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You Can Have the Quality of Life You Want to Have

The degree or extent of excellence of your experiences and circumstances determines the quality of your life.

Are all of your experiences satisfying and life-enhancing? Are your circumstances ideal? Are you healthy, happy, optimistic, successful, and prosperous? Are your personal relationships enjoyable and harmonious? Is your spiritual growth progressive? Is your understanding of higher realities and your relationship with the wholeness of life increasing with each passing day? If you cannot say “yes” to these questions, decide now to immediately improve the quality of your life.

No subjective or objective condition can unduly influence your mind, consciousness, or circumstances, when you choose to decisively think and act from the essence of your being and go forward with confidence. Think and act with complete faith that you will succeed—and you will.

Your pure essence of being is your permanent self-identity. If you think or feel otherwise, your concept of what you are is an illusion; a flawed perception of what is true. If you are confined by a mistaken sense of self-identity, correct that misperception by changing your viewpoint. Acknowledge that you are a unit of one Reality. Let your thoughts, feelings, actions, and responses to events that occur, be in accord with your understanding. This is the immediate way to rise above ordinary states of mind and consciousness and the unwanted circumstances that are related to them.

Ordinary states of mind and consciousness are blurred and disordered. Let the radiance of your essence of being illumine your mind, empower you to have exceptional powers of perception, and freely use your innate creative capacities and functional abilities.

Review Your Personal History With Calm Objectivity

Your memories are impressions in the subconscious level of your mind of past perceptions. View them without allowing emotions or prejudiced opinions to influence what is observed. Appreciate the positive learning and growing opportunities that you had. If you made some mistakes, avoid thoughts and feelings of regret. If you were misunderstood or mistreated by others, forgive them. If you acquired some erroneous beliefs or nonuseful habits, renounce them. Decide how you want to live and what you want to do from this moment forward; then proceed with a clear sense of self-directed purpose.

If lingering, sentimental feelings or deeply felt emotions interfere with self-honest, rational thinking and discernment when you review your personal history, you are not detached from your memories. Assume a viewpoint which enables you to observe the contents of your mind without being influenced by what you see. A good time to do this is after a meditation session when you are mentally and emotionally peaceful.

You Are Superior to Subliminal Influences

Subliminal inclinations that may influence states of mind and consciousness, emotions, actions, and reactions, are called karmic influences because of their potential to cause effects. They are but impressions of prior thoughts and feelings in the subconscious level of the mind. Knowing this, you can choose not to be unduly influenced by them.

Constructive inclinations that support your endeavors can be allowed to be influential. Troublesome inclinations can be weakened and neutralized by positive thinking, feelings, and actions, and by intentional cultivation of superconscious states which are superior to all other states of consciousness. Avoid claiming troublesome subliminal influences as “your karma.” Mental influences are of the mind. You are not the mind. You are an immortal, spiritual being without karma.

Subliminal conditions, which can be changed, neutralized, or transcended, can only be influential with your consent. The more spiritually aware you are, the less possible it will be for

such conditions to be bothersome.

Don't try to remember "past incarnations" to discover the causes of subconscious conditions that need to be disarmed or healed. Being responsible now for what you think and do will determine the quality of your life from this moment forward.

Affirm With Conviction

Fully aware of my true nature as a spiritual being, I choose to be responsible for my thoughts, feelings, and actions.

**Create, Attract, and Choose Only Ideal
Experiences and Circumstances**

Everyone consciously or unconsciously creates, attracts, or chooses most of their experiences and circumstances. Infants and infirm or mentally deficient adults are not responsible for what happens to them. People living in regions ravaged by wars, where socioeconomic conditions are poor, or who are politically oppressed, may have to endure circumstances they did not create or cannot control. Yet, even in the most difficult situations, there are some individuals whose intense desire to rise above restrictive conditions empowers them to do it.

Cleanse your mind and consciousness of ideas and feelings of lack, limitation, or unworthiness. Rise above states of mind and consciousness that cloud your awareness or interfere with your ability to think and act creatively. Discipline your thoughts and feelings. Be an optimistic possibility-thinker. Imagine how you will think and feel when every aspect of your life is harmonious and soul-satisfying.

