

HEY!

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Get Your

BIG **“But”**

Out of the Way!

Yep, I said it. Your big “but” is getting in the way of your true desires and how you really want your life to unfold. *How?*

Take a look at your life — your work, your relationships, your spiritual beliefs, your home, your car, your surroundings. Are things the way you truly want them to be?

To answer this question, you must first realize and accept that what you *want* and what you *believe* are two very different things. When your wants and beliefs are not in alignment, what you believe is possible (or likely) is what will be manifested. The real problem is if you have a lot of *buts* in your mind as to why things can't be the way you feel they should be.

You have a choice in what you believe and feel is right and wrong. You also have a choice to determine how life looks for you.

The following is a true statement: If you want something, you are declaring and believing in its absence. The often-quoted cliché attributed to Jesus Christ is, “It is done unto you as you believe.”

Notice he did not use the words *want*, *wish* or *imagine*. Likewise, New Thought principle states you must believe you already have what you desire in order for it to take form in your experience.

It is important to examine your core beliefs and desires. Your beliefs may be sabotaging you from attaining what you truly want.

For example, if you currently live in a small apartment in a bad neighborhood and you desire to live in a large, luxury home in a wealthy neighborhood, look at your core beliefs and how they pertain to your current living situation.

Do you have any of the following “but” thoughts, compounded by a strong belief in them?

“I would live in a magnificent home, **BUT**

- it cannot happen to me. I truly can't imagine living in a big home.”
- all I have ever known is a small apartment. I truly feel more comfortable in my small apartment. I deeply believe this.”
- I believe people who live in those big houses are smarter than me.”
- I believe people who live in those big houses are better than me.”
- I believe because of my past I do not deserve the best in life. Other people are more worthy.”
- I didn't go to college. I believe that lifestyle isn't possible for me.”

Guess what?

Belief in any or all of those "buts" is exactly what is creating your circumstances and preventing you from manifesting what you claim to desire. Those statements are true only if you believe them. If you believe something else, then something else will be true for you.

Many people living in those big homes had thoughts and beliefs like these, and they manifested:

- "I cannot imagine living in a small apartment. I must live in a large, beautiful home."
- "Even though I grew up in a modest home, I am an adult now and declare that I must live in a large, beautiful home. I identify myself as living there."
- "I am smart — smarter than most people!"
- "I deserve the best life has to offer."
- "I made a lot of mistakes in my life — so what?"
- "I have a great career, I am prosperous (even though I didn't go to college), and my surroundings reflect it."

The thoughts behind the above scenarios/beliefs can be applied similarly to your relationships, career, money, health, etc.

Be honest with yourself. You believe in whatever is appearing in your life. That's a strong statement and sometimes difficult to accept, but if you are truly honest with yourself, you will see the truth in that statement.

How does spirituality, New Thought or God have anything to do with changing beliefs and ultimately changing circumstances? Here are some spiritual principles that, if accepted, might very well change your life.

Apply these to reverse the unwanted thoughts/beliefs ("buts") that are manifesting:

1. God (Spirit, Infinite Intelligence, Universal Intelligence, Energy, Mind, Love, etc.) is *everywhere* present.
2. If God is everywhere, that means God is right where I am, in me and around me. I am one with It and so is everyone else.
3. Anything is possible. God is infinite, therefore infinite possibilities exist in the present moment.
4. Spirit is all-knowing Mind in action.
5. Spirit (Life) is always working toward my good.

6. A fundamental principle of Life/Nature/God is abundance.
7. God created me and loves me unconditionally now, forever.
8. God is creative, and since I am one with It, It is creating through and as me.
9. I have a choice as to what I think and believe; therefore, I have a choice as to what is created in my experience.

As you read the above statements, do you believe any are false and/or put a *but* after them? If you refute them, they will not work to make changes for you. The only way to change anything is to make a conscious choice to change it and to believe in something else.

If something has your attention and is believed in, then you are holding it in place through consciousness. If this something is right, wrong, good, bad, serving you or not, it does not matter. It will remain and exist as part of your reality.

Only you have the ability to make changes in your wants and beliefs. These changes cannot be accomplished by a proxy. No one lives your life for you or as you. When making conscious changes and choices, it is important to recognize that your previous experiences (positive and negative) were the result of your own self.

You must take responsibility for your life, your happiness and your unhappiness. However, do not beat yourself up and be unforgiving to yourself for your mistakes. To do so would just hold you in a pattern of self-betrayal and weariness.

A better approach would be to just acknowledge responsibility in a loving manner and accept that this realization actually declares a new truth for you: You do have a power available to you and within you.

Consider this: If you have created your past, likewise you can create your present and your future. What a powerful thought! Do not be afraid of this magnificent realization. Embrace it and use it to manifest the infinite good that is always available to you! ❀

I've made a lot of mistakes.

So what?

