



# THE POWER *of* TEN

**Ten Diverse Human Attributes,  
Ten Unique Spiritual Opportunities,  
Ten Transformative Powers.**

Life experience and awareness, research and personal discovery all come together to enable the author to share this gift of Gratitude and Renewal - which in turn, can provide the reader abundant opportunity for personal Transformation.

**R. F. LICARI**

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## *Visualize Interconnectedness*



**Interconnectedness** is part of the terminology of a worldview which sees a oneness in all things... the idea that all things are of a single underlying substance and reality, and that there is no true separation deeper than appearances. Some feel that “interconnectedness” and similar terms are part of a contemporary lexicon of mysticism, which is based on the same core idea of universal oneness.

<http://en.wikipedia.org/wiki/Interconnectedness>

## ~: Offering :~

The *seed* is the knowing... not the finite-mortal knowing, but the infinite-spiritual knowing. This passionate perspective is one that comes with first realizing and then appreciating an enchanted life.

The *soil* comes in the understanding that you have a spiritual plan, written by you! Your many life lessons continue to unfold before you as you begin to remember your life's purpose. This soil is always rich and abundant.

The *sustenance* comes in the many loving relations that teach humility and reinforce the One-Source. With genuine appreciation as your belief, a petition for more learning becomes inevitable. Alignment to your spiritual plan feeds and accelerates your personal growth.

Each *bloom* represents a relevant and glorious transformation; one by one each personal renovation becomes further evidence of your evolving self and assuredly leads you another step closer to the realization of your truest self.

A long-ago lesson is learned and taught – and perhaps taught and learned again. So, too, will this end, as another rebirth awaits!

## Dedication

It was August 29, 2015, a day of busily getting this manuscript to a local editor for final edit and selecting stock images for the cover pages. It would be early the next day that I would hear of the graduation of an extraordinary classmate, one who found his purpose as a spiritual advisor to so many. He was a true living example of these Ten Powers.

- ✓ He greeted each day and each person with pure gratitude while demonstrating the Power of Appreciation.
- ✓ His optimistic approach to life was a living example of the Power of Positive Thinking.
- ✓ He drew into his world many wondrous people and amazing opportunities through the Power of Attraction.
- ✓ He was creating his path, and did so through his knowing of the Power of Creative Visualization.
- ✓ He had a spiritual swagger as if he knew something more, which he did as he embodied the Power of Intuition.
- ✓ He walked the walk and talked the talk being a life model of the Power of Inspiration, even writing a book about it.
- ✓ He gave to anyone who was seeking truth everything that was given to him by many spiritual masters, and with this sharing he revealed the Power of Circulation.
- ✓ Always promoting mindful centering, he led by his sincere example of using the Power of Meditation.
- ✓ He eloquently conveyed the many truths from the many cultures and religions that spanned the many ages; in doing so he gave witness to the Power of Conviction.
- ✓ We all watched him grow in spirit through “living the way” of his own words, the Power of Transformation.

I had visualized walks and talks with him and had hoped to someday get the chance to meet in the flesh. It was obvious to those who knew him “in spirit” that he still had much more to contribute to our class. For these reasons, I was initially saddened to know of his mortal death. However, there was quick realization that this emotion was ego-based. Almost immediately a “gladness of knowing” came over me for it is through the power of interconnectedness that we are having those walks and talks – and that he is constantly contributing, not only our class, but future classes.

**God Bless You ~ My Beloved Mentor.  
Dr. Wayne W. Dyer**

Congratulations on your Graduation!  
Fellow Classmate 1940 - 2015



## Foreword

Reader,

Some within my “inner circle” of family and friends have asked how this book came to be. So I thought it best to answer with one of *The Four Agreements* in mind. From ancient Toltec teachings, author don Miguel Ruiz describes the first of four agreements stating;

*BE IMPECCABLE WITH YOUR WORD. Speak with integrity. Say only what you mean... Use the power of your word in the direction of truth and love.*

About eighteen months ago, while working on a utopian-fiction book series, I encountered the proverbial writer’s block. After floundering for about two weeks, there was overwhelming feeling to change creative direction. Many stirring ideas were hitting me all at once. Capturing these inspired thoughts on paper became tedious, so I purchased a micro-recorder. Equipped with computer, recorder, spiral notebook, and my own reference library of many great works; the process of capturing what seemed like an abundance of untamed inspiration began.

This new book project would be my main focus providing a real sense of purpose that has long eluded me. The farther along the process, the more the realization of something uniquely incredible was becoming evident. Once the scope of work became obvious, I very quickly knew that this message wasn’t about or for my personal transformation. No, this inspired work was written for any soul wanting a fresh and alternative approach toward a deeper knowing of mortal and spiritual opportunities.

The vibrant recall of religious, spiritual, metaphysical, and philosophical studies that I conducted over the past thirty-five years (many of which are referenced) reentered my consciousness. The reason I had saved all those books and recently added more to my library became all too clear. It was effortless to suddenly pull together the numerous resources that represented my lifetime of spiritual seeking.

This was an amazing time as I was about two years into a very

significant and personal transformation, but I never even considered that these wonderful changes were readying me to conceptualize this book. The catalyst for this latest transformation came by way of witnessing mental illness in those close to me. I not only saw firsthand, but was also “drawn into” these destructive behaviors out of empathy which led to anxiety.

Although a positive person by nature, I unconsciously watched this *theatre of negativity* continue until the results of several years of self-work helped me to become an “objective watcher”. Suddenly, an unbiased panoramic view would reveal an insight that many seem to consciously or unconsciously choose to suffer “their” many dramatic issues. It came through this personal experience that the realization that none of us are the cause of another’s respective problems, nor are we responsible for their personal solutions. Most important, we all have the choice to allow anyone’s dramatic influence.

Through the pondering of life’s random situations... those of others and those of my own, an overwhelming sense of appreciation came over me as I viewed my own life from the watcher’s viewpoint. Why is happiness and optimism so easy for me but not so for others? *The Power of Ten* became my answer, and perhaps a resource for others seeking alternative reasoning.

Let us cease to be afraid to shine our light of happiness!

*Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. —Matthew 5:15, King James Version of the Bible*

# Introduction

## The Framework

Because the deeper meanings within this book are often defined by the use of metaphoric prose, it became necessary to have some sort of context by which to create an interplay of philosophical understanding (mind), dimensional consideration (body), and theological acceptance (spirit). This interaction is continuously presented throughout these pages and is essential to know while navigating this book... and this reality. The use of theoretical concepts assures that this message is consistently and concisely revealed. So simply put, it is my intention to expose an evolution from the interaction of mind, body, and spirit – to the integration of these ten powers – to the interconnectedness of our higher selves.

Before delving into the core of this books deeper meanings, please consider the following lighthearted context as a necessary backdrop...

Imagine that we are on a celestial field trip of sorts, one of infinite dimensional possibilities and spiritual opportunities. During this, our current expedition, we will travel using objective mindfulness and by means of a vessel that is body. All of our provisions will come by way of spirit. It comes within this insight that it is mind, body, and spirit that enhances this amazing temporal journey.

Along our trip, we will come to experience each path as enlightened and every trail as enchanted. We will stop to dip our toes in the babbling brook of temporal theories and then continue our climb to the hills of higher awareness.

Throughout this journey, you will acquire a sense of mindfulness as you gradually become open to living within each present moment. The very fact that we are co-created experiential beings somehow prepares our soul for the travels ahead, for our God-Source is always with us.

**Tip:** *This is a baggage-free excursion, leave all prejudice and presumption behind. Simply be objective and come as you were meant to be!*

Throughout this book, the whole of us will be described as symbolic

*fellow classmates* on a unique temporal classroom called Earth, as metaphoric temporal actors (ego) on a random global stage, and conceptually as *inter-dimensional existences* on a celestial journey that currently has us residing on this dualistic dimensional reality.

Symbolically, we are all ambitious students who coexist as *fellow classmates* on a unique temporal classroom called Earth, which is just one of an infinite number of space-time dimensional realities.

Imagine that we had actually *enrolled* (chose to materialize) in this classroom dominated by dualistic perceptions. Life in this freewill planetary schoolhouse is plentiful with opportunities for growth and change. Most of us are “seemingly” unconscious to the spiritual-material exchange that preceded our nine months in embryonic development; we innocently emerge into this strange new physical reality moving from embryo to innocence to ego while adjusting to this new classroom setting.

Now further imagine that our intention and reason for choosing this dimensional class experience are one in the same. Let us call it an abundance of lesson plans coming together in the form of a One-Source sponsored collective spiritual plan. Even though we are all in the same class, our specific classroom experiences will be somewhat different because of what we each bring into this reality. How amazing it is to realize that this meaningful-purpose and purposeful-meaning are us before our temporal birth and after our mortal death. This space-time reality simply offers each of us individual and collective opportunities to rediscover our mutual potential for *interconnectedness* while in this global teaching-learning space.

Here we are, consciously, subconsciously, and unconsciously evolving through many of life’s transformations during this carbon-based material existence. These transformations hone us to eventually become morally restored because of this realities main course, which is temporal conflict, individual and collective.

