

Excerpted From

A Life Aligned: The Journey to Allowing the Magic in Your Life

Dr. Mark A. Arcuri

Available on Kindle or signed Paperback at: <http://www.drmarkarcuri.com/>

Copyright 2008, 2014 ~ Transformational Life Guidance / ALA Press

CHAPTER TWO

“Our intention creates our reality.”

- Wayne Dyer

Intention in Your Life

Face it. You think too much! Well, maybe that isn't exactly right. *Of course* you must think. Our world is getting more complicated so you may feel like there is an awful lot on your mind. I'm not suggesting that you stop thinking, but I do want you to consider *how* you think.

Take my earlier example. I was in school. I was waiting to move. I clearly did not have enough money and I didn't feel like I had much support. I felt that my life was stuck and I was living it accordingly. Certainly, these were things worth thinking about! However, I learned that it was really *how* I was thinking that left me feeling stuck and that my *perception* of things was the real culprit. If I had taken the initiative at the outset to think differently, then I might have found a place of empowerment more quickly. I might have taken actions right away that would have moved me forward despite the 'realities' of my situation.

How do you change your thinking? A teacher and guide, Clare Goodwin, taught me the concept of 'ping' versus 'thud.' When she asked me one day if what I was thinking pinged or thudded, I wasn't sure what she meant, but I intuitively felt that her question was an important one. I asked her to clarify. Clare explained that when making

a decision you already know your answer on an intuitive level. If you pay less attention to thinking and feel more of what your body is saying, you find that some options feel good and others don't. If you are considering a good choice, the associated feeling will be good. If it is a poor choice, you will not feel good. If you stop to listen to your inner sense, she said, and if you allow yourself to feel what is going on in your body, then you will access your inner knowing. Your decisions will be much easier to make.

Simply put, a ping feels *good*. It resonates. It fits and there is no resistance. A thud, on the other hand, feels like work. You might find yourself concerned, or worried, or uncertain, or pushing against what feels like a brick wall in an effort to move in the chosen direction. Your body might feel tense or hurt. Ping versus thud is a beautiful and simple concept that requires nothing more than honesty and a willingness to use it.

If I think back to my intended move, the relocation itself was a resounding ping, no question about it. There was no resistance in my thoughts, in my feelings, or in my body. The thud came only when I thought about the logistics. I worried, I was anxious, and I could feel my body react – with heartburn, tension, and through a range of other physical symptoms that I came to know as a daily occurrence. So what did this mean? Was I supposed to be in this new place but at the same time not supposed to move there? That would certainly present a dilemma!

When listening for pings and thuds in your life, it is important to be clear about what you are experiencing. If I had misinterpreted my thuds as evidence that the move was a bad idea, I might have backed out despite the fact that, when I imagined myself in my new home, there was a definite ping. You may find that one aspect of your experience pings while another thuds. If this is the case, then you must address the thuds

while embracing what pings. This is exactly what I did. I realized that the details of the moving process were unappealing although I was very aligned with my new home. I had to find a resolution for those details rather than abandon my dreams.

About two years ago, I moved again. Once more, I found myself facing unknowns related to finances, work, and where I would live. I had very specific requirements and thinking about them was overwhelming. It all felt very familiar: The move itself pinged while the details thudded. I brought my prior experience to mind, and this time I decided to use intention to quickly help me through. I knew a lot about working with intention already, so I expected that the power of the intentional process would guide me perfectly into and through the move despite my requirements and the unknowns.

My experience on this particular move helped me conceptualize the *5-Point Process for Whole Life Alignment*. As I began to put the elements together, I took myself through the process. No sooner did I begin than the money came, my job situation resolved, and the perfect living space – paradise as my mother called it – literally appeared for the taking! I was amazed, and I couldn't have orchestrated a better outcome if I had tried.

