DOING IT versus feeble attempts of “getting around to it.”

Whenever I start to wonder where thoughts come from, more thoughts barge their way into the forefront of my consciousness, leading me off (and, most often, “lost”) in other thoughts, which, of course, also get interrupted with even more rapid-fire explosions of supplementary thoughts and random, spurious, sometimes fleeting, hard-to-catch-hold-of ideas. This is the main reason so much doesn’t ever actually get done. You think you’re the only one wondering why you can’t accomplish more? It’s all of those thoughts and ideas (along with your mind “chasing after them”) you keep letting get in the way. **Focus, focus, focus!**

The more I think about all of that (despite all of the new thoughts and “brainstorms” constantly erupting and splintering - through YOU and me - at this very moment via Velocity Waves of Thought Streams), it makes me realize it is our thought processing that we allow to make us feel vulnerable and helpless. It’s hard enough to latch on to any particular thought (out of the hundreds and hundreds constantly bursting into our mindscapes), let
alone do anything with most of them before they vanish as quickly as they emerged.

And, even when you do manage to grasp a particular thought and jot it down, trying to somehow preserve it within the restrictive, interpretive, contradictory nature of words, even though it will be forever out of context (especially when you later go back and try to make sense out of what you furiously wrote down), the real issue is, "What good or harm will any particular thought do you?"

Nothing really happens with thoughts, other than the reverberating, synaptic explosions and haphazardly temporary “mental connections,” until you act. Your options with thoughts are to a) do nothing and let them pass through unheeded like they do most often; b) turn them into action; or c) speak them. Most of the time thoughts get TRANSLATED (usually quite poorly) from concepts and imagery into words. The resulting “word flow” determines how you are perceived in the world by others (including yourself when it comes to your self image ... or the lack of one you might feel comfortable with).

The power of each thought is in the delivery of the words. Words can be deadly weapons, capable of inflicting hurtful wounds, or they can be so sweet as to capture the essence of a fleeting moment - the kind that lingers tenderly in your memory and can even well up in the corner of your eye as a sentimental tear.

Everything revolves around words (just like the ones you are reading right now). Nothing happens with thoughts beyond your words (and actions, too, which many times ride "side kick" with some or all of your words). Success or failure hinges on what you do with your thoughts and how those
thoughts soar or get trapped and tripped up in words. We can so easily
defeat ourselves with the wrong words (especially ones that get shouted or
spoken too quietly). Or, we can experience great triumph with something so
small as a single, perfectly chosen (and softly delivered) set of impeccably
selected words.

Sometimes words NOT said have more impact than anything spoken
(or written ... or done). All too often, we never measure our words or even
so much as consider what it is we're really trying to say (or NOT say). The
most significant factor in what is being said is how the person you're talking
to interprets (or misinterprets) what you're saying and NOT saying, as well
as what you are doing in your actions (animated or not) and facial
expressions.

Once I started selecting my words more carefully and saying MORE
by stating LESS, people paid closer attention to what I was saying. I also
learned that saying words more slowly and clearly left a better impression
(and definitely were a lot more powerful in their lasting effect). Saying "Yea"
as a positive response to a question didn't have anywhere near the impact of
a well enunciated "Yessssss." That's just one small example of how powerful
words (and their delivery) can be.

Playing with words, which come from thoughts, to stimulate even
more thoughts, is what wakes up a person's intellect. Knowing this makes it
easier to make anyone smile, but only AFTER listening to what a person has
to say (and interpreting what might be expected for a response and/or
action). There are vital clues in any given combination of words as to what
will cause a person to smile. However, you have to first SHUT UP and listen
(you know, pay attention). The less you say (and talk about yourself) the
better. That lets the other person talk without restraint. You’ll find the skill of knowing how (and when) to shut up solves a lot of problems in your life (and the lives of others). Try it just once and you will be amazed at how dramatically things change for the better (for everyone involved).

Words are much like the majestic, isolated beauty of a lighthouse standing out (or outstanding!) on a shoreline. The bright, searching beacon of well-chosen words can show you the way through the treacherous waters of any kind of conversation. If you don’t pay attention to what you’re saying (which so many of us are guilty of far too often), it’s much like a rocky shoreline without that lighthouse, where you easily more often than not become ship wrecked. Beautifully spoken words people long remember can be much like the calm of daylight, where the stark poetry of a single white building in contrast to a windswept shoreline takes your breath away.

