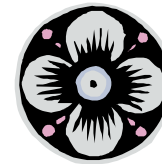


**Simple Steps
To
Getting What You Want**
A Process for Reuniting With
Yourself



**By
Marilyn Brookman**

* * * * *
* With love, *
* Marilyn Brookman *
* msb@extremezone.com *
* * * * *

Bibliography

Other books you may want to read:

The Human Side of Human Beings, Harvey Jackens

PsychoCybernetics, Maxwell Maltz

Think and Grow Rich, Napoleon Hill

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Care of the Soul, Thomas Moore

Soul Retrieval, Sandra Bergman

Other books from Wallingford Publishing

Simple Steps to Getting What you Want, by M. Brookman
(A process for re-uniting with your self)

Simple Steps to Overcoming Addictions, by M. Brookman
(A process for re-uniting with God)

Simple Steps to Healing Your Emotions, by M. Brookman
(A process for re-uniting with your Soul)

Lucifer's First Christmas, by Janet Alllyn

The Gathering Place, by Christine Torres

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E-mail steps@cyquest.com

Wallingford Publishing Company
Phoenix, AZ 85015

My Invocation

An invocation is the act of calling on God. But in this case, my Invocation is calling on you. It is for the world, and I share it with you.

I am creating a place where Acceptance is king and Love is queen.

This place is a garden filled with flowers and light and song. In my garden there is no death, no need to work, food is abundant.

This place begins in the center of me. I am the garden.

You may enter my garden and rest, but you must leave your denial outside my space. You may bring your hurts and fears and angers and I will hold you while you cry and I will comfort you.

Create your garden from the center of you. Join your garden with mine and we will make a home filled with love and acceptance for others to join.

And step by little step we will reclaim the good Earth and make her ours again.

Table of Contents

- I. The process of getting what you want
- II. The difficulties
- III. The benefits
- IV. A model for a fully functioning human
- V. Books to read

Higher Purpose

No matter what goal you decide to set—what you decide to have, be or do, if you do the process as recommended something else happens, something very important.

When we are hurt as children, but we are not allowed to process and release the hurt, a part of us fragments and carries that hurt for us. That part becomes fragmented from the whole of you. We all have many fragments, each holding a different experience and different pain. This accounts for the phenomenon of the “inner child.”

As you goal set , visualize and cry, you will find these fragments and they will tell you their need. If you let each part cry until it is done crying, it will then become a part of you again. You will be re-uniting with yourself. You can continue until you have found all your fragments become whole.

Here is a small goal you may like to try:

I have the right to live.

I have the right to live well.

I have the right to claim who I really am.

I am a part of the divine universe.

Acknowledgements

I extend my appreciation and acknowledgment for my partners, Janet Allyn and Christine Torres and give them my thanks for their support, input and courage.

Qualities a fully functioning human should have:

Intelligent
Flexible
Creative
Joyful
Peaceful
Excellent
Relaxed
Peaceful
Playful
Imaginative
Confident
Courageous
Loving
Cooperative
Affectionate
Communicative
Zestful
Endless capacity to think
Resourceful
Powerful
Rational
Intuitive
Sympathetic
Empathetic
Fulfilled
Vibrant
Valuable
Meaningful
Inspiring
Inspired
and many, many more.

The Process of Getting What You Want

How we were designed to function.

We are essentially made up of three parts:

our Spirit — represented by thoughts and ideas,
our Will (also known as the Soul) - represented by feelings,
our Body—through which we express and create.

In order to function properly, Spirit, Will and Body must work together. Each has an important role to play.

- 1) Spirit is the decision maker and leads the way to experience.
- 2) Will knows the truth about those experiences through feelings and reflects those truths to Spirit.
- 3) Spirit creates form
- 4) Will fills the form with content.
- 5) Without Will, Spirit's ideas run amok.
- 6) Without Spirit, Will bogs down.
- 7) Spirit brings Light, Will brings love.
- 8) All creation and manifestation is done through the Body.

What goes wrong?

If Spirit thinks of itself as the Boss, rather than the Leader, what is created is off balance because Will is unable to reflect the truth to a tyrant.

If Spirit does not honor the Will's feelings and listen to and accept the Will's reflection, Spirit's creations have no meaning.

If Will's feelings are not accepted, it becomes crippled and can no longer reflect the truth.

If Will's feelings are not allowed to process and be released, Will's feelings will erupt and act out inappropriately.

In this state, the Spirit is diseased, the Will is crippled and the Body is lost.

