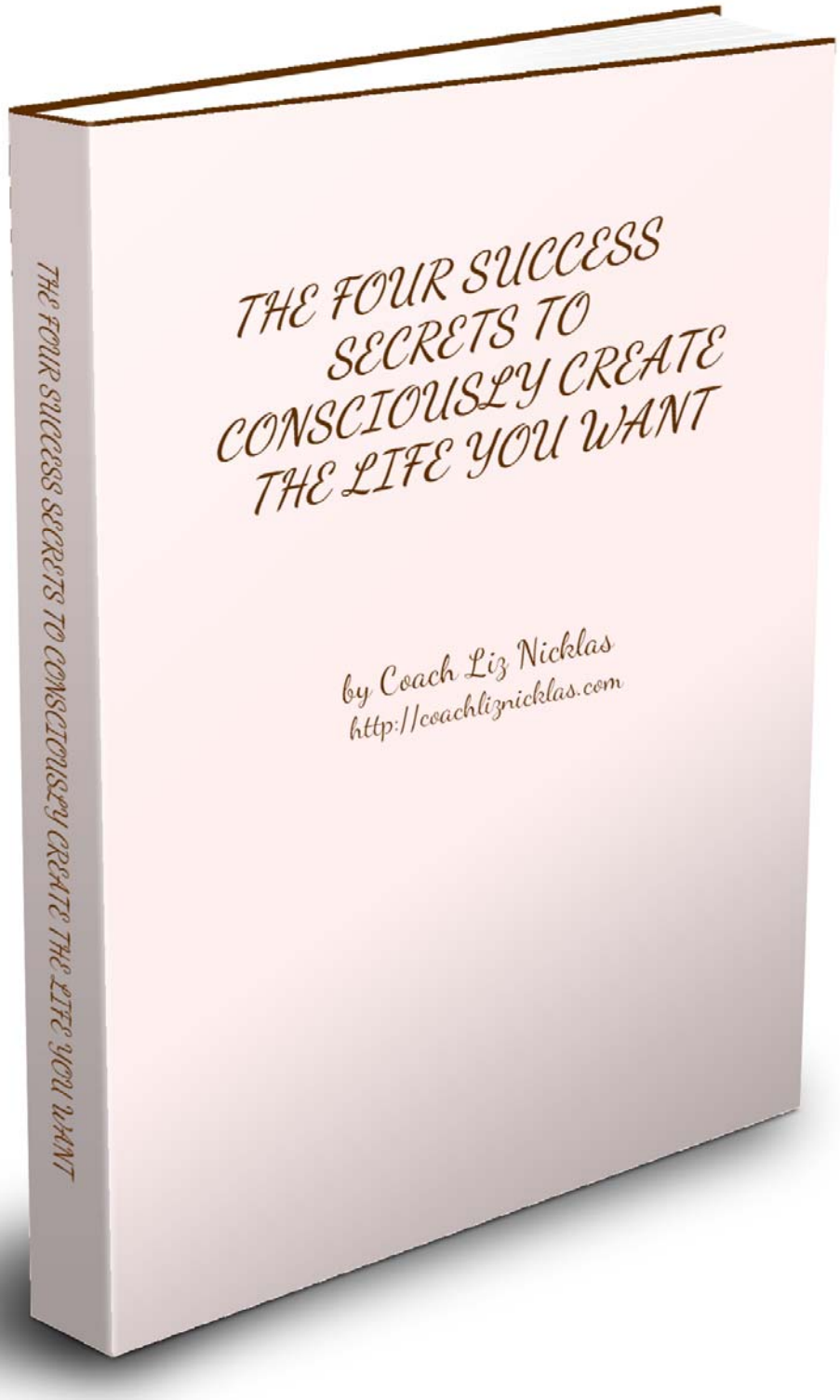
THE FOUR SUCCESS SECRETS TO CONSCIOUSLY CREATE THE LIFE YOU WANT
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by Coach Liz Nicklas
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THE FOUR SUCCESS SECRETS TO CONSCIOUSLY CREATE THE LIFE YOU WANT

You have the ability to shift from powerless to powerful. The power to create is to be found not in the physical world but rather in the conscious mind.

Learn how to apply these tips and techniques to have immediate success in all areas of your life and business.

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INTRODUCTION

You Have More Power Than You Know

For over fifteen years, I have worked as a teacher, trainer and coach. Everyone I work with is looking to create or change something in their life for the better. While each client and student is different and unique in many ways, most of them seem to share the similar frustration of feeling as though they are not in control of what is happening to them.

So many people are unable to make the shift from theory to practice with regard to the alignment of personal power and universal law. They are stuck. Life is happening TO them. They aren't consciously creating their lives.

