

From The book “Infinite Self – 33 Steps To Reclaiming Your Inner Power ” by Stuart Wilde ‘Your Word As Law’ Step 12 pp.111-116

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Establishing your word as law is important. The mind is used to getting away with a lot of promises it never intends to keep. You tell yourself you’ll do this and that, and then you don’t. You promise to pay your friend on Saturday and you forget, or you deliberately duck out of your obligation. It’s important to establish your word as law unto yourself and others, because that in itself becomes an affirmation of your ever-developing authority over the ego. If you say to yourself that you will do something, do it. Don’t make promises you won’t keep, and don’t make promises to others if you can’t or won’t follow through. Become immaculate. Be honorable. A life without honor is not worth having. Don’t commit if you don’t have to. If you aren’t sure you can follow through, you can always stall others, saying, “I’m not sure; call me in a week.” People are used to that.

By making your word law, you develop power. Sounds easy, doesn’t it? Most people are not used to their word as law. They are used to wimping out — slip-sliding away if conditions don’t suit them. It weakens them, for the mind knows you’re full of bull.

As you start to work on yourself, your energy moves faster. In my book *Miracles*, I suggest that the total energy you express as a mind-body spirit is an oscillation — one that is moving very quickly. I selected a hypothetical vibration of 20,000 cycles a second as an arbitrary figure to describe the

overall oscillation of an average person in the tick-tock rhythm of life.

There's no scientific way as yet to measure or quantify how fast people oscillate, so I picked a figure out of a hat. It serves only as a yardstick. I said, if an ordinary person is at 20,000 cycles per second, a person who's begun to work on him- or herself might oscillate at, say, 25,000 cycles a second; and a person who's very evolved, who has a strong personal light, might be 50,000 cycles. Beyond that, you might guess the energy of the initiate to be 100,000 cycles a second or more. However you quantify it, you are a wave-state that is oscillating through this physical experience.

As you work on yourself, your concentration moves away from the mundane and toward the infinity of spirit within; your total energy moves up faster and faster. Your ability to materialize things in life becomes more and more instantaneous. At 20,000 cycles a second, a person has an idea, they visualize or think about something they want, and 19½ years later it may or may not occur. Once your energy starts going faster, any thoughts and feelings you have become reality extremely quickly. You think about "the burning bush," and there it is, burning in your hallway — instant karma, positive or negative, depending on your focus. You are now grasping an immense power. Any errant thoughts, and suddenly a large turd is falling on your head from a great height. So your word as law requires you to understand the need to protect your power, and with that comes responsibility — whatever you put out is what you are going to get. So be careful not to use your thoughts and feelings in a flippant way.

Part of this cleaning-up-your-act requires that you don't make promises you won't keep. Don't say to yourself, "I'm

going to give up chocolate” if an hour later you’ll sit there and munch through an entire box. If you make a discipline — a law for yourself — follow through. If you don’t feel confident about following through, don’t make the law. When you’re good and ready to give up chocolate, you will.

Embrace your word as law, and you’ll see an immediate benefit as things begin to pop up effortlessly. But you have to mean what you say, so choose your words carefully — be purposeful, and police what you think and feel. If any crud comes into your mind, pounce on it quickly and change it. Everything is reversible. Also, don’t give people loads of BS. Don’t talk gibberish. Don’t talk about yourself. Come out of your silent power. Listen to others — talk about them. Don’t make idle promises, and don’t agree to do things you know you’re not going to follow through on. Become verbally disciplined; don’t show off. Don’t boast. Don’t exaggerate. Just stay inside what you know is true and real.

Next, get into a truthful dialogue with yourself. In other words, don’t buy the BS the mind gives you. The mind says, “Yeah, we’re doing fine,” and you know you’re not doing fine. The mind says, “Yeah, we’re looking for a job,” and you know you’re not looking for a job. “Yeah, we’re going to handle giving up chocolate,” and you know you haven’t given up chocolate and you’ve got no intention of giving it up. When you say to yourself, “My word is law,” you establish a dominance, an authority over the mind; so when you say something, you’re going to follow through.

