

The Cinema of your Mind

Mastering Mental Projection

The first step in the P.O.V. System is to project upon the film of your mind the very outcome that you desire to have unfold. Described here is the process, the guidelines and the techniques that I use daily to create the results I desire in life.

The Power of Thought

Thought is an energy. A flowing stream that can be harnessed and directed much like electricity is for the use in our world. Like electricity, thought is abundant everywhere. I refer to the field of thoughts, all thoughts flowing from the billions of brains on the planet, the “Thoughtosphere”. We live and breathe each day within the “Thoughtosphere”, sending thoughts in and also absorbing thoughts from that source, most of which can go undetected. When we learn the importance of paying attention to our own thoughts, our deposits into the “Thoughtosphere”, and notice the influences around us along with conversations we find ourselves in, those thoughts that impact us favorably and unfavorably, we then can learn to harness thought and direct it.

When we learned to harness electricity, we found precise ways to use it. Electricity itself is neutral. But depending on how we direct it, it can benefit and it can also harm. The power of thought is no different. When we recognize that it is a true source of power and energy, we can learn to harness it, direct it and have it either serve us or, when not poured into a favorable mold of our liking, set us back and potentially harm us.

What is the Cinema of my Mind?

Like a movie projector, your mind places on the screen of your life the imprint of experiences. Just out in front of you, streaming out ahead are expectations, wants, desires, fears, and worries. If you could project the very movie you would like to star in, what would be your role? What would be the role of others in your life? What dialogue would you be having and what results would you be receiving?

Create your day the night before

You have an immense capacity to create through the operations of the subconscious mind. Please refer to the downloadable book here on the website titled, “The Power of the Subconscious Mind” by Joseph Murphy.

The art of projection begins before you go to bed. Refer to your 6:1 Attention list, and pick 6 things that you wish to see make movement, and feel the results happening in miraculous fashion. How will you feel when these things come true? Who will be celebrating with you?

I write down in my journal a statement that acknowledges the accomplishment of the goal and then I sit in the feeling tone of my gratitude knowing it has come to pass.

Feelings are the Magic Sauce

Many of us have recited mantras, affirmations, completed vision boards, and laid out the best of heart felt intentions. The processes of these actions are highly valid and extremely useful. The Magic Sauce that has the results come flowing into your life is “knock your socks off” ways, is the feeling tone by which you project these results onto the film of your life.

How will you feel inside when this has come to pass?

Stay in the feeling tone of acting as if it is already done at least 5 minutes. Allow the emotions of gratitude and wonderment to fill your every cell. Be in the emotions and allow them to be in you. This is a partnership of creation of the most highest order. It is a sacred place to know the true power of your thoughts.

Why only 6 items?

The attention span of most humans is comfortable with focusing on 3 - 6 items a day. Achieving 6 in one day is a HUGE accomplishment! You will begin to trust your own word, feel more confident and eager to start the new day.

Key Points

- ❖ Visit the Cinema of your mind before you retire for bed
- ❖ Visualize the results unfolding before you, see your life in vivid color
- ❖ Allow the subconscious mind to work on your behalf
- ❖ Wake with a wonderment that the actions are already in motion for your new day.
- ❖ Trust and have faith that all is well and in process to serve the highest good for all involved

STAY ON TRACK WITH YOUR DREAM

YOU DREAM OF YOUR DREAM AND YOUR DREAM DREAMS OF YOU TOO!