

Your own reality

CREATING AND LIVING IN YOUR OWN REALITY

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Creating your own reality

Creating and living in your own reality is about creating a life situation which doesn't already exist, and living a life that has been designed, envisaged and created all by you.

Creating your own reality sounds fun, and it should be, because essentially it is about creating a life for yourself, which is tailored to suit your skills and talents, it is about living the life which you most want to live.

It is having the get up and go, determination and commitment to go your own way in life, to follow the beat of your own drum, and not somebody else's, it is to look out at life and create something which fits you. It is not about settling for what society or your current boss says you should do, or where you reluctantly change to fit into a role someone else deems appropriate.

To reinvent yourself and reinvent your life could be used to describe what it means to create your own reality. It means to develop your own life into something which is most suitable and unique to you.

Is it an impossible task or as easy as we choose to make it

It is not impossible, and it is certainly a choice available to everyone, it will be as easy or as hard as you wish to make, although they are not options you will want to consider, replace both with the word fun, it should almost always be fun that will be the best part of it.

If living a life you most want to live is not fun, then you are definitely doing something wrong. Creating a your ideal life situation should be a lot of fun, it is

something not many people ever do, for most they look out at life and see where they can fit in, they look for a role that already exists which they think will be most appropriate for them. Only a few create that which doesn't already exist and which provides for them a means with which they can fully express themselves as a person.

Being in control

It is about being in control, and being in control involves taking responsibility for your own actions.

Creating and living in your own reality is very much about being in control of your own life, making the decisions, taking action, using life as a means to get you where you want to go and not being dictated to by life, not feeling out of control, it is about going out there putting yourself in the fast lane and winning every time.

It is understanding that no one out there is any better than you are, or any more capable than you at getting what they want, you can have it too, it is realizing this and not accepting anything less until you too are living the life you most dream of.

It is about relying on yourself to get where you are going, not hoping or wishing that you will get a lucky break and that somebody will take pity on you and give you a chance. Instead you grab what you want with both hands, no hopes, no wishes, just self belief, focused action and an unwavering desire to never stop until you are living it for real.

The master of your own ship

Don't rely on other people for something to happen in your life? You should never feel powerless to make any change in your life. You are always in control of your life at every moment.

Don't shirk from tough decisions or wish you never had to make decisions at all, being in control means thriving on making decisions, if you are not making decisions already then you are probably not really in control of your life.

Your life circumstances should never be outside of your control, if they are what are you doing about it right now? To feel powerless to do anything about your life is a very frustrating feeling.

You want to be the person who takes responsibility for their actions, the decisions they have made in the past and the decisions they will make in the future, this is fundamental if you want to be in control of your life, and absolutely vital if you want to make changes.

You are the architect of everything in your life.

We don't need to or should we have to rely on anyone else for our own lives to change, it is ultimately down to each individual to do what is required. We have within us the power, capacity and ability to create any life we want for ourselves. Everyone has this, but not everyone realizes this, or perhaps even believes this.

Take a look around wherever you happen to be right now, you are the reason you are where you are right now, and YOU will be the reason you are where you will be in six months time.

If your life situation isn't as you would like, it is down to you to change it, there is very little point in blaming anyone, be it other people or yourself, neither option solves anything. Just be aware that you have the power to change any aspect of your life, and it doesn't have to take years.

Nothing is ever set in stone, if you are not where you want to be then understand that it is not a permanent thing, it is just a stage on your journey to greater and better things. It is only ever temporary, life by its very nature is only temporary, and so by virtue of this fact whatever you have, wherever you are can only ever be temporary, perhaps this is useful to know if your life situation isn't quite as you would like it to be.

Understand this, if you don't like your life right now, it doesn't mean you won't like your life in six or twelve months time, in fact if you ever feel down about your life, ask yourself if it is really about you, your life or is it about your life at that particular moment in time? You may dislike what you see around you today, but there could be a different 'you' tomorrow, a different set of circumstances that you will like just waiting around the corner.

It is a series of choices

Life is ultimately a series of choices, you decide to do what you want to, you decide how you want to live your life, no one else. You decide what you do each day, where you live your life, who you live it with, how you feel and when things will happen in your life. Nobody else makes these choices for you.

You have the ability to write your script and then go away and act out your very own life, any way you choose; whatever you want to happen can happen.

