

How to Get Everything You Want

I hear people often say things like, "It's great to be spiritually aware and peaceful, but I still feel there are things I want to achieve, have and do, how do I do that while still being mindful?"

Let me be clear, there's nothing wrong with wanting more, it's part of our abundant nature. It's the thinking attached to the things we achieve, have or do that leads us astray.

Out of this, I've decided to give you a formula that is guaranteed to succeed for you when all 3 elements are in alignment with each other!

The Formula is:

You x (Thoughts + Actions) = Results/Outcomes

Or, $Y \times (T + A) = R$

Interpretation:

YOU:

This is the most important part of the equation and involves you being still enough to know exactly what it is that you want. Most people will say they know what they want but in reality there's so much happening around them that it's just something that sounds nice, for e.g. I want a new car.

You need to be crystal clear on what it is that you truly want because without the clarity, you won't have the focus required. So go into a quiet room, sit in a comfortable chair, close your eyes and ask the question, "What is it that I truly want?"

If other thoughts come in, allow them to pass through and keep asking the question. You'll know when you have the right answer because it will fill you with enthusiasm and excitement.

If no answer comes, then leave it and return to it tomorrow, spend at least 15 minutes with it each day until something comes.

Remember, this is a critical step, the YOU part of this equation is the foundation and your thoughts and actions are surface structures, without a foundation all buildings crumble!

THOUGHTS

Once you're clear on what it is you want, you need to be vigilant of what you're thinking because the old conditioned (unconscious part) of you will probably not be comfortable with change and will look to sabotage efforts. This is where your mindfulness practice comes in handy, notice the objections that come up in you in wanting to change. In you noticing them, they lose their power to influence you.

ACTIONS

Action is the final step, unlike a lot of self-help tools out there that say action is the most important aspect of getting what you want. When the steps above are taken care of, action becomes a natural flow from that. You find that you're actually motivated to take action because you're clear about what you want and understand the importance of it. Action is only becomes work when you're doing something that isn't in alignment with what you really want. Action becomes a pleasure when it is in alignment with what you want and that's something that a lot of people don't experience yet.

Final Note, when the YOU is there, your efforts through your thoughts and actions are multiplied dramatically. This is what is missing in personal development models that focus on positive thinking and taking action alone.

If this discussion has been of interest to you, join the Free Mindfulness Series at <http://www.studentisready.com> where there's a step by step process of helping you find more in life as well as how to apply the above formula to things like money. Alternatively check out the blog site at <http://www.studentisready.com/blog>

About the Author

Angelo Campione has real life experience of dealing with emotional pain and now walks the path that has him live a life of [purpose, joy and freedom](#).

He currently has an online [Mindfulness Series](#) free of charge that goes through a step-by-step process of not only helping people understand themselves better but also giving them tools to help them find their own Truth.

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