

What You Want Challenge Mentoring

The *What You Want Challenge* is simply this:

Can you give more attention to what you want than you give to everything else?

Why would you want to do this?

Because it's the quickest way to have what you want.

Are you up for the challenge? If so, I can help.

This mentoring, along with the contents of www.ChangeYourMynd.com, is dedicated to this one task... helping you create a life you love by managing your attention.

Short version of the mentoring:

Decide what you want and give that your attention.

Longer version:

Get very clear about what you truly want, the very essence of what you want, and give more attention to that than you give to all that other stuff.

You know the stuff...

- what you don't want,
- what you don't like,
- what you wish would change,
- what you wish wouldn't change,
- what you don't care about,
- what doesn't interest you,
- what someone else said that didn't pertain to you,
- what you think might happen,
- what you should've said/did,
- what you think you should say/do,
- figuring out how to get what you want,
- what you wish someone else would say/do,
- all the reasons you think you can't be, do, or have what you want,
- all those stupid T.V. commercials,
- blah, blah, blah... get the point?

Full version:

See below.

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Introduction

Attention is the creative energy that sustains reality...literally. Quantum physics is demonstrating that the act of observing (directing attention toward) changes that which is observed...literally changing non-physical wave functions to physical particles and back to wave functions when attention is removed.

Can you get the power of this?!

What you give your attention to, you make more real in your life! What you remove attention from, you stop experiencing.

Do you want more of what you typically give your attention to? More of the same rolling from the future into the past?

What thoughts do you empower with your attention? Thoughts are the medium through which you direct your attention to create your reality.

Do you even realize how much you empower to continue in your life that you wish wasn't there? You can't resist something, without giving it your attention.

Nobody told us this! Why weren't we told to pay attention to what we pay attention to?

Consider yourself told.

Would you like to know how to manage your attention deliberately so you can invest it in what you want instead of paying for a reality you don't prefer? Good! You've come to the right place.

My name is Shelia Norling. I'll be your Attention Mentor in this challenge. I'm here to help you enjoy the process and succeed wildly. Stay with it... the payoff is living a life you love.

It will better serve everyone to communicate through the blog at www.ChangeYourMynd.com instead of via email.

Feel free to pass this along to people you know ;~)

If you're not comfortable communicating through the blog (try it, it's easier than you might think), you may still request assistance at questions@ChangeYourMynd.com Please be aware that it may take some time for me to reply.

If you have questions, please visit www.ChangeYourMynd.com and click Q&A in the header menu to view answers to previously asked questions. If you don't find the answer you're looking for, please post your question to www.ChangeYourMynd.com/337/whats-your-question

I'd love to hear any feedback you'd care to offer as well. I've created a post for your feedback at www.ChangeYourMynd.com/341/what-do-you-think-of-the-wywc Please add your replies there for everyone's benefit.

Resistance Is Futile

How much attention do you give to not having as much money as you want? Or not having the body you want? Or not having the lover you want?

Every time you think, “I can’t have _____.” or “I don’t have _____.” you’re empowering that reality with your attention.

Every time you complain about how you look, or the weather, or the jerk at work, or your mother-in-law, etc. you empower that to continue in your life.

Every time you think, “This will make me fat.” or “I’m going to be late again.” you solidify that reality.

Resisting resistance doesn’t work either, by the way. Wishful thinking don’t make it so.

Being attached to having what you want show up a certain way, is resisting not being in control. Allow what you want to show up synchronistically.

The only way to recover the attention you're feeding to that which you resist, is to stop resisting it.

Yeah, I know... easier said than done. Luckily I have just the tool for that! I could call it my Resistance Blaster but I decided to call it JATAT (Just A Thought About That™) instead. When you read my **JATAT Guidebook**, you'll understand why.

You're in luck!! For this millennium only, you can download my JATAT Guidebook absolutely free! Just go to www.ChangeYourMynd.com/155/jatat and click the magic button. No, there's no catch and it's not a sales pitch... just a simple process that provides a shift in perspective that allows you to have what you want, effective immediately.

Hey, while you're there, read my article ***Resistance is Futile: What You Resist You Empower***. You can see a complete list of my books, reports and articles at www.changeyourmynd.com/books-more

Recovering Attention

You literally invest your attention into what ever you put it on. Remember, it's the creative energy that sustains reality.

Picture Spiderman attaching his web-string to everything he sees and has a thought about - all at the same time! It's no wonder we feel exhausted when our mind is full.

That's the value of a long, relaxing vacation... we recover the attention we had scattered and attached to everything when we stop thinking about it so much (i.e. feeding it attention).