My clients are all bright, successful, highly motivated individuals who typically have a fairly broad knowledge of universal laws. They've read personal development and Law of

Attraction books, seen movies, been to seminars and often still find themselves stuck in theory. They can't seem to bridge the gap between the esoteric theory and the practical application. Consequently, they feel powerless, helpless and frustrated.

The good news is that after learning and applying my Four Success Secrets they can consciously create and live a life of purpose, passion and prosperity BY THEIR DESIGN.

You will learn in my Four Success Secrets how to consciously create the life you want. Even well armed with information, it is those often overlooked extras that are necessary to really engage the power of the universe and become a conscious creator. I will share these tools and tips with you.

The first step to creating any and all changes is to start to pay attention to yourself. In other words, notice your ways of thinking, speaking and behaving. When you heighten your awareness, you will make the shift you are

looking for. You will awaken to your power.

Ultimately it is your way of being not your way of doing that will change your life. External changes begin with internal shifts. As Mike Dooley says, "Be the shift, stop waiting for it."

So let's get started. All you need to begin is an open heart, an open mind and a willingness to receive this information. Oh, and one more thing. You have to take full and complete responsibility for every person, event and circumstance in your life from this day forward.

THE BASICS

Let's begin by reviewing a few critical pieces of information. The universe and everything in it is made up of tiny particles which are in constant motion. While we can't perceive this when we look at solid matter, on a microscopic level quantum physicists tell us it's true.

Everything in the universe is energy, and all energy has a vibration. The Law of Attraction says that that which is like unto itself is drawn. That means that we live in an attraction based universe. Everything is attracted to other particles of the same nature. In other words, all energies (particles) are attracted to particles with matching vibrations.

Here's the important part, our thoughts (and feelings) ARE ENERGY. They have a vibration. Our thoughts attract matching vibrational energy. These universal laws are immutable, unwavering, unfailing forces in your life. This is an attraction based universe with no

exceptions.

Every aspect of creation on this planet, on an individual and collective scale, is governed by these truths. You've attracted every person, event and circumstance in your life. You may be doing it on PURPOSE (consciously) or you may be doing it unconsciously with little or no awareness. Either way, you're doing it.

SO… conscious awareness allows for conscious selection of thoughts (feelings, words and actions too) which are energy. Energy in alignment with intention is conscious creation. And, it all begins with self-awareness and choice.

SUCCESS SECRET #1

Intend

I know that sounds ridiculously easy, but if it really were easy then everybody would be getting what they wanted in record time. You have to learn to intensely focus on what you WANT rather than what you DON'T WANT. You have to learn to think and feel in terms of the end result you wish to create. When you are able to align your focus with laser-like precision, that vision will draw you to it. That is how conscious intention works. You are choosing what you focus upon.

As simple as this sounds, most people are consistently talking and thinking about what they don't want when they are attempting to focus on what they do want. In other words, we are unconscious with regard to our thoughts, words and actions. We are on autopilot.

The shift is in becoming acutely aware of what

we are saying, thinking and doing with respect to our wants. We place our thoughts on where we want to be not where we are.

For example, if you want a new job, rather than thinking and talking about all the awful aspects of your current job, you need to put your thoughts, words and energy on the ideal aspects of the job you wish to attract. What you think about expands. That new job is your end result. Put your energy on that end result (the new job) not your present circumstance. That is a conscious, creative choice.

It's a subtle distinction, but it's critical to success. Law of Attraction tells us that you get what you focus on. This secret is all about adjusting focus. Focus catalyzes the universe on your behalf, and it catalyzes your actions and ultimate success.

Two other often neglected points with regard to consciously creating your intention: First of all, the more clarity you can create the better. Get into the details.

However, there is a catch. Don't become attached to the details. Use the details and descriptive nature of your intention to fuel the excitement around it. If the details become your focus rather than the end result, you'll create what we call resistance. So, go ahead and think about the color of that new car and the clothes for your new healthy, fit body, or what the corner office carpet might look like at the new job, but only in terms of how those "might" be the minute details of your intentions manifestation.

The other important extra involves emotions. Emotions turbo charge vibrational energy. In fact, if you stay in a feeling place rather than a thinking place about your intentions, your point of attraction is greater. Emotions have a greater magnetic pull.

Remember when you where a child and you had a wish? Sometimes you would jump up and down or clap your hands just thinking about it. That's where you want to be - pure, anticipatory

excitement knowing it's on the way.

