



You asked for it – You got it – the Universe

by Debi Magnes

You are where you are, because of the thoughts you think. Thoughts that you think over and over again, become your beliefs. If you want to make positive changes in your life, you need to start by selecting thoughts that match your desires. You are what you think.

Some say, “Well, that’s just the way it is, its REALITY!” – This statement is also a belief and the Universe will always give you what you believe. If your current reality is okay with you, then no problem. But if it’s not, focusing your thoughts on “the way it is” won’t get you what you want. You have to find a way to shift your beliefs in order to reach your expectations. And the best way I know to do that is by monitoring the way you feel.

I have a client, Clara, who was very unhappy at work. Her boss has a borderline personality disorder and is obviously jealous of Clara’s skills and likeability. There were days when Clara did a great job at working her way into a better feeling place and was able to cope with her boss. When she woke up with the dread of being with her boss, she would say good things about the day she was about to begin, and no matter what the day brought, when she started to feel badly, she would think about things that made her feel good and she would begin to feel better again. She would also talk out loud to herself about her boss in a positive way – trying to see her boss as a human being just making her way through life as best she could.

Many days Clara just could not bring herself to think any good thoughts about her boss at all! It’s hard to think good thoughts about a person who is in an authoritative role over you with a borderline personality disorder. Clara had a mantra she would recite on one of those bad feeling days – “I’ve worked so hard and have put so many wonderful things in place, I just won’t quit! They’ll just have to fire me!” But it was those many bad feeling days when Clara just could not get to that better feeling place that created her trouble.

Her boss had been short with Clara and picking at her all day. Clara’s co-workers were very aware of what was going on. As a matter-of-fact, there had been many private conversations about their boss – referring to her as Dr. Jekyll and Mrs. Hyde, they voted her the worst boss they knew because of her lack of leadership skills.

Just four weeks prior, Clara was given a \$2,000 raise and her boss even told her that they were sorry it was not more and they were extremely happy with her work. But today was the day and Clara knew it. She knew it because her boss started the day out being somewhat dramatic with Clara about a project. Her boss loved drama and she loved to let everyone know she was the boss. Nothing was ever her fault. It was always an employee, a former employee or a client or a former client that was the bad guy. Clara was fired from her job that afternoon. Her boss called it a personality conflict – and I don’t doubt that at all - but actually, the Universe answered Clara’s

requested affirmation, (an affirmation is a belief and the Universe always gives us what we believe) - "I've worked so hard and have put so many wonderful things in place, I just won't quit! They'll just have to fire me!"

Clara told me that when it happened, she didn't feel anything but relief. She wasn't angry, sad or upset in any way. She just packed up her stuff and left. Of course that made perfect sense – it was the next logical step for the Universe to take. Clara asked to be fired from her job, and she was.

This is how it works. You think the thoughts you are feeling over and over again. They become beliefs and then the Universe makes those beliefs your REALITY, designed by you, whether it is what you want – or what you don't want. What you feel is what you get. *You asked for it you got it – The Universe!*

Clara's story does have a happy ending and a wonderful new beginning. Besides wanting to leave her job, Clara had another strong feeling. She often thought about how wonderful it was to work for her former favorite boss. How terrific it was to be respected and appreciated, to have someone that worked with her, not against her and to support her in every way. Now that the door closed to the old job, another door opened to a wonderful new job! A position that could not open for her unless she left the job she was in. She now works for a wonderful woman, just like the one she had missed and in many ways even better. *She asked for it – she got it – The Universe!*