Create ideal experiences and circumstances by imagining that you now have them and by doing what you have to do to have them. Write a clearly defined description of the experiences and circumstances that you want to have and what you will do to have them. Be intentional and specific. Cultivate a consciousness of always *having* what you want or need. Avoid thinking or feeling that you do not or cannot have it. Privately nurture your aspirations. Don't discuss them with others who are not as positive and goal-directed as you are or who do not share your visions of possibilities. Purposeless or superficial talking about

what you intend to accomplish weakens mental powers and wastes vital forces. Instead of talking about what you are going to accomplish—do it.

Attract what you want or need by imagining, feeling, and believing that you have it. Your mind interacting with cosmic mind—and your consciousness interacting with omnipresent consciousness—will bring it into manifestation.

When unplanned, fortunate events occur—which you did not consciously create or attract—graciously accept what is for your highest good. Be thankful for it.

Affirm With Conviction

I wisely create, attract, and choose only
ideal experiences and circumstances.

Assume and Maintain Ideal Mental Attitudes and States of Consciousness

To *assume* is to “take on.” Experiment: practice assuming various mental attitudes and states of consciousness. You will discover that you can choose to be happy and optimistic or you can choose to be moody and pessimistic. You can also choose to be clearly aware by removing your attention from thoughts and feelings that blur and fragment your awareness.

When you know that your mental attitudes and states of consciousness do not have to be dependent on external conditions, you it will be easy for you to assume and maintain ideal mental attitudes and states of consciousness at all times.

Affirm With Conviction

I choose to always be cheerful, optimistic, alert, and attentive.

Cultivate Superconsciousness

Being awake, with awareness identified with mental processes and emotions; dreaming; and deep sleep are the three states of consciousness common to everyone.

Superconscious (*super*, above) states are characterized by alertness and clarity of awareness. Preliminary states may be somewhat mixed with, and modified by, mental and emotional

influences. When these influences are quieted or transcended and superconsciousness is pure, Self-knowing prevails. When superconsciousness is constant, during meditation or when one is engaged in everyday activities, the contents of the mind are inclined to be organized, negative subconscious influences are weakened and neutralized, the nervous system is refined, and the physical body is vitalized.

Use the following simple method to control your states of consciousness. It will usually be easier to stay alert if you sit in a comfortable chair. When you acquire enough skill, it can be done lying down.

1. Close your eyes. Let the body relax. Start to go to sleep without allowing sleep to occur.
2. Open your eyes. Be fully awake and alert.
3. Repeat the above two practices a few times, concluding in a fully awake state.
4. With your eyes either open or closed, put your attention and awareness in the front and higher part of the brain. Be alertly aware without letting thoughts or emotions intrude. Be superconsciously for a while. After the practice session, endeavor to remain superconscious.

When you retire for the night, be attentive at the borderline of sleep when your attention is somewhat internalized and you are still conscious. Focus your attention and gently use will and intention to go through and beyond the gap between the subconsciousness and waking state, to be superconscious. If at first you are not successful, if you go sleep, it may be conscious sleep during which you are aware and dreams may be vividly experienced or observed.

As your ability to control attention and states of consciousness improves, you will be mentally calm and rational, your actions will be constructively productive, your spiritual growth will be rapid, and the quality of your life will be excellent.

Discipline Your Thinking, Feelings, and Behaviors

You can have the quality of life you want to have by control-

ling your thinking, emotions, and behaviors. Strengthen your will power.

- Is your thinking always rational—or do you allow superficial analysis of a problem or situation, sentiment, fantasy, or uncertainty to cause mental confusion? When you have all of the facts of a situation clearly defined, use reason and intelligence to determine the best possible solution.
- Are your emotions always stable—or do you allow events, circumstances, words, or behaviors of others to arouse your emotions or contribute to moods? Be established in Self-awareness. View events and circumstances with calm, dispassionate objectivity.
- Do you always act with conscious intention for your highest good—or do you allow harmful subconscious tendencies or strong feelings to influence what you do? When you know what is best to do, do it. What is not best, renounce. Your constructive actions will make you competent and happy.

