

WHERE YOU PLACE YOUR ATTENTION IS WHERE YOU PLACE YOUR ENERGY

Every person, object, thing, place, or situation in our familiar physical reality has a neurological network assigned to it in our brain and an emotional component connected to it because we've experienced all these things. This is how our energy becomes bonded to our post-present reality. Therefore, as you place your attention on all these elements, your energy is flowing away from you and it leaves little energy in your inner world of thoughts and feelings to create something new in your life.

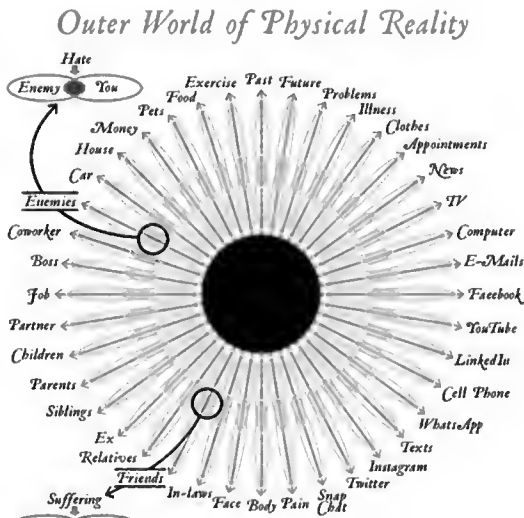


Figure 2.5

If you look at the magnified portions of the figure where the two ovals intersect, these represent how we use different elements in our outer world to reaffirm our emotional addiction. You may use your friends to reaffirm your addiction to suffering, you may use your enemies to reaffirm your addiction to hatred. It begs the question, *How much of your creative energy could you be using to design a new destiny?*