In this amazing physical classroom, we are empowered with tools that utilize mind, body, and spirit to assist us in filtering ego-illusions so we can align with our respective spiritual plans. As we become awakened beings, we intuitively know that there is something more, some meaningful reason for this most recent dimensional reality that we called home. It is from this knowing that we possess the ability to continually grow the understanding of interconnectedness.

Metaphorically, the notion of theatrical production is used in that we

are mere *temporal actors* (ego) on a global stage. We are trying to learn that it is each of us alone who are ultimately responsible for being the sole director of our own production. The more objectively we view our production, the more aware we realize that there exists an interconnected responsibility of being influential cast members in the *life-productions* of one another. It is through this awareness that we can attempt a purposeful life by realigning to our truest self through the positive navigation of our mortal ego (illusion). This ego-self has us acting out as temporal characters in some grand universal play, a constantly changing variety show that is entitled Humanity, and we each have an important role.

In order for us as mindful actors to stay on track with our co-created, mortal-spiritual production, it would appear that we need to be surrounded with pivotal characters (special relations) who sponsor our achievements and challenges while we *act* in this global theatre. And likewise, it would also seem reasonable to consider that we are necessary role-models (objective witnesses) existing to influence the achievements of, and challenges in others.

Once born to the body and after our loss of innocence, we begin our roles as actors (ego) who have seemingly forgot our true spiritual self in favor of temporal structure and mortal influence. The seeker (spirit) within us has the longing to return to, and be one with the God-Source. This spiritual yearning may be paramount in some lives, or be vaguely perceived and even appear nonexistent in others. The common realization for both the awakened (spiritually conscious) and the sleeping (spiritually unconscious) must be to grow in the recognition that this life is a precious opportunity for all souls entering and leaving this reality.

As with all of us, our individual life experiences have built a certain perception of this global stage. While still new to this reality, the conscious and unconscious teachings of many well-meaning stage directors (influential mortals) certainly impact our personal understanding of mortal life. As a result, our childhood innocence (and the happiness that came with it) slowly erodes as we are thrust into an uncertain adulthood. We are totally oblivious to the mental, physical, and spiritual toxins we are carrying!

Even though we bring different “spiritual résumés”, we all have the same opportunities to find our purpose while in this particular reality. Our deeper selves find calmer waters in the promotion of positive energy while navigating the rougher currents of life’s negative dramas. We know intuitively that this very process sets a

solid foundation to the quest for self-improvement and the continuance of spiritual awareness. And in the case of this dimensional existence, spiritual answers do come by way of mortal questions – and thus the purpose of this global stage!

In this exceptional theatre of life, most of us have been raised and/or influenced in some form of theological and ritualistic dogma. Early adult independence usually opens our minds to many possibilities of belief, and non-belief. Once we become seasoned performers, there begins the realization that there may be some childhood dramas to work out, likely in the form of several former productions that may continue to affect us personally and/or professionally... and certainly spiritually. It therefore becomes achievable to figure out how to navigate the rough patches of our past while meeting the challenges of our current life moments. We must seek our subconscious co-created plan and merge it with any conscious temporal influence. Some within this global theatre will have this unique ability and some will not. It becomes the responsibility of those who cannot to seek the help of a good secular or spiritual therapist who can recognize repeating and rehearsed patterns within their current production.

We can postulate that these patterns were necessary to formulate transformative learning, the building blocks of our formative years. Once this learning becomes conscious within our mind, demonstrated through our body, and welcomed within our spirit, this is when we can vanquish any negative childhood experience. Such awareness can help anyone to become their own watcher. When one begins to *objectively* view their theatre of life, a door of healing opens to address the many aspects of negative perception. The release of harmful patterns will create a newfound freedom which is the precursor to many more dynamic transformations.

Our personal transformations certainly prepare us for the realization that we have bit parts in the plays of others, others who are their own main character in search of discovery of their spiritual plan. Some souls seem restricted to their role in this production, barely participating in the interactive roles of others. When we begin to realize that we all have bit parts in the random productions of each other, it is then that we can foster the understanding of *interconnectedness*!

*When we collectively realize our individual importance to each other's production,  
it is then we will truthfully appreciate the synthesis of souls.*

Many of us play the role as ego-separatists by judging fellow actors in regard to global, national, and religious issues. We listen, with supposed mutual interest, to disgruntled stage directors (talking heads) and their many dualistic pro and con opinions. Delusions begin to take hold and our negative thinking becomes justified. The deception that life is perceived as good is strengthened because we think we have something in common with the other actors within our inner circle. Lack of individual and global objectivity has opened the door to a constant barrage of negative drama that adversely influences the productions of others within this experiential reality. Isn't this just our mortal ego, the role-playing actor that has us *feel* that we are somehow fitting in? We surely wouldn't want to *appear* unlike those within our inner circles, and we certainly don't want to be judged by those who love us. So instead of moving toward spirit, many unconsciously play along and create a façade of similarity.

If we were to look at this dimensional reality from the objective view of the universal mind, we would easily see the many forms of separation in our dualistic existence. Without the mortal-emotional need to attach drama and misguided passions to everyday life, this universal mind might even possess the ability to observe the propaganda of mortal-religious dogma (fanatical dissemination of fear) that seems largely responsible for most of our global conflicts. With this in mind, I offer the following quotations;

*I love you when you bow in your mosque, kneel in your temple, pray in your church. For you and I are sons of one religion, and it is spirit. —Khalil Gibran*

*The world is my country, all mankind are my brethren, and to do good is my religion. —Thomas Paine*

*In a quantum universe, birth-death-rebirth is an unceasing process... Quantum theology seeks to safeguard the primacy of spiritual growth rather than the promotion of formal religion. —Diarmuid O'Murchu*

Our true God-Source transcends any finite notion of divinity. This very existence is proof that infinite experiential actualities flourish, for we are the I Am, and the I Am is us.

Conceptually, consider an unbelievable and mortally inconceivable existence, a celestial journey that began way before our embryonic stage of human development! In the mortal mind constraints of our current dimensional reality, dare we to further visualize *multi-dimensional existences* based on space-time, on timeless spirituality,

or maybe an incomprehensible combination of both?

From an objective universal perspective, there is a smallness to this dimensional reality that contains our even smaller classroom. It comes from this vulnerable vantage that we can begin to appreciate a *collective importance* to our individual purpose.

Dare to speculate that our true spiritual selves have been born into this specific space, temporal time, and distinctive dimension as unique carbon-based humans to grow, to learn, to teach, to transform... and to make possible any opportunity while traversing this freewill existence.

Hopefully through the visualization of multi-dimensional possibilities an understanding can be brought forward that our limited mortal perceptions can conceive higher opportunities, and therefore strive to achieve greater things. We truly are spiritual beings living out a mortal existence.

*When considering a universal abundance of just the known material elements, we would be spiritually naïve to think that there is only one “primordial soup recipe”.*

Recurrent references are made to either our *individual* or *collective spiritual plan*. For the purpose of definitional awareness; an individual spiritual plan is a mostly mortal subconscious and a co-created altruistic intention toward transformative growth, and a collective spiritual plan is the idea that an unknowable expanse of individual spiritual plans (multi-dimensional existences) amass to further the experiential aspect of the One-Source. This possible collective cognizance affords all spiritual consciousness to meld universal experiences from the infinite layers of multi-dimensional realities.

Ponder that we may have set a long-ago intention to evolve our spiritual selves through this mortal vessel, our human form. This unique being is the image we see in the mirror, the voice that resides in our head, and the true essence that lies in our heart. Although initially finite-forgotten, this intention is our respective spiritual plan. The many *temporal turning points* of transformation must truly be the way in which we go about recalling our unique plans, and each change eventually leads us to a collective consciousness. Such a convergence is the essential definition of *interconnectedness*.

Maybe then it becomes conceivable that each of our finite transformations feed into an ongoing and infinite collective plan! When considering this concept, we may want to amend previously



defined philosophies in order to expand our mortal perceptions, similar to making a conscious leap from “we are the center of the universe” to some of the current theories of universal law.

Put more succinctly, we are carbon-based humanoids acting out egotistical dramatic roles as fellow classmates in a dualistically sponsored classroom that is largely dominated by *conflict*.

While in this experiential reality, it should be obvious that conflict is the necessary lesson link in all of our individual spiritual plans. Maybe our material existence *is the actualization of tranquility* within each of our extraordinary individual plans. Given enough numbers, such a mutual consciousness will lead to a collective lesson plan... and just maybe a collective peace can become possible through the eradication of our specific mortal conflicts, starting at the personal level and culminating to the global level.

*Go ahead and hate your neighbor, go ahead and cheat a friend. Do it in the name of Heaven, you can justify it in the end. There won't be any trumpets blowing come the judgment day. On the bloody morning after who... one tin soldier rides away.*  
—“One Tin Soldier,” lyrics: Dennis Lambert and Brian Potter; performed by: The Original Caste; Recorded: Bell Records, 1969

## [The Approach](#)

By using a theoretical approach as basic illustration, the intent is to provide instances of deeper meaning from relatable examples. Since our mortal ego (perceptive illusion) is as individual as our spiritual plans, the speculative illustrations are intended to pique your more spiritual nature. This “inner experience of connection” might be mortally comparable to an art lover looking for the meaning on the canvas or a music fan seeking significance in a song. But we all know it is much more!