The Beginning

In order to be in charge of your life (as much as anyone can) and thereby get what you want
or have what you want ,
accomplish what you want, or
be what you want,
you must first understand that the power to be in charge of your life comes from within you.

It does not come from controlling what is going on outside of you; not events or people or situations. The only thing you can control is yourself.

All I can teach you here is what the process is and how it works. You must have the perseverance and the patience to put the process into action. And you must provide the courage and the stamina to accept and deal with what comes.

If this sounds ominous, it's because it can feel ominous. Bad things will not happen in the outside world. You will see good things happen in your life. But you may have to face difficult things inside of you, that you have been hiding from yourself.

Pull up your courage and your personal power. I will give you here not only the process, but the tools to deal with any problems that arise as you go forward.

The Process

1. Decide what you want
2. See it clearly in your mind and feel it in your heart
3. Be prepared for what happens

Deciding what you want is the goal

A goal is simply a decision, something you want to accomplish, have, or be. You do it all the time. It is as simple as deciding you want to have Mexican food for dinner (the goal) and taking the steps to get or cook the food.

A goal actually has 4 parts which it is helpful to understand:

1. The Purpose

The purpose of the goal is the benefit of what you expect to achieve or have happen once the goal is accomplished. This is often called the Higher Purpose, especially if you are dealing with a life goal.

But to use the Mexican food as an example, the purpose of eating is to live, but you also expect to enjoy the food, feel satisfied after you eat, and know that you can take care of your body with both emotional nourishment and physical nutrition.

It is important to understand your purpose because that is how you will know if you have succeeded in your goal setting process. Also, your purpose will infuse your goal setting with images, feelings and desires.

2. The Goal

A decision must first be made to change something in your life. You then create a goal that represents the change and which will fulfill your purpose.

Simple decisions, like having Mexican food, do not need a formal goal. You already know how to accomplish all the simple goals in life that you do every day. It is the things in your life that you have not yet accomplished that require a goal. Those things that require a commitment and a personal or life style change.

A Model for a Fully Functioning Human

3. The Plan

A plan always has a time frame attached to it and helps us to keep our goals in mind. One should probably be working the plan every day, in some way, even if it is non-active. But the plan always leads to your daily activity.

4. The Activity

Activity is done on a daily basis and can be used with a planner. Each day something is done to help accomplish the goal. Time frames can be set here.

Why we don't set goals

1. We don't know what we want
2. We don't believe we deserve it
3. We are afraid of success
4. We are afraid of failure
5. We don't really believe the goal is possible
6. We don't believe we can accomplish the goal
7. We have an investment in the way things are
8. We can't commit, not enough desire
9. Don't want to be responsible for ourselves
10. We are afraid we will be locked into the goal forever

Hopefully, we can face these fairly easily, because although they may seem scary, they are not life threatening.

Setting the Goal

A goal is set by claiming the reality of the event as an actuality. It is important to set a goal in writing.

Claim the goal in the first person, present tense (as if it has already happened) and be as positive as possible. Write it on a 3x5 card or in your calendar diary and read it every day.

Sample Goals

I am earning \$3,000 per month, every month. I am earning this money by using my skills and talents. I enjoy my work and the people I work for value me and are pleased with what I do. This work leaves me enough free time to enjoy my family, my hobbies and my inner life.

I am losing weight. I am losing 1-2 pounds per week every week until I reach my ideal weight of 140 lbs. I am healthy and my body feels good. All the cells in my body are nourished by Loving Light. I feel full and satisfied with small amounts of healthy food. My body is strong and youthful and vital.

I have many happy relationships. I have people in my life who love me and want to be with me. I am a good friend and a faithful lover. I am an excellent parent. I am honest in all my relationships and give of my time, my attention and my self. I am happy and fulfilled in my relationships.

I am living with my family as a wonderfully supportive community. We are bonded by a common goal. We help each other and share resources. We all take care of the children who are our responsibility. We have time together to share and support each other and we are growing in our common goal..

Some of the Benefits of Goal Setting and Releasing Emotions

1. The process develops desire—which helps counter pain
2. The process develops faith, which helps counter fear.
3. The process develops persistence and tenacity which counters discouragement.
4. It increases our will to grow.
5. It helps to develop a personal philosophy of life which brings peace.
6. It increases our personal power.
7. It makes us aware of the teacher within.
8. It lessens our isolation
9. It alleviates depression
10. It invites shifts in consciousness
11. It promotes healing of physical disease
12. It allows you to change your life
13. It allows you to let others release their feelings, especially children.