Look deep into what you are reading here, beyond the mere words (and all of the unintentional thoughts trying to get your attention), and let the letters, characters, punctuation, and white space form the vision of a face.

At first, you just might see the outline of the face. Can you see it yet? The white space on the page, especially when it blends in with the punctuation and letters, is what forms the unique facial features and traits. If you have a problem seeing this face, let your vision blur ever so slightly and then you should be able to see the face pop right out at you in 3D.

Once you see the outline of the face, next you’ll notice the nose, eyes, eyebrows, ears, cheeks, and chin taking shape, almost like a sketch artist “penciling things in” for you. Look. There’s the mouth, lips pursed, but not at all stern looking. It’s interesting how the nose accents the face and all
of the other features, yet, like the eyebrows, the contour of the nose quickly
blends in as part of the complete portrait when combined with all of the
other lines, wrinkles, markings. And, then there are the eyes, clear as can
be. Can you see the eyes? Of all the characteristics in the face, the eyes tell
it all! There’s a certain heart-felt quality about this particular set of eyes.
Filled with compassion, these eyes reflect so much about this person's
feelings, even showing traces of life's emotional scars we all bare, but try so
hard to hide (until things slip out "between the lines"). There is gratitude
deep within these eyes, but also some disbelief and doubt, as well as
somewhat of a guarded nature.

If you look closer at the face and blink your eyes, you will see that
the eyes on that face also blink, for it is YOUR face mirrored here on the
page ... along with all of your thoughts, interpretations and visioning.

Well, maybe not ...

Then again, perhaps it is YOUR face and you just don't recognize it.
You know, like all of those times when you have looked at pictures other
people have taken of you and you said, "Oh, that doesn't look like me at all."

Or, does it?

Pictures and portraits look EXACTLY like you, whether or not you
want to "face up to it." If you really don't think it's your face unbound from
within the text here on this printed page, you might want to consider just
who was invading your mind (and thoughts) at that particular point, pushing
aside all other thoughts, ideas, and notions to be the face you think you saw.
Think about it. Who might be noteworthy enough to be on your mind above
all other thoughts (including yourself) without you even knowing it? And,
even more important, what should you be doing about it, if anything at all, in the very least (or at most)?

This exercise of looking into the face you see here on the page is your first real “pop quiz” in your quest to read clouds. There are several pages in this book that have specific imagery you should be able to see … and that is the beginning of seeing what the clouds hold for you. Reading clouds has everything to do with your thoughts, because it all ties into Thought Streams (we’ll come back to Thought Streams over and over again). Don’t get caught up in “how does he put together the words to form images on the page?” Those are the kinds of questions that sidetrack you, keeping you from focusing on what it is you need to be paying attention to. Instead, look for the clues, hints, and implied meanings in everything that is right in front of your face. It has all been there all along. Only now, you’re starting to zero in on what you should have been looking at (and for) all along.

And, now is when the questions you didn’t even know to ask will be answered … pretty much automatically by you looking at everything just a little bit differently.

Remember, you control what you do with your thoughts (i.e., what and WHO you think about, as well as what you see and don’t see). While that might sound basic, so many people live their lives thinking that THINGS (which all have to do with thoughts and Thought Streams) are beyond their control. That’s where the vulnerability of thoughts beat you up over and over again … mentally torturing you worse than you would ever let anyone else so much as do to you. If you let your thoughts get to you, they will EAT YOU UP and spit out pieces, all of which you might never be able to put back together again (just like the story line goes in Humpty Dumpty!).
You do have a say over what happens in your life EVERY MINUTE OF EVERY DAY ... but only if you do something with your thoughts (instead of letting them go wherever they choose) ... YOU can control your thoughts!

You can easily see any and all of your thoughts by closing your eyes and then rolling your eyes backwards 180 degrees to look directly inward to your mind (which happens to be the best view, by the way). A cerebral exercise such as this will help clear your mind of demons (and, at times, even give you a peek at your mental “Theater of Life,” behind and between the scenes, so to speak). You know as well as I do those demons are always there, hiding in the shadows, just behind the red velvet curtain waiting to come out in your “Theater of Life."

Look closely at this page and you just might be able to see some of those monsters and snake-like creatures, along with evil eyes, demented faces, menacing animals, and all kinds of creepy things - whatever you want, really (even though NONE OF IT exists except for in your mind). Or, you can concentrate on those other, GOOD thoughts you ventured in “here” to see in the first place, making this page come alive instead with spectacular, creative, and visually stimulating inventions of your own conception and construction. From such positive imaginary, come crisp, fresh, vibrant ideas, exploding inside our minds like fireworks. It's all there ... depending on what you want to "see" and do with your thoughts (and yourself).