Whether conscious of it or not, we are all on a personal journey for truth through the rediscovery of our spiritual plans. Personally, this manifested in the revisiting and shepherding of previous research on the separate topics of the Law of Attraction, the Power of Positive Thinking, Creative Visualization, Circulation, Meditation, and more. The result is that this work has become my mortal purpose and due to an abundance of circumstances, I now have a partial remembrance of my own spiritual plan.

Unconscious to the eventual and personal transformative freedoms that were just around the corner, a sudden ability to recall detailed

memories of many past moments, several key people, and various influential teachings that previously crossed my path all came into focus. Somewhere between the child innocence and the ego mask, something changed and my recall became open-minded and unbiased.

Mindful clarity began to enter my truest essence during the day, reinforced by vivid dreams at night. Abundant appreciation filled my soul and my long lost *innocence* was reborn. I became free of unhealthy perceptions; positivity became enhanced, mental acuity was boosted, and a deepening inspiration was the result. Gone were former limitations that kept me in the back of *our* classroom.

*The canvas is an appreciative lifetime of seeking truth, the colors are the many ways conviction can manifest, and the brush strokes represent each and every transformation that make up the finished piece of a life well lived.*

Previous learning entwined itself with current awareness, but how would it manifest? At first, joyful occurrences began to take place. For example, I began to sense former positive moments through vibrant recall that came in the forms of memorable smells, detailed reminiscence, and an intense feeling of reliving that brought me into a blissful state of being. I felt my inner child reemerge in my aging body and began to feel closer than ever to the One-Source. Wisdom began to intersect with innocence and with it came a realization of a truer self that never really left!

A surreal growing interest in dimensional reasoning became my way of making sense of mortal birth, life, death, and spiritual rebirth. There was a strange abundance of resources that would appear along this most recent path of renovation. Gone were perceptions of manmade limitation in favor of spiritual liberation, and born was my conceptualization that this unique dualistic dimensional existence is just one in an infinite number of realities, both temporal and spiritual.

Fortified by appreciative conviction, I asked my inner self, “What possibilities awaited?” I believed that it would be amazing. A very personal healing brought confident transformations from which I received the mapping of these Ten Powers.

It became believable to me that we all can seek an incredible new consciousness, one that moves us ever closer to our respective finite purpose and infinite plan. Certainly ten diverse human attributes are also ten unique spiritual opportunities, and somewhere within this meaningful awareness lies the existence of ten transformative powers.

There is graceful appreciation in knowing that as we become one with mind, body, and spirit while aligning with these ten unique powers, many progressive transformations await.

Living life with an open persona has allowed me exposure to both the eloquently written and the personally spoken variations of religious, metaphysical, and secular philosophies. This open-minded exploration validated the outlook that all beliefs are simply sub-truths existing within this unique dimensional reality. A greater truth, one that unites us as spiritual beings, awaits all of us upon graduation, mortal death.

With a sense of *inspired objectivity*, I considered these ten powers with a renewed mind, a revitalized body, and an eager spirit. I first looked at each attribute separately, but then came the immediate realization that a greater, more powerful meaning was evident by connecting them. But how and in what order?

Like a jigsaw puzzle, the interlinking of these powers seem to fit together seamlessly. When one completes a puzzle, the full picture is revealed. Likewise; when *some or all* of the ten powers are interconnected, an already wonderful life can become even more enhanced, enchanted, and amazing. This must be what is meant by awakening!

*Each of the Ten Powers are dynamic realizations, but when utilized in any combination of ways (1010 or 10,000,000,000), they become a network toward renovation.*

Let us recognize that the universe does not limit our understanding or facilitation of self-change exclusively to just these Ten Powers. We must be continually open to an infinite supply of power tools that are at the ready to assist our unique spiritual ventures and in essence, our *projects of self*. In other words, it would be wise to be open-minded and available to other tools (attributes) that may exist to personalize your own dynamic spiritual experience, and continuous transformation(s).

These ten human attributes, spiritual opportunities, and transformative powers certainly have the potential to become dynamic tools, but how should these power tools be arranged?

Power One; the **Power of Appreciation** (pure love) had to be the beginning as it seems to be the key that unlocks the door to any spiritual adventure. It is an experiential being's link to continuous and meaningful transformations.

Power Two; the ***Power of Positive Thinking*** then reinforces and strengthens the reasoning while making it possible to invite all the other powers. Optimism invites opportunity.

Powers Three through Eight are methods by which we have the ability of universal asking, call it the summoning of spiritual influence through the ***Powers of Attraction, Visualization, Intuition, Inspiration, Meditation, and Circulation.***

The Ninth Power; the ***Power of Conviction*** becomes belief, which is the combination of passionate appreciation and meaningful transformation. Non-subjective conviction solidifies personal purpose.

Power Ten becomes the end result when utilizing any of the powers for the spiritual enhancement of self. Enlightened renovations culminate in the receiving of spiritual awareness through life's many continuous ***Transformations.***

The Toolbox ~ ***Connecting the Ten Powers*** becomes a summary of sorts as efforts of higher reasoning are made to find enhanced meaning through the abundant combinations of all the powers.

We are on an expedition in search of what our infinite Creator has made available to us as finite creatures. Call it a spiritual inheritance, one that readies us as eternal entities. It comes beautifully wrapped from God, a gift called ***Interconnectedness.***

## **Interconnectedness**

Interconnectedness is equally a gift from and to God. Evidence of this is proven in our relation with Creator and each other. If different dimensional realities have intended temporal lesson plans, ours being conflict, then the inclusive spiritual plan must be interconnectedness.

Throughout this book, an attempt is made to define and nurture interconnectedness by use of these ten transformative powers. First, a solid foundation is laid by the ***Power of Appreciation.*** As the other powers are introduced, an ongoing spiritual process is offered to further create opportunity toward each and every amazing ***self-project*** of renewal, which eventually manifests in the ***Power of Transformation.*** It must be by way of our many personal

transformations that individual lessons are learned and teaching opportunities exist. Therefore, each transformative opportunity opens our minds, hearts, and souls to the possibility of finding our true purpose. The more successful we are in the discovery of our purpose, the better we can witness the purpose in others, thus continuously keeping alit the candle of interconnectedness.

*As we awaken mortally and evolve spiritually, we eventually come to know our higher purpose for this dualistic existence.*

Awakening to the transparency that mortal fear sponsors separation, and separation feeds mortal fear... and the rationalization that both become conflict is an important step in understanding interconnectedness. Suddenly it becomes very easy to recognize similar negative characteristics in the many powerful people who use this illusion for personal gains while unknowingly abandoning their spiritual purpose, and thus squandering opportunity to discover their unique spiritual plan. This is only currently tolerable because the number of sleeping is still greater than the number of awakened.

The ego would have us believe that our character is the only one of importance in this self-written, albeit random play of life. Remember, the *combined ego* of humankind thought themselves to exist at the center of the universe with the sun revolving around the earth. Of course we now realize how naïve that notion was, but that was the perceived truth of a distant time. Just as long ago perception has been replaced with fact, so too will our current limited opinions of space-time be replaced by advanced temporal knowledge and revelatory spiritual truth.

*We are all mortal actors and spiritual classmates connected while in this particular truth.*

Some have pondered, “What of the soul that passes through life briefly, what could have been learned in such a short time?” Through the dynamics of each of our souls’ *interconnectedness*; we must be open to the possibility that the spiritual plan for this type of soul was certainly more of a teacher. This selfless person would be a miraculous supporting cast member in several mortal-spiritual productions. In essence, they existed for the *learning of the living*. It surely is an altruistic act to briefly experience life incarnate for the seemingly quick purpose of teaching the living. When we consider that this self-sacrificing act has nothing to do with the mortal concept

of predestination, but instead with that of a collective spiritual plan, it is then that we can again comprehend the meaning of *interconnectedness*! Allow such a person appreciative dignity, for it is of their service that others could learn, then teach. We should be open to the possibility that a short temporal existence is merely the spiritual plan of one having an impact on the many! The same can be said for any with a special need; whether that need is prolonged or short, serious or mild, all are performing a service for human awareness... and everlasting spirituality.

Living a long life in the flesh must therefore mean that there might be much to learn for such a soul, and/or much to teach through being an ongoing cast member throughout the lives of many other souls' productions. Give respect to such a person, for it is of their longevity that they have opportunity to learn many of life's challenges and absorb the teachings of many classmates while being available to further evolve this mortal-spiritual experience. Listen carefully to the aged, for their wisdom just may transcend this limited mortal existence.

Anyone trying to change into becoming a better person is certainly faced with trials. Even though we are still affected by existing negative patterns within ourselves and our inner circle, the fading ego will eventually give way to the ability to more objectively recognize these negative patterns. Ironically, it ultimately comes within the act of forgiving ourselves, that we can empathically forgive others.

