

Think Yourself There!

How to Do Three Impossible Things
Before Breakfast on a Zero Budget

By Debbie Johnson

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Do Three Impossible Things
Before Breakfast . . . on a Zero Budget

By Debbie Johnson, Best-selling
Author of *Think Yourself Thin*

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Introduction

When I was twelve years old a friend of my father's, whom I'd never met before, said to me, "You will be successful at anything you try." I never met that man again . . . but his kind words changed my life. I innocently believed him and so, of course, I accomplished many goals and dreams. Please note: not everyone has the same definition of success, and for me it means much more than material wealth.

In my own way, in my own time, I've gotten nearly everything I've ever wanted. So have many other people who believed they could. Some have been fortunate to stumble upon great truths, great techniques and great teachers . . . and found out how to *Think Yourself There*.

This book was written to share those methods with you in a fun and easy-to-understand format. The parables are to help you form images that will entice you to move forward. The stories give you examples to see how others have beaten the odds. The exercises will give you tangible tools with which to make your life better right now.

Here's a brief story to help you visualize what it means *To Think Yourself There*: "Your thinking has to be in shape," said Manuela De Cinta, when asked what helped her win the gold medal in the Olympic women's cross country freestyle skiing. She then said, "I kept telling myself, 'You have to fly, you have to fly!'"

I'm certain most people didn't expect Manuela to say *absolutely nothing* about how hard she trained, the long hours she practiced, and the endless physical effort she put into one of the most aerobic, energy-taxing sports there is! Yet she said nothing, absolutely nothing about her physical training. I've found that to be true over and over again with winners.

Olympic gold-medal winners I've heard interviewed spoke al-

most exclusively about the attitude of winning, never about thinking otherwise. From listening for years to these special interviews I knew the world's most award-winning athletes had a secret: They knew how to focus their imagination on winning, and they weren't afraid to say it. They knew how to *Think Yourself There*.

Have you ever heard a successful person say, "I really thought I was going to lose," or "I never really believed it would happen," or some such statement? If so, it would be the exception, not the rule. When you read or hear stories from accomplished people, you will more likely find a confidence that comes from believing they could do it, and will do it again and again!

What about you? Would you like to believe in yourself more to expand your present level of attainment?

Well then, read on. Enjoy the fables to give you clarity of vision and true stories to gain a deeper understanding of what has brought you the success you've already enjoyed. Learn how you've already made a difference to others in a positive way. And you'll become aware of how you already enjoy life.

Know that you've already accomplished your goals; everyone has in some way. Now you can expand it to the areas you feel you'd like to strengthen.

Chapter 1



Once a Prince, Always a Prince

Prince Erin sat by the Shottama River bank with his mother, Queen Andrea. He was telling her that he wanted a barge; he had always wanted a barge.

Just then, a barge came into view, and it was the most beautiful barge he had ever seen! The river was sparkling around it, as though the barge itself created this magical moment.

The prince turned to the queen. “Oh Mother, look! Have you ever seen anything like it? I want that barge.”

Queen Andrea hesitated, ruffling the grass beside her on the river bank. “Perhaps you should wait until it comes closer to decide. It may not be exactly what you want.”

“But it’s perfect.” Erin said emphatically.

The queen chided, “Remember, things are very rarely as they first appear, my dear. You know this well.”

As the barge pulled closer, the prince sighed, "I must agree with you on that point, Mother."

The young man steering the small barge was sweating profusely. Hard work for little movement, or so it seemed to the prince.

Queen Andrea hailed the bargeman as he came close enough to see her. He pulled into shore obediently and hopped off his barge, bowing low in respect to the Royal Family. "Your wish is my command, Your Highness."

"Sir Bargeman," said Erin as he stepped forward, "May we see your Barge, please?"

"It would be my honor, Your Highness, and please call me Nicholas," The bargeman lifted his chin. "This barge has been handed down to me from my father and to him from his father."

They all walked onto the barge up the wooden ramp, which had been worn smooth by time. Erin noticed the exceptional workmanship. The detail of design in the hard, rare spicewood was extraordinary.

Carved perfectly into the wooden beams were butterflies, birds, plants and other reminders of the river's teeming life. They practically jumped out at him, they seemed so real! Some of the designs were inlaid with mother of pearl and precious stones.

"Your grandfather did all of this expert workmanship?" Erin looked astounded.

Nicholas smiled, "Oh, he did much of it, with help from friends, but my father and I added our own special touches to its heritage when we felt inspired to be creative."

Since she'd stepped upon the barge, Queen Andrea had been so in awe of this work of art that she'd not spoken until now. "It's incredibly beautiful, Nicholas! I would like to buy it for Prince Erin. I will pay any price you ask."