The thing to notice here is that you **recover attention by getting out of your mind**.

Whether you realize it or not, you also have attention on all the stuff in your environment.

The combination of all the clutter in your mind and all the clutter in your environment can be quite exhaustive, leaving little to nothing left over for creating what you want.

To increase the amount of attention you have available to invest in what you want, you may need to recover some that you've invested in other stuff (i.e. that phone call you've been meaning to make, that mess in the garage you've been meaning to sort through, that pile on your desk you've been meaning to file, the stories you have running on a repeat loop - yes! all of these eat up your available attention).

Here are a few questions to ponder...

1. What tasks are consuming my attention even though I'm not focusing on them specifically? (i.e. things needing to be done...

filing, taxes, gardening, repairs, cleaning, apologies, thank you's, etc.)

2. What stuff could I give away, discard, or return?

3. What needs repaired or discarded? (i.e. sewing that button on that shirt)

4. What stories do I have that I could let go of? See the *It's All Stories* section for help with this. (i.e. "I can't believe she said that! Who does she think she is? The very nerve of her!" repeat... or "He said he would clean it before he returned it! Look at this mess! I'm never loaning him my stuff ever again!" repeat...)

Public storage is a booming business because our stuff fills every crack and crevice of our space. Have you ever cleaned out the garage or your closet and felt freer, lighter? That's attention detaching from the stuff and returning to your attention bank account.

Ever finally made that call or said what was on your mind and felt energized? We spend more attention on those “I’m gonna” thoughts than you might imagine. Just do it or decide not to... either way you recover the attention (hint: the relief is in the decision).

You can **download a simple flowchart** to help you organize your stuff from www.ChangeYourMynd.com/1175/recovering-attention. Use it when answering these questions (and others like them) to help you recover attention so you can re-invest it in what you want. The flowchart is based on David Allen's book *Getting Things Done: The Art of Stress-Free Productivity* and his system for getting out of your mind and managing your stuff more effortlessly...I highly recommend his book!

As you go through your day, notice what you give your attention to... you will likely be surprised just how little of it is what you want.

What's The Plan?

In order to give A LOT more attention to what you want, you need to clearly define what that is.

The more clear you can become about **exactly** what you want to experience, the more easily you can give that your attention.

This is the fun part! Really let your imagination run wild...okay, not that wild, but don't hold back too much. And don't give ANY attention to how you're going to get what you want...for now, just make a long list of everything you'd really like to experience. I have a tool to help you with that but let's not get ahead of ourselves. Start with everything that easily comes to mind. We'll get to the other stuff a little later.

The emphasis here is on *what you want*, not what you *don't* want. **List and describe the actual experience you want to have.** For

example, do you want to “lose weight” or “be slim?” I’d venture to guess that most people who want to “lose weight” have done so over and over. Do you want to continue “losing weight” or “feel great sliding into those smaller jeans?”

Do you want to “buy a new car” or “own a new car?” Seems like an insignificant difference but owning it doesn’t mean you paid for it (maybe you won it), while buying it does.

Too often we give our attention to what we think we need to do to have what we want. We try to make some money, so we can go to the store, so we can buy a drill bit, so we can drill a hole, when what we really want is the hole.

A dear friend of mine has taken an interest in sailing. He was calculating all the costs involved in owning and maintaining a really nice sailboat and trying to make the money so he could have his own sailboat and sail whenever and wherever he wanted. He determined it was very expensive and there

were a lot of details to manage. He realized all he really wanted was to sail. He didn't really want to deal with all the costs and headaches of owning the sailboat, but that was what he originally thought was necessary. Once he got clear, an opportunity presented itself whereby he got paid to captain a VERY nice sailboat, sailing whenever and wherever he wanted, and never had to deal with the logistics and costs of ownership.

I share a story on my website that was a pivotal experience for me. While in college, I hit a snag that logically had no resolution that I could see. I knew what I wanted but I had no idea how to get it and surprisingly (at least to me at the time) I had no attention on how I was going to get it. I suppose that's not entirely true... I had an intuitive knowing that didn't make logical sense but I acted on it anyway. You can read my story at www.ChangeYourMynd.com/120/magic-in-college

The point is, we don't have to know ahead of time how we're going to get what we want. Giving attention to what you want, without regard to how it will happen, empowers the "having" instead of the "not having."

I have another reading assignment for you. I know, but this one will be fun. Go to www.changeyourmynd.com/books-more and download the free report entitled **You Can Have Time Freedom - Right Now!** This report outlines a plan for creating the time freedom to enjoy your life. Don't just read it, actually do what it suggests so you can start basking in the lifestyle of your choosing.