Our physical family and personal friendships may be a universal choice before we are even in the flesh. Look beyond the mind and body of each soul within your inner circle. Either openly or prayerfully appreciate them for helping you with the project of you. Appreciation truly comes alive when you realize that you also signed up to be a part of their spiritual plan and a team player in the circulation of a universal finite-infinite collective consciousness.

We all have baggage we must sort through, reorganize, and/or discard. We cannot address our own personal baggage until we open each suitcase and look inside from the vantage of the watcher, the objective mind's eye. This is where true change becomes possible and glorious transformations become inevitable.

*There are real challenges for the awakened, for there is a vulnerability when overcoming childhood drama and social acceptance all while trying to remember our spiritual purpose.*

How can we be available for even more service to those within our

inner circle and any soul who randomly crosses our path? The answer just might be in recognizing that there are numerous opportunities in any given relation, and each opportunity seems to invite the awareness of our *interconnectedness* to one another. Because of this growing awareness, our service availability is likely to manifest as quickly as we ask, but we must ask.

When the bigger picture of a universal *interconnectedness* is realized, then most issues while existing in this physical dimension become trivial at best. Imagine a collective society that can let go and be free of mortal limitations that only separate us; such as ideology, nationalism, fear, ethnicity, disease, trivial differences, and much more – only to find that we are free to learn and grow together mentally, physically, and spiritually. If this visualization can be globally actualized, wouldn't we all be aligning ourselves with our higher purpose?

*We as individuals with our separate faiths, our separate cultures, and our separate languages are likened to different musical instruments within an orchestra. Some of us are the strings, some are the woodwinds, and some are percussion. We may think that we are expertly practiced at our craft, however we need to resource our truest selves to realize that the higher source that directs us all is the Conductor. Perhaps we can evolve to know a universal concept of God, one that will combine our varying notes together so the music of this existence sounds even sweeter as we come together in concert.*

## **Perspective on Mind, Body, and Spirit**

The understanding that mind, body, and spirit are a *combined mortal influence* is one of the greatest human concepts. Why? To have a suitable mind, an effective body, and an enchanted spirit is to maximize opportunities for staying on track regarding our respective spiritual plans. When any of the three are unhealthy, it may well make the fulfillment of our spiritual purpose more challenging or it might possibly be an intentional aspect of our unique plan to overcome. Either way; it is assured that in the spirit of interconnectedness, we are being of service to the spiritual plans of each other. The more we actively pursue the discovery of our God-connection, the better the opportunity is in experiencing a dynamic life.

We can empower the mind and body to assist the spirit and/or we can enable the spirit to assist the mind and body. Either way, the

results will be in discerning our mortal purpose and discovering our unique spirituality! A profound and objective introspection of our life will uncover what is healthy and what is not. We can only speculate that our enrollment into this amazing mortal-spiritual existence is, in part, for the purpose of overcoming obvious dualistic patterns that largely impact and embrace this space-time reality.

One meaning of life incarnate could be found in the simple realization that all things positive are real and that all things negative are an illusion. Another meaning might be that as we go through the mortal motions of awakening to our distinct spiritual plan, we eventually discover our individual role in the interconnectedness of each other. These two meanings really become one and the same. If we strive to become *objectively aware*, we assuredly would be on track in discovering our purpose for this reality!

For those who sense they have been around the spiritual block of many dimensional opportunities (material and/or spiritual) before, just simply awakening to their individual spiritual plan and actualizing their purpose may seem naturally easy. However, for the rest of us, it might be best to simply and humbly appreciate life which collectively benefits the totality of us... which is *Mind, Body, and Spirit*.

### **So, What of Mind?**

Most of us have been blessed with a mind capable of many thoughts, ideas, aspirations and inspirations. Self-awareness indeed separates us from other terrestrial lifeforms, but to what end? It is certain that self-awareness is a double-edged sword because with it also comes ego. This anomaly may just be this dimensions' catalyst to so many other dualisms, least of which being conflict versus tranquility.

To fully appreciate the process of the human mind is to become open to any possibility of sentient transformation. Having a conscious and positive mind that is in trinity with the remembrance of spirit and materialized through the mortal body, is a life-force that is giving thanks through the acknowledgement of their God-connection! When any mind can objectively step back and simply appreciate, then this beautiful mind can become utilized for mortal and spiritual opportunities. It is with this *cognizance of being* that we invite the availability to align with our respective spiritual plan (even though it may be mortally unconscious to us).

Bring your mind into a healthy condition through the attentive practice of focusing and relaxing your individual present moments at



the same time. Mindfulness and calming meditation during any present now are amazing ways to achieve awareness of your external world while quieting your inner being. The practice of both will create opportunity to slip into your personal spiritual consciousness. These long established modes of enlightenment tap into your intuitions and inspirations while engaging your creative visualizations, which subsequently attracts them into being.

*The mindful use of good thoughts, good deeds, and a good outlook on life all help to reinforce the mental muscle memory of positive thinking.*

The strengthening of your objective awareness paves the way for an appreciation of all things. Transformation therefore becomes not only possible, but truly inevitable.

When we minimize distraction and make our mind available, we create opportunity for personal growth. When we socially interact and make our mind available to one another, we invite opportunities that feed the purposeful intent of many spiritual plans!

### **So, What of Body?**

Suppose that the temporal house to our distinctive spiritual plan is our body, then let us further consider that we were the co-architect and co-builder. Could it be possible that these houses were co-constructed by specifications based on each of our very unique plans? In other words, the physical life in which we each live might likely be affected by the body in which we co-created. If our body is not serving our plan, it may be demonstrated in the form of disease, or it may manifest in ways that affect the mind and spirit through negative emotions such as regret, shame, depression, and/or lack of self-esteem. As a result, our mind suffers by being occupied with negativity that clouds positive growth and subsequent spiritual plan actualization, and as a result, we unconsciously interrupt our intended spiritual purpose. This is not to suggest that anyone disabled, depressed, or diseased are not fulfilling his or her purpose. We should consider that any seemingly unhealthful aspect of such a person may be a unique part of their spiritual purpose, either for specific learning or selfless teaching.

We each have a conscious opportunity to find our divine purpose. How? In concert with both the mind and spirit, our body gives us the mortal feedback necessary for objective introspection that can assist us to rediscover our plan.

*Happiness and contentment in the face of adversity is beneficial for the mind, and likewise the exercise of healing and conditioning in the face of disease become advantageous to the body. Both let us know that we are spiritually on track.*

Again, it is very likely that a sense of having been around the block of some temporal existence before could indicate a slight remembrance to your spiritual plan. If you are aware enough to know this, then you will also know that even though the dimensional landscape has changed, your soul's house has become very suitable for this current experiential adventure. Appreciation for this vessel is in the knowing that our soul is being housed in a form that truly accommodates our plan.

*The more we love our house, the more it becomes a home... and a prideful home is a place of contentment!*

We should always consider bringing our body to its optimum, even for the unconscious purpose for which it was intended. In doing so, we increase the likelihood of completing our mortal-spiritual mission. Certainly spiritual opportunities will flourish for an astute student who recognizes their body's role in their overall plan.

It matters not of any perceived limitations of the body, for we each designed it to accommodate our distinctive plan. When we fully utilize our finite mind and our infinite spirit, we can then rediscover within ourselves the purpose of our temporal body. It is through the exceptional teaming of this unique trinity that we will comprehend that there are no limitations, and any perceived lack is replaced with a subsequent sense of purpose. The house once again becomes a home!

Yes, each of our physical characteristics all become teaching tools for those in need, especially our own. The acceptance of our unique architectural design makes us willing learners and better teachers.

As the gradual awareness of our spiritual plan comes into focus, the body we are born into starts to make sense. Embrace the person that you are, because you are the person you meant yourself to be!

## **So, What of Spirit?**

If the true essence of spirit is the "likeness of God", then our individual soul becomes a special conduit between the finite and the infinite, and a universal link between dimensional theory and spiritual reality. Knowing this somehow gives life purpose, substance, and wonder.

Imagine a fullness of being that has us realize that separation and fear are illusions and that we can transcend these deceptions.

Transcendence comes in the remembrance of this true essence of spirit, in the pure recollection of our unique and individual spiritual plan... and how it currently manifests in the confines of this physical dimensional opportunity.

Through the mortal maximization of our mind and body, a partial remembrance of our spiritual plan will eventually come and with it the realization that this is not the beginning... nor is it the end.

*All that must be recognized, however, is that birth was not the beginning, and death is not the end. —A Course in Miracles*

Objective awareness gives clarity of vision to our mind's eye so to consider that we are simply sentient beings choosing to act out a life of learning and teaching on this random dimensional stage. Try to visualize a future moment when we can collectively come to know the *interconnectedness* of everything; not just spiritually, but within the temporal constraints of this space-time opportunity (our classroom). Perhaps some future class (global society) will consistently demonstrate deep appreciation for one another as connected. Only then will it become possible to invite universal abundance and planetary harmony and in doing so, we circulate love to and from the One-Source.

