

## Planting the Seeds of Personal and Spiritual Success

It is the Spring, and many of you plant gardens. You go out into your garden, prepare the soil, plant your seeds in rows, and then water them. If you care for the young sprouts, carefully weed them, and keep them watered and fertilized, your seedling grows into a mature plant and bears you fruit.

So it is with your personal and spiritual goals. You prepare the soil by establishing faith, hope, and willingness to have your dream come true. You plant that seed by setting a goal, clearly visualizing what the outcome will be. You make a row through your plan, mapping out each step you will have to do to achieve that goal. You weed by dealing with the obstacles within and the obstacles without. You water them by your day-to-day actions. You fertilize them by your renewed commitment and determination to realize that goal, even if obstacles come. Your fruit is your realized dream, your completed goal.

In our upcoming book, *“The Practical Applications of Meditation: In Daily Life and Education,”* we go into the process of doing an inventory to assess where you are in your life, identify the goals you want to achieve, and then carrying out your plan to achieve these goals.

In this webinar, we would like to discuss some related issues: what are the steps of the actualization process (how you make your dreams come true), what trips people up in realizing their dreams, and putting the forces together to create success.

## Summon Your Wizard



Excerpted from “From Inventory to Actualization:  
the Actualization Process” © 1990 by George A. Boyd

“The Actualization Process is a means to assess where you are now in your progress toward your goals, to clearly define what your goals are, to define what the obstacles are to your goals, and to intuit means to overcome these obstacles so that you may attain what you desire.”

### **The Twelve Inventory Categories**

To achieve your goals, it is important to identify what they are, and to assess where you are in relation to successfully achieving them. The first task is to examine your life, to see where you are right now, in each of the following categories:

- 1) Basic security (Home) – the shelter you live in, the networks of security to build for yourself and your loved ones.

- 2) Basic belongingness (Family) – the relationships with parents, relatives, spouse, and children.
- 3) Basic career direction (Work) – the skills and knowledge that you translate into a service to other people for which you receive payment, the direction you take and progress you make in your profession over your lifetime.
- 4) Basic financial competency (Money) – the income you make and what you do with it.
- 5) Basic vitality (Health) – the energy, vitality and stamina you possess, your ability to adapt to stress and resistance to disease.
- 6) Basic esteem (Body) – your appearance, your wardrobe, your weight, your physique and how you feel about yourself.
- 7) Basic intelligence (Mind) – the innate abilities of your mind you have to reason, to remember, to problem-solve, to imagine, to visualize, to set goals, and other mental abilities.
- 8) Basic academic development (Education) – the knowledge you have learned in school and in vocational training you have received, the degrees and licenses you have earned.
- 9) Basic ethical character development (Values) – the beliefs and values by which you live, the religion you practice, the ideals you hold that you would like to live, the precepts that you pass on to your children and other people.

- 10) Basic essence development (Spirituality) – your relationship with your Higher Power, the Source of Life and Existence; your innate cosmology by which you intuit the universe, and your current state of spiritual evolution.
- 11) Basic social integration (Society) – your friendships and acquaintances, business associations and networks to which you belong, the clubs and organizations in which you participate.
- 12) Basic cultural facility (Culture) – your sense of connectedness to your own ethnic, racial and historical background; your ability to adapt and relate to other groups; and your appreciation for the contributions of your own and other groups to world art, architecture, music, dance, science, and other collective human enterprises.

*You may find it helpful to write down "where I am now" for each of these twelve categories on several sheets of paper. Attempt to be as objective as possible, noting both your strong points in each of these areas as well as your weaknesses.*



## **The Actualization Process**

“If you love and value yourself, you strongly desire your goals to be achieved and your dreams to come true, and if you believe that you are worthy and valuable enough to receive and enjoy what you dream about, you have a core of self esteem.”

“You may be a long way from fulfilling all you envision, lack resources to do all you dream, but as long as you hold and nurture this inner core, it is entirely possible that you can achieve what you desire.”

