

Quality #2: Goals and Expectations

Problem Solving

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Problem Solving (10) minutes**
- **Download PDF of Practicum**
- **Listen to or read Scroll VI three times a day**

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Problem Solving

Have you ever been awakened in the middle of the night by a flash of brilliance, sat up, and said, “That’s it. That is the answer!” Have you ever been driving down the road and had a solution to a challenging problem pop into your head as if it came out of nowhere?

When faced with a problem, being angry will not serve. Being overwhelmed will not serve. Being fearful or doubting our ability to solve the challenge does not serve. “We are not going there!” We are going to stay present and focused. We are going to stay in creation.

What is the single greatest problem you are currently facing?

Are you spending any time in fantasy, racing ahead to a time when this challenge has been solved?

Do you ever catastrophize or worry about what is going to happen if the problem is not solved?

Do you ever beat yourself up for having this problem in the first place?

Is it potentially embarrassing?

Have you reached a point where you feel all is lost?

Take out a piece of paper and write down the problem. Make the commitment that you will find an answer and will not cease constructive creation until you find it.

You don’t need to have the answer, yet trust that there is one.

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Problem Solving

*In this moment you are okay. In this moment you can be at peace.
In this moment you can be safe. In this moment you can be whole.
Stay in this moment.*

*If others are involved, put yourself in the shoes of each person.
See what they see, the way they see it. Be open to possibilities. You
do not need to agree with, justify or excuse their behavior, just take
a look at the problem through their eyes. At the same time take a
good look at “you” through their eyes. How do they feel about your
current level of accountability, focus, discipline, effort and action? In
what ways are they justified?*

Does this seem like too much work?

*Consider how many hours you have already and willingly invested
in catastrophizing.*

*Constructive problem solving takes more discipline but the answers
come more quickly. Nice trade off.*

*Now focus on three questions: What can I create? How can I
create it? How will this serve others?*

*Consciously shut off sabotaging thoughts. Be still. Focus. Seek. If
your mind wanders, follow it. Write down every impression you
receive. Each time you are tempted to seek refuge in the gap, say,
“Not today! We are not going there today! I am staying in creation.”*

Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Problem Solving

Now be with this for a day. By the time you awaken in the morning, you should have several ideas, possibilities, all of which are new. Which one excites you the most? Take action and create.

Two weeks later and based on a pre-set schedule, revisit the problem and compare how far you have come in just weeks. Miracles are only miracles in retrospect. It is often hard to fully appreciate a miracle when you are in the middle of one.

Sound too simple. It is supposed to be simple. What you are doing is shutting off all of those tethers of negative, sabotaging thought processes that block the conduit between you and the Power that governs abundance. The more successful you are at shutting off that noise the quicker you get your answer.