Once I understood the importance of what I had the power to do with my thoughts (and imagining the possibilities for anything I wanted to do), as well as making people (even YOU) smile, that was just the beginning of something incredible. I learned that there was much more to life. And, it all had to do with taking my thoughts and making things happen with them.
through words and deeds. I was pleasantly surprised to find that it wasn’t all that difficult to do. The next step after that is mentally grabbing hold of Velocity Waves and that provides a direct route to Thought Streams which immensely increase your mental abilities.

The simplest, most effective way to make things happen in your life is: a) to take out a piece of paper (or get your electronical device ready to “take down notes”); b) write out a list of things you’d like to do (EVERYTHING you want to make happen); and then c) "plug in" the step by step process for how you will make those things happen on a calendar.

Once you have items down as tasks on a calendar, you then start planning around “executing” each one of them, which will provide a direct route to you making things happen. One of the best examples of how effective this can be is NEVER forgetting birthdays, anniversaries or anything else. Once anything is on the calendar, it is right there for you to plan around - sending card, getting a gift, or whatever needs to be done. And, for those really big things (put down “every step of the way” in a checklist), you’ll need to develop timetables and an overall plan of action, complete with all of the steps, for how to tie it all together so what happens is exactly what you wanted to happen.

You’ll be delighted to see that things you never seemed to have gotten around to doing will finally begin to magically happen. For anything that doesn’t happen - for whatever reason - you will at least still have listed out the steps, complete with a timetable for “getting things done.” If you give it your best shot and it still doesn’t happen, then you will be able to regroup and re-think things to "plan another assault" ... by taking a close look at what worked and what didn’t work.
Sound too simple? It is really **action versus inaction**. You’ve been languishing in the inaction part for too long (which is the general location of rationalizations and lame excuses). Action isn’t that hard to “switch to.” But, once again, we come back to >>>>>> YOU! It all begins and ends (or never starts) with you. Those three steps previously listed for making your “action list” and timetable will provide so many of the answers to so many of the questions you have asked or didn't ask or didn't even know what to ask about. The reason for that is because you will "shift gears" from wondering why things don’t get done (and living with so much of the residual regret, apologies, and guilt associated with "shoulda, woulda, coulda") to savoring the sweetness and satisfaction of not just accomplishing things, but taking part in the DOING of life (and no more passively observing it all)! And, people will take notice, too! Best of all, so many of the questions you didn’t even know to ask, well, you’ll find out you already knew the answers all along!

Before you get to any more questions (you know, the ones you tormented yourself with and worried about), there is only one question: **Do you want to emphasize and be content with the ordinary or would you prefer to strive, stretch, and push for the extraordinary?**

The day you step free and OUT OF the box (actually, there is no box) of self-limitations you have forever been drawing around your existence will be your special moment of personal triumph. Making things happen in your life isn't about winning, conquering, or feeling better at the expense of others. It is simply about the act of DOING (many times FOR others). So get out there and make things happen in your life!
Oh, and by the way, the essence of making things happen in your life is an express route to happiness (see Chapter 10).

There is yet one more matter here and that is your job. Do you like it? Hate it? Feel you should be doing something? Is it a “dead end” in your mind? Something dreadful, you pretty much hate everything about? Or, it just isn’t what you really want to be doing? Well, just like everything else we have been talking about here (and between the lines), it all comes back to YOU. When it comes to your job, should you “put more into it” or move on? You need to look closely at what you want to be doing each working day (today and ten years from now), because you shouldn’t dread going to work or be “counting the minutes” each day until it is time to go home.

Your job is really who you are. It is your identity in the world. It gives you much of your sense of purpose and direction in life. At least that’s what it should (and, is probably how most people look at “it” … and YOU). The single best way to find out what you really should be doing is “What Color Is Your Parachute?” It is a book written by Richard Bolles. He wrote it in the 1970s and the book is still ever popular today … and it is a perennial best seller, too.

