

## **Quality #2: Goals and Expectations**

### **Fantasy**

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Fantasy ( 32 ) minutes**
- **Download PDF of Practicum**
- **Listen to or read Scroll VIII**

# Intentional Creation

OG MANDINO FOR THE 21<sup>ST</sup> CENTURY

## Fantasy

Fantasy is a creation process in which we escape into this sacred space of the mind to a time “when” we are successful. We will create vivid visual images or deep emotional feelings in an attempt to prematurely experience desired future events. When we fantasize, we leap forward to our dreams and attempt to live in and beyond them, “when” and “then.” We attempt to shortcut or avoid the steps between where we “actually are” and “when” we are finally rich, at peace, free from stress and debt. In short, fantasy occurs when we use this sacred space in our mind to vividly escape the rigors of life.

When we fantasize, we build castles in the sky. Far too many attempt to move into these castles. We call this success psychosis. It is understandable. It feels glorious even if the feelings are counterfeit versions of the real thing.

Though real to the mind, fantasies exist only in our mind. When we spend productive time in these castles we are losing the time needed to actually create these dreams in tangible reality. Henry David Thoreau wisely counsels, “If you have built castles in the sky, you need not be lost; that is where they should be. Now put foundations underneath them.”

While in fantasy we have enough money to save our friends, family, and even the world. We have enough money to get out of debt, live stress and pain free, buy exotic cars, luxury homes, travel, anything we desire. We have safe and idealistic relationships complete with the commitment, trust, and the intimacy desired.

While in fantasy we can vividly experience the things money can buy plus counterfeit relief, false freedom, physical satisfaction, and pleasure. These things exist in our mind, created in a nanosecond, instantly, effortlessly, without work, and without ever having to leave our “easy chair” or the need to engage and connect with another human being.

While in vivid fantasy we will experience feelings of euphoria as the hormone and powerful drug norepinephrine is released by our sympathetic nervous system. This drug

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is so powerful that if it were available in prescriptive form it would be a controlled substance.

In addition and unlike life in the tangible world, we are in total control of people and situations - the outcome. Everyone does what they are supposed to do. Everything turns out the way you want it to. Everything is instant and perfect. This is what we want – no more stress, pain, frustration, and fear, and with the time and money to do whatever we want whenever we want, and we want it instantly.

*Do you fantasize? If so, how vividly?*

*If you fantasize about owning exotic cars:*

*What are the makes and models, colors, and special appointments?*

*Do you have an order in which the cars would be purchased?*

*If you fantasize about luxury homes:*

*What is the square footage, location, number of bedrooms, bathrooms, the color scheme, style of furniture, and other décor?*

*What is the size of the garage, number of cars and in what order are they parked?*

*Can you describe the temperature or texture of the tile, marble, or wood floor on your bare feet?*

*How close to the ocean or a lake is the property?*

*Can you describe the feelings associated with walking the halls and admiring the artwork?*

*Can you hear the birds, the crashing waves, and smell the sweet fragrances?*

*If you fantasize about being free from stress:*

*What does it feel like to have your debts paid, money in the bank, the freedom to fire your boss and quit your job, travel, or just relax?*

*How does it feel to be bathed with peace of mind?*

*If you fantasize about a better relationship:*

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*What does your companion look like, act like, and how do they respond to your needs?*

*Are they a good listener, provider, and lover?*

*How thrilling and fulfilling are the long walks on the beach, the nights entwined by the roaring fire talking and reading?*

*How about those passionate and intimate moments?*

In addition to the fantasies listed, one of the most common fantasies is about helping others financially. These dreams can be driven by altruism, a genuine desire to bless others, however, these financial aid dreams are most commonly fantasies driven by a need to feel better about ourselves, assuage feelings of unworthiness regarding wealth, and to please or gain approval from others such as skeptical and unsupportive parents, siblings, or a community.

In the audio program, we shared the fantasy about siblings giving their parents a new car and paying off the mortgage.

