

Find your pot of gold at the end of the rainbow

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I was taught as a young child that at the end of a rainbow was a pot of gold. However, I was also taught that this notion was really just a fun fantasy, like other fairy tales. Our mythology is loaded with them. And our scientific thinking era discounts all of them.

There's lot's of new talk about thinking your way to riches, from books like *The Secret* to *The Law of Attraction*. But is this really new thought? There have been noted miracles in most religions of the world. If you believe miracles can happen, then how can we manifest them?

Deepak Chopra has an outline for creating success in your life. If you're interested, pick up his *Seven Spiritual Laws of Success* for more details. Today I will focus on Chopra's Law of Intention.

What we attend to, focus on, we create. Simple.

We salivate, or at least I do, when we think of that juicy steak, baked potato loaded with butter and sour cream, followed by a brownie sundae. Yummy.

If you're salivating as you read this, it is due to past conditioning. We associate the thought of food with the actual food, so we really don't need to even see or smell the food to salivate. Our thoughts actually pave the way for the digestive process.

This is the old Pavlovian conditioning response we all use, but in a haphazard way. We can train a dog to sit, rollover, by giving him a bone. Easy principle.

If we think fear, focus on fear, act on fear we become fearful. I alluded to this in my last column, when I recommended "feel the fear and do it anyway". I neglected to give credit to the author of the book, *Feel the Fear and Do It Anyway*, by Jeffries, Ph.D. By the way, this 1980's book is a great read for anyone overcoming anxiety.

Follow this Pot of Gold formula for success:

1. Dream: Recognize dreaming as an adult behavior. We all have REM sleep. Dreaming is not just for kids, but the first step in manifesting your best.
2. Attend: Focus on your nighttime dream themes and the subjects of your daydreams. Dismissing them as not realistic will keep you in mediocrity.
3. Desire: Give yourself permission to want these dreams to become reality. I bet you're smiling now. Behind every successful person, is belief in a dream.
4. Intend: Write your desires down as goals. Intend for them to happen. Read them twice every day, when you get up and before you sleep. Keep them secret, as many of our loved ones will unintentionally rain on our parades.

5. Act: Just setting these intentions will bring opportunities for their fruition. We notice flowers by the roadside only if we choose to notice them. The flowers are there, whether we notice them or not. Once we notice them, we can pick them. This is the magnetic field in action.

What do you consider success? Internal or external dreams? Love, prosperity, kindness, harmony, joy, peace, a new job, college degree or a steak dinner?

Put the principle of the Law of Intention to work. Once achieved, celebrate your success. Create an upward spiral in your life.

If you want to learn more about the law of intention here are some authors I recommend: Deepak Chopra, David Simon, Wayne Dyer and Abraham Hicks.