Tips for Goals Setting

1. Goals should be first person (I), present tense (am), and positive (living in a beautiful house).
2. They should be constructive, and clearly defined.
3. They must be in alignment with your personal philosophy.
4. You can have more than one goal, but all goals must be in alignment with each other.
5. Remember, a goal can be changed, You may discover that a goal is longer important and adopt a new goal instead. Goals should reflect who you are, and you may change.
6. You must not set goals for another person. This is an individual process, and each individual must do their own. Also, you must not set a goal that manipulates someone else to do your bidding. This never works.
7. Look at the major areas of your life and set goals for all if you wish.



Exercise

Make a wish list of things you want to do, to be and to have.. See if you can get your list up to 25 items. Do not pass judgment on your wishes. Let them flow from all parts of you, young and old. There is no right or wrong on these wishes, but only the flow of desire—new desires and old desires. Keep your list and add to it. The wishes on your list are not a commitment, but is a creative process for your inner self.

Visualizing/Feeling

This part of the process is the most personal but also the most important. Without this step, the magic never happens. To begin you must get your body and mind to relax. Set aside your worries and problems and tell every muscle, every cell in your body to let go. Scientists call the place you must go, based on what happens to your brain waves, the “alpha state.” You will not be asleep, but you will not be your usual waking self. Deep, relaxing breathing will help.

Next, you will access a part of you that is mostly ignored. Your conscious mind must become gently aware of your subconscious or unconscious.

The part of you we call the subconscious, does not usually communicate in words. It communicates in pictures and feelings. And since this is the part of you that will do the inner work of accomplishing your goal, you must “tell” it what you want in pictures and feelings. In your imagination you can create pictures of what you want to accomplish. Let your inner self “feel” the pleasure of accomplishing your goal. Bring your desire to the pictures, and all the feelings you have about the goal.

The more time you take to do this step, the more pictures and feelings will come up. Your inner self will be cooperating with you to accomplish your goal. It is important to realize that if you don’t really want to accomplish your goal, your inner self will not help you much. This is part of knowing who you are and finding out what you really want, not responding to what you think you want in the world’s eyes or what the world thinks you should do and be and have.

This step will happen in your own unique way. There are no rights and wrongs here.

The visualizing/feeling process activates the Creative Mechanism in your subconscious. This Creative Mechanism

Benefits of Goal Setting and Releasing Emotions

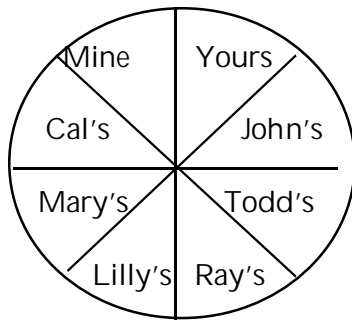
is the part of you that automatically begins to magnetize your world so that your goal will become a manifested reality.

Putting the process into simple steps:

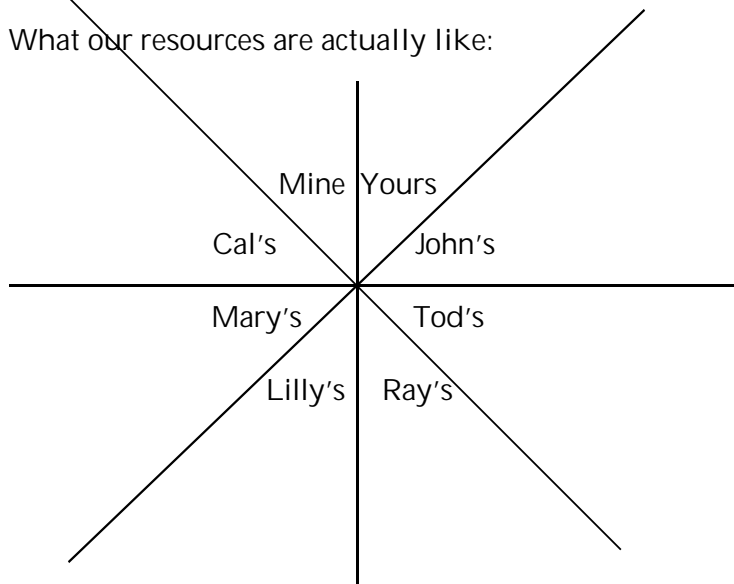
1. Relax your body and mind, breathe deeply and let all your muscles relax. Keep your breathing slow and deep. This is a meditative state and if you have a problem with this there are many books designed to teach you how. (See Bibliography p.35.)
2. Having already memorized your goal, let the words run through your mind.
3. Picture yourself having accomplished your goal. One way is to see yourself as if in a mirror or on a TV or movie screen. See your goal as being already accomplished and as if you are in your own body, looking out of your eyes. See yourself as drawing your goal to you and around you. Say the goal as you are picturing this process.
4. Let your desire surface, the desire to have this goal accomplished. Let your feelings surface, the ones that will come when the goal is accomplished—joy, happiness, peace, pleasure—whatever it is for you. Put as much emotion into your Visualizing/Feeling process as you can. If you have trouble with the picturing process, spend more time on the feeling process.
5. Spend whatever time you can in this imagining and feeling process. The place where you go to do this is like a Magic Room, and will assist you. After you have become comfortable with the process, your own imagination and feelings will bring forth pictures and new ideas and will be creative for you. Let it flow in your own personal way!
6. Once you have done your daily visualizing/feeling process, then it is time to let go and trust. Don't fret or worry. Don't try to live in the goal. Live in your body, and in the world.

