



The Power of Possibility

By Lyn Carman

How can we replicate excellence and allow people to achieve outstanding results in human behaviour? How do we accelerate our results in our relationships, our career and our finances? How can we actively take charge of our emotional spiritual and financial destiny? Over a series of articles we will discuss different ways to do this and you can learn many different tools to take charge of the various aspects of your life.

Think about how you learn to use your dvd player, your car, your PC, your mobile phone. If you are like me, you read the manual and learn how to get started, and then when something doesn't run the way you want, you can go back to the manual and find out how to get it running again. There are many techniques we can use in the pursuit of taking charge of our worlds which are like an owner's manual for your mind.

How can you run your mind in the most effective way to produce the results that you want in your life? How do you take the results that you want to create in your life, in your relationships, your finances, your career, your spirituality your personal development? How do you take those results and accelerate the process? Have you ever listened to somebody who had transformed virtually every aspect of their life, their finances and their career, and their relationships where they literally took charge of their spiritual emotional and financially destiny? Think about that! Have you been inspired and thought to yourself if this person can do it, then I can too.

I am hoping many of you will be inspired by this and realise that you really do have the ability to shape and determine your own reality; you are like a sculptor, like Michelangelo. When Michelangelo looked at raw blocks of stone, and he looked at that stone, which was to become David, he looked into and saw the pure potentiality within it and I expect you will look out into your future as if it is a blob, like a piece of stone ready to be moulded and shaped into any shape you choose, be the architect of your own destiny and shaper of your dreams.

When there are no limiting beliefs of how hard or how this isn't the way, or even how it needs to be, there is really no limit to human potentiality.

I personally believe the nature of human kind is to do things better and quicker and faster, we are growth machines we are not designed to just stay in a steady state, or to not change. It is our natural states our natural way of being to look to change or to look for improvements or look for growth.

What we thought was possible yesterday and what we thought we were limited by yesterday, today we are starting to understand those limits were just limits in our own minds, that's all they were, limiting beliefs.

According to legend, experts said for years that the human body was simply not capable of a 4-minute mile. It wasn't just dangerous; it was impossible. On May 6, 1954, Roger Bannister broke the 4-minute barrier, running the distance in 3:59.4. As part of his training, he relentlessly visualised the achievement in order to create a sense of certainty in his mind and body.

Barely a year after Bannister's accomplishment, someone else ran a mile in under 4 minutes. Then some more runners did. Now, it's almost routine. Even strong high-schoolers today run 4-minute miles.

This is an incredible indicator of the power of the mind, the power of possibility of what we are truly capable of. Not only have we had major developments in science and technology, we have had equal leaps forward in personal development, self-development and tapping into what we are really capable of in reaching our full potential. You can change what you think your reality is instantly and forever as you begin to change your focus.

"What we focus on is what we get."

Each edition we will discover a pattern of thinking, we will challenge your thinking and discover steps and strategies to move you forward towards your ideal life, your career, your relationships, your finances

"There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do and mostly Live."

— [Dalai Lama XIV](#)

