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# Thinking Easy

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Our imagination is a powerful tool to create the life we desire. This guide will help you learn how to harness your dreams, and understand how easy it can be.



## **Introduction to Thinking Easy**

This guide was designed for anyone looking to create good changes in their life, but not knowing where to begin. If you or someone you know wishes to achieve more goals, find motivation, explore their purpose in life or simply feels lost in this world, you will be interested in what is presented here.

Thinking creates your life. Every thought you have ever had has at some level shaped the person you are now. The practice of thinking your way to a better life is nothing new. There are numerous books and movies on this subject and I suggest searching the internet to begin your own journey. Explore any and all resources that you find interesting... You will likely find many.

I encourage you to use this material as a stepping stone toward your own path of personal growth. Accept, if only for your own curiosity, that you can be and have anything you set your mind to. Through some simple life practices, you can begin to prove how this can be true. My intention is to stir up your curiosity and let you see for yourself what you have been missing.

As with any self advancement material, your results will be in direct proportion to your dedication to succeed. You will likely gain a new awareness of how our thinking creates reality. But along with awareness, you will at some point need to implement techniques and exercises to see measurable results. Simply reading and agreeing with this guide will not produce results. Get excited about changing your life and take action!

In 2003 I lost my job due to a lay off and was in the process of buying my first home. Needless to say, I was scared and confused. Through a series of events that looked coincidental, within a month's time I found a job, bought my house and regained my self-esteem. At the time I had no idea why things had turned around so dramatically. Today in understanding the material in this guide, however, it is easy for me to see how everything unfolded so perfectly.

### **Where to Start**

To begin, you need to understand that everything in your life was attracted there by you. Yes, everything. This is a difficult concept to wrap our brains around. We can think of countless examples of situations and things that we had no control over. But for the sake of this material, play along and see where this goes.

Allowing yourself to take full responsibility for everything that has happened or is currently happening in your life is power. If you were allowed to have excuses and blame other situations or people for the life you are living, then all power to change that situation would have to go there as well. Therefore, taking on this understanding of responsibility allows you to create your life deliberately. Once you fully understand how being able to respond is power, you can then begin to enjoy your abilities.

### **The Law of Attraction**

Have you ever heard of this Universal Law? It is working all of the time, much like gravity. You cannot apply it only sometimes or turn it off. It is a law governed by the Universe and is constantly in effect. By definition, this law states: "Like Thoughts Attract like Situations". This is a very simple definition but for now, remember that *like attracts like*.

## **Everything is Vibrating**

Now let's get a bit scientific. Scientists can show us by using special powerful microscopes that everything in our world is vibrating. Even things that appear solid (rocks, metal, wood) at a quantum physics level are full of vibrating motion. This is key to understanding how we can affect the world around us because our thoughts are a vibration as well.

When we are in a state of joy, thankfulness or love, we emit a positive vibration. When we are in a state of anger, fear or hate, we emit a negative vibration. It is good to mention that positive vibrations are many times more powerful than negative ones. As we learn how to apply these vibrations toward creating our future, it will be reassuring to know that negative thoughts do not have much power over positive thoughts.

Our heart creates its own electrical energy to allow it to function in the miraculous way that it does. This happens every second of our lives for decades without the need for intervention. The amazing aspect of the heart is the control we have over it when we add our emotions. By simply holding a thought in our minds and attaching emotion, the vibration emitted is deliberately altered to match the essence of what we are feeling.

Try this simple exercise to begin to feel what I mean. Close your eyes for a moment and visualize a person or pet that you deeply love. As you hold this image, direct your attention to the center of your chest. Do you sense a change? Can you begin to actually "feel" the love?

I equate this to trying to wiggle your ears. If you have ever looked into a mirror and tried this, you know what I mean. Your awareness shifts to the area that you are focusing on but you are not quite sure how to work with that focus. The vibration being sent out from the heart never stops, but to be able to direct it in a deliberate manner will take some practice.

## What Do You Want?

On the lines provided below, write four things that you want in your life. Be specific and include details.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Now, look back over your list and think about why you do not already have these things. I am sure that your mind is racing with reasons and excuses as to why these things are not currently in your life. Remember, however, that you have the power to change things if you take the responsibility for them not being there now.

