

Quality #2: Goals and Expectations

Introduction

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Introduction (13) minutes**
- **Download PDF of Practicum**
- **Go to Ten Scrolls and click on Scroll VIII. Listen to Unlocking the Secrets to this scroll.**
- **Listen to or read Scroll VIII three times a day**

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Introduction

An Intentional Creator is fully present and engaged in creation whether present in the now or present in their mind, whether at work, play or rest.

An Intentional Creator sets realistic goals and achievable expectations. They know where they are going and why. Driven by excellence, they are self-directed and act on their own moral authority, doing the next right thing for the right reason. They keep their mind clear and clean and avoid with fury the darkness of the void where fantasy, catastrophe and counterfeit pleasure reign. In doing so, they keep the conduit open between them and the Power that governs abundance – their partner. They know that if they should go into the void, it will rob them of the very energy, connection and time needed to create their dreams in tangible reality.

Mental Creation

Creation is an intentional two-stage process that occurs in two equally important yet very different dimensions of reality. First, we “create” in our mind – the systemic dimension of reality. This dimension is a fertile and often undisciplined ocean wherein we can freely, instantly, and almost effortlessly create storms of vivid images and all without making tangible commitments.

The same brain chemistry and brain circuitry often occurs during this mental creation process that would occur if we were experiencing these events in tangible reality. The mind thinks it is real and the body reacts as if it were real. This is also the dimension wherein the Power that governs abundance literally manifests ideas, impressions and solutions to challenges. This process is very real and so are the manifestations that are received. That is why these experiences ignite the passion needed to sustain focus, discipline, effort and action.

Go to your assessment and look at the measurements for the characteristics Analytical and Goal Oriented. Each is found nine characteristics down from the top of the graph.

Is either of these measurements light green, orange or red?

If so, what do you do to shut off your mind?

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Introduction

These are the two primary characteristics that can assist you in successfully thinking about thinking and can assist you in engaging in vivid visualization. However, when out of balance these thought processes can create some very serious challenges. The more out of balance these two characteristics are the more hyper-vigilant you will want to be about how you use these powerful thought processes.

Physical Creation

Second, we “create” in the physical or tangible world – the extrinsic dimension of reality. Unlike the systemic dimension where we can create a private jet, fly to France for lunch, spend two weeks in the Caribbean, and build our dream home all in the time it takes to shower, physical creation requires linear time – tick, tick, tick. If we have used the sacred space of our mind to create a vision that ignites passion, we can work tirelessly creating the millimeters between where we are and our dreams and often without counting the cost. Absent a creator’s vision we are relegated to a life filled with boring, mundane, repetitious work - wishing we were someone else, somewhere else, doing something different.

Take a few moments and examine with your coach the six thought processes associated with this Quality.

Destructive versus Constructive Thought Processes

We can use the powerful tool of our mind to engage in eight very different creation processes. Three are destructive and foster fear. Five are constructive and create a vision that will ignite passion.

Destructive uses:

1. Fantasy: We can employ the systemic mind to transport us into the future, a time “when” we are finally above all the pain, frustration, debt and stress. In fantasy, we can spend endless and productive hours vividly living what it will be like “then.”

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Introduction

2. Imagined Catastrophe: When fantasies are threatened, we can waste endless hours obsessively worrying, creating worse-case scenarios and tormenting ourselves over events that may never come to pass.

3. Counterfeit Pleasure: We can create vivid salacious and tantalizing images that are physically arousing and far too often antithetical to the creation of tender, trusting and committed relationships.

Constructive uses:

1. Mental Rehearsal: We can vividly experience or “play out” on the stage of our mind desired future events and difficult or challenging assignments in an effort to seek guidance and clarity or to improve skills, prepare, or mitigate fear.
2. Inspiration: We can seek needed insight and direction regarding ways in which we can serve others.
3. Exploration: We can vividly “try on” possibilities, new ideas, or life scenarios to gain clarity and facilitate good decisions all without making tangible commitments.
4. Problem Solving: We can review the elements of a problem in search of a creative and workable solution.
5. Planning and Goal Setting: We can look into the future and identify realistic targets and review in advance what is required and when, where, and how it can be created.

Dreams are a good thing. They are the foundation of our vision that ignites passion. Dreams are the “why” for the creation process. However, there is a stark contrast between the creation process in which we identify a dream, clearly determine how we will create it, and then take the passion-driven action needed to do so, versus escaping to a dream and spending productive time living in and beyond the dream in an attempt to avoid the frustrations present in the “now.” The first is constructive and the second destructive.