Responsibility

Some people thrive on it, some people will do anything to avoid it, but if you want to get anything from life, the first step is to accept that nobody else is responsible for making it happen, it is all down to YOU. Your life situation is always down to you, after all....

- Is it not you who has chosen to be where you are today?
- Did you not choose to do what you did yesterday?
- And will you not be choosing what you want to be doing tomorrow or at the weekend.

It may not seem like it at times, and perhaps the choices we make occasionally appear to be too good to not take, (for example a job paying more salary) but our entire lives are indeed based on choice.

Nothing ever just happens in life.

If you accept a job offer and it turns out you don't enjoy the job, if you work there for another 6 months you have chosen to do that, you can't say that you had no other choice or that you needed the money or whatever, it is still a choice that you made. You decide to live where you live, you decide to get married and have children, if your life situation turns sour at some point, remember you have chosen to live your life the way you have. Your reality is all down to the choices you made at various points in your life.

And so as decisions are made each day, each week and each month, our life becomes what it is, and takes its course day by day in front of us.

The choices you make

Think about the choices you made for yourself today or yesterday, have they had a positive effect on your life, or have they left you feeling somewhat uncomfortable? Do you weigh up the consequences of the actions you take before you take them, or do you just go ahead and carry out the actions, and deal with the consequences later?

You have your valid reasons, but why do you really decide to do what you do? Do you not give yourself any alternative? Is the alternative so un-appealing that the decision is almost made for you.

There are always alternatives, and so the decisions you make must always be those which you most want to make, if this is not the case then stop and ask yourself why you are doing what you are doing in life? Is there another agenda you are following that is not quite what you want to be doing, a sort of a semi-popular alternative?

As an adult we don't actually *have* to be anywhere in life, we choose our life circumstances, we decide to work where we work, get married, have children, and stay in a job for years on end, never at any point did anyone force us into making those decisions, we made them ourselves.

Passenger or driver

As an analogy of being in control, you can either be a passenger or a driver, and if the thought of being a driver scares you a little, then think about what it would be like to be a passenger for the rest of your life.

Never lay the blame for things not going your way outside of yourself, at times it may be this way, but you have control over how you decide to feel about certain events, and so if things don't go your way, move on quickly, learn from them and carry on. Don't let negative events affect how you feel on the inside, your emotions and feeling are something you always control.

It is important to let undesirable events wash over you like water off a ducks back, be like a tree in the wind, don't fight them, you are more than what any temporary circumstances or undesirable events can ever make you. Your flame shines brighter with every experience you have, never forget this. You are always pulling your strings in every area of your life, and this includes your thoughts, feelings and emotions.

Don't blame others when things don't go your way, you will always have a choice about how you react to anything in your life, if other people are feeling moody or miserable, that is their issue it can only affect you if you let it.

Remember that if you are not living the life you want, it is your problem and not anybody else's. Don't be someone who watches and waits for things to happen in life, grab the keys and start the engine, you are always the driver.

Remember you are always in control, constantly remind yourself of this if you have to, because it is empowering when you are looking to create a new reality. Be prepared to take action should the need arise, otherwise you might as well be following orders from somebody else. Don't live your life in any old way, choose to live it in a way that gives you the most fun, interesting and exciting life possible.

Manifesting what isn't there

Sometimes in life we want something different than what we currently have, or we want something more, for many it can be a driving force in their lives, it could be a new skill, a new car, or a new job, but how does anyone go about manifesting what isn't there?

Any reality or new life situation you want to live will be first preceded by your thoughts; it will then be followed by will and determination to make it happen, which is then backed up with action.

To create something that isn't already there, to manifest the as yet uncreated, to turn an idea into something real, we back it up with belief and then constant action until we get the result we want.

An idea without action is just a thought, nothing more, just a thought passing through your mind. You will only ever create what you believe you can create.

Controlling your own mind

There are many out there in the world who are merely slaves to the mind they perceive to be their own.

To the question 'Do you control your mind or does your mind control you?' few would answer with a strong conviction that they themselves control their mind, and consequently their thoughts. Yet how frightening it is to think, that we might not have control of our own minds, if it isn't you that is running your brain then who is exactly?

The answer is we do run our own brains, and we do have control over what we think, even if at times our thoughts may run wild. Many people don't use the

amazing power of their own mind in a way that enhances their life, in fact people use it in a way that is corrupting, limiting and actually reduces the quality of their life.