*[A] new ecumenicity is beginning to emerge. This time, representatives of the major world religions — Christianity, Judaism, Hinduism, Buddhism, Islam — are exploring common ground. This is likely not to lead to a new world religion, but to a deeper Appreciation of the common elements shared by all religions. —Diarmuid O'Murchu*

Is it possible to replace long established fear, ritual, and dogma with an appreciative respect for each and everyone's individual spiritual plan? Just in the conceptual mindfulness of the one, therein lies a global invitation for the many.

I am honored to sign off on what you are about to read. As I expose my spiritual vulnerability, there is extreme honor in receiving and relaying this unique deeper meaning. It is my sincere desire that this work will resonate within the truest part of your inner self.

Namaste ~ Your Fellow Classmate,  
Ron

## Power One: Appreciation

### Power Affirmation

*To appreciate each and every aspect of living is to be grateful for an abundant life.*

### Power Quote

*When you practice gratefulness, there is a sense of respect towards others. —Dalai Lama*

Purely and simply, the *Power of Appreciation* is Love! When looking at this power as a form of thanks-giving and gratitude-sharing, we can see how basic expressions of it take place in our families, in our communities, in our livelihoods, and so much more. But what of appreciation that is emotionally personified (finite realized) *and* spiritually sanctioned (infinite opportunity)? To have the awareness that mortal life consists of some variable combination of the two is to understand that when we deeply appreciate, we are practicing to love purely. Thus, any show of appreciation is a joint human and spiritual expression of love... no matter to what degree!

The catalyst of all good things mortal must be grounded in the living of a contented and appreciative life – but how? Imagine having the willful ability to look at the world with the wonder and innocence of an inquisitive child. This curious child-being is us at any age, and at any point during our human travels. A young child can genuinely demonstrate appreciation because outside judgments have yet to influence the mind and generational stigmas have yet to be taught. So as we age and if we are open, forks in our road (transformational turning points) build experience that in turn pave the way to strongly appreciate the more subtle aspects of life.

*To invite the remembrance of our long-ago childlike innocence is to return to a place when we were closest to our Creator!*

The process of rediscovering our innocence is the practice of awakening into this space-time reality with the realization that deep appreciation was a previously learned attribute. The sooner this realization occurs, the more likely such a persona will enjoy happiness all the days of their mortal life. Such a positive and lighthearted soul *knows* something more and is equipped with a sort

of multi-dimensional awareness. Therefore, a student in one dimensional reality then becomes a teacher in another! Such a unique being would possess the spiritual consciousness that this physical life is a gift of abundant opportunities fed by the living of deep appreciation... and this amazing existence then becomes an example of God's love via another power, the *Power of Circulation!*

Although all of the Ten Powers are uniquely dynamic, the *Power of Appreciation* may serve as the foundation to unlocking the other powers. For example, let us visualize that the *Ten Powers* are via points on some pseudo-spiritual map. Just one itinerary (out of 10,000,000,000 possible power paths) could be as follows: the *Power of Appreciation* paves the way to *Visualize* opportunity while navigating the *Law of Attraction*, master *Mindfulness*, practice strong *Conviction*, possess the precision of *Positive Thinking*, live the cycle of *Circulation*, feel the sensation that *Inspiration* is a spiritual gateway, have the ability to quiet this dimension, thus freeing ourselves through *Meditation*, and allow our inherent *Intuitive* nature to meld with our *Transforming* soul while living in the present moment. This all begins with being a *grateful* person and finally culminates in the true acceptance of any necessary *Transformation(s)*.

Therefore, with the *Power of Appreciation* as our foundation, any power that we invite within becomes enhanced throughout. Appreciation feeds and nourishes our soul, but when any gratitude is given to or observed by others, it also feeds and nourishes another's soul.

Imagine living in some finite reality where there exists a populace of self-aware beings who are appreciative of all things, especially each other! Wouldn't such a cooperative *interconnectedness* invite the possibility, summon the energy, and create the opportunity for a mutually abundant life experience? YES!

*Appreciation for all things can therefore be like taking the first step of intention onto the labyrinth path of mortal life.*

When a person is living an appreciative life, they have the ability to reserve judgment and are less sensitive to being judged. Such a soul knows that the universe doesn't keep score, only the ego does! It would seem that our spiritual self is really okay with all aspects of living, it is only our mortal self that makes limitations and suffers

sensitivities.

When more and more of life's moments are experienced with complete appreciation, these ever-increasing previous moments of positive experiences become etched into our expanding spirituality. So it would be safe to say that a progressing spiritual plan is continually actualized. We could also reason that as we transcend physical and spiritual opportunities while being appreciative of all things, the continuing result would be to forever have a fantastic NOW!

How does one translate current events into appreciative moments? This is assuredly different for each personality. Personally for me, I awake each day constantly mindful that each new moment is an opportunity waiting. It has become mostly automatic to awaken with good thoughts and purposeful intentions (reference the *Power of Positive Thinking*). By appreciatively transcending into a wakeful state of being, I can objectively observe the current theatre of my life. My spouse, the pets, the home, the sky, the sounds, the smells, the tastes, etc., all become many opportunities to engage my surroundings with mindful gratitude.

*Know Appreciation, Know Peace. No Appreciation, No Peace!*

Can we learn appreciation from a previous event? It would seem that the mortal introspection of past events is *mostly* futile, unless it involves some conscious or subconscious aspect of our spiritual plan. For example, the following is a suggestion to possibly find out if the *Power of Appreciation* can reveal a more objective perception of any former experience.

Preferably in a meditative state, go back in time to an event that you thought as significant during the course of any 24-hour period.

**Tip:** *If you journal, reference a recorded period of time.*

As you recall the event, try to consciously slip into the *now of then*, the then-felt emotions of a formerly *perceived* reality. Using sincere mindfulness, prayerfully reflect and objectively interpret your selected event from a greater scope – a detached but albeit, appreciative view. Do this through a blending of conscious and subconscious visualization. Imagine that you are stepping back and above yourself. You now have the ability to objectively look at this chosen occurrence as if you were someone else. Does this allow your

perception to change? Now, with this unique viewpoint, look deep within the event for any learning opportunities you possibly missed. Whether this event was positive or negative, do you possess a fuller and deeper perspective of this incident during that nearly forgotten moment? By recalling this experience with the view of an objective mind's eye you are creating a chance to realize a possible learning purpose, and maybe pick up on a missed transformative opportunity! Now take that illustration and use the same practice during any real-time event. By stepping back and looking objectively, wouldn't it become possible to grow through appreciation in any given present moment? The *Power of Appreciation* is strength toward this end. The knowing and understanding of this power will open insight into what is really transpiring in your current now.

Having true appreciation is comparable to taking off our human mask to reveal our spiritual beauty. As the "likeness of God," which is our inner spiritual beauty shining forth, an *interconnectedness* with people, places, and things become unquestionably expanded... and the *Power of Appreciation* becomes actualized.

*It is through gratitude for the present moment that the spiritual dimension of life opens up. —Eckhart Tolle*

When we find ourselves in any situation during this mortal experience, we can always choose to appreciate the learning that comes from such an event. Even a *perceived* bad situation can be appreciated through objectivity and thus become a gateway to genuine learning, subsequent teaching, and transformational opportunity. It is in this realization that we can begin to first observe, and then understand how each transformation reveals the secrets of our spiritual plan.

As the *Power of Appreciation* is regularly practiced, the conscious attraction (invitation) and subconscious circulation (give/receive) of the other powers will certainly become a continuous aspect of our mortal existence.

### ***Appreciation is Love!***

The *Power of Appreciation* and the *Power of Transformation* are bookend chapters, both in this book and in life because of their importance to our current dimensional reality. Why? Appreciation begins our journey to know our *interconnectedness* while nullifying conflict; transformation then becomes the actualization of life's

lessons learned. It is through these two powers that we can become ever closer to the awareness of our truest self.

Judgment, fear, and separation all have the ultimate result of *conflict* because these perceptions of illusion counter a positive life. Real appreciation cannot exist during these random and negatively perceived life moments.

It is hard to resist and block the controversial conversations the sleeping have, but we must if this awesome power is to facilitate our spiritual purpose and invite our true awakening.

From the book, *Mindfulness for Dummies* author Shamash Alidina offers two ways to mindfully maximize appreciation in our life. One is writing a gratitude journal, suggesting a daily log of things in life that we are grateful for. Not only can this boost our wellbeing, but research has found that levels of gratitude increase and we feel happier.

The other way is conducting a *gratitude visit*. Alidina suggests that you think of someone who made a big difference in your life but you have yet to thank them. First write a letter expressing your gratitude and then arrange a visit to read aloud the tribute to this honored person. People who express their gratitude in this way feel happier and less depressed.



## Power Two: Positive Thinking

### Power Affirmation

*Positive Thinking is the footing of enhanced mental health, the framework of an enlightened soul, and the canopy of an enchanted life.*

### Power Quote

*Believe that your life is worth living and your belief will create the fact. —William James*

The *Power of Positive Thinking* has driven optimistic opportunities since the miracle of mind married body and became indwelt with spirit.

