



## Get What You Want – NOW!

By Cindy Silbert, Creator and Life Cultivator

What if you could have anything you wanted right NOW? Knowing what you want is essential but your intention determines *when* you'll get what you want. What *is* your intention for when you will get what you want? Do you think about it happening some day, or expect it will happen five years from now because that's how long it should take? Perhaps deep down you really don't believe it will happen at all but you humor yourself and dream about it anyway?

Something magical happens when you set out to get what you want right NOW. It's the difference between setting a goal to occur sometime in the future and fully aligning all of your faculties in one single moment. The energy you create and the magnitude of the vibration you put out increases dramatically when you set your intention to get what you want right NOW.

I first experienced this in a seminar where I learned how to break a board with my hand (I know a-typical of 1980s motivational techniques but hang with me). The first time I tried, I failed miserably and felt a lot of pain. On my second try, I gathered myself in the present moment and "POW" I broke the board with ease and no pain at all. I can't say how I did it. All I know is that I was not in my normal way of thinking or being - I stepped outside all that I knew to be true or realistic. Well, that seminar was a long time ago but today as I cultivate my ability to create, I see a parallel relationship between my first painful try of breaking the board and my old approach to getting what I wanted. I use to set big goals with high expectations for achievement and then painfully judge myself as I tried to achieve them. I also see a parallel between my second try at breaking the board and the approach I use to get what I want NOW! by creating in the moment and joyfully experiencing the process of creating and what I actually create.

You can experiment with this technique on small things first like feeling better, hearing from a friend, or having a great day at work. As you begin to see results, you can apply it to bigger things like getting that ideal job, meeting that special someone or getting the right idea for that business you've always wanted to start. Remember it's not about the result; it's about aligning all of your power and intention to create in the present moment.

Here are five simple steps to getting what you want NOW:

1. *Take total responsibility for everything.* Consider that you've created everything in your life thus far including who you are, your family, friends, health, job, and wealth – everything. If you've created everything you've experienced in your life so far, you can create anything you want now and in the future.
2. *Realize that everything is created in the present moment* - not last week, yesterday or even five minutes ago but in the now. Take a few days and observe life as if you are a detective in search of the present moment. Notice where it exists, what it feels like and how to get there. Begin to notice what you want NOW – not an hour later, not tomorrow or five years from now - but right NOW.

3. *Let go of what is realistic.* When you create in the moment, time and what is realistic has no place. Allow yourself to remove all restrictions of what is realistically possible to create right NOW. Notice how what you want changes when you realize time has no relevance and you let go of what is realistic.
4. *Leave the "how" up to powers outside of yourself.* So often people limit what they can create to whether or not they can figure out how to do it. Real manifestation happens when you release your mind of the laborious task of "how" you will get what you want. Worrying about the how also robs you of enjoying the synchronicity that occurs when you leave "how" up to the Universe or what you believe your higher power to be. Notice how what you want expands when you let go of the "how".
5. *Create what you want.* Open your journal to a blank page or get a blank piece of the paper and at the top write, "What I want right NOW." Find a comfortable place, reread Steps 1-4 above and get centered. Take 10 or more deep breaths in and out until you can feel you are in the now. During your meditation, allow yourself to see, feel and experience what you want right NOW. See yourself receiving it, feel what it's like to have it and allow yourself to breath in the experience of what you want right NOW. When you are ready open your eyes and make your list of what you want right NOW. Post the list somewhere that you can see it. And, continue to practice these steps, especially this step as often as possible.

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