If people don't choose to use their own mind in a positive way, then unfortunately more often than not their mind will use them. For some people thinking negative limiting thoughts has become so common that it is almost second nature, most will accept this rather than put in the effort required to discard the negative and replace it with the positive.

Getting what you want from life first starts with getting your mind working for you rather than against you.

Believe it true

Is there anything that physically stops you going out there and taking control of your life? Because there is nothing that should get in the way of you becoming everything you know you can be.

To start with you need to believe you will get what you want in life, you need to believe it can happen and that it will happen. Professional tennis players don't go into each match hoping that they will win; they believe they can win, and you need to adopt a similar belief if you are to get what you want from life.

This change of thinking can have a dramatic difference on your life. If you want to make a million, start believing you can make a million dollars, if you want to lose weight start believing you can lose weight, whatever you want in life start believing you can have it, start thinking about all the details, what it will look like, where it will be and how it will feel.

If you begin to think with certainty that things will happen in your life, your mind will start to look for ways to make them happen, such is the power of our minds. Action (or lack of action) will always follow what you believe.

The flip side of this is also true, if you for any reason don't think certain things will happen in your life, your mind will close itself off to the possibility of it happening. And it is useful to be aware of this, because you must take responsibility for every thought in your mind; as you will very often get what you focus on.

Boldness is what you will need if you are to get what you want, boldness in mind and actions.

As you think so you become

What we think, we think as true most of the time, be it from others, and also by way of any internal dialogue we have, however there is one thing we should never accept as true and this is negative limitations. Is it possible that at certain times our internal dialogue can be wrong, is it possible when you hear others speak about what you can and cannot do, they could be wrong too? Well yes it most certainly is.

People sometimes when they have an idea for something immediately seem to believe that their idea is simply not possible, they never entertain the idea that it could be possible. It is wise then to understand that when your responses to life are a barrier to getting the life you want that they are only mind made. You will want to do away with these self imposed limitations the moment they enter your head.

Most people won't care what you tell yourself, and as harsh as it may sound nobody really cares whether you succeed or fail except you, or at least no one cares as much as you do! If you want to succeed and you want a better life, then you had better do something about it! And this will mean ignoring any voices of self doubt that you come across.

When you speak badly to yourself, your brain takes what you say as the truth. If you say you're an idiot you're right, if you say you can't do something you are right, when you say these things you give your brain an embedded command. Think about some of the negative things you say to yourself, do you really want to be programming this into your brain? You won't feel better about yourself that's for sure. In fact all you are doing is undermining your confidence, and making yourself feel bad, not exactly useful things to be thinking about, not very inspiring. If you have a negative voice, tell it to shut up!

You must understand that you are responsible for your thoughts, because ultimately you will become what you think about. When you learn to stop putting yourself down, not only will your self confidence improve, your self-belief will increase and your life will improve as a result.

The experiences that make up your life

Sometimes in life we will have a pre-conceived idea of how an event will go, and in some of these situations we will in our own minds for one reason or another see ourselves not performing as optimally as we would like, or perhaps the situation not going the way we want it to go.

It is at this point that we begin to create a reality in our own mind, we may make pictures, hear voices or get a feeling about something, when we do this we speak and think our own realities into existence, first we perceive it, then we get a

feeling or a vision and it appears real (at least in our own minds anyway), and we can be pretty good at this to, almost to the point that the experience might as well of happened, such is the accurate representation we make of it in our own minds.

If what occurs in your own mind is negative and less than optimal, you are using your brain to work against you. When this happens the most amazing tool on the planet, so much yet unknown about it is working against you.

The map is not the territory

We represent things in our minds, by using sounds, pictures, feelings, voice tones and movies, this is a fact, the way each of us does this (it will be different for everybody) allows us to represent our past and perceive any future realities we are yet to experience. This is how we can be creative, dream, invent, and conceptualize. We can represent things in our minds that have never even happened. Your mind is powerful and you are free to use it in any way you please. Yet many people choose to use their mind in a way that does not benefit them.

It is not anything in the real world that limits people (except injuries, diseases etc), it is from their interpretations of reality where the limitations arise. The map from which they operate is where all their limitations are born from.

Our beliefs and our representations and the reality we perceive as a result only occur in our own mind.

