

Creating Your Future:



***A Guide to
Accessing
the Power
of the
Possibility
Universe***

***by
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Creating Your Future: Accessing the Power of the *Possibility Universe*

The process I'm about to describe to you has been used hundreds if not thousands of times to create visions of success that have actually come true. It is easy and fun. I know you will find it hard to believe that creating the future of your dreams is easy and fun, because if it was, wouldn't you have done it already?

Not necessarily. Be straight with me. You don't really think creating your dream life could be easy or fun, do you? That's okay. I'm used to it. So I'm only going to ask you for one thing: believe with me. Believe, for just the minutes it will take you to read this little e-book, that creating the life of your dreams is possible, easy and fun. If you will give me that gift, I promise to return your generosity by giving you several techniques you can use to begin creating the kinds of changes in your life you've been longing to see.

Everything I do is about accessing and activating the possibility in my universe and in yours. I believe that you are creating your universe every day, through your choices, your thoughts, and your actions. The reason I believe this is that I am student of today's most cutting edge scientific discoveries in quantum physics, biology and neuroscience. That study has convinced me that 1), the universe is designed, at the subatomic level, to deliver every possibility available; 2), that we humans are the best designed possibility amplifiers in the universe; and 3), that there is a technique we can apply to access, activate and amplify any possibility we desire. In my upcoming book, *Amp It Up! And Other Secrets from Science for Creating the Life of Your Dreams*, I will lay out a roadmap to do just that in your own life. The first principle is to create a vision or mental picture of what I call your *Possibility Future*, the place where your dreams come true.

Why create a mental vision of the life of your dreams? I'm sure you've heard it said that if you don't know where you're going, just about any road will take you there. If you don't have a crystal clear vision of your future, then you are on "any road." And when you're on Any Road, *probability* will dictate what your future looks like, not *possibility*. (For more on probability vs. possibility, sign up for my free e-mail newsletter at www.kimmarcille.com.) And if that's the case, what do you think that "probability future" will look like? That's right! Pretty much like what your life looks like today, because you have everything invested in the way things are now.

So, how can you shake yourself free of this? How can you diversify your investment in the present to make enough space for the future of your dreams? The first step is to create that vision of your dream future. Second, amplify your vision. Most of us have so much invested in our vision of the present that we don't even consider the unlimited possibility available to us, and so our visions are not as big and bold as they could be. We want to wring every possibility out of the universe we can, so we'll cover some techniques to "amp up" your vision. Third, you need to wear your vision like a skin every day. Your vision should be a part of you, a part of you that you are conscious

of and tuned into on a regular basis. I will share some ideas on how to bring the vision of your dream future to life in your present, right now, today.

Creating the Vision

The vision you create of your future has to have 3 characteristics:

1. It has to be powerful.
2. It has to be emotional.
3. It has to describe an end state, not a process to get there.

Your vision has to be so strong that the “real world” around you begins to fade away. What is the “real world,” after all? Your real world is made up of your current beliefs, your current perceptions, and your current understanding of the way things are. Basically, the real world is a construct—a vision—that you’ve developed over time. By creating a new vision, you will give your brain the material it needs to begin operating in a different way. In the presence of your future vision, your vision of the present fades away.

So, how do you create this crystal clear, powerful vision of your future? First you might want to record all the details. There are so many fun tools available! (Remember, creating the future of your dreams is easy and fun!) Here are some of my favorite ways to record the dream that you will soon bring to life:

1. **Goal lists.** If you like bullet points, or you like to check off your To Do’s, goal lists are for you. I have kept goal lists for years. Here is an example from 2001. You can see that I was working on my own belief system in ’01. Since I last updated these, several more of these goals have come true. You’ll note that there are two different ways I’ve been checking them off: electronically and by hand. And, when I have partially completed a goal, you’ll see just a forward slash, not a complete checkmark. I also listed in how many years I wanted each goal to be completed. You can see that I some of my goals were pretty immediate. That’s because I like the feeling of checking things off. :-) But also, I wasn’t thinking big enough when I wrote this list. My vision sheets are much more rich and ambitious these days.

