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James Arthur Ray

Aladdin's Lamp

You've probably heard me talk about Aladdin's lamp—the best illustration I've found for explaining the interplay between the conscious, unconscious, and higher conscious mind. Remember the story? A young boy stumbles upon a lamp, picks it up, dusts it off, and out pops a genie. The genie looks at him and says, "Your wish is my command."

You've probably heard about those three wishes, right? As a kid, weren't you always trying to get around that? "My third wish is that I get more wishes!"

If you trace the story back to its roots in the eighteenth century, you'll see that the original version carried no limitation to the wishes. Forgive me, but I feel a metaphor coming on...

Your conscious mind is your Aladdin, your unconscious mind is the lamp, and your higher conscious mind—your higher self, God, your Holy Guardian Angel (you choose the term that works best for you) is the genie—with no end to the gifts it can (and will) give you.

The reason you might experience something you didn't consciously wish for is because of your programming, which sends out a consistent offer wave, a path of energy or vibration that calls forth and pulls like vibrations into your life. According to this unconscious energy broadcast (your lamp, or the pathway to the Genie), your higher conscious mind is saying without judgment, "Your wish is my command."

Until you change your programming, the offer waves you put out into the universe may be contrary to what you consciously want. That's the downside of the unconscious. By nature of it being

“unconscious” you’re not aware of what it’s broadcasting and asking for until it shows up. I often have clients tell me that they don’t understand why something bad is happening to them, and yet their closest friends and family members aren’t surprised at all by their results and outcomes. You see, while the person is trying to change the screen, the friends can see that the wrong film has been spooled onto their projector. Another way to explain it is that their unconscious is full of minimized programs.

Allow me to illustrate.

Imagine for a moment that you’re sitting at your computer screen working on a word document. You get tired of looking at it, so you go to the upper right hand corner, and click the little minus sign, immediately minimizing your file into a small icon at the base of the screen. Ah, relief. Now you don’t have to look at it any longer. You feel like it’s gone, but it’s still there, isn’t it, taking up RAM space as if it were still in full view.

Do you follow the metaphor? Your unconscious mind houses all of your unresolved emotional issues: limiting beliefs, decisions, and emotions that, while out of your awareness, still send out offer waves and attract echo waves that are harmonious with these issues.

This is why a large percentage of women who have abusive fathers grow up and marry abusive men. Or why a large percentage of people who grow up on welfare become welfare recipients. The reason why 90% of people who lose weight gain it back in two years isn’t because they love the taste of food more than the next person. It’s because of their programming. But it’s not always conscious, is it? Have you ever asked an overweight person why he or she was feeling insatiably hungry, ballooning up after losing a lot

of weight? “Why the hell are you eating the whole pie?” “I don’t know,” they might have said. They’re right; they honestly don’t know because their unconscious needs are out of their awareness, like the computer program that’s been minimized but continues running in the background.

Some people think that ignorance is bliss. No. Ignorance is just plain ignorance.

Shortly after the 1998 baseball season, I read an interview with Mark McGwire, the home run king of that year, with Sammy Sosa coming in with a close second place. Mark was quoted as saying, “Several years ago I realized that I didn’t have to practice quite as hard because I understood that it was more of a mental game than it was a physical game.” In this same interview, Sammy Sosa said, “All year long I *believed* that Mark McGwire would win.” Wow. Did you catch that?

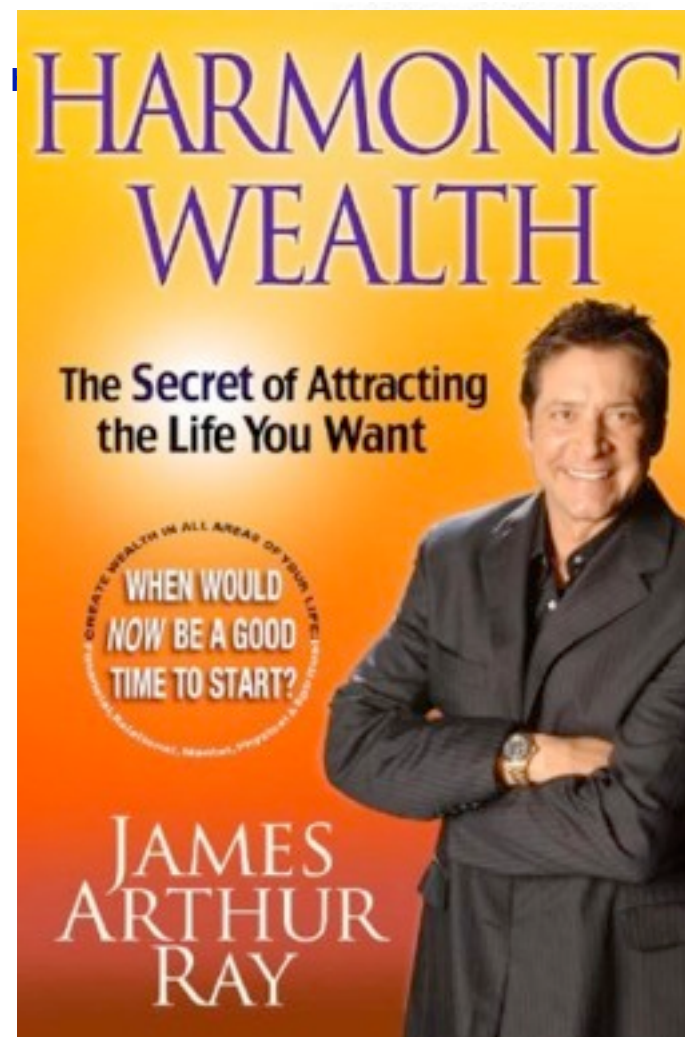
Once I read what the two men were thinking, I couldn’t really see how there could have been any other outcome. Can you?

This is why I’ve been beating the drum of getting you to avoid anything that weakens you, surround yourself with things that strengthen you, and continue to take the actions you’re already taking—setting your intentions, completing your six critical action items each day, visualizing, etc. These are the positive behaviors that will help you swap out your film, delete those minimized programs, and change your life. ###

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