Here’s an exercise that will strengthen your will and help you along a bit. Pick a spot outside in your garden or in the park, wherever, and find twelve stones. Tell yourself, “I’m going to move these stones ceremoniously every morning at 7:01 A.M. for seven days for fifteen minutes.” Then pick up the

first stone, walk slowly across the garden, and place it down; bow and say to the stone, "Thank you." Then walk across the garden, pick up the second stone, and take it over to the other side. Place it next to the first stone. Walk back and forth, taking all the stones across the garden. Now, pause for a moment and pick up the first stone once more, walk back across the garden, and put it back where it was originally. Transfer all 12 stones back to that side of the garden again. If all this seems a pointless exercise, you are right; it is supposed to be pointless. The mind will ask, "Why are you moving 12 stones across the yard?" You tell it, Shush, this is a spiritual way of getting stoned!"

You are strengthening your will and developing a personal law. It is irrelevant if the mind likes the idea or not or if the exercise has a point to it or not; the idea is to establish yourself as the lawgiver in the realm of your consciousness. You're saying, "This is my law. At 7:01 A.M. every day for seven days, I will ceremoniously move stones." This exercise has the effect of not only establishing you as the disciplined, dominant force, but it also allows you to override the discomfort the mind may go through. The mind won't like hauling stones, especially if it's raining. These actions involve work, and they are outside its normal legislation. At this point, you dismiss the discomfort — rather than accommodating the ego — by, say, staying in bed. Set a discipline, like the stones, and do it for seven days. You need to see that your word is the law. If you don't have a garden near you, you could, instead, move 100 books on and off your bookshelf, dusting each one as you go. Do it exactly at 7:01 A.M., or whatever time you decide; do it for seven days.

In establishing the idea of My Word As Law, you improve your ability to materialize things you want in your life. You

understand that when you come up with a thought or feeling and when you express it mentally or verbally, its going to appear in your life. Because you are powerful, you can materialize your consciousness. The boundary between your internal world and the external world has melted — you have less definition. You see yourself as infinite, so the miraculous is not only possible but expected. There is no more inside and outside; there is only one infinite consciousness that describes all reality.

The ego's function is to separate you from others, defining you by creating a mental and emotional distance. As you move toward the Infinite Self, you are exiting the ego's world to join with an inner energy — not just your inner energy but that of all the people on the planet and the cosmic energy in all things. In that joining, you will be able to pull things to you — benefits, opportunities, creative possibilities. You will pull them to you unexpectedly from a great distance.

The ego, living as it does in a limited 3-D world, has to get things; it has to find things. It is required to struggle to materialize things. It has to force things to happen — it needs to sell itself. Rather than forcing things to happen, see the whole of the planet being inside you, a part of you. When I say to you, “Stand tall, be a big person,” I mean, become big-hearted, expand your mind, expand your feelings to incorporate everything. If you are infinite, you are everywhere. Be everywhere. Be everything. Once you are everything — and through the connection of your Infinite Self are connected to everything — materializing things is easy. You are only reaching for different parts of yourself.

So you'll have an idea, and suddenly you're on a train with some person sitting across from you. You think, “My God, he's good-looking. I wanted a soul mate, and here I am

sitting right opposite a perfect candidate. Instantly.
Perfectomundo!”

When you want to know how fast your energy is oscillating in life, notice the speed at which things materialize. That will tell you if your energy is speeding up or not. As you take to this discipline; be careful what you ask for and what you say. If you say to yourself, “This life is a bunch of crud,” plonk, the great goo-goo bird drops one from the sky on your head. If you say, “This situation is a a pain in the rear end,” you’ll soon find yourself buying haemorrhoid suppositories at the chemist.

Since your word is law, never think or talk in terms of things being hard, evil, ugly, or difficult. Avoid words like “impossible,” “worrying,” “trouble,” and “problem.” Your problems are not problems; they are challenges. Refer to them correctly and clean up your act, saying, “Hey, I feel great. I’m eternal, I’m immortal, I’m universal, I’m infinite, I feel abundant.” When people say, “Do you see the ugliness here?” you reply, “No, I see the hummingbird hovering over the flower; isn’t it beautiful?” When people say, “Do you see the depravity over there?” you say, “No, I hear laughter, and I see the chubby legs of children running across the playground.” Police your thought-forms, and don’t make promises you can’t keep, especially when you’re in a dialogue with yourself.

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