This process will bring up your personal power. It is a good power and does not dominate or control. You do not need to worry about taking resources from other people. In the world of your Magic Room, resources are unlimited.

How we think about resources:



What our resources are actually like:



Visualize/Feel every day, twice a day if you can. If you miss, don't worry about it. Just come back to it when you can.

Some Quotes About Emotions

"The source of human irrationality is located in the distress experiences which the human has undergone and has not been permitted to recover from completely."

Harvey Jackens
The Human Side of Human Beings

"Our emotions are the powerhouse of our human nature. They are the cornerstone of our creativity. Our emotions give us the ability to live our lives with passion. Out of this passion comes the creative genius in all areas of life: the arts, music, literature, inventions, science.

Our emotions are there to guide us in our decision making. Our emotions can be the compass for guiding our direction as we travel along the pathway of life. People who are not in touch with their emotions, have no compass for their journey. They meander through life avoiding decisions or turning their decisions over to other people in their life. Or they make decisions based only on intellect, leaving out their heart."

Sharon J. Wendt, PhD
In her book *Healing the Heart, Healing the Soul*

"Feelings are real. They are not ideas that can be turned off. They are not abstractions. They are physical manifestations of energy, uniting body and mind and bringing them to the moment."

Gabrielle Roth, Psychotherapist
In her book *Maps to Ecstasy*

In research done by the Menninger Clinic, who originated biofeedback, healers whose energy output is motivated by love emit a life energy that is one million times stronger than the voltage of the human heart.

from *Love is Energy*

"The great malady of the 20th Century implicated in all of our troubles and affecting us individually and socially is "loss of soul."

Thomas Moore
Care of the Soul

3. Re-Evaluating

This is also a spontaneous process that takes place when you have cried enough tears to make a space so that you can think. You literally free up space in your brain to think. New awareness begins to surface, along with new understandings. Sometimes it feels like an Einsteinian A-HA! Our mind responds to the opening and unfreezing of emotions, and then our feelings and our thoughts work together to see things in a new and creative way. Many judgments that were frozen in place by underlying pain naturally dissolve here.

4. Adjustment

An adjustment period takes place based on the changes we feel. It is always positive. If you are feeling negative about something or someone, then you have not finished crying. In the end, this process does not bring you to a place that is unloving or angry. It always takes you to a place that is loving and forgiving. It brings you to a new place of understanding others and gives you the courage to change your life. It is the most life-affirming process that you could ever experience.

My feelings are good. I listen to what my feelings have to tell me about myself. My feelings tell me who I am, what I like and what I don't like. Painful feelings are good because they tell me when it is time to stop an experience that is hurting me.

I accept that I have old, stored feelings. I free myself from the tyranny of my old stored feelings by letting them come into my consciousness and letting my body release them through my tears. I embrace and honor the part of me that feels. I honor my feelings as valid.

Crying—when I do it and when others do it—is beautiful.

The Difficulties

There are four phases to the process.

1. Getting to it.

First you must get in touch with the pain, with the parts in denial, and remember the feelings. You must bring the feelings to the surface of your consciousness.

This phase can include things like banging on pillows, yelling, growling, using judgment release statements, doing formal goal-setting (note cards, written statements, whatever), even visualizing and affirmations.

It can include imagery, picturing events or people. Both mental and emotional tools can be used...but the purpose is to get to step two. Do not stop with step one, or skip to step three and work to re-evaluate and release judgments without going through step two.

2. Ignition.

Actually allow the emotions to move. Cry. Let yourself express and move the feelings with tears, sobbing, shivering, shaking, yawning, laughing; sometimes accompanied by words, screaming, yelling, growling, physical movement. This is all part of the release process.