If you are connected to the Internet, you can reach his web site by clicking here: http://www.jobhuntersbible.com/ … the magic (and humor) behind the way Mr. Bolles writes and what he has to say zeros in on exactly what it is you should be doing in life … something that will provide enjoyment, fulfillment, and satisfaction. You definitely need to check this book and web site out. Even if you think you are happy in what you are doing, “What Color Is Your Parachute?” will either reinforce things or help point you in the right direction.
One other point: You hear so much about “thinking out of the box.” Well, the truth is there is no box (even if it makes you feel better to think there is one). All that matters is YOU and what you do in terms of “putting one foot in front of the other” to do whatever it is that will lead to who it is you want to be. Forget about boxes or anything else. Focus on what you really want! Taming your thoughts and ideas, transforming them into action is how you go “beyond the box” (or anything else).

READY TO MAKE IT HAPPEN?

If you’re wondering just where to start or how to get a handle on things for making changes in your life, the best starting point is deciding what you want your Art of Life to be. In other words, how do you really want to live your life ... not how others think you should or what you think others would be happy with or proud of if you did it. What do YOU want? Focusing on you and what you really want will have an incredible impact on all aspects of your life (and those involved in your life ... at least the ones who really care and matter).

So, let’s get to specifics for your Art of Life ...

Take out another piece of paper and jot down the following questions (or write in the margins of this book, or “get this all down” on your computer or smart phone) ... be sure to leave room for writing in your answers:

1. In Three words or less, what bothers you the most in your life?
2. Who is the person who means the most to you?
3. Where would you really to go?
4. What would be the most fun thing to do?
5. What would make you happy?
6. What you should have done or been doing?
7. What annoys you the most in your life?
8. What two things would you like to change in your life?
9. Now list your most important strength:

Okay, so now let’s look at these answers to your Art of Life questions, one by one:

1. This item that bothers you the most needs to be put at the top of your "Action Plan" list for things you need to either a) do something about TODAY; b) learn to live with; or c) finally just let go of after living with it for so long.

2. This person who means the most to you is someone you need to spend more time with, talk to more, and do more things for - no matter how much you think you are now already doing so.

3. The fact that you picked wherever you want go over everything else means it is important to you. So, you need to plan for it, put it down as a specific date/time period on your calendar, and then DO IT! Coming up with the money to make this happen will be all part of your “action plan” to make it happen.

4. Okay, you have now actually defined an aspect of fun (there are many more, if you think about it). This is something you should (and need to) do on a regular basis. Again, put this on your calendar and make any necessary preparations so this will happen.
5. This is a BIG one! Now that you have “put down on paper” what would make you happy, this should become the common theme in your life and it should be a strong element of MORE, not less things (and people/experiences) in your life.

6. It is extremely important that you have defined what you feel you should be doing ... now you just need to “map out a plan” do whatever it is (and, not just one thing ... EVERYTHING) you want to do.

7. Again, you now have a “clear definition” of what annoys you. Whatever really bothers you, then it is obvious that aspect of your life needs a drastic change to the point where the annoyance is removed, dealt with, and/or “muted.”

8. While there are probably more than two things you would like to change in your life, look at this as a starting point. Once you “get going,” you’ll be motivated and incentivized! Those two items you listed need to go very near (or at) the top of your Action Plan list so you can address them one by one, step by step. They are not going to magically take care of themselves and will stay rooted in your reality until you do something about them.

9. By listing your strengths, you are starting to get a handle on just what your ACTION PLAN is going to be for the Art of Life exactly the way YOU want it to be. You need to maximize the strengths you listed and start addressing everything you want to change in your life ... get started RIGHT NOW.
By looking closely at those nine questions (and answers), you are now zeroing in on exactly who you want to (and should) be. NOT what everyone else thinks you should be, but being exactly who YOU want to be. Any point you have ideas or more things you want to address, WRITE THEM DOWN ... and then map out a plan to address them.

We’re just about done with what is really Part One of this book, “here” in all that we are doing deep within the recesses of your intellect, Thought Streams, and Velocity Waves. You’ve come this far “getting started” so your perception and perspective will be altered just enough to allow you to finally start reading clouds. So, with just one more chapter to go before I start the “telling of my story,” you just gotta read this next chapter.

We’re in the home stretch of providing the “necessary ingredients” for you to tweak your intellect ever so slightly for reading clouds. Though this next chapter is a long one, it is well worth the investment in time ... it addresses the finality and fragility of life ... and how easily it can all seem to slip away. Remember it is YOU who determines exactly what it is you believe to be exactly what “it” is. And, it’s all right up ahead with the turn of a page.