Think Yourself There

Erin looked ecstatic, but the bargeman was so taken aback, he became very pale. He could barely make himself speak. "Oh, Madam Queen, I would do most anything you asked of me, for you are a good and fair monarch, but please do not ask me to sell my barge. Beyond being my only possession of value, it speaks of my family heritage with such pride, that I hope to pass it down to my own child, if I am ever honored with one."

The queen looked sympathetic. "I understand how you must feel. We will not ask you to sell your most precious possession. Perhaps there is another solution." Having dealt with many much more complicated matters, and being a wise queen, she immediately came up with a solution that would be of benefit to all. "My dear bargeman, Nicholas, would you consent to helping the prince build a barge such as this?"

"Oh, Your Highness, bless you!" Nicholas was so grateful for her understanding that he knelt on both knees and kissed her hand.

"We will pay you, of course, for your time and instruction," the queen added quickly, gesturing for Nicholas to rise. "My dear Bargeman, Prince Erin has so great a knowledge of how to achieve desires that I find myself in these situations quite often!

"Oh, but Madam Queen, what a wonderful quality to be able to have what one wants in life! If the prince would be willing to teach me what he knows of such things, that would be the greatest payment of all. So few of us know how to make our dreams come true. If I can learn to do so, I can have a far richer life than your well-intended moneys could purchase."

"You are wise to recognize that truth, Nicholas. The prince also needs to pass on what he has learned, as well as to pay in some way for what he has received."

We Are All Royal Beings

Because we are all truly spiritual beings, we are greater than any human royalty. When we're conscious of our true spiritual selves as Soul, the eternal, higher self, we can accept the special gifts of life as heirs to the throne of God. These gifts include those which money cannot buy, such as peace, love, contentment, laughter, joy, inspiration, and creativity.

The first step to attaining all the gifts of life is to know who you really are. How can you know for sure that you are a spiritual being, that you don't just have a Soul, but you *are* Soul?

Here is a simple exercise you can do to prove to yourself that you really are Soul, a spark of God, and not just a physical, human body.

Something You Can Do Now:

1. Read this complete exercise first. Close your eyes for a moment and do the following two simple steps.

2. Imagine a horse running wild and free. If you are not visual, hear it, feel the wind as it goes by, or simply sense it. The image does not have to be clear. What color is the horse? How fast is the horse going? What kind of terrain and weather is present? What do you hear and smell?

3. Make the horse do something you want it to do, such as slow down, speed up, or even sprout wings and fly!

Now that you've imagined this scene, think of who created this image, sounds, smells and colors. That was the real you, Soul, your Higher Self, or your Spiritual Self! Who else could have done it? Your mind, yes, but who runs your mind? It's only a computer that needs an operator. You, Soul, are the operator!

Your human self is simply a vehicle for your Spiritual Self to have experience while it goes through this school called life.

Think Yourself There

What other experiences would you like to have?

What adventures would you like to create for yourself?

You've already created a horse and its activity in your mind. If you imagined it well, you may soon find yourself watching a similar scene on television, in a movie, or in real life. Once you've begun focusing on something, it will come into your world, or you will be motivated to make it do so. Imagination is your divine gift and the most magical one of all. It's our inheritance as heirs to the throne of God.

If people only knew the priceless gem they hold in their hearts, they would be astounded. Perhaps you have already seen this work in your own life. Have you held positive thoughts about a situation and seen it turn out well?

Have you imagined a special gift and had it given to you?

Have you overcome fears by seeing yourself the winner?

On the opposite note, many situations we fear have come to pass because we imagined the worst. Have you ever heard a parent say to a child, "Don't do that, you're going to fall!" and the next moment, the child is on the ground, crying, because they accepted the thought?

This is so common and so easy to do. It's taken me many years of discipline to catch myself, and even then, sometimes I miss! I notice that whenever I worry something bad is going to happen, it does. When I think something good is going to happen, it does. It's miraculous! The power we carry within us to create our own lives is amazing.

We Hold the Power to Do Even the Impossible

For years I told myself I was getting fat, so I did, even though I dieted consistently. With each diet I gained more weight. When I de-

cided to think positively and use all the spiritual, positive-imagining principles I knew. I lost the forty pounds with no dieting whatsoever, and have kept it off! The entire story is in my book *Think Yourself Thin*.

If you think that sounds impossible, read what I did next: I was told there was no way I could sell my little booklet (original form of *Think Yourself Thin*) for \$6.95, and there was no way I could sell it in bookstores. I did both for six years. Not only that, I lived on my self-publishing income (another supposedly impossible feat) working only part time, even employing others. I enjoyed my life and lived well, according to my own definition of that.