*Discuss the story and share your experiences with this kind of fantasy.*

Regardless of why we fantasize, if we choose to fantasize we will inescapably face at least seven Herculean tasks. Discuss each with your coach:

1. We turn our dreams into expectations – concrete conditions for happiness.

This sacred space in our mind cannot distinguish the difference between fantasy and tangible reality. We have experienced it so vividly in our minds – it is real. Our dreams have been converted into what scientists call mental constructs. We have constructed a new reality in the systemic mind and this sacred space of the mind now believes it is so. Our dreams have been transformed into expectations. Expectations are very literally to the systemic mind “concrete conditions for happiness.”

*How frustrating is it when life shows up differently than your expectations?*

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*Ever feel frustrated, overwhelmed, or even angry?*

*Do you ever become impatient when success seems to take too long or requires too much effort?*

*Does it ever feel like you are losing out, surrendering, or giving up or giving in when asked to get real about the comparison between your dreams and your tangible reality?*

*Have you ever been tempted to blame a company, product, manager, mentor, customer, parent, or companion when life shows up differently than your expectations?*

2. Expectations exist only in our mind and cannot be magically or mystically changed into tangible reality.

In the audio we shared the story of a young couple who wanted a new home and who had mentally moved in.

*Have you ever wanted to believe that vivid visualization would somehow magically manifest tangible reality?*

*Discuss the following sentence: We live in a tangible world. The things we dream about usually exist or are experienced in a tangible world. No matter how much we want it to be otherwise our expectations exist only in our systemic mind - a totally different realm of reality than this tangible world.*

We will never be able to mystically or magically exchange fantasy dollars for tangible dollars. That is what the alchemists from the “dark ages” tried in vain to accomplish – magically change coal into gold. Alchemy does not work, however, perturbation does. When coal is put under enough pressure the carbon atoms are transformed into a diamond. The same is true for each of us if we stop resisting the pressure and stop trying to escape and avoid the very things that will turn us into a diamond.

*Have you ever screamed aloud, “I can almost taste it! I can almost touch it! It seems so real. Why can’t I have it?”?*

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Now you know that you can have it but not via escape and avoid fantasies.

3. If we want to create our expectations in reality, we will have to do the very things we are attempting to avoid through fantasy.

*Have you ever been so excited about a business opportunity, position, idea, or a relationship only to crash into a thick brick wall – all the stress, pain, frustration, focus, and boring, mundane, repetitious “work” required to create it?*

*Ever get frustrated when faced with your fears about connecting with others?*

*Do you ever avoid these barriers by spending productive time thinking about what it will be like when you are rich?*

While in fantasy we skip past all of our fears and the work required to actually create our dreams. We attempt to prematurely experience the outcome. The mind can become very confused each time tangible reality shows up differently. It thinks we already have it. Why then must we do all of this work? Yuck!

4. All too often our expectations cannot be created on this planet. This is especially true of “ease.”

Abundant people have mastered the ability to manage higher levels of stress. It was not easy even for them. Their decision to seek abundance included the intentional and conscious decision to “become” abundant. In so doing, they chose to pay the price to “become” capable of handling ever-increasing levels of stress. The more stress they can handle, the more abundant they become.

Sometimes we just want it to be easy – no more stress, pain, frustration or debt with time and financial freedom.

*Have you been suffering from the “ease” dis-ease?*

5. Our body will create potentially dangerous chemical reactions when our expectations are threatened.

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While in fantasy, the same chemistry and circuitry occurs in the brain that would occur if we were actually there. To support this experience, the sympathetic nervous system releases the hormone and powerful drug norepinephrine leaving us feeling euphoric.

We have managed to create an expectation - a concrete condition for happiness. Our happiness is contingent on having that which we have created in our mind. This expectation is VERY real to the systemic mind. It is so real that our body autonomically – more than automatically - attempts to protect the expectation when threatened.