Throughout the history of this particular material reality there have been many examples of *positive thinkers* who have influenced our temporal life conditions. One of these influential people was Dr. Norman Vincent Peale. His optimistic writings came from a place of clear conviction and was a gift of awareness through the publication of his classic 1952 book, *The Power of Positive Thinking*.

From this book's Introduction, Dr. Peale offers perspective guidance:

*[T]o suggest techniques and to give examples which demonstrate that you do not need to be defeated by anything, that you can have peace of mind, improved health, and a never-ceasing flow of energy. In short, that your life can be full of joy and satisfaction.*

Even in his encouraging grasp of living in the present moment he writes:

*I certainly do not ignore or minimize the hardships and tragedies of the world, but neither do I allow them to dominate.*

Through the objective introspection of my more recent transformative opportunities, I have been able to reflect on my very full life and recognize that the *Power of Positive Thinking* has been a constant backdrop. It is very clear that without this power, I would have missed many essential learning opportunities and it is assured that my life would be on a very different path.

Most certainly there have been various incidences of setbacks that most of us seem to face: obstacles such as bullying, relationship dramas, job layoffs, divorce, unscrupulous employers, questionable friendships, lost loves, anxiety, self-esteem issues, and more. However, recent transformations have empowered me to mindfully pull from a long-forgotten inner strength. This awareness has given me the ability to transcend and put to rest these long-ago obstacles. An overall optimistic outlook has seen me through some difficult times, so much so that many in my inner circle have heard me say of any personal adversity, “I am confident that everything will be okay because things have always turned out better in the long run.” And they always have! I realize not everyone can have this particular attitude given the many various ways hardship can affect any given life, but for me it has been a consistent aftereffect.

*The successful teaming of objective introspection with positive thinking will undoubtedly afford the recall of many negative moments that turned into positive opportunities.*

Several years ago my best friend was witness to me suffering from moderate anxiety; she suggested a book that she hoped would help put things into perspective. This book was *Don't Sweat the Small Stuff... and It's All Small Stuff* by Richard Carlson. I was impressed by the simplicity of this book, which was a testament to the title. The 100 short examples of how to take life in stride helped me immensely. This best friend is now my loving spouse.

*Needless to say, it's impossible to feel peaceful with your head full of concerns and annoyances. —Richard Carlson, Ph.D.*

The *Power of Appreciation* becomes an important ally to the *Power of Positive Thinking*. Instead of looking at a perceived bad situation from an egotistical *why me* viewpoint, try to view the given circumstance as an appreciative opportunity for learning. Of course it would take a very resilient person to be able to react in a given current moment and recognize it as a transformative opportunity, but this is where pure appreciation coupled with positive thinking comes in. Knowing that there is a learning opportunity in bad situations, appreciation is the attribute that can assist in knowing the opportunity, while positive thinking is the attribute for transcending the difficulty.

**Tip:** *Before you read the next two paragraphs, find a quiet place where you can sit comfortably and undisturbed.*

\* \* \* \* \*

In this very moment and as you read these words, mindfully visualize a peaceful calm that envelops you. You slowly begin to see yourself more as spiritual light and less as mortal body. You become encircled in a tranquil state of being as you relax comfortably with spirit while basking in a blissful knowing that is grace. Dancing around and through you is a combination of spiritual confidence and mortal vulnerability as you begin to awaken within. As you ease into this peaceful state of being, you are physically alone and yet spiritually connected. A personal understanding of your inner self has a confidante as you open your mind to receive the opportunities necessary to awaken to your spiritual purpose. This confidante is the *Power of Positive Thinking*.

As you begin to contemplate these words, a sudden wave of joyful remembrance coupled with deep appreciation for a special life engulfs you. This is *your* unique and very special life full of opportunity and abundance!

\* \* \* \* \*

Now say this within your mind; “No longer will I look at missed opportunities as negative, nor will I allow myself to be immobilized by pessimism coming from souls who have yet to awaken.”

*Positivity and objectivity are formidable allies as the ancient fables of fearful men fade to reveal the long-ago teachers’ original messages of truth.*

The ability to possess positive thinking as a power certainly provides the perspective that in the unpredictability of life in a universe of free-will, varying phases of living are important opportunities for mortal learning and spiritual growth.

Let us consider two psychological aspects in this temporal existence: one being a personified-emotional passion and the other a perceptive-illusory ego. As self-aware material beings, we can use both of these facets to navigate life while attempting to align with our higher self. It therefore comes in the seeking of our indwelt spirit that we can begin to make sense of a lifetime of transformative opportunities. This spiritual evolution gives meaning to many of our past changes as we make sense of the learning lessons contained therein. The objective watcher within becomes actualized and the miraculous result is knowing that we truly are spiritual beings living

out a mortal existence, and this is our Earth-walk.

*Awareness is the wrapping while abundance becomes the gift.*

Is it possible that we each co-created the *self* that exists in this very now? Could it be that we are the “I AM” that has humbly materialized as a mostly physically-dimensioned, carbon-based entity living out a mortal existence on the third orb circulating around some random material energy source; a matrix that is seemingly prevalent throughout the ever-rotating spatial systems and universes in this inadequately quantifiable opportunity? Might it also be that we are here to complete some necessary learning and give and receive space-time related lessons? If such conceptualization rings true, then we must further contemplate that we are all classmates who have chosen this unique existence. Smile upon your fellow humans for we all have something in common... to learn and teach, to grow and transform, all while sharing this social stage called Earth! When we consider such a theory, doesn't the mortal perception of separation and fear fall away?

*As individuals, the Power of Positive Thinking sets personal transformations in motion. As collective classmates, this power creates opportunity for interconnectedness.*

Let us greet this perpetual understanding with a sort of renewed appreciation that emanates from a positive place which dwells deep within. As we do this, we become alive in the knowing that eternity really does exist. By knowing our place in the universe, we can sincerely open our hearts to claim the abundance of this dimensional reality (and any that are to follow).

Attracting good into our respective lives through positive thinking is actualizing a better world. When a positive and appreciative person invites into their reality an awareness to any meaning within their many personal transformations, this self-changing person becomes an encouraging example through all their lessons learned. This transformational opportunity-turned-achievement can now be taught by word or deed. *Interconnectedness* now becomes part of the person's reality, and a spiritual scope of opportunity!

Perhaps there are millions, even billions of individual *moments of change* that are simultaneously occurring at various conscious and subconscious levels during any given moment. If this is conceivable in the imagination of even one mortal mind, then it must be probable

in the spiritual dimensions of alternate realities!

Let us imagine that millions of spiritual plans are subconsciously honing in on a global interconnectedness of being. The next great mortal achievement (at least for this dimensional reality) just might be in the global actualization of the *interconnectedness* of spirit. Even now there exists a strong worldwide conviction that any moment could be the right time to awaken from material illusion.

*The interconnection of any of the Ten Powers could not be possible if there did not exist the conscious practice of the Power of Positive Thinking.*

Positive thinking is definitely a mindset, but we are now beginning to realize that it is much more. An awakened soul might possess an intuitive understanding of this power and subsequently teach it by example, or they may need to learn it through the sincere example of others; either way, one thing is certain, one must have a healthy mind to comprehend this power.

*It is not enough to have a good mind. The main thing is to use it well. —Rene Descartes*

If one cannot conceive living a life that is happy and optimistic, then it would be impossible for such a person to grasp the deeper meanings within any of the Ten Powers, and perhaps even the meaning of life itself. In essence, the lack of awareness toward any transformational opportunity must result in the denial of a jubilant life... and in the delay of spiritual growth.

We all know a person within our respective inner circles that has chosen an unhappy and negative life. Prayerfully love them with deep appreciation, for it is likely that such a close classmate is in our life to play out negative dramas necessary as a service to our or their spiritual plan. Likewise, we are also fellow classmates available to be living and loving examples of a positive nature and an appreciative life within their mortal drama.

It is also possible that a deeper issue may exist for the negative soul to consider while living out this precious life. Maybe they need to ask within their truer being this important question: “This negative façade (*the ego mask*) that I so skillfully justify and project onto my fellow classmates, is it in any way part of my spiritual purpose *or* is it my true mission to be rid of this damaging outlook while *on stage* in this unique (*and aren't they all*) reality?” Maybe the answer lies in a

universal increment of both. Herein lies the conundrum: without the *Power of Positive Thinking*, it is likely that the question will not be mortally asked and thus has no possibility of being spiritually answered... at least during this space-time opportunity.

By transcending finite perception regarding any human adversity while using the *Power of Positive Thinking*, there comes a certain knowing that these random events of negativity are simply spiritual opportunities for learning. In actualizing this realization, not only will this awareness subdue any destructive self-evaluation, but once the lesson is learned, further alignment with our individual spiritual plan will be achieved.

*Positive Thinking is more than seeing the glass half full, it is in the spiritual knowing that an abundant universe is constantly refilling the glass. Drink your fill, there is always more, always has been and forever will be.*

Each one of us has wants and desires that vary by personality and by plan. The simple knowing that you will always have what you ultimately need is called grace. This grace is plentiful by design and is ultimately established through the *Powers of Appreciation, Conviction, and Transformation*. The *Power of Positive Thinking* therefore becomes a mortal mental invitation to the *grace of life*.