2000 Goals (2000 and Beyond!) (Updated 11/12/00) (Updated again 3/1/01)**FAITH**

Believe, and it shall be so.
 Life is about perception.
 I believe I have a great life, and I do.
 I believe I can accomplish everything I desire.
 I desire the things/states/ideas on this list.

Financial**Priority****Goal**

2	Pay \$5000 down on car in 2002 ✓
2	Save \$8000 in liquid savings
8	Save \$200,000 for Zack's college
4	Invest \$100,000 for retirement
1	Enter credit card trx in Quicken ✓

Social

1✓	Meet my husband-to-be
1/	Invite people over for two parties - one down!
1✓	Send Sandi's birthday present ✓
1✓	Plan Tammy's birthday celebration ✓
1	Invite Jordan over for Zack

Physical

1	Lose five pounds
1✓	Develop more strength
1	Work out 3x a week

Mental

1✓	Finish portfolio, get bachelor's degree ✓
1✓	Get U.S. Sailing certification ✓
1	Get MBA

Spiritual

1✓	Visit Karla after surgery ✓
1✓	Visit Nancy after surgery...sigh. ✓✓

2. **Journaling.** Diaries and journals are great places to write the story of your magnificent life. Several years ago, I was inspired to change my journals from being tired recountings of the day's happenings into a celebration of everything I consider important. Now my journal is a rich collection of drawings, ideas, quotes, poetry and stories that deepen my vision. If you want some guidance on getting the most from your journaling, you should check out my friend Sandy Grason's book, <http://www.amazon.com/exec/obidos/ASIN/1577314832/kimmarcille-20> *Journalution*.
3. **Multimedia.** Let me encourage you to use your artistic capabilities to capture your dream future. I know people that have become millionaires by drawing their dream worlds and making them come true. Prefer action? Get out your

video camera, and describe what your dream life looks and feels like. Take your viewers on a video tour of your creation. Build a website or start a blog and tell people what you intend to create. By engaging others in a conversation about the creation of dreams, you will amplify the energy around your own.

4. **Talk about it.** You've probably seen both sides of this argument. Some would advise you to keep your dreams to yourself, in order to avoid the effects of negative outside forces. My opinion is that belief flourishes when challenged. Every answer you create in response to people raining on your parade will not only inform and convince them, but you. Tell anyone who will listen about what you intend to create. The wheels of the universe will begin turning on your behalf.

There are certain details you will want to capture in your vision that will make it extraordinarily powerful, including being sure to know how you will *feel* in your dream future. Amplifying the power of your vision is a regular topic in my free e-mail newsletter.

Amplify Your Vision

There is a process of opening up to the invisible possibilities that exist all around us. Unfortunately, it's all uphill, because our brains are deductive organs. We are surrounded by so many stimuli, that if our brains tried to process all those stimuli at once, our experience would be chaotic. The brain tries to keep things as simple as possible, to keep us safe and oriented, and to ensure our survival. Our deductive brains eliminate possibility, so we have to train our brains to see possibility and view it as positive. When we find ourselves stuck, afraid to make the next move, or thinking that there just is no choice about our lives, it's even harder to see possibility. If you find yourself in that sort of mindset, remember this:

*No matter how you feel today, all of the possibilities exist, anyway.
In fact, you can't get rid of them!*

Open Up to the Possibilities

So, how do we train our brains to open up to possibility? Here are some techniques:

1. **Imagine how it *could* be possible.** And it doesn't matter how outrageous the circumstance would have to be in order to make your dream come true. The more outrageous, the better. Let's say you've decided that you want to be a millionaire. There are a million ways to become a millionaire! You could invent something new, win the lottery, buy real estate, hold the right stock, write a best-selling book, become an expert to the stars... why, you could even save up a lot of money. One of my favorite quotes about how to become a millionaire is from Richard Branson, who was asked just this question at a

party. Here was his answer: “First, be a billionaire. Then, buy an airplane.” It really does depend on your perspective! When you really start to think about the possibilities that exist for you, you’ve taken a step in bringing them into your current reality.

