

You are receiving **Weekly Tip from Dr. Mark** because you opted in for a subscription. If you no longer wish to receive our mailing, please click the link at the bottom of this letter and you will be immediately unsubscribed. Thank you!



Weekly Tip from Dr. Mark

Volume 3, Number 1 - January 2, 2007



HAPPY NEW YEAR!

I would like to take this opportunity to wish you and yours a Happy, Healthy, and Prosperous New Year! Remember, if you *want* something badly enough, you will *never* have it! This year, focus on *already having* those things that you desire; allow the wonderful feelings that result pave the path for you and the Universe to co-conspire, bringing you all that you are wanting into being. Find the joy and wonder in life every day, and you will attract even more joy and wonder. It simply *must* happen this way!

Blessings and Abundance, in all ways,

Dr. Mark

An Oldie, Revisited

Last year I wrote about what I called an Elimination List. It was based on something that I wrote about a year before, and also an item that I came across in a Catherine Ponder book. The idea was to make a list of things that you would have to eliminate from your life to clear a path to allowing that which you wanted. The idea was a good one and I still recommend it. If you would like to know more, take a look at *Weekly Tip from Dr. Mark 2.1* (www.arcuri.org/tipsArc.htm).

While I still think the Elimination List is a great idea, when I consider it in the context of where I have come in my thinking since then I'm a bit troubled by the focus on things that you wish to eliminate rather than on what you wish to have. After all, you can only have those things that exist on the frequency to which you are tuned. If you focus on what you wish to eliminate, you will experience more and more of those things in your life--or other things like them. That said, I also believe that it is important to embrace the contrast (*Tip 2.28*), and the Elimination List helps you do that. Is it possible that the Elimination List can help you to embrace the contrast without putting too much focus on what you wish to eliminate? I believe it can.

My suggestion this New Year is that you try a very simple solution. First, absolutely make an Elimination List! Refer back to *Tip 2.1* to learn how. Doing so gives you a great perspective on what must move out of your life in order to allow what you wish to have. It provide clarity about what needs to go and how to make it happen.

Then, address each item--guided by the Elimination List--so that each is being taken care of in some way. Ideally, once you get started, the items can be eliminated without a lot of further attention. For example, if your goal is financial prosperity and debt is one of the items on your Elimination List, then put a debt plan in place that can take care of the debt for you without the need to constantly focus on your debt.

Once a strategy is in place to address each item, forget about your Elimination List altogether, and focus on what you are wanting! Take a look at it every so often because this provides the contrast, but do it in a way that you evaluate your progress *toward* your goal rather than focusing on how much you have eliminated. The difference might seem subtle, but it is important. Rather than noticing how much weight you have lost, pay attention to how great you feel! Remember, you will *always* get more of what you tune in to.

An Elimination List, used in this way, becomes a tool rather than the object of your focus. Let the List clarify what stands between you and your goals, and consider it only long enough to develop a strategy to eliminate whatever that is. Then, let the List take care of itself while you focus on the experience that you *really* want.

Happy New Year once again!

A Life Aligned: The Journey to Allowing the Magic in Your Life

Visit www.arcuri.org/store to order your copy today!

Have You Already Read *A Life Aligned*?

Be sure to download your free bonus chapter today! The link can be found at: www.alifealigned.com.

Copyright © 2008 Mark A. Arcuri, PhD Inc.