I bet one thing you listed is to have more money. Everyone wants more money. Money makes us feel better, right? The answer to this is both Yes and No.

Apply this same concept to everything you wrote down. The reason that it was on the list in the first place, is because having it would make you feel better. Here are some examples of this. See if you can relate; More money, nice clothes, soul mate, new car, perfect body. Every one of those items if they suddenly popped into our lives would make us feel better, right? Perhaps, but a simpler approach to feeling better is to desire better feelings.

“Well” you may be thinking “with more money I can pay my bills, take a vacation and save for retirement.”

Money, vacations, cars, stuff...it is all simply a means to an end. So, if we wrote on our list we “*Feel good*”, would that be enough? Sure it would.

It is also important to know why we want things. So often is the case that we wish for a new toy but then when we get it, we really don't want it.

I have found myself looking at things in my home and thinking, I really wanted that; only to be looking at it with dust on it or in a corner not being used. Sound familiar?

Make a list of some of the things that you absolutely needed and then didn't end up using or wanting. Walk around your house and look for items that, at the time, seemed of the utmost importance. Next to each one of these items write down what your feelings were when you purchased them. Perhaps it was a new pair of shoes or an electronic gizmo that you couldn't live without. Where these items on sale and so you thought it was a good value? Were you planning on buying these items anyway even if not on sale?

After you finish listing what your feelings were, also include what they are now. Why didn't you ever get any value out of these items? Can you live without them, even though you don't use them?

Item	Why you needed it at the time?	What feelings do you have for it now?

This exercise is to hone your awareness of the desires that have been manifested into your life. If you do not take the time to be grateful for the things that are in your life now, it will be more difficult to understand how to manifest things in the future.

### **Get Clear on Your Desires**

When starting to deliberately use the Law of Attraction in your life, it is important to define the end result. Planning ahead and knowing what you want are very important.

Money is something that almost everyone wants more of. This is true because we associate money with nice new things we can buy. But as I stated before, money is simply a means to an end. You need to use the money to receive the service or item that you desire. In the process of exchange, the money leaves you. Therefore, it really wasn't the money that you wanted but rather the service or item. It is, therefore, much simpler to focus on what it is that the money will buy.

If you want money to buy a new car, then the *car* is the *end result*. Perhaps you would like to take an expensive vacation overseas, and money is required to pay for the trip? Then focus your desire only on the fancy hotel, nice spas, swimming in the ocean and anything else that makes the vacation seem real. Assume thoughts of joy as the end result. Don't cloud the dream with the details of how things will be arranged to get you there.

Another popular desire is a soul mate or better relationship with your current partner. This again is where only the *end result* will get you that relationship. Your desire must also be specific in order to obtain clear results. If you simply state that you want to meet the man or woman of your dreams, it is then equally important to list the qualities that you dream about. What would your life look like and most importantly, what would your life feel like? What types of things would you do? How might your home be decorated now that your lives are joined? Details and feelings as to what the perfect relationship is should be included when manifesting the soul mate that you desire. Remember, positive emotion gives a turbo boost to your dreams.

### **Respect Goes a Long Way**

For some people respect is natural but for others it can be a struggle. Do you respect the things that are in your life now? Do you take care of the people and things in your life? By expressing to the Universe that you do, you send out the vibration for more of the same. The Universe does not judge, it just simply and perfectly reflects back to you the essence of the energy you have sent out.

Take your car for example. If your car is worn and needs replacing, a vibration is sent out by you to acquire a new one. But, along with the wanting of a new car, the dislike of the old one goes out in vibration form as well. This can then create a contradiction of vibrations and result in an undesirable manifestation. Take care of the things in your life and they will take care of you.

This way of thinking holds true for your relationships, your home, your clothes and everything else around you. Keep your environment clean, neat and tidy, even if it isn't ideal. More than simply pretending is required. You have to genuinely make peace with everything in your life in order to get something better. Making peace means taking full responsibility.

Certainly there are those of us who hate our job and desire something better. But by hating and not allowing, you increasingly feel that you are imprisoned with no hope of parole. This feeling of hopelessness then perpetuates itself making you feel more and more powerless.

