

Thoughts create realities

Put it another way: my expectation has the power to create reality. If you dismiss this as sheer esoteric derailment, surf on. If you think of it as a banal generalisation, likewise. If you suspect true potential lies behind it, if you want to sharpen your consciousness in this respect, read on.

Thoughts are free

The basic principle is true: thoughts are free. I can think what I want. How I want. When I want. About whom I want. As unfairly as I want. The list is endless. It seems proof enough: thoughts are free. Unfortunately – or perhaps fortunately – that is only partly true. If we go through life unaware then our thoughts are also controlled by this lack of awareness.

Example: September 11 2001 gave unaware people a reason to worry themselves silly and entertain all manner of end-of-the-world scenarios. It was also, however, gratefully seized upon as justification for the fact that businesses weren't running quite as they should. Only people with awareness were able to think the thought: now more than ever. Where is the opportunity in this catastrophe? What positive things can I take from this dreadful event? Knowing that the clock can never be turned back. Knowing that the only thing I can control myself is my way of handling a given situation. All the more reason, therefore, for thoughts to be liberated.

A thought doesn't become better, truer or more effective just because millions of people think it. Fat-free nutrition is no healthier just because the notion is constantly repeated, over and over again. The tragic thing about this example is that massively obese people carry on getting fatter on their fat-free diets, incapable of realising that they have been so dreadfully betrayed.

Thoughts must therefore be liberated by our awareness. That has to happen in order for you to create the reality that you want to achieve..

Your attitude is vital

The attitude I adopt towards something decides what effect the thing has on me. It sounds simple, but it can only really be controlled through a sharpened sense of awareness. When the client says no, my attitude can say: "OK, no". Yet it could also say: "OK, what now?" Or it could even say: "Wow, now more than ever". The attitude I adopt is a major factor in determining my success or lack of success.

If I have been feeling annoyed with my employee for a year because he doesn't live up to my expectations, because he doesn't do and achieve what has been agreed, then my attitude could be: "My employee is a disaster!" It could also be: "Something's wrong there". However, it could also be: "Something's wrong with ME, because I'm not getting anywhere with him – what should I do now?" I'll leave it up to the reader to decide which attitude is more empowering.

Be guided by your vision for the future

The fact that expectations tend to be fulfilled within the scope of possibilities, to become reality, is often called the Pygmalion effect, after the Greek hero Pygmalion. Pygmalion, son of Belus, is a lonely sculptor who carves a woman out of ivory and calls her Galatea. He pleads his case with Aphrodite who listens to the lovesick artist and breathes life into Galatea. Shortly afterwards, Galatea and Pygmalion fall in love and marry. His strong expectation thus became a reality. The woman of his dreams became flesh and blood. Expectation turns to fact. Thoughts create realities. The insights we gain from this story show true potential!

How can we use these insights to greatest effect? By setting out to design a comprehensive vision for the future. By not just talking about this vision for the future but also creating images of it. By using conversations to check that our vision for the future really does correspond to that which we want to achieve. Even - careful, it gets a bit esoteric here - by creating the vision for the future across all our senses. Then, and only then, does our vision for the future have the power to control our actions in such a way that the chances are significantly improved that this vision for the future may really come to fruition within the scope of possibility. It is precisely this power that we have. And we can use it. If we choose to.

Thoughts create realities. Expectation creates reality. If we formulate our expectations clearly, if we give them shape, if they are worth striving for, if we have enough potential to achieve the expected, then we can say: thoughts create realities. Only then. But then it can happen. Wow!