

## THE MYSTIC'S FORMULA

**mys·ti·cism** (mis'tē siz'əm) *n.* the doctrine of an immediate spiritual intuition of truths believed to transcend ordinary understanding, or of a direct, intimate union of the soul with God through contemplation or spiritual ecstasy...

— *Webster's Dictionary*

In order to experience success for the soul, you must travel a mystical journey. It is important to understand that mysticism isn't as mysterious as it may sound. Mysticism is simply a matter of broadening your perspective. Mysticism is about opening up to a way of perceiving life beyond your five senses. It is about waking up to the fact that you are much larger than the you that you see in the mirror. As you open up and wake up to an expanded definition of self, you begin to tap into the power you already have to create the life of your dreams.

So, how do you create success for the soul? Where, exactly, does one begin on this journey of making dreams come true? Wouldn't a formula be nice? Well, I have a formula. Once I share this formula, you may think, "Oh brother! How contrite is *that?*" Or, you may want to toss this book out the window. Or you may be relieved to know you're on the right path. Or you may think, "I've heard this before and it hasn't worked. What's going to be different *this* time?"

This formula is called The Mystic's Formula because it is based in a timeless wisdom that transcends ordinary understanding. The formula I'm about to share has been practiced, studied, dissected, revered and misinterpreted through the ages. It has been translated and expounded by philosophers, clerics, physicists, motivational speakers, spiritualists and poets. It is based on Universal Cosmic Law and it works – *IF* you know how to interpret and use it correctly. This formula is nothing less than the secret of life. That's right. You heard me. *The secret of life!* And once you begin to truly understand, and more importantly *see* how it works in your life, you'll scratch your head wondering how we got so off track?

Are you ready? Here it is. The formula for making any and all of your dreams come true is:

1. **Identify what you want.**
2. **Pretend you already have it.**
3. **Step out of your own way.**
4. **Welcome it into your life.**

That's it. Very simple, yes? Yes. But simple doesn't mean easy. And the rest of this book is all about understanding how to interpret and use this formula *correctly* and how to navigate your way through the inevitable bumps you will hit along the way.

Integrating this formula into your way of seeing the universe and integrating it in your life is a process of expanding your consciousness. Expanding your consciousness is a growing process. And growing is hard sometimes, hence the term *growing pains*. It is these growing pains that, when misunderstood as irreparable failure or fatal flaws, has us quit on our dreams and/or this formula. Do yourself a favor. Don't quit before the miracle ... because miracles are yours to be had!

Through the ages, wise ones have understood that we each possess the power to create our own reality. They've understood exactly how this is done, and they have sought to be messengers of this knowledge. For these wise ones have known that when you know this truth and understand it, you will be set free.

### **PROPHETS**

"We are what we think. All that we are arises with our thoughts. With our thoughts we make our world.

— *The Buddha*

### **PSYCHOLOGISTS**

"The greatest discovery of my generation is that a human being can alter his life by altering his attitude of mind."

— *William James (1842-1910)*  
*U.S. Psychologist and Philosopher*

### **SCRIPTURE**

"As he thinketh in his heart, so is he."

— *Proverbs 23:7*  
*The Bible, King James Version*

### **SCIENTISTS**

"Considered together, Bohm and Pribram's theories provide a profound new way of looking at the world: Our brains mathematically construct objective reality by interpreting frequencies that are ultimately projections from another dimension, a deeper order of existence that is beyond both space and time: The brain is a hologram enfolded in a holographic universe."

— *Michael Talbot, author The Holographic Universe*  
*on theories of David Bohm, quantum physicist,*  
*and Karl Pribram, neurophysiologist*

### **POLITICIANS**

"Dream lofty dreams, and as you dream, so you shall become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil."

— *James Allen (1855-1942)*  
*New Zealander statesman, Minister of Defense*

### **SPIRITUAL MEDIUMS**

"Intend it, and allow it, and it is."

— *Esther Hicks*  
*Teachings of Abraham*

## **PHILOSOPHERS**

“The universe is transformation; our life is what our thoughts make it.”

— *Marcus Aurelius (121-180)*  
*Philosopher, Emperor of Rome*

## **METAPHYSICIANS**

“Our thought is operated on by a universal creativity which is infinite in its capacity to accomplish. Thus, in taking thought we do not force anything, we merely decide what thought to follow, knowing that the result is automatic.”

— *Ernest Holmes (1887-1960)*  
*Founder, Science of Mind*

## **ARTISTS**

“Everything you can imagine is real.”

— *Pablo Picasso (1882-1972)*  
*Spanish Artist and Painter*

## **POETS**

“If one advances confidently in the direction of his dream, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.”

— *Henry David Thoreau (1817-1862)*  
*American Author, Transcendentalist, Philosopher*