



Enjoy this excerpt from
The Edge of Glory by Nick Gancitano

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Chapter 30

EVERY THOUGHT AND ACTION IS AN INVESTMENT

IT MAKES THE GAME OF LIFE SO much more enjoyable when you understand the rules. Yet most people are completely unfamiliar with the powerful law that governs the universe.

What is the law? That each thought and mental picture you hold in your imagination is a coming attraction that eventually becomes the 3D out-picturing known as “your life.”

Now, people steadily subject themselves to not only visual and musical forms of violence for shock effect, but countless hours of destructive video games, media and misinformation for mere entertainment. This is not to say it is wrong, yet it poses a question:

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If you knew that your thoughts were creating your reality, would you be making the same decisions in life?

It is spiritually essential that on your quest for athletic success, you understand the creative power of your awareness and thoughts. In other words, why give attention to potentially destructive thoughts when you can just as easily create a world of unlimited success and beauty?

Yes, it's true: what you think about grows into your reality. And when you are experiencing something, know that all your visual images and thoughts imprint a vibrational residue in your consciousness that eventually becomes part of your world. This means, quite literally, that you are the arbiter of your own fate. And when you know who and what you really are, life will be a joyous, celebratory collaboration, not a punishment for past transgressions.

The more you practice creative visualization and succeed in manifesting simple things, the more you develop the knowing that you can create any reality you desire. Then, if you believe it in practice, it becomes natural for you to create anything you choose. Focused thought energizes and expedites creation. In fact, all apathy is just being unmotivated, since apathetic people are unfocused or unclear about what they want. This is usually because they do not believe they can have

what they want. The reason is that most people typically believe that they are separate from what they are creating, which is simply not so. In order to effectively create anything, you must realize that you are molding yourself into what it is that you are dreaming—that you and your imagination are not two separate things. In fact, *you are your imagination!* You are the very substance that you are creating with. If you close your eyes, you can be aware of boundless space. Try this now. What this means is: your consciousness is boundless and unlimited.

Once in possession of this wisdom, you then have the capacity to purposefully create whatever you want. But if you think you are separate from that which you are creating, how are your thoughts crossing over from the mental to the physical plane? How can your imagination create anything in a world outside of you? How would the idea get from your consciousness to out there somewhere? That is unless, the out there is really in you as your consciousness...unless everything is really inside of you. If you think that your thoughts project outward like waves, they must still be traveling through some form of medium. What is that medium? It is You. You are the medium—your consciousness is the screen on which all ideas take form.

Consider the scene in the movie *The Matrix*, when the small boy in the Oracle's office says, "Do

not try to bend the spoon, that's impossible. Instead, only try to realize the truth." "What truth?" "There is no spoon. Then you will realize that it is not the spoon that bends, it is only yourself."

Direct your attention to the image of what you want, realizing it is yourself, and you will become that. Your past thoughts have determined what you now have in your world, so it is not difficult to realize that your current thoughts will similarly influence what you will have in your world to come.

Give attention only to what you want, and never to what you don't want.

And *knowing what you want* is different from knowing how you'll get it. As such, it is not necessary to know how you will get what you desire in order to receive it—focus only on the feeling of already having it. Simply put, if you give attention to feeling happy and having fun, then all that gives rise to happiness and fun will emerge inside you... first, in your consciousness, and then in your world.

Affirmation

I treat every thought as an investment, attracting all that I want, and my life explodes with success and prosperity beyond my wildest dreams.