Miraculously, many of the details of “The Move that Thudded” were no longer of concern, which allowed me to move on to other thuds, primarily my anxiety about what would happen to my dog and two cats. I knew that I couldn't take them with me because very few rentals in the new area allowed pets, and I would be traveling quite a bit. I vowed that I wouldn't go through with the move unless I knew that they were in great homes though, so I wrote an intention for the perfect adoption. The next day I received a

call from a couple that was interested in adopting my cats. They heard that I had a dog as well and they asked if they could meet him too. It could not have been a better match! They adopted all three immediately. Magic, pure magic!

In all fairness and with much gratitude, I had help. Friends and family made the move a reality in ways that I could never have imagined. Without work or great effort on my part, I simply set a clear general intention and began to live that intention as best that I could. Once I did this, everything – and I do mean *everything* – that needed to happen, *did* happen. The Universe brought me every resource that I required – even those things that I did not yet know that I needed. The Universe addressed and provided for my concerns one by one and in perfect ways, and each in perfect time.

Not surprisingly, the move went off without a hitch, although the friends who accompanied me on the drive might beg to differ! And the night that we arrived at my new home, my friends and I took a walk on the dock of the bay. Hearing a splashing noise, we looked down into the water. Three dolphins greeted the three of us as if they had been waiting. They frolicked and played and they created a stir for a few minutes, and then they were off into the darkness. I never saw them again in that spot, but their message was unmistakable. “*Welcome home!*”

I changed my thinking from a thud to a ping by setting an intention and then trusting enough to get out of the way. My job was simply to attend to those things that I could deal with directly. The Universe met me in Rumi’s field beyond ideas, and it took care of everything that I could not. All that I needed to do was to bring myself to that place of knowing, to the place of being clear about what I wanted the result to look like. Then, I had to step aside to allow the result – the objects of my desire – to manifest into

being in the most perfect way.

In retrospect, I realize that the people who helped me, as well as the other resources that appeared, all represented the Universe bringing me exactly what I said that I wanted. I can't tell you how profound this was for me. Accepting that truth required that I put aside my judgments and my feelings about accepting help, which pushed every button that I had. It didn't matter that I was 43 years old and my parents were paying for the move. Their doing so was nothing short of the Universe's way of supporting me in my efforts. The Universe was working through them and, in that place of support, there was no room for judgment – only pure love and Divine Order and the deep realization that the Universe absolutely adored me.

I was astonished at this realization! It forced me to accept, perhaps for the first time, that *I* was worth it – that *my dreams* were worth it – and that the Universe was confident in my ability to give back in-kind in my own way. In the Universe, there is always balance. I later came to understand that one way to balance what I was given was by sharing this wonderful *5-Point Process for Whole Life Alignment* with you.

What does all of this have to do with changing your thinking? Well, a lot actually. In fact, it's paramount. Initially, I needed to change my thinking from focusing on obstacles to focusing on possibilities. It was important that I at least entertain the notion that it was possible to have what I wanted even if I was unable to see how I could get there. I needed to believe that if I could create the idea in my mind, then the Universe could support me and bring my vision into being. I had to trust that no matter what the outcome, it would be perfect, and that the Universe would guide me as I moved to a new beginning. There was also a need for faith. If I jumped off the high dive, would the

Universe catch me and take me to the place that I imagined? I had to believe that it would, and I had to put aside my judgments about how it chose to help me, or through whom.

I placed visual reminders all around me – written affirmations and pictures that supported what I wanted. I spoke to others as if I was not worried despite being scared inside. I spoke as if there were no unknowns even though I had very few answers at all. I frequently caught myself focusing on fear and on obstacles, so I acted as if my fears and concerns did not exist, and I lived my life accordingly. I monitored my thoughts and stopped the limiting ones. Eventually, I learned to interrupt such thinking. I reminded myself that despite my own ignorance to the process, I would move forward anyway if I simply believed that it was possible that I could. If I believed that it was possible that everything would work out just fine, then everything just might. If I believed that it was impossible for my ideas to work out, however, then there was no chance that they could. I did not need absolutes; I simply needed possibilities.

