

The Secret of the Three "Only" Things

by Robert Moss

The great secret of fulfilling our hearts' desires and living in joy and abundance is an open secret. It is a power to be claimed as soon as we awaken to its existence and adopt the tools and habits required to bring it through.

The lesser secret involves the Law of Attraction: whatever we think or feel strongly, the universe says yes. If we carry around feelings of failure or dread, the world will give us lots of reasons to feel those things. If we follow our creative passions and are willing to make a leap of faith, the universe will support us and will bring us resources and opportunities in magical ways.

The greater secret is that to work the Law of Attraction successfully, we need to be aware of which part of us is doing the willing and choosing, and we need to develop a practice that engages the body and the larger self, not merely the calculating ego.

We have the tools we need. They are at play within us and around us, every day and every night. They are the

three "only" things we too often dismiss as "only" a dream, "only" a coincidence, and "only my imagination." They are incredible guides if we will only give them a little room and respect in our lives.

In dreams, we have access to an impeccable physician, counselor, and mentor who does not lie to us but shows us what we need to do to stay well or get well. In dreams, we rehearse for challenges and opportunities that lie ahead of us. Dreams are a "secret laboratory" (as quantum physicist Wolfgang Pauli observed) where we cook up new ideas and life projects. Dreams put us in touch with our soul partners and our soul's purpose.

Fundamentally, dreaming is less about sleep than about waking up. In much of waking life we go about like sleepwalkers, propelled by routines and other people's agendas. In dreams, we wake up to the bigger story. The ancient Egyptians, who knew a lot about dreams, recognized this in their language. In ancient Egyptian, the word for dream is *rswt*, which means an "awakening."

To make dreams your friend, reserve five minutes a day to record something from the night in a journal. Better still, use those five minutes to share a dream with a friend, but don't let the friend tell you what your dream means. Have them practice saying, "If it were my dream" and tell you what the dream means to them.

We say, "It's only coincidence." Yet when we start paying attention to coincidence, chance encounters and the play of symbols around us in everyday life, we enter the weave of magic. The stream of coincidence alerts us to the fact that we are not alone, that we have invisible sources of support, and that we may be on the right course even when the whole world seems to be going the other way, or alternatively, that we may need to adjust our goals and behaviors to a deeper agenda. We discover that every setback offers an opportunity, and that mind and matter interweave at every level of reality.

To make coincidence a guide, you again need only five minutes a day. Schedule five minutes of unscheduled

time, anywhere you like, and pay close attention — using all of your senses — to everything that enters your field of perception in that brief interval. Be open to getting a message from the world through the flight of a bird, or a vanity license plate, or a snatch of conversation, or a sudden gut feeling you hadn't acknowledged before.

We say, "It's only my imagination," yet we live by images. They turn us off and turn us on. They have the power to make us sick or make us well. Mark Twain said, with devastating accuracy, "You can't depend on your judgment when your imagination is out of focus."

Part of the great secret is that if we can see and sense

our destination, we are better than halfway there. To claim the power of imagination, and the fabulous fun of "making things up," we want to devote five minutes a day to picturing a place where we can indulge ourselves in tasting and touching and feeling the fulfillment of our heart's desires. Bring in anything you want or need: ocean waves at your front door, a shelf of books you have published, your dream lover, a space of deep healing.

When we make dreams, coincidence, and imagination our guides and our daily delight, we become citizens of two worlds. We learn that there is a world beyond the obvious one, and that it is here we will reawaken to who we are and what we are meant to become.

Reawakening to that world is like discovering colors after living in black-and-white. That other world is actually the multi-dimensional universe within which our 3D reality bobs like a rubber duck in a bathtub. Science knows it is there, and may be the secret source of all the events that will manifest in the world of the senses.

Robert Moss is a world authority on dreams, a best-selling novelist, and a former foreign correspondent and professor of ancient history. His latest book is *The Three "Only" Things: Tapping the Power of Dreams, Coincidence and Imagination*, published by New World Library. Visit his website www.mossdreams.com. He will be at East West Bookshop in Seattle, October 19 and 20.



Turtletraxx Entertainment

- Professional Disc Jockey & Emcee Services
- Ballroom & Social Dance Instruction
- Audio / Video, Sound & Lighting Rentals

360-794-8317 Turtletraxx.com

IF YOU SLEEP...

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

SOARING HEART
NATURAL BED COMPANY

101 Nickercon St., Suite 400, Seattle, WA

East West Bothell

celebrates its 1st Anniversary!

OCTOBER 1-28

Visit East West Bothell
anytime between Oct. 1-28
and enter to

**Win a \$100
East West Gift
Certificate!**

*Drawing held Oct. 29;
Need not be present to win!*

OCTOBER 27-28

**Celebration
Weekend!**

*Fabulous food
*Hourly giveaways
*Special surprise
discounts and more!

**Free East West BOOKBAG
with \$50 purchase!**



DR. EMOTO

*Shoreline Community College
Thurs., Nov. 8, 7-9 p.m., \$25*

East West Presents

Events daily - Call for a free newsletter & calendar!

Know ThySelf

**EAST WEST
BOOKSHOP**

SEATTLE / BOTHELL



KRISHNA DAS

*Seattle Unity Church
Sun., Nov. 4, 7-10 p.m., \$25*

Canyon Park Place, Suite 150, 22833 Bothell-Everett Hwy., Bothell 425-487-8786
6500 Roosevelt Way NE, Seattle 206-523-3726 / 1-800-587-6002 www.eastwestbookshop.com