

# CORE Changes Institute

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The CORE Changes Success Skills E-Letter  
June 2004

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Volume 3

Issue 6

## Crossing the GAP to Success!

Have you ever wondered what the defining characteristics of success people are? What separates you from them and them from you?

This is not to say that you are not successful already. Some of you may feel successful in many areas of your life, while still seeking greater degrees of success in other areas.

And some of you may be extremely successful at getting the things you don't want in your life as well. Remember, this too takes work.

So if we are to define success as getting the things we want, then in these terms, how successful do you feel? If you've gotten everything you ever wanted and still do, then by all means you can stop reading this article right now. You're already living what you'll be learning.

But for those of you that still want more, guess what?

There is more...

But now here you are on this side of the fence, getting what you want from time to time, but in most cases getting a lot more of what you don't want. So how do cross that gap to the other side?

How do you join "them?"

### → THROUGH INTENTION, ATTENTION, AND ENERGY

Now notice intention comes before attention. And there is a reason for that. Intention is followed by attention which is followed by energy.

#### Intention

This is where it all begins. And it is powerful. Think of the importance society already places on it.

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A murder committed with premeditation or prior intention is punished more severely than one committed out of impulse. Why?

Because any action or behavior thought through in great detail and fed emotionally has more credence. And as a result, these actions and behaviors are much more likely to be carried out.

In any given day we can have hundreds of thoughts that bubble up and disappear. While in that same day we can have a few handful of thoughts about a particular circumstance in our life.

In one moment, you may think, "Oh, I'm thirsty!" And you may or may not act on that. It may only be a fleeting thought. While at other times, you may dwell on something like your "bills."

Now this too may only be a thought, but this thought is based on an underlying intention. It could be "I want to get out of debt" or "I want to make more money" or "I want to have financial security."

And the thoughts that bubble up revolving around that intention are fed by that intention.

### **Attention**

And when those thoughts are fueled by your intention, those thoughts become the reflection of your attention. That's right; attention is fueled by your intention. There is no judgment made here. Its job is to bring to attention anything that resonates with the governing intention.

Now here is why setting your intention becomes really important. This is where the GAP between you and them comes about. (But not after you're done reading this article)

When you set your intention, where are you placing it? Let's call where you currently are, the present state, and where you want to be, the desired state. And in between lays the gap.

So for example if you were to use the above statement of "I want to get out of debt;" where is your intention? Well it is basically focusing on the gap.

It is not focusing on the present state, which might be, "I am poor." Yet it is not focused on the desired state either, which might be, "I am rolling in money."

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This intention focuses on the “lack” or the “gap” between the states.

Often time’s people will make the mistake of shifting away from the present state, but only as far as the gap. And when that is all you focus on, then that is all you get.

Consider the times when you have set goals, how often have they been the desired state, and how often have they only been the gap or the lack of having what you want.

Think of it this way. We are all energy. We are all vibrating at a certain frequency. Our thoughts are energy as well. If your intention is set on the lack of something and you begin vibrating at that frequency, then what you attract back is the same frequency. You’ve aligned your vibrations with the “GAP.” Get ready for more of the same.

And your system obeys by bringing to your constant attention, “lack.” The universe delivers back to you exactly what you sent out to it.

So what can you do about all this?

Hmmm...

Well imagine what would happen if you began by shifting your intention to the desired state. If you would see, hear, feel, taste, smell, and sense, exactly what you want. Whether it be money, a promotion, a baby, or a car.

And when I say setting the intention to the desired state, I don’t mean, putting out there, “Oh, I’d like to one day have such and such...” or “It sure would be nice to have such and such...” I mean you say, “I absolutely love my new car. It has that new car smell. And that lovely new leather is so soft and cushiony. My car is so clean and sleek. It just purrs. It is such a smooth and comfortable ride. I feel totally prosperous and abundant even thinking about it.”

“Wait, wait, wait. I’ll just be fooling myself!” Some of you may be thinking this. But guess what that is. That is the feeling of the GAP creeping up. And if you start resonating with the GAP, you’ll just have more of it, than the things you really want.

Feelings can be tricky things, so watch out for them. Some people think it is important to always question authority. But I think more important than that is to

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question your feelings. People think that when they feel, that that is who they are. And this is one misconception that can be quite detrimental. You are more than your feelings. Question away!

So once you have set your intention only on the desired state. You will notice both consciously and unconsciously, that your attention now supports your intention. You are now resonating with what you want, the desired state, not the present state or the lack of the desired state. Now you are totally aligned with what you want!

### **Energy**

Then comes energy. Just as intention fuels what you pay attention to, attention fuels where your energy flows. Right about now, you may be beginning to see how powerful this is and how many problems can be caused by having the wrong kinds of intentions.

Think of how much energy you have already spent without much fruition. When I work with business owners, they have bought into the idea of sweat equity to such a degree that they never consider reevaluating their original intent.

They pour energy in like nobody's business, but in the end, all they have done is bought themselves a job, which is almost always never the original intention. At least large corporations can let it go and move on by calling it a "sunk cost." But the smaller guy has a lot more at stake, and unfortunately energy as the only or largest resource. Can you see how imperative it is to align yourself with your intention?

So let's go back to the earlier example real quick. If your intention is "I want to get out of debt." You already know most of your attention is going there, but now you also know that most of your energy is going there as well.

You now have a powerful engine or system in place guaranteed to get you exactly what your intention is, "getting out of debt," meaning not enough, scarcity. And the universe will prove you right. You have aligned your intention, attention, and your energy to get you exactly "not enough," which is far, far away from the desired state.

Now what if you were to turn this whole engine around and align it with the actual desired state. Whoa! Imagine that...

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You're now resonating that you have the car. Your attention is there as well. And now all your energy is in alignment with it as well. Can you fathom the power of this?

So how do you get started with all this? You know what I am going to say, right?

That's right. Your feelings! By removing any thought, idea, or feeling that brings you back into the GAP or the present state. So you can fully resonate with the desired state.

Where to begin, then? Well, this month's, along with previous months patterns you have learned will help you do just that. You can use EFT. (Gary Craig does some fantastic work on money beliefs in the video sets.)

You can also use the new Hypnosis-NLP CDs to help you get started. Irresistible Attraction is focused on precisely this process. Manifesting a Millionaire Mindset goes hand in hand with this as well (if what you want to attract is more money).

Remember, even if you order the CDs or the videos, don't wait, you can get started immediately with any of the patterns, you have learned thus far.

The quicker you get started, the quicker you'll find yourself on the other side of the GAP, with "them."

What! Are you still reading this article? Go, get going!

Warmest Regards,

Oz Merchant