

## **Health Focus**

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### **Creating Abundance**

Have you visualized the words created in your mind that represent the things you want in your life? Do your thoughts, words and beliefs support what you want in your life or, instead, do they support what you really do not want in your life?

For example, are you thinking (saying), "I need more money to pay my bills every month", or instead, "I have plenty of money to do whatever I would like in my life."

I know that you are wondering, "but Debbie, how can I say I have plenty of money when in reality I do not have it?" Fair enough. Let me tell you how the unconscious mind operates.

It takes every thought you create literally. It does not know the difference between the reality of what you really want and the fanciful thought not yet fully developed. It will give you what you ask of it. It does exactly what you tell it to do. It follows your instructions like a three year old would do. If you say "I need more money", it responds by saying, "OK, I will provide you with a greater need for money."

One of my clients once said to me, "The more I work the more money I need to pay my bills." What do you suppose is happening in her life; the answer is, the more she works the more she creates a need for money. Do you get it? Anything you focus on expands. If you focus on what you have, you will have more of that. If you focus on what you do not have, you will have a greater need of that.

I remember once at a lecture I was sitting behind the speaker and noticed a stack of tape sets. I said to the person sitting in a wheelchair next to me, whom I knew, "I would love to have some of those tapes, but they are too expensive". She turned to me and said, "Let me tell you a story Debbie. When I was a little girl I had a small wallet and I filled it with pennies and nickels, but I still had more change left in my hands. I went to my mother and said to her, 'Mommy, Mommy, I have too much money and I do not know what to do with it.' My mother said to me, 'Oh sweetie you will always have too much money and not know what to do with it.'"

She turned to me and said, "How about you Debbie, how much money do you have?" I looked at her and said, "Enough." She then said, "That's all you are going to ever have."

I thought of that conversation for quite a while and I knew if I wanted more money I would have to change my beliefs. Subsequently, I thought of that conversation even more, thinking, well, she was in a wheelchair, had a lot of money and did not know what to do with it.

Let's analyze how the unconscious mind works. In a demonstration in one of my hypnosis classes, the subject person, in a hypnotic state, is asked to count to 10. I then ask the person to count to 10 again but this time in accordance with my instructions. I count to 10 omitting the "6" and then ask the person to count to 10, not asking the person to omit the "6", but the person does omit it. I then ask them to write down their telephone number (I have already determined that no. 6 is included in their telephone number). They write it, even though they did not verbalize it.

I then tell them they can only write the digits of their telephone number as follows: I count to 10 and omit the "6". I then ask the person to write their phone number again. They write all the digits with the exception of the "6". What do we demonstrate by this experiment? That the unconscious does exactly what it is told to do.

Now ask yourself, are you focusing on what you want or what you do not want? Think about it.

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