2. **Take your vision, and double it.** If you think you’ve stretched your possibility limits with the vision you’ve created, I challenge you to go beyond. There *are* no limits to the possibilities. Every possibility is a possibility! If you want to be as famous as Oprah, imagine being *more* famous than Oprah. If you want a five-bedroom house on a lake with a maid to clean it all, imagine a ten-bedroom house on a *private* lake with a maid, a butler and chauffeur! If you want to be rich, yet only work four hours a day, imagine a business that makes you rich and lets you do anything you want, all day long. The process of stretching the creative imagining of what I call your *Possibility Future* will help you to expand your dream envelope to a size that encompasses much more of what the universe can really do for you.
3. **Create an air of expectant anticipation.** Some people call this “knowingness.” When Roger Bannister believed that it was possible for runners to break the 4-minute mile barrier, there were few who believed along with him. But he was a medical student, someone who “knew” via his own studies that such an arbitrary time barrier could not possibly be dictated by physical limitations. I put quote marks around the word “knew” because this fact was something that Bannister believed in his bones, but which had never been proven in the physical world. He accompanied his steadfast belief with a rigorous training schedule, and in one day, by running one race, changed a worldwide belief system. Almost immediately, other runners began breaking the time barrier that had held them back for 18 years. It was not their bodies that had been holding them back, it was their minds. Looking back in history, it’s easy to find many such change agents. Names such as Galileo, Copernicus and Pasteur come to mind immediately. The only difference between these world changers and you is that they chose to believe in their own “crazy” theories rather than buying into groupthink. And each of them was proven right.
4. **Accept the worst possible outcome.** If you gave yourself completely to your *Possibility Future*, what is the worst outcome that could result? You might not want to think about that! It’s scary, isn’t it? Not defining the worst possible outcome is one of the ways in which we block the universe from delivering our desired future to us. How? Because if your life is not the way you want it now, change will be required. Change can be so scary that rather than do it, we wander through our lives experiencing a free-floating anxiety that prevents us from taking action. If you can define the worst possible outcome, you can create a collection of contingency plans to deal with that outcome. When you feel comfortable that you will somehow survive the worst possible outcome, then you can give the universe its head, and let it get busy on your behalf.

Let me give you an example of that last one. At one point, I was in a job for which I was not well-suited. I had risen up through the ranks to get to this job very quickly. I was having trouble with my boss, which is something that I'd never experienced before. I'd always found the relationship with my boss to be the instrument of my success. I had gotten myself into such a bad place about it, I thought that they could potentially fire me. The one thing I knew was that it seemed that they valued me, but that isn't always the answer to everything.

I hadn't allowed myself to think through all the possibilities, because I was afraid of what might be at the end of those thought paths. But one day, on the way home in rush hour traffic, feeling positively miserable, I allowed myself to think my possibilities all the way through and assimilate the information. The first thing I realized was that they valued me. I knew that because they'd told me so. They felt as if they'd put me in a position that wasn't best suited to my skills. The head of the company let me know that such a thing had happened to even him before, and he remembered how miserable he had been. They'd told me these things, in a variety of ways, but I kept wanting to believe my own inner voices. I wanted to believe that they didn't value me, that I was on the edge of getting fired. Why did I believe my own internal critic rather than the evidence at hand? Habit. Horrible habit. Don't get me wrong, I do believe in intuition, and I believe that I have an inner voice that tells me nothing but the truth. This was not that voice. Are you able to tell the difference inside yourself? So, if I chose to believe the evidence, if I chose to take their reassurances at face value, the maximum penalty I could face was that they would lay me off. Secondly, since one of my colleagues had recently been laid off and I knew that she'd gotten about a year's worth of severance, I knew that I would, too. I began to laugh. The worst possible thing was that I would get laid off with severance. This would translate to as much as a year off with pay. I began to wish for it.

Once I opened myself to the "worst" possibility available, an amazing thing happened. The floodgates of possibility opened, and I began to see the myriad of choices that I had. I began to envision choices that just moments and days before were nowhere in my conscious reckoning. I began to form *preferences*. I began to want things again. Yes, I had gotten myself into a corner where I was performing every day like an act in a circus, same time, same place, same lines, same expectations. I put things on my schedule because somebody else wanted them. All I wanted to do was go home and sleep, eat, drink, or whatever else I could think of to ease the pain of living someone else's life. Because that's what I was doing. And I had nobody to blame but myself.