Initially this can be difficult to grasp, but over time you learn to respect the job or whatever it is you dislike. You should feel grateful that this job was here when you needed it and that you are now ready to move on peacefully. By allowing this type of thinking, your life starts to unfold in the direction that you choose.

### **Visualization is Key**

Everything you desire starts as a picture in your mind. Seeing your life as you wish it to be is the key to achieving your dreams. This process comes naturally to everyone, yet to design your future deliberately there are some important techniques that should be practiced. The first and most important technique is to see it from your own eyes. That is, see your life as you wish it to be, but without being in the picture. You are visualizing your desired life through a camera lens, if you will, and you are the photographer.

This is important because the mind cannot distinguish between memory or projected thought. Naturally when you remember an event or time in your life, you see it in the first person. The same should hold true for visualization to be effective.

In addition, try to keep your visualization sessions short and to the point. Make it a flash of the future that is jam packed with colors, aromas, tastes, and all sensations that make it virtual. Dwelling on a particular thought or image can create undesired results or no results at all. By thinking about how badly you want this “thing” in your life, you send out a vibration of lack. Energy attracts like energy, so the Universe sends back the lack and keeps your desire from manifesting.

Set aside a special room, time and chair to conduct your visualizations. This makes the whole experience more official. I like to do mine as I am waking up in the morning. The subconscious mind is still in an influential state when you first rise. Sometimes it can be quite fun and surreal which the entire intent is. Just try to keep it short and powerful.

Many people hear about visualizations and doing exercises to achieve more in their life, but lack the follow through. Remember that everything comes from you. Take a moment to visualize right now. See yourself excited and happy for no reason. Notice how your feelings shift even once you have stopped visualizing. Try to feel this throughout your day.

Giving the subconscious stimuli to work with is very important. If you cannot tell the Universe what it is that you want your future to look like, then you get set on autopilot in a hum-drum life. Making plans and being clear about your life is the only way to get there deliberately.

Vision boards are a great tool to see what it is that you would like to be and to have. Often we might cut out a picture from a magazine of something that we want. Now,

make it official. Start by clipping out *everything* that you might desire and make a pile of pictures. This is a lot of fun because it puts you in a vibration of allowing. You are sending out signals that you deserve these good things.

Take your pile of possibilities and begin sorting them into groups according to your feelings. One for “I’d like”, “I need” and “Never in a million years”. This will give you a hint as to what you allow for yourself. If you do not allow it, it will never happen.

Often you will hear someone say “Oh, someday that would be nice”, referring to some luxury of life. But we all know “someday” isn’t a real day. By keeping a dream or luxury in the non specific future, it never happens. Just like a carrot on a string, always in sight but never within reach.

Your “Never in a million years” is your most important pile. It signifies something that you obviously desire (that is why you cut it out), but yet it is also something that you tell yourself you can never have. Change the possibility of acquiring it. See yourself enjoying it. Make it acceptable that it could happen and know that it could definitely happen but only if you believe it is possible.

Having the little things in life can be easy to see. It is when we up-the-ante to big dreams, that we feel powerless and often hopeless. These are negative emotions that carry very little power. If you want big things to happen in your life, you have to feel great about big dreams. Get excited!

I myself used to say things such as “If I won the Lotto, In my dreams or I don’t want to get my hopes up.” This pessimistic thinking was reinforced by not having my real desires. By allowing a shift in my thinking to one of possibility, I now look back on many things I never thought were possible. A nice home, beautiful vacations and living the life I deliberately set forth are reality!

### **Happy for Now**

Joy and happiness feel good for a reason. When you are in a state of pure joy, nothing seems to bother you. Time feels suspended and you effortlessly continue doing whatever it is that feels good. For me, pure joy is helping people. I like to encourage them to move toward their dreams, while opening a new awareness to what is possible. Put me in a situation where I can be helping someone find their calling, and I am in my element; a state of pure bliss.

Joyfulness and feelings of freedom are the most powerful emotions that you can have. Find reasons to feel these good feelings in every situation possible. It soon becomes a new way of life and permeates your being.