Remember, the skillful use of any power tool for any self-project will help you build a solid foundation of increasing awareness toward your spiritual purpose. This evolving awareness will have you exercising the *Power of Transformation* over and over again as you navigate the search for the truth of you... one step at a time until time no longer has its hold.

## Power Three: Visualization

### Power Affirmation

*When you dream, you visualize opportunity. When you actualize opportunity, you change the world.*

### Power Quote

*Happiness lies in the joy of achievement and the thrill of creative effort. —Franklin D. Roosevelt*

The *Power of Creative Visualization* is likely the least understood power, yet it is a crucial attribute interacting within the other powers. Dare to imagine having the ability to visualize positive outcomes by opening opportunity and modifying limitation. The use of this power can not only affect your individual life, but likely that of the global community. Visualization is essentially cause and effect, in that you create reason and influence result.

To be successful with visualization, we must certainly be a proponent of positive thinking. Positive thinkers have the ability to draw *onto and into* themselves an enhancement of life opportunities. Of course, envisioning any possibility is not enough by itself; we must also act on it! To act on any visualized opportunity is to consciously or subconsciously be in concert with other powers such as *Appreciation, Attraction, Inspiration, Meditation, and Conviction*.

For example, the practice of creative visualization in combination with the *Power of Meditation* is largely thought to stem from the Hindu Monistic theory of the Universe. Zen Buddhists practice imagery as paths to success and enlightenment. Also, creative visualization united with the *Power of Inspiration* can account for everything from early man's use of fire and tools, to the wave of inventions in the dawn of the industrial revolution, to the innovations of the current technical age. When linking visualization with any power, one can certainly intensify opportunity and escalate outcome.

The *Power of Visualization* as a partner with any of the other powers is the technique of understanding the laws of this dimensional reality. When we invite *Inspirational-Vision* and combine it with

*Appreciative-Conviction*, this makes possible the *Intuitive-Transformation* of specific occurrences, behaviors, and/or events in one's life.

*(Visualization + Conviction = Transformation)*

Many successful people from all walks of life claim to have used various personal forms of visualization in order to achieve their heartfelt goals and desires. Some notables include Oprah Winfrey (Social Entertainment), Derek Jeter (Sports), Anthony Robbins (Motivation), Bill Gates (Business), and Will Smith (Acting and Entertainment). Even William Shakespeare (Writer) and Winston Churchill (World Leader) were said to have used visualization and actually expected their success. Once we truly understand this power, we can even assume that spiritualists such as Gandhi, Mohammed, Jesus, Mother Theresa, Buddha, and many other visionary teachers all practiced their own inspired version of creative visualization.

For every prominent person that has fully embraced the *Power of Creative Visualization*, there are countless others within the general populace that exercise this power on a daily basis.

*Visualizers: We recognize them through appreciation, discern them through inspiration, receive them through circulation, and support them through conviction.*

Wallace Wattles (1860 – 1911) was an early pioneer in the documentation of this philosophy. He expertly wrote about his practice of this technique in the book, *The Science of Getting Rich*. Within this work, Mr. Wattles advocated creative visualization as a vital method for realizing one's goals.

*Hold to the FAITH that the imaginary is being realized, and to the PURPOSE to realize it. —Wallace Wattles*

Some successful visualizers suggest creating a detailed *vision-board* of what they desire. In essence, a specific goal can be brought into your inner consciousness through the use of a vision-board by posting pictures, drawings, and/or quotations of a sought-after outcome. Other ways can also include computer applications, videos, music, and much more.

**Tip:** *For best results, the use of any stimulus to attract works best by aligning your personality with the method.*



When considering our unique space-time limitations, personal research should be conducted on the various techniques in creative visualization to find the most successful way(s) to implement change that resonate with your spirit and align with your desires.

No matter the mode of visualization, perform it with a sincere intention toward your objective over and over again with all of the senses. For example, ask yourself these questions. What do I see? What do I feel? What do I hear? What does it smell like? The premise is that by putting yourself into a positively perceived and clearly desired outcome, you are essentially setting up the possibility and inviting the opportunity.

One of my favorite resources on the subject is a book entitled *Creative Visualization for Dummies*, by Robin Nixon. He thoroughly explains this power and describes ways to achieve personal successes on a variety of subjects.

**Tip:** *If you reference this resource, check out the Cartwheel of Life on page 12; this is an excellent way to self-analyze, measure, and set spiritual improvement goals.*

Visualization practices are a common form of spiritual exercise. Using the *Powers of Attraction, Meditation, Positive Thinking, Inspiration*, etc. as you co-create your desired goal only serves to bring in the One-Source through the *Power of Conviction*. Remember, if you can be inspired to visualize any creative opportunity, and if this opportunity is in line with your spiritual plan, you need only to *Ask, Believe, and Receive!*

What is *mindful* visualization and why is it important? Think of mindfulness as living in the current moment. By embracing the current moments of life, we would naturally want to visualize opportunity that is in our present consciousness. By staying in the present moment, our personal asking becomes effortlessly focused.

Keep in mind that as we become more and more practiced in all Ten Powers, the past becomes a story from which we can build visual strength and the future becomes limitless so that our dreams can come true!

**Tip:** *When co-creating visualization(s), we should team the successful storylines from our past and inject them into our present consciousness to foster limitless possibilities.*

The *Power of Visualization* should be used in conjunction with any power that supports our self-project(s) and fosters the eventual goal of transformation. As we become more aware of these Ten Powers and progressively awaken to our spiritual plan, we will intuitively know what *power tools* are best to use to maximize our personal visualizations.

One example of the process of creative visualization might be something like this: think of a realistic and positive opportunity that you wish to become real. Now clear any mortal clutter while you objectively sit behind and above yourself (reference the *Power of Meditation*). Your mortal eyes are closed yet you see with an extremely focused mind's eye.

**Tip:** *With practice, you will begin to have intuitive glimpses of your co-written spiritual plan, which is evidence of how any desired vision(s) ultimately fits into the universal scheme of your plan!*

Rest assured, we do not need to be mortally aware of our spiritual purpose to materialize any vision, but the knowing will certainly increase the chances, given our space-time dimensional limitations.

In my personal experience, I have always loved the game of baseball. I had my heroes when I was a young boy, but it wasn't until later in life that I could really appreciate some true examples of *gamesmanship*. I started to witness the focused play and selfless attitude of one player in particular, Derek Jeter. I had read about and watched his positive approach to the game. As my research increased, my awareness to universal possibilities grew and I came to realize that he was also a proponent of visualization.

I still play league softball, so I wanted to try some techniques described in the book *Creative Visualization for Dummies*. So during the Major League Baseball season, I would DVR the top plays of the week and then watch the recording the night before a game. It was inspiring to watch in amazement the extraordinary athleticism of these amazing professionals. On the day of my game and as part of my physical and mental preparation, I would visualize these great plays. This practice gave me the ability to put my *head into the game* and actually envision my involvement in possible game situations, and seeing myself making positive plays that could affect the outcome. To my surprise, I actually *lived* some of the same or similar situations that I foresaw! Although a rare occurrence, it was

nonetheless an awesome feeling of a connectedness that I had never *consciously* felt before.

*Before getting on the field, visualize perfect swings at bat. See yourself going through the motions in vivid detail. Visualization is one of the most powerful tools available to improve performance without additional time spent training. —Derek Jeter*

Because of the application of the *Power of Visualization* in many experiences in my recent life, the *Power of Appreciation* surges within me; this book has become evidence of this dynamic power. Even as these words are being written, my *visualization* of how this book will be published, my role in its marketing and distribution, and even meeting you at some future event are all too clear.

## Power Four: Attraction (Law of)

### Power Affirmation

*Attracting opportunity is asking, Conviction in the outcome is believing, any resulting Transformative change is receiving.*

### Power Quote

*The starting point of all achievement is desire. —Napoleon Hill*

Of the Ten Powers, the *Power of Attraction* seems to have the most recognition, at least from a more recent metaphysical viewpoint.

Some references would indicate that the concept of attracting (inviting opportunity) started in late nineteenth century America with the New Thought Movement. However, like most human records, this is only partially true. The real truth is that we humans have been attracting our own evolution since the embryonic stages of this dimensional existence, and we have been inviting possibility throughout all the ages of this physical reality. Individual greatness has trumped individual greatness over and over again. More recently it would seem that as spirit blossoms and mortal minds become increasingly open, a truer awareness develops. We then begin to realize that the successes of others are proof that we too can achieve our own individual greatness.

All of our unique spiritual paths share an equal opportunity toward any desired possibility, it is only in our mortal perceptions that lack and limitation can exist. When we open our minds to abundant universal choices and discern that we are truly in line with our unique spiritual plan, it is then that we can truly attract our path toward any meaningful transformation.

*As we open our individual minds, a collective opportunity becomes enhanced to change our world.*

In *Power Two: The Power of Positive Thinking*, I mention how reading *Don't Sweat the Small Stuff... and It's all Small Stuff* affected me during a time when anxiety had its hold. As I write about the *Power of Attraction*, the following quote from that book seems significant.