William E. Towne wrote, "A thought is powerful only when it's backed by feeling. Feeling gives thought its reactiveness. To merely make an affirmation of what you desire, without faith or feeling, will accomplish little." Here's the key. Feel what you would feel if you had already achieved your intention. That end result, exhilaration, joy and elation, will draw it toward you.

SUCCESS SECRET #2

Believe

Here's a question. On a scale of one to ten, where do you rate your belief that you can create change in your life? If it is anything less than a ten, work to raise it. Of course that begs the question, How?

What does it take to change? The first step is a belief that you can and the faith that you are in a universe that supports you with laws that will work for you.

What you want you are already connected to because you are a part of the universe. Your energy is the same as the energy of the universe. Your desire doesn't lie outside of you; it is inside of you. If you can conceive of what you want, then you have the power to achieve it.

First you need to connect to your own power. You've set that intention and focus on what you

want to manifest. Now your beliefs need to be in alignment with that intention like an underground spring feeding a river.

If your beliefs don't support that process, you can't move forward. Many people have unconscious beliefs that are sabotaging them. Again, we need to heighten our awareness and become conscious of what our beliefs are in order to change, upgrade or replace them. We can't change what we don't know.

Take a careful look at what you think and say to yourself AND about yourself. Most of us have patterns of thought which are unconsciously driving our lives. Try this. Cross your legs or interlock your hands together. Do that several times in a row. I'll bet you crossed your legs or interlocked your hands the same way every time. That's a pattern or habit.

Now, in the scheme of things, that is a relatively unimportant pattern, but it demonstrates a point. Often, we do things a certain way without consciously thinking about it because we have

always done it that way. So it's an unconscious pattern.

The same is true with our thoughts. If we think a thought often enough, we draw to us other thoughts, experiences and events that match or support that thought. After we have thought something enough and gathered enough matching energy (evidence), the thought becomes a pattern. We call patterns of thought beliefs. Once you have a belief in place, you will begin to behave in accordance with it. Then your behavior creates your circumstances (construct reality). The belief is unconsciously creating your life. Get it?

Back to awareness. Commit to making a habit of watching, listening and discovering what beliefs are guiding you. How do you know if that's happening to you? Ask yourself are you getting the results you want in your life? If your intentions are not drawing to you the results you intended, chances are you have some underlying limiting beliefs. If a belief isn't serving you (i.e. doesn't support your WANT),

seek a professional coach or a therapist to work on replacing it.

Back to our original question. How do you begin to replace a limiting belief? Be aware. Don't resist it. See it. Feel it. Let it go and then choose again. Then consciously create a belief that serves the end result you WANT. Put the new belief in place. It's not necessary to dissect the beliefs you have; you just need to choose beliefs that serve you.

Like any pattern in your life you wish to alter, you have to heighten your awareness around it in order to do so. It takes committed work and practice, but you CAN change beliefs.

Here's an important point to consider. When we think something over and over and over, we create a pattern of thought. That pattern of thought then becomes an unconscious belief. Our beliefs inform our behavior and actions which then in kind create what we PERCEIVE to be our reality. If we want to change our reality, we can't work at the level of our external

behaviors and actions, we have to get the work done at the causal level where our reality begins. That internal, creative level of thought is the place where we make choice and consequently achieve change.

SUCCESS SECRET #3

Take Action

There is a popular book and movie a lot of my clients have seen about the Law of Attraction. You may have seen it too. Through this exposure, many of my clients came to understand the universal laws as magical, genie-like stuff. They drew the conclusion that the wishing, wanting, intending part was all there was to conscious creation. Unfortunately, that's not the entire story.

We have free will. We create our lives with the very thoughts, words and ACTIONS we choose. Sitting around in meditative contemplation will not change your life or create much.

The universe will line things up in accordance with your vibrational energy, but you have to get talking and moving. You have to go out into the world of energy and speak and move in the direction of your intentions one step at a time.

Words and behaviors are active. Our spoken and unspoken words have power. When you speak, you're not merely describing or communicating, you are creating context for your life, and you're generating results.

You have to show up at the starting line in the race of life, and then you have to move when the gun goes off. It's out there in the world that the signals, coincidences and synchronicities (of course I don't believe that's what they are) will greet you. Go knock on doors, talk to and connect to people, take a walk on a different path, but get moving. Do something!

Setting an intention and developing powerful, supportive beliefs doesn't mean sitting at home with a vision board and doing nothing else. It means taking action. Take inspired action without attachment to the details of your end result; move in that direction. Follow your hunches! Keep busy! Stay active! Be out in the world where the universe can reach you.

Your job is the what. The universe can handle the when and how. Keep your focus on the end results. Get excited. Don't be attached to the results. Monitor your thoughts and beliefs, and get talking and moving.