To be sure, it was hard to begin thinking in terms of possibilities instead of absolutes. It was not my nature to do so at the time. Moreover, it was difficult to convey my sense of confidence convincingly to others when I had few answers to their reasonable questions. “*Possibilities,*” I would say, “*It is all about possibilities.*”

Finally, it was important to accept that it was okay if others did not understand my seeming bliss and lack of worry. I realized that others were busy creating their own realities while I was creating mine. It was a great insight to realize that it was possible for their realities and my reality to coexist despite inherent differences. Once I accepted this, I was able to resist adopting the realities that they were creating for me with their

good intentions. I was also able to give up my need to make my reality theirs.

I only stayed for a year in my Florida paradise before trading it for another paradise in Santa Fe. Nevertheless, I realized that there really was something to this thing called intention! I learned that to bring something into my life I had to create the space for it. Not just any space would do, it had to be a nurturing space. I realized that one of the easiest ways to do that was to create the mental room, a space in my mind in which all of the other elements could grow.

As profound as that realization was, most significant of all was that I learned that the outcome in terms of growth and transformation was far greater than the sum of its parts. Each spurt of growth – learning to create the reality that suited me most, letting others have theirs, acting as if things were fine even when I feared they were not – each of these bits of expansion catapulted me miles farther down my path. Once I gave up the world of certainties, the world of possibilities embraced me and showed me that anything could happen. Assagioli was right. Even stars explode!

The First Mind Shift

The *5-Point Process for Whole Life Alignment* is a systematic way of allowing meaningful change into your life. As you get started, you must first change your mindset.

Think for a moment about your day-to-day life, and identify a couple of areas where you believe that there is room for greater alignment with your goals. Are you in a career that supports you in every way? How is your romantic life? Family, money, health, leisure – do you see room for improvement in any of those areas? Are any areas in your life out of balance with what you want? Are any working against you? Could

you support yourself in a more helpful way than you already do? After all, the Universe wants only to support you in *every* way. Pick one or two of these areas and let these be your initial focus points as you move into the process. Jot them down on a fresh page in your journal. Now, regardless of what areas you chose as most important, consider all aspects of your life once again, and this time ask yourself, “*Couldn’t all areas of my life benefit from a more perfect manifestation?*” Probably! The first mind shift then is this: All areas in your life can benefit from focused intention. Write this statement under the items that you jotted down a moment ago: **All areas in my life can benefit from focused intention!**

As you move forward with the process, no doubt you will see that all areas of your life *can* benefit from focused intention. So, for now, just create in your mind the possibility that this is true whether you fully agree or not. Don’t concern yourself with thoughts about how much time you might need to devote to the process if you were to start evaluating your whole life right now. It is enough to simply know that many, if not all, areas in your life can benefit from intention. Let go of your ideas about whether you should want more out of life. Perhaps you feel that you should consider yourself lucky to have what you already do. Put this thought aside for now, too! Tell yourself that these ways of thinking are limiting and that they only serve to create obstacles for the Universe as it seeks to give you everything that it has for you.

Remember, the Universe adores you. What it has for you is not about what it has for someone else. It doesn’t care whether you want to change one thing in your life or if you want to change *every* thing. There is no judgment. No order is too big or too small for the Universe. There is enough for you and there is enough for everyone else as well.

Everyone has the ability to connect to the magic in his or her life. This book is about you connecting to yours.

For now then, simply agree that it is *possible* that every part of your life can benefit from intention. Agree that it is *possible* that if you live with intention your life will change in ways that are perfect, fulfilling, and far better than even your greatest imagination could envision. Agree that it is *possible* that you can accomplish this – and more. Agree that it is *possible* that connecting to the magic in your life is no more than an intention away! If you think in limitations, your life will be limited. If you think in possibilities, your life will be expansive and fulfilled beyond any reach of your imagination! The equation is very simple.