When we have a proclivity to fantasize, we will unavoidably encounter life showing up differently than expected. Each time this happens the body reacts much like it would if we were being attacked by a grizzly bear. To protect us, the sympathetic nervous system releases a large dose of cortisol, which kicks the norepinephrine off of its cell receptor. Cortisol then connects to its unique receptor on the cell and communicates at a cellular level a message that leaves us feeling anxious, fearful, overwhelmed, and even angry. These are not made up feelings. They are driven by this chemical release, which was caused by a threat to our expectation.

*Have you ever experienced that tightening of the gut – that lightning bolt of emotion? If so, what kinds of events create this experience?*

To further complicate this moment, the amygdala, the fight and flight center of the brain, releases fear dendrites that go up into our pre-frontal cortex – the area that controls our higher levels of consciousness. These dendrites rob the metabolic energy needed to maintain empathy and practical judgment – our people skills and common sense. In many ways we are emotionally paralyzed. We have been prepared for a war and the enemy is not a mean grizzly bear, it is simply tangible reality showing up differently than our expectations.

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As emotionally painful as this process may seem, it is only a chemical reaction to a threatened expectation. One of our concrete conditions for happiness, something that exists only in our mind but is very real to the mind, has been challenged by tangible reality. This is a simple yet painful experience that can be avoided.

*Have you ever experienced this rollercoaster of emotions – emotionally high even euphoric feelings shortly followed by emotional lows and even emotional paralysis?*

*Have you ever been so excited about an idea and vividly experienced it in your mind only to be in the dumps the next day?*

*Have you ever been so discouraged that you wanted to stay curled up in bed all day and hide from the world?*

*Share your experience of this rollercoaster of emotions with your coach.*

6. Our mind will obsessively attempt to solve these unsolvable challenges.

Expectations are no longer a good idea or something that would be nice, they have become “concrete,” uncompromising, immovable conditions for happiness.

If our expectations cannot be “created” in this tangible world, we have set ourselves up for what Harvey Schoof, the co-developer of our assessment called, “An unrelenting, unyielding pursuit of the unachievable.”

*Do you ever feel overwhelmed?*

*Are you where you thought you would be at this point in your life?*

*What is the level of your frustration?*

*Is the computer of your mind obsessively trying to get the launch codes for your life, unwilling to find joy in the journey until this task is completed and your success is launched?*



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### 7. Fantasy is premeditated anger.

We can carelessly measure the value of what we have and do using these expectations as the measuring rod. Reality rarely measures up to fantasy. Our life and everything about it can become a grand disappointment, a burden or barrier, the thief who steals our hopes and dreams. As a result we can hold reality hostage to our expectations and miss the sweet joy of gratitude and substitute fear, anxiety, stress, frustration, impatience, jealousy, emotional paralysis, and even anger because we have been unable to create these expectations in the tangible world.

When we stubbornly cling to these expectations we will resist “what is” – tangible reality. “It is supposed to be different!” Resistance to “what is” quickly becomes resentment. Resentment is anger waiting in the wings and anger all too often takes center stage. Fantasy is premeditated anger!

*How do you feel about your relationships, children, car, house or apartment, furniture, bank account, job, body type, weight, hair or lack thereof and general health?*

*Do you ever find yourself frustrated because you do not have something better or have more?*

*Does it ever feel like you will have to give up, give in, or surrender to accept “what is” or to be grateful for what you have?*

*Do you ever find yourself erupting in anger over that which in reality is not that important – at least retrospectively?*

Unmet unrealistic expectations – concrete conditions for happiness – breed anger, the antithesis of peace of mind.

In addition to these seven Herculean challenges, fantasy reveals our heart, our true desires – our true intention.

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*Is there any risk that we have been duplicitous – double minded?  
Do we say one thing publically and privately fantasize about another? Do  
we act like we care about others yet secretly fantasize about a life of  
leisure free from nagging people yet funded by their financial contributions  
to our life?  
How congruent are we with the Power that governs abundance?  
Are our expectations in conflict with being an active partner?*

Again, we will want to vigilantly guard the thoughts we create in this sacred space of our mind. The vision created will either ignite passion that will drive discipline, focus, effort, and action in the tangible world or it will simply drive us crazy.