

The Saboteur Within

Why You Don't Have What You Really Want

Lets face it - most of us from time to time feel that life is just one big struggle with a series of never ending problems.

Yet the truth is that life does not have to be this way. In fact, it can be just the opposite. Life is not about struggle and overcoming problems. Life is about pursuing and creating what we truly desire in an easy, stress-free manner.

Is there something in your life that you want, but it seems to elude you ?

In short, if you don't have what you want (you name it) your subconscious holds some contradictory intentions for you.

To put it simply, you want something and it doesn't.

For example you may say, "I want more money", but your dominant subconscious belief may be, "Earning the amount of money I want is very difficult".

Notice anything different about these two statements ?

They are going in different directions. What is really happening is that your conscious and subconscious are almost always in conflict. You consciously say, "I want more money" and then after listening, your subconscious says, "No matter what you do, it is too difficult to create that amount of money".

As a result there is no agreement between your conscious and subconscious. When this happens they cancel each other out and give up on assisting you to create what you would like to have in your life.

What is critical to understand is the competition, conflicting agendas, and disharmony between your conscious and subconscious is keeping you from having what you desire.

Why ?

Because when your conscious and subconscious are not in agreement, they produce negative emotion. And it is that very negative emotion or energy that attracts the things you don't want. (You may have to re-read that.)

Let me explain to you what is really happening.

Every thought is received by the brain, which is the organ of the conscious mind. It is there that it is subjected to our power of reasoning. When the conscious or objective mind has been satisfied that the thought is true, it is sent to the subconscious mind to be brought into the world of reality through quantum physics or the law of attraction.

It is no longer susceptible to any argument whatsoever. The subconscious mind cannot argue. It only acts. It accepts the conclusions of the conscious mind as final. This is the point at which the uncreated becomes the created, the universal becomes individualized, and the invisible becomes visible.

Put simply, every thought that you think has its own energetic vibrational frequency. That thought is impressed into your subconscious mind. Then, through the Law of Attraction, it will energetically attract another person, place, thing or circumstance that has a vibrational match or is vibrating at the same frequency.

Your subconscious mind cooperates completely with your conscious mind when it understands and agrees with what you consciously want. In other words, when your conscious and subconscious are not in conflict.

When you feel negative emotions, they are signals from your subconscious that you are not in harmony with what you desire and this creates emotional energy blocks within your electromagnetic system.

You are not alone. Conflict, manifested as an emotional energy block, is common in almost everyone.

Have you ever wonder why..
Athletes get into slumps ?

This defies normal logic. There is no physical reason for an athlete to perform below par. He or she is the same highly trained athlete before, after and during the slump. Yet, no matter how highly skilled, all athletes go through this consistently throughout their careers. Why ?

Addictions are so hard to overcome ?

Most addicts want to be free of their destructive patterns. They know, and will often admit, that their addiction is costing them their health, their relationships, their money and even their life! Yet they continue with it. Why ?

Depression is so hard to overcome ?

Depression is one of the most difficult psychological issues to handle. It is not unusual for an individual who suffers from depression to go through years of expensive therapy and not make much progress. Why ?

Healing sometimes takes so long ?

We have a lingering cold that just won't go away, a headache or pain that keep coming back again and again or a sprain or broken bone that takes forever to heal. Why ?

We self - sabotage ourselves ?

We try to change our behaviors or become more successful in our business or career yet we often manage to fall back into our previous "comfort zones" with little or no real progress. Why ?

The reason we have these experiences is that we do not correct the negative emotion IN THE MOMENT.

Regardless of what you have read or heard, you cannot correct this through positive thinking. You must go **BEYOND POSITIVE THINKING** to get rid of the "**Saboteur Within**". I call this "**Right Thinking**". It is right because it is based on truth, not illusion.

Here is something you can do right now :

Notice when you are feeling any negative emotion or conflict. That is your **"Inner Guidance System"** telling you that you are not in harmony with your desire. This is your first clue.

IN THAT MOMENT you MUST self-correct. *Change your FEELING* right then and there because how you FEEL as a result of a thought is what causes the negative emotion. The negative emotion then causes the conflict. And the conflict attracts more of the things you DON'T WANT.

So, if you do nothing else, remember that you MUST correct and STOP the negative attraction in the MOMENT if you are serious about getting rid of the "Saboteur Within." That will clear the way for you conscious and subconscious to work in harmony to bring your desire.

This may be difficult to accept or to at first understand. Remember, we are talking about going beyond what you typically understand, so you can get to the results you want.

The effort can help make all your dreams come true.

Believe me, it's worth it.