Oftentimes we can understand this principle when we look back at our life. Most of us can tell a story or two about how by virtue of an amazing set of coincidences or synchronicities we wound up meeting the right person, landing the perfect job or discovering the answer to a question at exactly the right time. Looking back, we can see how amazing connections we could never have dreamed up for ourselves all aligned perfectly. That's worth remembering. There's more going on than we know. Our job is to get moving where we can become engaged.

In Manifesting Change, Mike Dooley writes, "The power to have it all arises from the actions we take toward our end results - actions that will predispose us to life's magic." So getting in the car with the focused intention of getting to San Francisco is not enough no matter how much

you want to get there. You have to put the car in gear.

SUCCESS SECRET #4

Let Go

For so many of us out there, this is a tall order. We live busy lives in which we are constantly called upon to prioritize, organize, adjust, calculate and make time-sensitive decisions. To do less, would mean less success. Right? Maybe not.

The ultimate secret to creating what you want consciously is to let go and allow the universe to do its part.

You are powerful; make no mistake about that. Realizing your own personal power and your ability to actively and deliberately create rather than react is critical. But, you are not all-powerful. You have choice, but you are not in control. You work in conjunction with the universe. You are not a solo act.

When I first start working with a client, they frequently don't even know their own power. Their way of being is one of reacting and managing events and circumstances. Then as they learn to consciously create and see some of their intentions manifest, they start to own their power. Life becomes thrilling.

Interestingly enough, this is the point at which many people get stuck. Suddenly they're aware of the process, of their power and of their personal responsibility for their lives, but there is more.

Perhaps the most important Success Secret of all is to surrender. Do not get overly attached to results or the process. Set your intentions; work to clear limiting beliefs, and take action. Then release a bit. Allow the universe to participate by loosening your grip on the wheel.

This is tough for most of us as we live in a world that seems to demand that we be in control of ourselves and our lives at all times. When you're focused on what you can perceive with

your five physical senses, it seems like chaos will ensue if you let go. When you realize that you're not pulling all the strings, and that much of what is being created is taking place on a continuum you cannot see, you can release that need to control. That is what allows inspiration and intuition to enter.

It's a delicate balance. You have to declare your end result focused intention; consciously choose your thoughts and beliefs; march out into the world, and then let go. In everyday life, struggling to achieve is seen as a normal part of existence. Unfortunately, the vibration of struggle and challenge is what you'll attract more of if that's your way of being. When you don't NEED the outcome, but you intend it, you are in the place to attract it. Your work is done at that point. The universe handles the fulfillment details.

Get out of the way! Stop figuring out HOW you will get what you want. You've done your part.

Frequently when we reflect on times in the past

when we've released control, we can see remarkable order, sense and perfection to the ways things unfolded. That's how the universe works - end results backwards. The lesson here is to allow the universe to connect the dots even when we can't yet see the full picture.

When we surrender, it can be freeing. It creates space. That space is where we attach to the universe.

CONCLUSION

The larger part of you which is energy (spirit), not flesh and bones, existed long before you arrived here and will exist long after you leave. You are a part of something larger from which you came. Trust that your source always works for your highest good. You are co-creating with this source.

Clients often ask me what it all boils down to. I always say the same thing. Be aware of yourself and your ways of being (thoughts, words and actions). Consciously create your intention. Do all the work to clean up your beliefs and clear blocks, then turn it all over to your subconscious mind which is connected to a higher power (spirit, God, energy, universe). Get out in the world and walk in the direction of what you want and be aware of your inner promptings and any opportunities you encounter on the way. That's simply and beautifully how the universe works on our behalf. We do our part, and it does its part. Co-creation.

Are there extra tools we can use to speed up the process? Yes. A visualization practice is an acceleration tool. A gratitude journal is a great technique for creating abundance. Grace is a great tool for creating better relationships. Happiness creates momentum. Enthusiasm creates opportunity. There is a lot you can study and learn with coaching about how to become more self-aware and consciously choose energies and use alignment. Know always that you have choice.

In the end, it comes down to knowing how powerful you are and at the same time accepting that you are a very tiny part of something extraordinarily benevolent and much more powerful than you are. There are no accidents. You are reading this here and now for a reason. You have attracted this information to you at the exact time you need it.

In a way, everything you want, you already have. You have free will in every moment. You have the power of choice. And, whether you've felt

or understood your connection to the universe before, you've always had that power too. My hope is that now you will use it.

*To see if you qualify for a **free 30-minute consultation** and for further information on private coaching, group coaching and upcoming teleclasses, please contact me at www.coachliznicklas.com. I welcome your comments and will answer all emails.*

Thank you!