One of the suggestions is to download another free report of mine entitled, **What Do I REALLY Want?** This report offers an extensive questionnaire to help you get VERY clear about what you want. It also addresses the issue of empowering "having" instead of "not having."

Shameless plug... I give away A LOT of great stuff free on www.ChangeYourMynd.com and I don't even ask for your email address and try to sell you something over and over down the road. I will tell you, though, I do have some great products for sale too at www.changeyourmynd.com/books-more and my *Free Your Mynd* seminars are a smash hit!

Shameless bribe... While I'm at it, I should mention that when you buy something from me, I capture your email address (so I can email you your product) and I give my customers first dibs at reserving a seat at my *Free Your Mynd* seminars and I give away a free one-hour phone consultation to a lucky customer every week! I also have free conference calls that I only tell my customers about so they can ask me questions directly. Just thought I should mention that... now back to our regularly scheduled attention mentoring ;~)

Okay...maybe I'm having too much fun, but that's what I give *my* attention to... life is fun

when you let go of all the stories. I love to laugh and I laugh A LOT ;~)

It's All Just a Story

See if you recognize any of these stories as something similar to what you're empowering with your attention.

I never have enough time (or money).

It takes me a while to understand things.

I can't seem to get organized.

If it weren't for bad luck, I'd have no luck at all.

It's better than being alone.

If I don't do it, it won't get done.

I'm too tired to exercise.

If something can go wrong, it usually does.

I'll never change.

These, and others like them, are stories we empower with our attention that take the fun out of life (to say the least).

Attention is the commodity we use to pay for reality. If you don't like your reality, stop paying for it with your attention.

Check out my JATAT Workbook for a list of over 140 of these statements and lots and lots of ways to excavate all the useless @#\$% from your mind. (Isn't it funny how we can get away with @#\$% but we can't say crap? What's up with that? We're all adults here.)

What stories are you making real? **Here's your next assignment:** Notice your stories...all of them...and it's all stories.

The first time you taste your favorite treat without the guilt and the story about how it's

bad for you, you will truly understand what I'm talking about here. The first time you enjoy sex without all the mind chatter, you will thank me. (okay, that last one was for the ladies... we all know men don't think about anything else during sex LOL) Savor life in the moment... without the story.

We operate through our stories so completely that we lose touch with what's in front of us in this moment. We're especially bad about running stories about the people in our lives...

He never pays attention to me. My kids don't mind me. He will never amount to anything. She's always late. My wife _____. My boss _____. That waitress _____.

It's all just stories! Stop it! Use JATAT - that's what it's for.

Funny video: Check out Bob Newhart's skit at <http://vimeo.com/10880189>

You will be amazed at the immediate changes you will experience in your life when you change your stories. Play with it... it's fun! Change your story about your waitress and see if you get better service - immediately ;~)

Eventually, you may decide to explore the bliss beyond the stories, but for now simply shift your attention to what you prefer. It's all stories, so you might as well make up stories you like.

Here's another great video... As long as we're still entertaining stories, this little girl has the right idea. <http://www.youtube.com/watch?v=qR3rK0kZFkg>

I will warn you, however, that sayin' it don't make it so. If you're not handling the underlying resistance, you're just frosting a shit cake.

Feel It!

Want a magic bullet? **Skip right to feeling what it will feel like to have what you want and then increase the intensity and duration of the feeling.** This will attract what you want into your life quicker than anything else.

I know, there's a lot of hype going around about the Law of Attraction, but it was a law of physics long before the media got hold of it. Simply put, everything is energy (i.e. as Albert Einstein said, $E=MC^2$) and energy vibrates. This vibration attracts other energy with a similar vibration.

How, you might ask, does one "increase the intensity and duration of the feeling?" Give it your attention.

This magic bullet is brought to you by my article, ***What You Want Wants You***. You can read the entire article at

www.changeyourmynd.com/135/what-you-want-wants-you

Everything we want (literally everything) comes down to a sensation in the body. As in the example I used before, we think we want money to buy a drill bit, but really what we want is a hole.

When you get really honest with yourself and you feel into why you want what you want, you will be able to identify the sensation that you believe having what you want will give you.

Ask yourself, “What will having this give me?” and then ask yourself the same question regarding your answer until you get down to the actual sensation being/doing/having it will give you.

For example, if you say you want to have money and you determine that having money will give you time freedom, you would then determine what having time freedom would give you.

Perhaps you believe having time freedom will give you a lack of something you dread, such as that sinking feeling Sunday night when you know you have to go back to work Monday morning. Or, perhaps you won't have that rushed, overwhelmed feeling of having too much to do and too little time. These are the sensations you don't want. Dig deeper... what would not having that feeling feel like?

