

# Triumvirate

Make three wishes and write them down. Three wishes and only three wishes as this is the optimum amount for the mind to handle. THESE THREE WISHES ARE YOUR PERSONAL TRIUMVIRATE. You can change any of the wishes at any time but keep the total number to three. Writing them down helps focus the mind so it is important to do this writing. Once the mind is aligned and concentrated it can attract your desires. The analogy is to a magnet. A magnet is magnetic and attracts because all the molecules of a magnet are aligned electrically so that the sum is working synergistically in unison and is able to create attraction. A non-magnetic material has its molecules aligned randomly every which way and so attracts nothing. Aligning your mind by asking it to handle only three wishes (instead of many so that its energy is scattered) allows your mind to attract the results you want.

Be careful what ask for, you just might get it. Don't be too specific in how you expect the wish to happen: put down the resulting benefits you want and let fate decide how they will be achieved. There are two dangers to asking for a method rather than the results. First you may get exactly the scheme you asked for and then be unhappy because of unexpected consequences. In "The Picture Of Dorian Gray" by Oscar Wilde the hero asks for and gets perpetual youth. This however leads to his total perversion and eventual loss of what he really holds dear. Secondly getting your requested scheme might

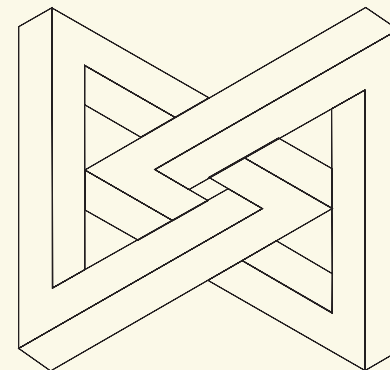
not result in the outcome that you expected and really wanted. In Shakespeare's "The Merchant of Venice" Shylock asks the courts to enforce what he feels is an ironclad contract to take a pound of his protagonist's flesh. The flesh is obviously secondary to the real motive of the serious disruption of life that he was after. The court ruled that while Shylock can take the flesh he could not take any blood, which was not in the contract. As an example here of asking for results for yourself: unless you really understand what you are doing it is best to ask for a return to normal good health rather than some specific action, an action that might have unfortunate unknown and unexpected ramifications in a complex interrelated body system. Fate is neutral and gives you what you ask for, so play it safe and ask for the outcome that you want and not some intermediary step.

A second reason to directly ask for the results is that the scope of your thinking is always limited and you may be excluding possible solutions. Your chances of getting what you want are better if you leave the method open. The method you asked for may be blocked or be very difficult to achieve while something else you had not thought of may just be your road to the results that you want. There is also that new opportunities that you cannot know about or even imagine might open up for you. An example here of asking for results is that you should ask to be living the new lifestyle that you want and not be asking to win a lottery. Again you should ask for the result and not the method because there may be routes to your desired results that you have not thought of or could not possibly know about.

Put your written three wishes up where they can be seen in full and regular view so that you can look at them often and be reminded of them. Writing your wishes on a small index card that you can carry with you and look at regularly is a great idea. It is all right to pick some sort of symbol for each wish. A single letter or a small drawing as simple or fancy as you can make it are both fine to use as symbols, as long as they remind you of your wishes. This way you can post the three small symbols everywhere, even the office at work, and not have curiosity seekers question you on your wishes. If someone asks, just say they are like a string tied around your finger as reminders of a shopping list (which is true, a shopping list of wishes.) I draw my symbol list over the glued part of a post-it note. Then the cut off glued part gets stuck to the top of my computer monitor above the screen. When you look at the written list or the symbols say thank you to the universe for being hard at work in producing your wishes for you.

At least biweekly take some time to visualize yourself enjoying the benefits of your wishes. Mondays and Fridays are great choices, one to set up the workweek and the other to prepare for the weekend. Place yourself in the visualizations and imagine as much detail as possible. Imagine the associated activities, things, places and people that enjoying your wish will involve. Have a positive expectant attitude as this is very important to make sure you are fully in tune with your request. Believe in all the reasons that you should have your wish. It also helps if you can create good feeling as to why you should have your wish sooner rather than later. Work at believing in your heart of hearts that your wish is real and just waiting to be engaged in by you.

A least once a week review the list to ask what opportunities might have come along that you missed, especially from unexpected sources. The universe is working for you but you cannot expect results if you don't follow through on what is provided. You must follow through on all possibilities even if you don't have faith that the outcomes will be either productive or manageable. Especially don't dither just because you cannot see where an eventual positive conclusion will come from, trust fate to provide the answers when needed. There might be dead ends that you will meet but it is surprising how often the extra effort opens up the right doors. Do review events because even if it is too late to now follow up on a missed opportunity, the reviewing exercise will help in recognizing other opportunities as they come up. If results aren't coming after a while don't just look to what opportunities you are missing but also look inside to see if there might be some reason why you are resisting achievement. Just keep working at it, and saying Thank You.



# TRIUMVIRATE WORKSHEET

◇ BE PROACTIVE. The universe helps those that help themselves is an old but true adage. List your Intend wishes and then list what you can proactively do to make them reality. The important thing to do is to **Begin It!** no matter how small that beginning may be. Study this worksheet, update it, and meditate on what actions you should be taking at least twice a day: on going to bed and on waking. After reading and reviewing address the universe with Oyar's Prayer <http://awenman.com/OyarsPrayer.pdf> for help.



✧ INTEND to fulfill:

◇ ACTION Measures to be taken:



✧ INTEND to fulfill:

◇ ACTION Measures to be taken:



✧ INTEND to fulfill:

◇ ACTION Measures to be taken:



Attracting and Prayer is a work list, not a wish list.

Whatever you can do, or dream you can do, begin it.

Boldness has genius, power, and magic in it.

**Begin it now** (Goethe)

# AFFIRMATION CHECKLIST

This checklist is set up to allow you to formulate up to three versions of your affirmation. Keep affirmations as short and concise as possible. ("Brevity is the soul of wit." *Shakespeare*) Create the first version and then check off all the items that your affirmation complies with. If there are items that are not checked off, redo the affirmation. You should then check off **all** the items again for compliance to make sure your revision did not inadvertently break one of them. Once you have an affirmation where you can successfully check off all the items, you are now ready to use it. Use another sheet if you find you need more attempts.

My affirmation is:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

The above affirmation complies with the following requirements

(1) (2) (3)

**BE CLEAR** can you visualize what it is that you are asking for, or at least have it well defined if it is intangible

**BE SURE** if you express doubt, then doubt is what you will get as an answer - and you definitely want this

**I ME FACTOR** has it been possible to include either the word I or Me in the affirmation if the affirmation is about yourself

**GROUNDING IN THE PRESENT** the affirmation must be in the present tense, as if it were here now

**GIVE RESPECT** always ask and never demand. You are receiving as a privilege and not as a right

**ABUNDANCE FOR ALL** ask to have your desire created for you and not that it be taken from someone else

**GO WITH THE FLOW** is your desire in keeping with what is happening in your community and acceptable to it

**RESULTS - NOT ACTIONS** always ask for the final outcome and do not try to second guess how it should happen

**NEVER THE NEGATIVE** always make an affirmation in the affirmative; eliminate not, no, don't and won't from the affirmation

**K.I.S.S.** K.I.S.S.: Keep It Simple Stupid and direct as to what you are asking for so that there is no confusion as to what you really desire

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