The illusion of life

Life is an illusion, but for many people they would find this statement hard to comprehend, after all they look around and can see with their own eyes that life is indeed real, it is there all around them. The trees, buildings, people talking on their mobile phones, chairs, tables, cars, trucks, babies screaming, dogs barking, how can life possibly be an illusion they might ask themselves.

But the illusion which is life isn't in tangible objects, structures or in things we can touch with our own hands, the illusion comes from how we perceive life around us, the real illusion is in our minds.

The illusion all comes from the way you interact with the world, how you interpret what you see, how you interpret what you hear, the meanings you attribute to things, your perception of others, and also your perception of yourself. This is an illusion, how is it possible for it not to be an illusion and for it to be anything else? But our minds are powerful and so consequently we see our perceptions and interpretations as real.

But they are not, and this is to be used to your advantage, because when we are aware that our interpretations of life are indeed illusions of the mind, then all of what we hear and see which doesn't benefit us can immediately be discarded. There is great power in this.

Our minds are powerful and they really do and possibly even want to believe that it can't be an illusion, sometimes we aren't happy knowing this we want to see it as more, and it is via our amazing human minds that we *are* able to see (or perceive) it as more and interpret life in any way we choose.

One big game

Is life like one big game? If you were to die tomorrow what happens is the game continues but that you are no longer a player. It really is like a ride, you a born, you get your ticket and away you go, you enjoy the ride, it won't last. Should life be taken seriously, maybe, maybe not, only you can decide, but it should almost certainly be enjoyed, and lived in a way which is most fun to you.

People have been bought up to believe it is serious and that they must do certain things in life, people have been taught to believe this and not do that. But we are all free to live the life we have anyway we choose (as long as we don't bring harm to others). Our place to fill in this world is important, yet many people don't see it that way, instead they see their life is insignificant. It is up to you to see your life as important. It is from the meanings you attribute to events that have happened and will happen that give your life real meaning and this is a choice which is always yours to make.

The life you lead, have led, and will continue to lead is all based on the thoughts you have, the pictures you create, the voices you hear and the feelings you feel. It is a matrix from which you attribute meaning to experiences you have had in the past, experiences you live through today and perceived experiences for the future.

Two lives are very different

The lives of two people sitting on a bus going to the same destination are going to be very different, they may be sharing the same bus, they may be going to the same destination, speaking on the same kind of mobile phone, wearing clothes bought in the same shop, but that is where their realities end. Their lives are different, and their lives are different not because they have different jobs, live in

different houses, or even eat different food, their lives are different because of the way perceive what is going on around them, what has gone on before, and what will go on in the future.

What one person sees as real and what someone else sees as real will be two different things, but to each individual their life is real and is not an illusion. However life in the mind can only ever be an illusion and this is where all of your current reality will have been born from. And it is also where any future you want to create for yourself will be born from.

Unlimited capacity

People, humans have unlimited capacity to create, this is a given, but many people will struggle with this statement, because many, if not most of the people alive today, do not really see it this way.

They see their life through a matrix of boundaries, self imposed limitations, rules, rigid beliefs systems, constraints of society, media agendas, the desires of the masses and maybe even through the words of others from a distant past. That right there is the illusion. And many people will live their whole life like that, without question, blindly living a life that has been fed to them as the right way to live, because what is right for one person may not be right for another. How on earth can this not be an illusion?

If we come from the frame of unlimited possibility, and that all people can lead amazing lives then why don't they? Why is it that only a few see past it all and go and create amazing lives for themselves?

It is what we sometimes think of as real which is not real, that we can cause ourselves problems, roadblocks to creating an amazing life. People do

unfortunately hold themselves back by believing that all their negativity and self-doubt is all so real.

Sometimes people will do almost anything to fit into a role that society says they should fill, they lead their lives by way of what already exists, they may remind themselves that this is the way life is, and that they have to find their place in society, and be part of this system until they die. This is pure illusion. You can have whatever you want.

If you interpret what others and society says you cannot do and also when you yourself say such things, you do yourself a great disservice. Because they are not truth or fact they are simply opinions, the same applies to what you read in newspapers and hear on the television.

Unproductive comments or statements which are said or which you hear, can only be real if you believe them to be real.

It's an illusion so believe only that which helps you

The belief of somebody believing they will go on and make a million dollars, isn't real, but the life they lead as a result of that belief will potentially far surpass anyone who would hold a limiting belief, and this believing what is possible, this perceiving of things in the future, how our lives will be, how we think they will turn out or how we would like them to turn out is an illusion. However this illusion is something that we can manifest into our life situation by way of action, or inaction. We take action always by way of what we perceive or know it will bring us.