Then I decided to publish a two-hundred-page, expanded-version of my original thirty-six page booklet, which had been inexpensive to produce. I needed 20,000 dollars to create and publish the newer, much larger version professionally. Where would I get the money? I started hunting for investors. They all had advice for me about how to market my books, but no money.

Finally, I called my mother and asked her if she know someone who would have that kind of money to invest. My mother suggested I call my cousin Carol, the first female district attorney in Denver, Colorado. Carol kindly offered to invest in me. She asked me very few questions, and gave me no advice whatsoever. She just knew that I could do it, and she didn't even know me well!

I then published my expanded version of *Think Yourself Thin* and sold nearly 10,000 copies myself. I decided it was time to get a large publisher, with large distribution. I got an agent.

Another impossible task: getting the 50,000 dollars I wanted as an advance. I was told by my agent that it was impossible for a first-time author to sell a book to a publisher for over 1,500 dollars. However, she put the book up for auction in New York among the top publishers, and within twenty-four hours had an offer for 25,000 dollars. They wanted to know how much more I wanted for them to get it taken if off the auction block. I told my agent they had to double

their offer. They did. I got my 50,000 dollars. I paid my agent and all my investors, plus all my debts, which had been my goal and dream.

One year later I ran out of money. I was debt-free, but needed to be available to do media interviews and workshops. I had to afford to travel, as well. My angels came in the form of more investors: those who knew me, trusted my ability and had seen my work. But there was one investor who didn't even know me. She attended one of my workshops where I announced I was looking for investors to continue my work. She said she had never done anything like this before, and didn't know why she was, but somehow she trusted me. I was very grateful.

We Don't Accomplish Anything by Ourselves

How did I do all this? I didn't. God did. I was never alone in the process, and neither are you. In fact, it doesn't work if you think you have to be the Lone Ranger. Even he had Tonto (not to mention a darn good horse!) I knew I was working for God. He was my real boss. Being self-employed has always made me very aware of that fact, but it's true for anyone who believes it.

I knew I was doing everything I could to be a vehicle for God's love. This was all non-verbal. I didn't talk about it, I just woke up every morning with a feeling of excitement. I was going to work in partnership with the Higher Power in my life and it felt great! I was very aware that I could do none of this by myself.

God was my coach and consultant twenty-four hours a day, seven days a week, waking and sleeping. Most of the successful people I've read about, heard about, or spoken with believe in something greater than themselves. They know there's a Higher Power at work in their lives and they listen to it. This is an important key. Listening, not just talking to God. Many people tell God what to do. *Heal my child, make me rich, or bring me love.*

But how many people really listen when God gives them an an-

swer? The answers may come through a mate, a child, a friend, a co-worker or even a pet. It may come from nature, itself. I've had answers come in dreams or signs from God. I've written a whole book on dreams that will give you tools to listen to God while you sleep, entitled *Dreams: Your Window to Heaven*.

One champion of commerce I interviewed for this book owns a multi Million-dollar corporation. His company is a leader in the healing arts equipment industry, Custom Craftworks. Ron Tinselly has always believed in listening to God and working with the highest ethics and moral standards he knows. He told me he never even considered that God was not in the equation.

God has always been a part of every decision he has made. Ron says "The main thing with me is leaving myself open to God's guidance. It may come from within, from my employees, my kids . . . but it does come. It might not be what I want, but I have to listen to it." I asked Ron if he had ever *not* listened to his inner spiritual guidance. He said, "Yes, and it didn't work out great."

Ron's company continues to grow and be successful because he relies not just on himself. He has never done it alone, and he knows it. His story is an incredible one! Ron and his first employee, (who is now his trusted General Manager at Custom Craftworks) worked hard together to build the very notable company they now run. They began by building one massage table at a time, barely making enough money to run out and buy more wood and other materials needed. Forget about paying themselves! Some weeks it was slim pickings. Still, they forged on, believing in their dream, and focusing on their goal in their imaginations.

Ron was in even more dire straits than when he started his fledgling company. He had even been homeless at one point. What's most amazing is that he was still happy! Mr. Tinsley feels he had a rare experience. He realized that it made him whole.

"With the help of God, I'm the master of my own destiny," Ron says. "Most things I have control over. If something bad happens, I

look at what the lesson might be. I look at the opportunity to learn.”

What a great life it is when we can find gold in adversity, like Ron Tinsley and many other triumphant people! There’s a whole chapter in this book on how to handle blocks to success, change and difficult times, if they come.