“The actualization process is a catalyst for your thinking to move you from reverie to commitment, from dreaming to making it happen, from wishing to empowerment. The actualization process incorporates the following steps:”

**Self Esteem** – What you believe about yourself, what you believe you are worthy of doing, having, and being.

**Inventory** – Your observations about yourself, your assessment of your current status.

**Goal Setting** – Your goals that you aspire to achieve, *together with defining the criteria and standards by which you can evaluate your progress.*

**Experience** – Your life experiences you have had that tell you have been successful or unsuccessful in that area.

**Obstacles** – Your identification of what is blocking you from what you desire: your own subjective values or beliefs, your constitution, your current resources or abilities, or external conditions that are apparently beyond your control.



**Affirmation** – What you are willing to have happen in this area of your life, what you choose to create, actualize, and make real in your life. You make this affirmation in spite of whether in your current opinion a solution is available.

**Consequence** – What you see will happen if different possible scenarios are followed, and what you foresee happening if you make your affirmation come true.

“The actualization process begins with a statement of your worthiness or esteem in each of these categories. You must be willing to experience your goals and dreams coming true. In effect you must begin the process by giving yourself permission to have, to do, to be what you desire.”

“The inventory and goal-setting steps that were discussed”... [After you inventory each area, you set goals for those areas].

“Next, you review your experiences thus far. You have ready resources at your disposal if you only take a moment to recollect them. *Further, you may note that some of the apparent obstacles you experience may be self-created by your beliefs and self-imposed limitations.*

Then you ferret out all of the obstacles that you see holding you back from your goals. You may find common threads that make hold you back from several of your goals, such as lack of money, or lack of an academic degree or professional license.

Next you affirm what you wish to see happen. This step does not emphasize problem solving or brainstorming for solutions, but rather creates a goal image for your subconscious mind to bring into manifestation.

In the process of working out your goal, you will have opportunities enough to solve problems and work out solutions by brainstorming. Here your goal is to open yourself to the Creative Intelligence that is not limited to the solutions you have learned by your education and training, or by your reasoning powers, but is open to all possible solutions.

Finally, you evaluate with the detached viewpoint of your wisdom if you really want to experience the outcome of achieving what you desire. This is a final veto on the process if you see that the likely consequence is not satisfactory.

The Actualization Process incorporates giving yourself permission to receive what you desire, taking a personal inventory, clearly defining your goals, recalling those past experiences toward achieving these goals that have influenced your beliefs about how successful you can be, identifying the obstacles that hold you back from your goals, affirming what you want to happen, and consulting wisdom to see if you truly want the consequences of you getting what you want... *[It] integrates assessment, goal setting, affirmation, and judgment that will enable you to gain a clearer picture of where you are now, where you are going, and to empower yourself to create those conditions that you desire. It is a tool to help you take more certain control over your personal destiny.*

### **How to Use the Actualization Process**

1. Write down what you believe you are worthy of in each of the twelve categories.
2. Inventory where you are now in each of the twelve categories.
3. Itemize your goals for each of these twelve categories.
4. Notice your progress to date in each of these twelve categories.

5. List what seems to be the obstacle(s) for each goal.
6. Make a statement of what you are willing to see happen and choose to manifest in spite of the apparent obstacles in each of these twelve categories.
7. Notice what the outcome of your choices would be emotionally (payoff), in your life circumstances (consequences), and its effects on other people and the larger society and environment in which you live (impact).

“You may find that the costs that you discover in step seven will dampen your initial enthusiasm for your desire, and may lead you to re-define it or even to abandon it. “

“For example, in my own experience, I wanted to become a psychiatrist until I learned what psychiatrists actually do; the consequences and impact of this profession's methodology did not fit with my own inner sense of morality and values. I later re-defined my goal to become a counselor and therapist, which was a better match for what I wanted to do.”