Thoughts are actually real in the sense that we have them, but perception and interpretations are perspectives from which we form our understandings of life, and these are different for everyone.

It is not like the big oak tree or the big block of flats in the centre of town which do of course exist and are real. The thoughts we think are real, however the interpretations we make are not real at all, neither are any limitations, mind made boundaries or rigid belief systems, however the actions we take and the behaviors we exhibit as a result are very real.

Our limitations and mind made boundaries appear real but they are not, and one of the greatest mistakes anyone can make in life, is to believe all the nonsense they make up in their minds about not being successful or getting what they want.

It is also fairly nonsensical to believe when others speak about the way life is on television and in the street. Because the way your life is and the way your life will always be, will be down to way you perceive it, YOU and not anyone else.

What is an illusion?

Now thoughts are real, however it is the interpretation and perception of thoughts which is an illusion.

What is an illusion? When you think something is real, but it is not.

You think you won't be able to get rich, but this is an illusion.

You think that you will be able to get rich, but this too is an illusion.

You think that you will never be able to live your ideal life, but this is an illusion.

You think that you will be able to live your ideal life, but this too is an illusion.

So now you have two choices:

- a) To believe your interpretations of your life are real
- b) To believe your interpretations of your life are not real

Now to most it will be obvious, they will choose to believe their interpretations of life, but ask yourself this, which will serve you best and which option will cause you to take action (which is the only thing that will ever bring your perceptions into reality) to manifest those things which you most want to happen in your life.

You can feed your mind on whatever you want, in whatever way serves you best.

Remember your mind is powerful. This is no illusion.

Manifesting into reality

What we see around us at every moment we can and do define as real, but all of what we now see once didn't exist, and so must have been a mere thought in someone's mind.

What is it that causes things to exist in the world today, not including animals or other living species, what about man-made objects, what many people rightly or wrongly perceive as real life, the tall structures, the taxis, restaurants, the movie on the television, the hotels, cars, whatever it is, all these things once didn't exist, how then did they ever come into existence?

It was only by way of initial thought from someone, which was followed up by real tangible action that they ever came into existence in the way that we now perceive them as real.

It will be the same with any new reality you are looking to create.

New realities can come into existence when we manifest the thoughts which we give birth to in our minds. You too can create tangible objects, but only if you follow your thoughts with actions.

Self doubt

Different aspects of life are illusory. What we see we think of as real, and to some extent what we hear (depending on who from) we also think of as real, but is this really a useful stance to come from?

Any negative limitations you may have, or may in the future impose on yourself are all mind made, they will only be true if you believe them to be true. The only way they will be bought into reality is by way of the lack of action you take as a result.

It is when we believe what we perceive as real that new realities can come into existence. If we believe we will get what we want and have all that we desire in life, we would be foolish to not take action, if we choose to believe that what we most desire in life is difficult or unobtainable, then as a result of this, we will not follow it up with action and so will almost certainly not get what we want.

For those thoughts then which do not serve us, it is beneficial for us to discard them as an illusion. We are right to do this, it is a wise thing to do. To think of

them as real (which is a choice available to us) would have a detrimental effect on our lives.

Life is an illusion in our minds, but we can as a result initially of perception and then from determined action manifest in reality (that which is not an illusion) that which was initially only an illusory thought in our mind. This then is a combination of thought and action. If no action was taken on an initial thought, then that thought would remain an illusion in our mind.

So it is from thinking the right kind of thoughts and then following these thoughts with action that we can create the life situation that we most want to see. It is also about discarding any thought which is contrary or not conducive or beneficial to us, as these negative thoughts are purely mind made obstacles.

Focus

The reason people are able to manifest new realities into their life is because they get their mind focused and working for them on what they most want to happen, the result of this then is that they go out and take action to create what they first only perceived of in their minds.

If you too become so focused on creating a life that you can envisage and that you know can be achieved, you too will stop at nothing because your mind will not rest until it sees what you believe can be seen.

Likewise there are others who do the exact opposite, they believe they can't have what they want and have no reason to doubt their limiting thoughts, and so by way of inaction create the life which they initially believed they would lead all along.