Be responsible for your actions and their results. Don't make excuses for flawed behaviors. Replace all bad habits with good habits. Write a list of your behaviors that are not compatible with your desire to demonstrate and experience excellence. Write a list of the positive behaviors you will cultivate. You will soon be on the right course in life.

Until your thoughts, emotions, and actions are always as you want them to be, persist in your endeavors to actualize those which are entirely constructive. Have one or more role models after which to pattern your life. When doubts about what to do surface in your mind, ask, "What would my role model do in this situation?" Assume mental attitudes, feelings, and states of consciousness that will empower you.

It is sometimes easy to rationalize our misbehaviors. Benjamin Franklin (1706 – 1790) became a vegetarian at age 16 because he thought it best for his health and he didn't like the idea of killing and eating animals. He later wrote about his first sea voyage from Boston, when the ship stopped for a while near Block Island:

Our People had set about catching Cod, & haul'd up a great many. Hitherto I had stuck to my Resolution of not eating animal Food, and on this Occasion, I consider'd the taking of Fish as a kind of unprovoked Murder, since one of them never had or ever could do us any injury that might justify the Slaughter. All this seem'd very reasonable. But I had formerly been a great Lover of Fish, & when this came hot out of the Frying Pan, it smeled admirably well. I balanc'd some time between Principle & Inclination: till I recollected, that when the Fish were opened, I saw smaller Fish taken out of their Stomachs: Then thought I, if you eat one another, I don't see why I mayn't eat you. So I din'd upon Cod very heartily and continu'd to eat with other People, returning only now & then occasionally to a vegetable diet. So convenient a thing it is to be a *reasonable Creature*, since it enables one to find or make a Reason for everything one has a mind to do.

Affirm With Conviction

I am firmly resolved to constructively discipline
my thinking, feelings, and behaviors.

Have Self- and God-Realization As Your Ultimate Aim

Several years ago, I was invited to speak at a yoga and holistic health conference. During a private conversation with the spiritual director of the sponsoring organization, he wistfully said, "Everyone who comes here wants to be healthy, happy, and successful. No one wants to know God."

While the life-enhancing experiences and circumstances that you have can be enjoyed, and they enable you to be freely expressive, remember that your ultimate aim in this incarnation should be Self- and God-realization. The more Self- and God-conscious you are, the easier it will be have excellence in all aspects of your life. The outer effects of inner realizations are the reflections of purified consciousness.

When you are Self- and God-realized, you will not have to arduously strive to achieve a goal, accomplish a purpose, or make something happen. All of the things, circumstances, and relationships that are necessary for your total well-being will be easily provided by your spontaneous, right actions and the supportive impulses of grace.

To nurture Self- and God-realization, constantly aspire to be

fully, spiritually awake and sincerely endeavor to conform your thoughts and actions to that aim. Discard nonessential interests and activities which may distract you from important matters. Concentrate only on doing that which enables you to experience your highest good in all aspects of your life.

When you are aware that you are resisting—or are reluctant to accept—the ideal circumstances that will enhance your life, discover the deeper causes of such thoughts or feelings and renounce them. If fear of change or feelings of not being worthy of having a continuous flow of good fortune in your life are being allowed to harmfully influence your behaviors, rise above them. Bring forth and express your divine qualities. You can do it if you sincerely want to do it.

Improve your understanding of your true nature and your relationship with the wholeness of life. Anchor your life in the Infinite with daily, superconscious meditation.

Affirm With Conviction

By my right endeavors and God's grace,
I will be Self- and God-realized in this incarnation.

Our beliefs become our thoughts. Our thoughts become our words.
Our words become our actions. Our actions become our habits.
Our habits become our values. Our values become our destiny.
— Mohandas K. (Mahatma) Gandhi (1869 – 1948)