If you can identify what it is you want to stop feeling, but you can't quite identify the sensation you want, perhaps sometime in your subjective laboratory is in order (see below).

Perhaps you believe having time freedom will give you a sense of feeling powerful and in charge of your life. Where do you feel that "powerful and in charge of your life" sensation in your body? Is there something even beyond that? Do you sense any resistance to not feeling "powerful and in charge of your life?" Long as you're there, you might as well JATAT that ;~)

Your Subjective Laboratory

Once you've identified exactly what you want to experience (and even as a way to do so), **use your imagination to create that sensation in your body and enliven it with your attention.** This may take some practice if you haven't been in your subjective laboratory for a while.

Your subjective reality is the inner world you experience in your mind, and your objective reality is the result of what you experience in your mind.

Use the combined power of your memory and imagination to create the sensations you think having what you want will give you.

For example, remember a time you felt "powerful and in charge of your life" and embellish that with your imagination. If you don't have a memory of that sensation, you will

need to use more imagination until you get a sense of what it would feel like.

Once you feel what it feels like in your body, turn up the intensity of the sensation using your imagination. Really step into the experience of it and have the experience in your subjective reality as real as you can make it. When you do so, you will feel the sensation in your body.

It might be helpful to practice on a sensation you're more familiar with.

For example, if you've successfully created situations in your life where you feel completely acknowledged for what you contribute, go into a memory of your favorite moments of being acknowledged and remember what that felt like in your body. Really savor the sensation. Identify where in your body you feel it. Imagine describing the feeling to someone you trust completely. Stay in the feeling as long as you can.

Once you feel more comfortable intensifying a sensation, practice on the sensations you want to have.

If you're still wondering what's the point of all this, perhaps now would be a good time to read ***What You Want Wants You***. Reading the next section may also help.

A Reflection of the Mind

To give you an example of the effect the mind has on reality, consider the case of multiple personalities. It's been well documented that some people with multiple personalities change in dramatic ways when their personalities change.

Cases have been seen where diseases like diabetes and asthma are there when one personality is dominant and not when another personality is dominant - in the same body! Warts and prominent scars come and go as the

personality changes. Eye color and voice pattern, considered unique to every individual, change. The body is truly only a reflection of the thoughts held in the mind, and in the case of these multiple personalities, the foundational thoughts about the individual are very different in the different personalities.

When I first learned this, I was so fascinated by the possibilities, I stopped telling my scar stories to see if my scars would go away if I stopped giving them attention. What do you know?! The scars vanished!

The body is said to renew itself completely every seven years. If this is true, why do we still have scars from 20 years ago? Because we continue to entertain the stories that tells our DNA what to rebuild.

Years ago I was teaching a course and one of my students had a severe case of asthma. She didn't dare move beyond arm's reach of her inhaler. When she discovered the story that was creating her asthma, she stopped it. She

left that course without asthma and without her inhaler.

I worked with a lady recently who had experienced severe pain in both her hands for nearly 5 years. She said she had lost all sense of touch in her hands and was unable to type or wear rings. She had been told she had Carpal Tunnel Syndrome and had already had surgery on one hand that she said just made it worse. I helped her direct her attention in a specific way and within less than an hour, her hands returned completely to normal, the pain was gone and her sense of touch returned. She called me the next day excited to share that she could wear her rings for the first time in years and was able to type, even on her phone! I simply helped her manage her attention to release the pain quickly and permanently.

“The placebo effect is the fact that a belief that a person has can override their biology. Science has recognized that at least one third of all healings – including drugs, surgeries and

other allopathic interventions – one third of all healings has nothing to do with the process, but has to do with the placebo effect.” Dr. Bruce Lipton

“Emotion arises at the place where mind and body meet. It is the body's reaction to your mind – or you might say, a reflection of your mind in the body.” Eckhart Tolle

Why do we go to the movies or read fictional books? To experience the sensations in our body elicited by our mind's response to the story. Without ever leaving the comfort of our home, we can be chased by the bad guys, go on a romantic date, fall in love, blow shit up, fly like superman, you name it.

We can experience the full range of emotions without the messy bother of going through it “out there.” Wanna cry? Wanna laugh? Wanna feel the adrenaline? Go to the movies.

Stories, thoughts, beliefs, are all words for the filters that we direct our attention through to

create our reality. That which we give attention to in our subjective reality, shows up in our objective reality.

This may not always be obvious. What you experience as your life is a blending of all that to which you give your attention. You're creating what you want, but you're also creating what you don't want. The blending of these shows up as your life.