Once ignition is achieved the emotions themselves dictate the expression. Spontaneous combustion occurs. Usually movement during this phase does a sort of ebb and flow. Start/stop. Resistance and mental activity may try to stop the process or move on to step three. But again, this 2nd step is the most important, and more time should be spent here than on the other two if possible.

If you have been very distanced from your feelings, it may take a long time doing phase one to GET to phase two, but the important thing is to know that phase one is only a stepping stone, it's not the place to stop.

Some of the Benefits of Releasing Emotions

1. Alleviates depression
2. Invites shifts in consciousness
3. Promotes healing of physical disease
4. Allows you to change your life
5. Allows you to let others release their feelings, especially children.

But How Do I Release Emotions?

Every child knows instinctively how to release emotions.

They cry.

They cry when they are sad, when they are hurt, when they are angry.

We have to teach children not to cry, just as you were taught not to cry. Think of all the things we say to children to teach them not to cry. And all the things we say to adults to stop them from releasing their feelings also:

Don't be a baby
You're a cry baby
If you don't stop crying, I'll give you something to cry about
Get a hold of yourself
You've lost it

Each of these messages tell us that releasing feelings is a bad thing and we would better off to suppress emotions or overcome them. Unfortunately, suppressed feelings are very dangerous and keep us from being who we truly are. Our faulty Belief System not only keeps us from creating a better life, it keeps us from the most effective way to solve our deepest and most self-destructive problems.

If you should decide to change your mistaken beliefs about tears, and let yourself cry when you need to, here are some guide lines.

Difficulties

Most people who are serious about accomplishing a goal, find that the goal setting process can be disorienting and sometimes very difficult.

There is a reasonable explanation for this.

The Belief System

As children, we are surrounded by people and experiences that help us to form a Belief System. Each person's Belief System is unique, but has many components programmed by our parents, family, teachers, peers and experiences. The Belief System becomes our way of looking at the world. It is our comfort zone, what we believe is reality, and if someone threatens it, we become unsure, disoriented and often angry.

The Great Impact of Experience

Our experiences have the most impact on our Belief System. Someone talking to us and telling us something, does not have the same impact as someone hitting us.

What happens when we have a painful experience? We try to figure out what happened, so that we can keep it from happening again. That "figuring out" process becomes a part of our Belief System. And this can be very faulty when we are young and do not have enough information.

Our Belief System is never completely true, and is only as good and real as those around can provide. We always have mistaken beliefs about the world, and especially about ourselves

The Hidden Trap Doors

The biggest problem comes when we threaten to change the Belief System by goal setting, visualizing and feeling.

When we have a traumatic experience, there is always pain. Hurt feelings, hurt bodies, hurt pride, a sense of injustice, and more. These feelings would go away if we were allowed to process them fully, but that does not happen in our world.

So instead, the feelings go into the memory bank with the memory. Two nasty things happen then:

1. Your memory becomes faulty and
2. When your memory is triggered, your pain is also triggered.

We spend a great deal of our time staying away from things that will trigger our old painful experiences and the feelings that go with them, including some of the things we want most.

If we want to change the lack of money in our life, and we have painful memories about lack of resources from our childhood, the setting of that goal will bring up the memories of lack as well as the pain we felt.

These are the hidden trap doors that will open and cause us difficulty when we try to change our lives. At this point, as adults, we find ourselves boxed in by our old Belief System and we become a victim of our past. We are not able to live creatively, with joy and anticipation. We are in chains.

Should I Proceed?

In order to change my ability to accomplish something (such as earning more money) I must change my Belief System. But if I set a goal which is contrary to what is in my hidden Belief System, or triggers an old experience and the pain that was involved, I first get confused and disoriented. I believe that something is wrong, but I don't know what and a feeling of discomfort surfaces at the changes taking place inside my mind and heart. Old, painful feelings begin to rise up and ask for attention.

Why should I proceed when, during my whole life, I have been taught to avoid these painful feelings because they make me weak, stupid and crazy and make me need to cry.

The Simple Answer

What you believe about emotions is not true!

It is time to face the truth about feelings.

We have tried everything else and nothing else works!

We need to face our old feelings and process them.

And even science is discovering that unexpressed tears carry carcinogens (poisons) that can cause illness.

Contrary to what our faulty belief systems have told us, and what those around us have believed, tears do not make us weak. They are the strongest force in the world and can literally cure all woes!

Unreleased emotions can cause a great deal of damage. People have been known to die of heartbreak.