*You will not suddenly develop wealth consciousness if and when you become “wealthy.” It’s the other way around. You develop wealth consciousness by eliminating worry, by trusting in the universe and in your own inner resources. Once you secure your wealth consciousness, true abundance is just around the corner. —Richard Carlson*

Using the above quote as reference, let us read it from a *perspective of spirit*.

*You will not suddenly develop spiritual consciousness if and when you think you’ve become “spiritual.” It’s the other way around. You attain spirituality by objectively eliminating a dualistic consciousness by trusting in the universe, and in your own evolving spiritual plan. Once you secure your own spirituality, enlightenment becomes your reality and true interconnectedness is just around the corner.*

In books, movies, and a variety of other media, the *Power of Attraction* is largely referred to as the *Law of Attraction*.

The popularity of the book and movie entitled *The Secret* (Rhonda Byrne) came at a very good time as many were ready to rehear this exciting message. This power (or law) contains the basic message of *Ask, Believe, and Receive*. This concept, although wonderfully reintroduced, has been accepted and utilized by many spiritually infused beings ever since reason entered the mortal mind.

Personally, this special *secret* has been working throughout my life, even before my formal awareness of it. Looking back to the many instances of good fortune, happenstance, learning opportunities, and people that have crossed my life path, I have a renewed understanding of *my role* in these positive creations; but for what purpose?

**Hint:** *Recall your own past positive occasions and look for understanding from the perspective of the objective observer.*

I can only speculate that each *twist of fate* was to stimulate a sort of transformation and with each transformation, another brick was laid toward the foundation (and rediscovery) of my unique spiritual plan. If this could be true for me, then wouldn’t we all want to attract our potential, have genuine conviction of the outcome, and welcome it through truthful and meaningful transformations?

**Tip:** *Spend as much time as your human and spiritual interest will allow exploring the various print, video, and cyber materials on the Law of Attraction.*

Even the chapter sequence of this book is so arranged as to reflect this philosophy.

The first eight powers are varying ways to ASK. *Appreciation, Visualization, and Attraction* are like an intimate invitation to meld our physical being with our spiritual purpose. *Intuition, Inspiration, and Positive Thinking* are ways to recognize that the invitation has been heard. *Circulation* reinforces the exchange while *Meditation* focuses the petition.

The Ninth Power, the *Power of Conviction*, is to BELIEVE without regard for or total understanding of this physical reality. To know is to know! Conviction; like any of the powers, can be personalized to the sum total of classmates enrolled in this unique classroom of life, currently over seven billion. This *personalized passion* would seem to have more to do with rediscovering our individual spiritual purpose than with the acting out of established mortal rituals. The sooner this notion is globally accepted, the sooner we can begin the actualization of *interconnectedness*.

The Tenth and final power is the *Power of Transformation*, and there is no limit to the number of times we can change important aspects of our life. All opportunities for transformation are universally given and mortally realized, which is to RECEIVE. Practicing varying degrees of renewal gives us our best chance to act on our truest selves while recalling our unique spiritual purpose. With each transformation, we transcend many learned lessons, which enables us to step back and look at ourselves from the most objective perspective conceivable... God's!

*As our understanding of the Ten Powers continue to integrate, so too will our mortal existence become enhanced.*

So just how does the *Power of Attraction* work as we continually seek to renew ourselves? Remember that we are spiritual beings role-playing in some co-created dimensional reality. Also recall that we live in a predominantly dualistic social order in which conflict is the primary focus of learning. Now consider that this unique (and chosen) existence has us materialized in this space-time temporal existence to learn and optimistically navigate away from the dominant *conflict mentality*. Of course any rationale that supports separation, fear, and conflict is mostly fortified by the still-sleeping, as evidenced in dogmatic opinions, fanatical beliefs, and elementary

*us versus them* reasoning.

*It is certain that some forthcoming class will maintain an enrollment that has the number of awakened surpassing the number of sleeping.*

It is easy, and almost seductive for us to get caught up in the daily mortal cycle of regurgitated, biased, and sensationalized global information. However, in doing so we cease to be available to our inherent ability to be open to universal possibilities. Why succumb to the illusions and trickery of the sleeping while in this dimensional landscape? In doing so, the awakened will certainly risk an impasse to their *spiritual plan awareness*.

The *Power of Attraction* becomes a way to align universal possibility with spiritual purpose. By Asking, Believing, and ultimately Receiving, a *God-connection* is established and we can be assured that our individual spiritual plan is being worked – and possibly at a subconscious level and beyond our finite scope of awareness – our collective spiritual plans are being *actualized!*

The *Power of Appreciation* and the *Power of Positive Thinking* are well suited when remembering that every classmate has a unique spiritual plan. Once we comprehend the *interconnectedness* of each other, we can then collectively use the dynamic *Power of Attraction* to further *all* of us along the path of transformation.

*Attract Collective Transformation!*

Imagine a future moment when destructive illusion fades and collective transformation brings about a rebirth of our true image, the spiritual likeness of our Creator.

*For the I Am is Us, and We are the I Am!*

Yes, there are many that are unwilling to participate in attracting a greater good. Such souls' existence may appear unworthy, unhealthy, or filled with lack of honor or respect, but what if we objectively look upon their *mortal-ego's stage production* with forgiveness and a spiritual knowing that they too are learning? Just maybe there exists some unknowable greater good in any perceived negative situation! The awakened classmate will consider this and be careful not to judge. It is very important to remember that such a soul is only a bit character in the production of whomever invites them in and is likely a teacher, or they elected to act out this particular character as a part of their spiritual learning. Remember, no matter what anyone's

*perceived* level of consciousness is, they are writing their play too! An aware and awakened entity always has the power to participate or not.

As we continue to learn how all our lives intersect, we then begin to comprehend that our roles (individually and collectively) have a greater spiritual purpose; hence attraction becomes even more attainable. When we focus on positively affecting our individual wellness, we are no doubt actively attaining awareness of our spiritual plan... and plan by plan, we all feed into a Creator-sponsored collective spiritual plan. The sum of the whole becomes greater. By concentrating on bettering our role in this play of life while being empathetic to the roles of others, we position ourselves to Ask, Believe, and Receive universal possibility; not just for ourselves, but collectively for everyone.

The mind, the body, and the spirit must be unified to attract unlimited possibilities. Our mortal minds provide psychological-emotional support and seem to work best when objective. Our unique bodies are poised to act on any physical opportunity to serve and to teach. Our spiritual relations with the One-Source provide a finite-infinite connection, and with it comes the realization of our individual spiritual purpose. All of this invites the possibility that all things imagined can exist.

There is evidence all around us in such examples as prodigies, phenoms, successful ideas, medical miracles, the arts, athletics, music, and more. It doesn't matter how they materialize or in which moment they occur, all human expressions of creative abundance are the result of someone visualizing an opportunity, having the conviction to make it real, and ultimately circulating (distributing) the beauty of their creation to any classmate willing to objectively witness and lovingly appreciate it.

Many of the world's most positively influential people have recognized at some point in their mortal life that they could not only attract and make real what they visualized, but they also realized that this is truly a dimensional birthright. This ability is not reserved for the wealthy, the healthy, the educated, or whomever... for we are all universally created equal and possess the same abundant ability to exercise this life-transforming gift.

Everyone has the ability to positively shape his or her individual life. It is first realized in the recollection of our true self before the



*here and now*, then in the alignment of our mortal self to our true spiritual purpose, and finally actualized in the ultimate transformations that prepare us for the *hereafter*.

*Any soul that is mortally conscious of their God-connection has the potential to recall and then act on their unique spiritual plan during this unique life opportunity.*

We should consider that during the quantum leaps of material and spiritual dimensions that we are *closest* to our God-Source. It must be inconceivably miraculous that we become one with Creator during the mortally feasible phases just before dimensional birth, after temporal death, and again before any rebirth. Just maybe it is in these *eternal moments* that we can fully recall our spiritual plan. Perhaps this special God-connection is a sort of spiritual *recalibration*, a state of grace that I choose to refer to as *Transcendence*.

It would seem that it is only during these chance experiential (dimensional and/or spiritual) opportunities of learning (life itself) that we are initially unconscious to the curriculum of our respective spiritual plans.

All the great temporal teachers (some known, most unknown) have found their spiritual calling while in class and among us. If we are conscious enough to awaken to our plan while living life incarnate, we shall surely transform ourselves and subsequently change the world. No one is above another in regard to the truth. Every great temporal teacher (spiritual or otherwise) has revealed through their mortal example the message of transformative truth.

*Religious fanaticism is born from the deification of our best spiritual teachers.*

One by one, our personal transformations are changing our personal world; therefore, it becomes assured that our collective transformations are changing our mutual world! By consciously (and subconsciously) aligning ourselves to our truer calling, we are making a transformation within ourselves and, one by one, we are making a contribution to the *all of us*. It is easy to look upon the expanse of this chosen dimensional existence and see the plentiful examples of those who have aligned with their respective plans while in the flesh.

The power of attracting a world that has spiritually matured to the point of outgrowing the need to perpetuate fear and separation is