



Weekly Tip from Dr. Mark

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Believing or Living?

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I've had several conversations lately with people who are busy aligning their lives to allow in what they truly desire but who are also frustrated by the results thus far. Although it often takes time for conscious changes to result in manifestation of our desires, it is also important to take a look at our aligning activities and to be sure that we are doing everything possible to facilitate the process.

Many people, and I've done this myself, focus a lot of time and energy on shifting their thinking in order to increase the expectation that they will get what they want and to lessen the chance that their thoughts might be inconsistent with what they desire. That's usually where we start and it's a great place to begin. Right thinking is certainly a big part of manifesting, and oftentimes just doing this step unleashes dramatic change. But, oftentimes, it's simply not enough. Big changes require, well, big changes!



While congruent thinking is one way to align yourself with what you want, in the broader sense true alignment means living your life in a way that is conducive to what you want to bring in. Think of the space shuttle. If every aspect of that machine, including the astronauts inside and the guides on the ground, is not in perfect alignment with docking it on the International Space Station, it's not likely that it's going to even find the Space Station, let alone dock with it. You might seek the perfect romantic relationship and you may take a big step by visualizing this person daily, and you may diligently spend a few minutes every day seeing and feeling the things that you do when you are together. But if you then you go on with your day and do or think a host of things that are inconsistent with having this person in your life, what do you think of your chances of attracting him?

So, it is not enough to simply *believe* that you can have what you want. Believing is critical to the process but it's usually not enough. You must gradually begin to shift *how you live your life* in order to experience the greatest power of manifestation.

This week, take a look at something that you really, really want--something that you have tried to bring into your life. Make a list of how having it co-exists with every aspect of you--your thinking, your daily routine, your environment, your other relationships. Once you have your list, get to work on making sure that every one of these aspects is aligned with bringing in what you want. They must live in harmony with it and support its very existence. Do this, and I promise that you'll experience the closest thing to instant manifesting that you're likely to find!

Have a great week, and Enjoy the Journey!

A handwritten signature in black ink that reads 'Mark'.

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IMPORTANT NEWS

We've listened! **Counseling and Coaching options are now available** with Dr. Mark! Please visit www.arcuri.org/psych.htm to view the new Counseling options. You can book an appointment for Counseling or Coaching anytime of the day or night using the new realtime **Online Appointment Management** system. Once your secure payment is made, you will have the opportunity to book your appointment instantly. Once booked, you can cancel or change your appointment anytime as well, 24/7!

As an incentive, **newsletter subscribers who book an appointment this week will receive a cash refund equal to 10% of their booking** once the appointment or package is confirmed.

Check out the **Weekly Tip from Dr. Mark [Archives](#)** as well.

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