For example, if you want to experience yellow and you resist experiencing red, what shows up is orange - a blending of the yellow and the red.

Want to experience more of what you want?
Delete what you don't want from the equation and you will be left with more of what you want. Stop feeding the "red" with your attention, and it will stop mucking up your "yellow." Just JATAT that ;~)

Evolutionary Conversations

Evolutionary conversations can expedite your experience of what you prefer.

Evolutionary conversations are conversations that assist in our evolution toward greater and greater states of power and freedom.

Everything is energy and energy naturally seeks to evolve to greater and greater states of power and freedom. We can accelerate this natural tendency in our own lives by managing our attention and our thoughts.

Attention is our creative energy and our thoughts are the medium through which we direct our attention to manifest our reality. Thoughts, like everything else, are energy patterns that have a vibrational frequency that attract similar vibrational frequencies.

The good news is that since higher vibration thoughts are more powerful than lower

vibration thoughts, a single high vibration thought can “override” many low vibration thoughts. This gives us the ability to continually move to higher thoughts instead of getting stuck in lower vibrations. Holding and sending higher vibration thoughts (i.e. love, peace, joy) can have a healing effect on any situation.

As energy beings, we express as the sum total of the thoughts we entertain, both consciously and unconsciously. Deliberately choosing higher vibration thoughts expedites our evolution to the expression of greater power and freedom in our lives.

When you become aware that ALL your suffering is caused by experiencing your own lower vibration thoughts, you become empowered to choose your thoughts deliberately.

Choosing higher vibration thoughts is simply choosing to focus your attention on what you prefer (i.e. peace, joy, love, fun, comfort, security, etc.) and recognizing that anything in

your mind that's not what you prefer, is just your thought about that (whatever the thought pertains to).

Conversations increase our awareness of the thoughts through which we operate. It's often easier to recognize other people's thoughts/stories and doing so can shine the light of awareness on our own thoughts.

If we have conversations with the intention to notice our thoughts and become aware of the stories through which we're operating, we can more quickly recognize those thoughts that aren't serving our highest choice.

If we have conversations with others who are aware of the effect their thoughts are having on their experience, we can agree to gently point out to each other thoughts that we may not otherwise realize we have.

For example, one might be in the habit of affirming that "I never have enough time" and not even realize that they're operating through

that thought. It might be easier for someone else to recognize and gently point it out by asking, for example, “Do you realize, that’s just your thought about that?”

In recognition of the evolutionary power of conversation, I am creating many ways for us to engage in intentional, evolutionary conversations locally in your community and worldwide. Stay tuned for announcements and let me know if you have an interest!

Suggest evolutionary conversations to people you know to get the most out of your conversations. Invite them to www.ChangeYourMynd.com to download the JATAT Guidebook.

What Now?

Hopefully you’ve found this mentoring helpful and you feel empowered to create more of what you want in your life.

Helping you have more of what you want is what I want and that's what I'm choosing to empower with my attention.

It is my hope that you will engage in conversation at www.ChangeYourMynd.com, read my materials and apply what you learn, and join us in great locations around the world to laugh and evolve in my *Free Your Mynd* seminar.

As I say on my website, my intention is to awaken a deeper understanding of greater possibilities and empower morphogenetic fields that increase compassion, peace, and joy. (Read my article *Together We Can Have Peace* for more information about morphogenetic fields.)

I offer these pages to provide useful information that, when applied, can lead to an experience of greater possibilities.

When Sir Roger Bannister broke the 4-minute mile record, he demonstrated for the first time that it was possible and this created a new pattern, a morphogenetic field, that others could also access. Soon many were running a mile in less than 4 minutes.

Our evolution is toward greater and greater possibilities and as we individually experience more of what's possible beyond mediocrity, we create and expand patterns for all to enjoy.

As more people have a certain experience (i.e. peace and joy), the pattern for that experience is strengthened and empowered. This works the same for everything whether enjoyable or detrimental.

The work you do to create a better life for yourself serves all of humanity. When your attention is turned toward experiencing greater possibilities in your life, you demonstrate what's possible and help others do the same.

It is my hope that the information you find on these pages leads to the creation and experience of greater possibilities in your life. The simplest changes can lead to profound improvements in one's experience of life.

You can enjoy a happy life filled with peace and joy. The pattern has been created, your happiness empowers it.

I invite you to help me empower the morphogenetic field of greater possibilities through increased awareness. Please recommend www.ChangeYourMynd.com and give this WYWC Mentoring to people you know.

Thank you for this opportunity to be of service.

In-Joy! Shelia