A Prince or Princess is Still Royalty, No Matter What Comes

Keeping your focus on who you really are is the key to success. If there is only one key you can think about, one key you can remember, I recommend this: Rely on your belief, whatever it may be. For example: *believe* you are royalty, and you are. *Believe* you are an actor, a dancer, a pilot, a sailor, and you are! I *believed* some of these and I was, even for a brief moment.

I imagined I could be on stage, playing guitar and singing to a large audience of hundreds. I didn’t read music and had only the briefest of musical training in elementary school. One or two lessons on the clarinet and I was done! It wasn’t for me. But in my twenties, I decided I’d like to play guitar sometime.

A friend lent me his guitar, since he didn’t use it much. I borrowed a book from the library that showed me hand placement for chords. I wrote three songs in one month, performed them the next month at a seminar for my church, and gave the guitar back to my friend who was moving to New Mexico. I was happy; my dream had been fulfilled.

Next, I imagined I’d be on stage dancing for hundreds, even thousands of people. It was a dream I’d had since I was a child. Dancing was my real love. I do have some dance training, but I’m far from a professional dancer. I didn’t even begin to study dance until most dancers retire! I performed for a seminar and even a women’s body-building contest put on by my gym. I’ve had other dance performances over the years. I fulfilled another dream.

I always wanted to fly a small airplane. They made me sick to my stomach, but somehow, I knew flying one myself, as the pilot, would be different. It was. I was up in a small plane with a friend and he let me fly it for a few minutes. It was heavenly! My desire to fly a plane had been fulfilled.

I could go on forever about goals I've imagined that have come to pass, but what's more important is; *If I did it, so can you!*

I became what I wanted to be. I looked at myself from Soul, from my Higher Self, instead of from the limits of my mind. How do you do three impossible things before breakfast? Become who you really are!

How can you be more of who you really are? "Become as little children." Be like a child. One very important quality of Soul is being childlike. Children know how to use the divine gift of imagination. They can pretend. As adults, we've learned to shut out the magic of "make believe." If you can let that magic back into your life, you will accomplish almost anything your heart desires. Little children believe *anything* is possible (Santa Claus delivering gifts to every child in the world in one night? No problem!)

How can you become more childlike?

Practice. This will be the most joyful practice of your life. Pay attention to the masters: children of ages three or four will likely be your best teachers. Watch a child pretend to fly. They have no problem being both the pilot and the airplane at the same exact moment! They just stick out their arms proudly and race the wind! Watch a child bake a cake. They don't need ingredients, or an oven. And they can easily taste the finished product after it has been instantly baked.

Would you like to practice becoming more childlike right now?

Something You Can Do Now:

1. Think about the fun things you pretended to do or be as a child. If you can't remember anything you pretended, borrow something from your imagination! What would you pretend if you were a child right now?

2. Close your eyes and pretend you are back there now, being in that wonderful, protected, magical state of being a child.

3. Pretend you are anything you want to be, doing anything you want to do right now, even if it's flying to the moon!

4. How do you feel? Do you have more energy? More love? More laughter inside? You are being who you really are, Soul.

When you feel like a child, like you are playing, you can take risks, you can be creative, you can use your divine gifts and be your true self. What more could you want? Read chapter two to find out!

Your Spiritual Self knows exactly what you want and need to experience, it's only a matter of getting in tune with what you want. Chapter Two will give you all the tools you need to find out what you really want, from your deepest heart, your true self, Soul.

Think Yourself There



Debbie Johnson is the best-selling author of *Think Yourself Thin* and has several self-help books, as well as fiction for teens and kids. She's the award-winning filmmaker of the *Angels-in-Training* series and lives in Victoria, Minnesota, where she continues to write, edit books, and make commercial videos. Her favorite thing is helping others make their dreams come true!

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How can you bring your dreams into your reality?

By never, ever, ever, ever giving up. And by knowing the full spectrum of secrets to success.

There are many secrets to becoming successful, but how can you be assured you have the necessary pieces in place?

Through parable and real stories in this fun-to-read book, you'll discover:

- * How to go beyond visualization to use all your senses
- * The way to get past your blocks to success
- * The secret language of the subconscious and how to use it
- * The proven, most powerful prayer to wrap it all up
- * The most important lesson of all, having Fun!!

Enjoy your journey to more love, freedom, and joy!



About Debbie Johnson

Author Debbie Johnson is best-selling author of Think Yourself Thin (Hyperion), award-winning filmmaker (Soul Survivors Angel- in-Training series on Dove channel) and a big kid who has never grown up, but is still in love with love!
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