It isn't our bodies that make people rich, (bodies are the vehicles through which we experience life) it is our minds, a mind which is used in a way that gets results.

It isn't difficult to appreciate that limitations people impose on themselves are completely made up. When we hear of others who want to do something with their lives, we want them to succeed, we hold faith in them, we see no reason at all why another person cannot go and create a new life for themselves, in fact sometimes it looks all too easy, we almost know for certain that they will do it. But something odd happens when we look at our own life, we want to succeed and create a new life for ourselves, but instead of holding faith and certainty like we do with others, we see limitations, obstacles, difficulties, and many other problems. How odd that we sometimes hold faith in others more than we do in ourselves. But why do we do this, and what can we do about it?

To hold faith in others more than you do with yourself is to put the responsibility of success in something (or somebody) outside of yourself, much like when someone feels the elation and sadness of their local sports team winning or losing.

If you want to believe others can be successful, because you don't really believe you will ever experience it yourself, which is a lack of self-belief thinly disguised as laziness. Everyone can achieve success there are no exceptions to this rule.

To hold faith in others more than you do yourself is also a misdirection of faith, have faith in yourself, if you already know you can have what you want (and you are right to think this) then follow it through with action, the life you will lead as a result will become an even more inspiring story which you can then use to help others.

Action

Now for the vehicle through which you get to where you want to be, you will want to find something that you enjoy and are interested in. the journey will be much harder without this, and once you find it you will be set to take action. As we are yet to reach a point when we can simply wish things into existence.

Now once we start taking action we may occasionally delude ourselves that we won't get what we want, now the point to keep in mind is that you are on a journey, and for some it might not take long, for others it might take longer, but the key is to always remain focused and to remind yourself to only accept into your life that which is beneficial and which helps you get what you want, and not accept anything which does the opposite, which includes the thoughts you think and to some extent the people who you meet who doubt you and your abilities.

The whole reason why people can go out and get what they want from life isn't because they have superhuman powers, it is because they have learnt to use their mind in a way that is beneficial to them and that gets them results.

Where you are is OK

Wherever you are in life (your journey), it is where you are meant to be. Do not compare yourself to others or even worse feel inferior to what others have, they are where they are, you need not concern yourself with anybody else's achievements or successes, because where you are is OK, you are where you are because of what you have done, or potentially what you haven't done yet. You are no less of a person because your life situation isn't as ideal as you would like it to be, it is as it is because of you and the actions or lack of actions you have taken up to this point in time. This is empowering, and not something to feel bad about, take time now to really think about this.

It is as a result of you that your life is like it is today, (external accidents, diseases aside of course). Feel empowered that you have arrived where you have.

Because you will always be where you are meant to be, it will never be down to some pre-determined fate, family background, some made up story by you that you were only ever destined to reach a certain level, no, none of that will be applicable, where you are at any stage in your life, is as a direct result of what you have done, don't fear this, this is something to get motivated by.

Learning to change your thoughts can then cause a change in your life. It is only those that master their thoughts who can ever hope to master their lives.

This is a choice available to anyone, no matter what their background. It is your mind for you to use in a way that benefits you. Nobody else can or should ever be allowed to govern or dictate to you how your life will be or even should be lived.

Different lives to lead

There are two different lives we can lead. There is the life that you are currently living, which isn't ideal, you want more, you know you can have more and are entitled to more, but right now you are just accepting what is being given to you. And then there is the life which you want to live, but perhaps deep down you don't really think you will be able to manifest it into reality.

Of course this is an illusion, because as strange as it may sound if you were to meet you in the street and have a conversation with you as you are now, you would listen to the other you speak about what they wanted and how they wanted to live, and you would have absolute faith in them getting it, as you would if you heard anyone else's stories and aspirations for the future, you would have no

hesitation believing they could pull it off, especially if they spoke with enthusiasm and excitement. But when it comes from you, deep within you, you have niggling doubts that seem to get in the way. Now this is always an illusion and won't serve you in anyway whatsoever.

The reality is everyone is on a journey, and people are at different stages, this has nothing to do with age, but think of it like a path of progress, this can be a label for your journey. We have all been bestowed with a powerful all functioning human mind, which we can choose to work for us. We already know we can achieve much, this we are clear about.

Now the only way we can ever prove to ourselves that we are right to already know we can achieve much and to silence any negativity or self imposed limitations is to take action and manifest our ideal lives into existence....