## **Standards**

In order to raise your standard of living, you must raise your standards. This would best be accomplished gradually and consistently from where you are now. Over time as you begin to see how the process works, you can increasingly speed up the process of change.

Raising your standards is important for your future growth. Understandably, everyone looks for bargains and deals in an attempt to stretch their budget. This can be a very good strategy, if properly practiced. Unfortunately, this method of always comparing prices and not looking for the product or service value will begin to diminish your personal value.

I enjoy a good deal when I find one. It is a great feeling to get something that you wanted for less than you expected or that the item or service that you received was a better value than initially planned. On the flip side of this coin, however, if you instinctually look for the lower price, more often than not you will receive lower quality and likely lower value. This is fine as long as you do not become upset with your choice.

Why all this concern over value? Over time we begin to compromise more often than we feel comfortable doing. This feeling is sent out in essence as “My worth is lower” or “I am not worth it”. These feelings are then mirrored back to us, causing us to feel trapped from ever obtaining a higher standard.

Treat yourself when you can for the right reasons, because you are worth it.

Trying to see yourself living a richer more luxurious lifestyle can feel like a lie for some of us. It is essential for your personal growth that you see beautiful new things around you and truly feel deserving of your fortunes. An excellent technique to allow your vibration to align with your vision is to tidy up the things in your life NOW.

Clean and freshen your environment while always looking for ways to improve your life. This applies to everything in your world. Start with a list of everything that you desire to be better in your life. Writing these things down is essential. If you are always thinking about what could be, but not working out the details on paper, than the results will likely be mixed.

If perhaps you wish to have a happy, fun and adventurous soul mate, then look at how you see yourself. Are there opportunities for improvements? Make your list realistic, and begin to NOW shift toward being more happy, fun and adventurous. This change in you will bring about changes for you.

Do you want a nicer home, job, car etc...? Then look for ways to organize, tidy, renew or rebuild the things that are in your life NOW.

When you begin to be respectful of what is presently in your life, only then will the positive vibrations of change begin to show up in your life.

### **You Are Never Finished**

By now I am sure you have realized that life can be a hustle. Our daily routines feel like a grind because we think from a position of "It never ends". The truth is that there will always be more work tomorrow, so don't fuss about not being able to handle it. Instead, replace your overwhelming feelings with those of satisfaction for what has been completed up until now.

The more you push against the things that you do not want, the more they continue to push back. Take the time to acknowledge where you are in this very moment, and give thanks. This is important! Your power to feel better and make changes happens now. Worrying about any future event will only attract real things to worry about.

### **Start Where You Are**

If you believe that you will need money or capital to start your own business, realize that whatever you have now is plenty. If you wait until the money is there, the moment might be lost. Start where you are with what you are. As your ideas expand and progress forward, the necessary funds, supplies and people will be drawn to you. Everything unfolds in perfect time, as you believe everything is perfect for now.

Perhaps you're single and you think that you need a soul mate to make your life complete. Understand that the feeling or expression of needing emits the essence of lack. This negative vibration is the same as saying to the Universe "I don't have it, and I don't want it", or "Universe - I'm lonely, please send more loneliness." Also lack expresses "I am not worthy." or "I know you can't deliver anyway."

Seriously, look around. E-v-e-r-y-t-h-i-n-g you see, the Universe delivered. Nothing is by accident. Look for some examples in your own life or of people you know. Positive people attract to themselves positive results. Saying "I can't", "I need" or "I don't have" is like expressing "Never in a trillion years could that ever occur." Yet, miracles take place every day. A miracle is the manifestation of a believed impossibility. Proof that the impossible can happen. That may be why sometimes people say truth is stranger than fiction.

Believe that you *are* worthy. Simply decide "I am here to make a difference and my purpose in life is this..."

### **Final Thoughts...Before Bed**

What is the last thing that you think about every night before falling asleep? Whatever it is, it is the most important of the day. As we move through our day, we are emitting vibrations of things wanted and unwanted. No matter what we are doing, these signals are being sent out. Some of these signals contradict one another, so the desire is somewhat cancelled out. The one thought that has no contrast, is the last of the day. Make it count!

Thank You!