

Unbeatable Formula for Next Level Success

Your Mind Should Serve YOU – You Should NOT Serve Your Mind

By Phyllis King

When we want to achieve next level abundance, we must confront limiting beliefs and thoughts. Eckhart Tolle says this about our thoughts **“The voice in the head has a life of its own. Most people are at the mercy of that voice; they are possessed by thought, by the mind “**

For most of us our thoughts are like background noise. We are so accustomed to our background noise we do not even realize it is there. It performs like white noise. It put us to sleep while we are living. We unconsciously act upon limiting thoughts and beliefs to our detriment. We are at the mercy of the choices our limiting beliefs produce. Moreover, we do not acknowledge any difference between our thoughts and who we are at our core.

At our core, we are not our thoughts. We are limitless beings. Consciousness taking form to experience physicality. When we master the awareness of this difference we become conscious. Conscious thought and action produce superior results in every way.

The physical experience needs thoughts because it is a finite reality. It has a beginning, a middle and an end. It needs a finite form of consciousness to assist us on this earth. That is the purpose for the mind. To quantify, qualify and measure.

However, when we want to expand, the answer is not to engage the mind first. Rather we want the mind to serve what higher wisdom determines is the correct course of action. Our higher wisdom knows no boundaries or limitations. Expansion comes when we engage our higher wisdom and allow it to be the master. Then we can instruct the mind to execute tasks we require to assist us in realizing our outcomes. **Make no mistake if great success is to be had, the mind must be the servant and remain the servant.**

What follows is an example of the ways limiting thoughts creep in and sabotage us:

Let us use the example that we want to expand our business and we have a vision. To do so we must think and act with a future mindset. If we want to be a millionaire, we must think like one, and ask ourselves “how would a millionaire behave in this circumstance?” “What decision would a millionaire make in this moment?” We must make our decisions based upon who we will be when we get to the next level. This can be very scary. The only thing that stands in our way is our mind. The mind will create worst case scenario options of why we should not proceed. We can easily self-sabotage in this moment.

We cannot get to “next level” using a mindset that created our status quo. We must adopt a future mindset approach which takes us out of the comfort zone, which is where all growth occurs.

When we use our future mindset we may need to hire people, and delegate and spend money to expand. Often in business when we want to expand its because we need or want

more money. Suddenly we have to spend money. It can be very scary. This is another time when we can self-sabotage. We must understand it is more than money. It is the belief and commitment we have to ourselves that must become rock solid. This is where many people fail.

Absent the commitment we will abandon our dreams and goals. When our commitment is rock solid, we will continue to execute tasks brick by brick until we reach our goal. As we engage our future mindset self-doubt and negative, with 100% certainty, limiting thoughts will come in and attempt to stop our growth. Our mindset must withstand the onslaught of false beliefs that may want to persuade us to abandon our goals.

Or, when we face criticism and doubt from others when they weigh in negatively on our choices, which they will do, it can be very scary and unnerving. Again, another opportunity for the mind to silence our dreams.

If your parent or best friend or lover tells you they do not support you then what? Will you abandon your vision? Is that a reason? No. It is not a reason. The only reason to abandon a vision is when you evolve in such a way a new vision superior to the existing vision takes hold.

The mindset that holds fast to the vision you feel in your gut is correct for you is what you must develop the strength to honor. We must develop a tolerance for risk and change. These are all the elements of transformation that are required to carry us to next level abundance.

If we use status quo mindset we will not make progress. We will create more of what we have. Discomfort is a sign of growth and opportunity. If we can see discomfort as an opportunity, rather than a deterrent, we are destined for the greatness we aspire to realize.

Train yourself to recognize the difference between mind and higher wisdom. Honor your vision with courage and tenacity. Develop a mindset that sees no limitation only opportunity. Put your mind to work for you, not against you. Therein lies your unbeatable formula for next level success.