Oh, sure. You could say that I was trapped by circumstance. And to some degree, I was. But nobody was telling me what to think about it. I was completely responsible for that. The dominant thoughts in my head were complete and utter downers. I was a wreck—anxiety-ridden, feeling like an idiot, feeling like I was about to cause a huge economic issue in my life that I could have avoided. It was the little peek at possibility that turned me around. Right then and there in the car, I made a deal with the universe. I only had two parameters: 1), I had to keep my salary or an equivalent sum of money on an annual basis, and 2), I had to get out of that job!

The next day, I went in to visit the vice president of human resources. I told her that I was fine with "whatever." That was the exact word I used. In other words, I was open to all the possibilities! If they wanted to move me to another position, I would go. If they wanted to lay me off, I would go. This was enormously relieving to her, because

she had great concern for me, and didn't want to cause me any more pain. By opening up to the possibilities, not only had I relieved myself, I had relieved someone else of a burden as well! I had come to understand that this was not a life or death situation. I had been through worse before, and come out fine. The proof? I was still alive!

Things moved very quickly after that. They asked me to interview my replacement. I did. They hired him. After a couple months of transition, I got out of the job I hated. They created a new title for me, Vice President of New Initiatives. Has a nice ring, doesn't it? The senior vice president of our parent company came up with a couple of corporate projects for me to do. I began to report regularly to someone else.

I was a lot happier, but I began to see that much more was going on. Once you get a taste of possibility, it's amazing how addictive it becomes! I realized that being Vice President of New Initiatives was nice and everything, but was it my complete dream for myself? And of course, the answer was no. I had to have much bigger dreams than that, or at least, dreams that were more about me than they were about a company.

It is at times of transition like this that possibility finds a crack in your psyche and reaches in a hand to pull you up. Suddenly, a vision of another future, a future which didn't look like my present, flooded in. Rather than defining myself as a mother and a corporate executive in this future, I was self-employed. I was helping people help themselves. I was propelling people toward the futures they wished they had. I could see myself speaking, writing, traveling. And, BAM! It came true.

Well, not exactly. But a vision began to form in my head at that moment, and over the next few months I grew that vision, embellished it and shaped it. I added details that were really important to me, like the time I would get up every day, how often I would exercise, how much money I would make, the way I would feel. Of all the variables I poured into my vision, the way I would feel every day was the most important part. I knew I wanted to feel confident, content, peaceful, even joyful. In a word, I wanted to be happy. Don't you?

Wear Your Vision Like A Skin Every Day

I chose the metaphor of skin for this part because I wanted to emphasize how closely you must hold your vision to you. It must be a part of you. It needs to be closer to you than the snuggest pair of jeans. In fact, I like to imagine that I am putting on my vision every day, and that when I do, I become the person I am in my vision.

Archie Leach, better known as the actor Cary Grant, is famous for saying that he pretended to be Cary Grant until he became him. Can you pretend to be the happy, healthy character you imagine yourself to be in your *Possibility Future*? Today?

How would you act if you were that person? Would you have better control over your emotions? Would you worry yourself with petty inconveniences? Would you spend your time thinking more about others than yourself? Would you find something to laugh about every day? Or would your goal be every hour?

If you desire to be the CEO of a Fortune 500 company, for example, act as if you already are. If you long to be married, feel what it might be like to shop for two rather than one, or think about the events you might plan if you were with someone. If you want to start your own business, there are *plenty* of steps that need to be done before the first

day you open your doors! By starting on those, you assume the role of entrepreneur, and begin to bring your dream future into your present day life. You can have a lot of fun pretending to be the “you” of your dreams. I challenge you to think of some of them!

There is every reason in the universe to believe that you can craft the future of your dreams. In this special report, I have listed only a few of the tools and resources available to help you do this. I would have used the word “achieve,” but remember: creating the future of your dreams is easy and fun. And right now it’s cocktail hour, so I really must go. (I’m pretending to be a world famous author. :-)) Wishing you every possibility!