“In closing, I am reminded of the words of my spiritual teacher about manifesting things that I have desired:”

*"You experience frustration and unhappiness because cannot actualize your dreams. You can dream them, you can taste how sweet it would be to have them, but you cannot make them real...[Now you have been given] a tool to help you manifest those dreams. You should realize that your choice is very, very powerful, because your choice creates your destiny. So be certain that what you choose is truly what you want to experience, because if your choices are one-pointed, determined, clear, direct and resolved, you will have what you have chosen. This is the secret of Manifestation, and what you manifest you also actualize in your life experience."*



## What Gets in Your Way

Aspirants and disciples on the spiritual path often lose track of their personal goals; or they act under the illusion that all that have to do is visualize and affirm, and their dreams will magically appear. These are some of the things that we observe; we offer some potential better solutions.

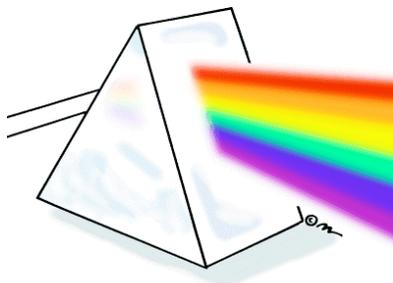
- (1) Spiritual wayfarers work obsessively to achieve a goal without seeing the impact on the other areas of their life, or its impact on others. *Do periodic inventory and look to see the consequences and impact of what you are doing. If you determine this isn't working, modify your approach.*
- (2) They assume that because they are “spiritual,” they will be magically taken care of by the Law of Abundance or Divine Providence. *Seed the Higher Mind with your visualization and affirmation, but also set up the conditions for your success at the personal level, by planning, obtaining support and resources, and actively working on achieving your goal.*
- (3) They visualize and plan, then do not carry out the steps of the goal because they don't want to waste their life energy or go through the struggle of working day-to-day to achieve their dreams. *If you want to achieve any worthwhile goal, you must commit yourself each day and work for it.*

- (4) They assume the posture of detachment and dispassion. They view their personal lives as illusion, and let things unfold according to “the Flow.” *You create causes in your human life with will. If you do not choose, nothing changes. If you defer choosing, others will choose for you; others will take over your life and they will choose your life agendas.*
- (5) They undertake projects with “missing pieces.” *Identify what is standing in your way. Is it your lack of knowledge (education and skills)? Lack of people to help you (support)? Lack of resources (capital or equipment)? Lack of marketing? Find out what is holding you back and learn how to get that piece in place.*
- (6) They believe that by faith in God and praying to God for His Supernatural Intervention that everything will magically manifest. *Have faith and pray to God, but also do everything that you can do as a human being to make sure you succeed.*
- (7) They start on the project, but then give up because it is too hard. *If your goal is central to your life or your Soul’s purpose, don’t quit. Find another way. Use another approach. Take another road.*

*What you are trying to achieve is a coordination of what you do as a person and what you do spiritually. You want to progress in both areas.*



## Bringing the Forces Together



Visualize a prism with the Seven Rays. Consider your goal or objective. Now imagine that those Seven Rays are each entering that goal. What does each Ray contribute to help you accomplish your objective?

Ray	Faculty	What It Does	Color
First	Will	Making It Happen, Overcoming Obstacles	Red
Second	Intuition	Understanding the Big Picture	Blue
Third	Intellect, Intelligence	Identifying the steps to accomplish the goal (plan) and solving the problems that arise as you are working on the goal	Golden Yellow
Fourth	Perception, Imagination	Finding the balance, sensing how everything fits together	Green
Fifth	Reason and Memory	Analysis and gathering data necessary to enact the plan	Orange Red
Sixth	Desire, Commitment	Summoning the emotional resources of faith, perseverance, commitment, dedication, and resolve to enable you to reach the goal	Purple
Seventh	Action and Manifestation	Putting everything together to achieve a successful result	Violet

Thank you for attending our webinar today!

