

Know the Difference Between a Determination & Forcing Through a Goal?

Today in this video we are going to discuss.

1. The difference between having a determination versus being attached to and trying to force through a goal.
2. How trying to force through a goal can interfere with the results.
3. How to make the shift from forcing to trusting the universe.

When you want a goal badly, it can create problems with chanting. How can I say that when I've recently talked about the importance of having a determination?

A determination is setting an end goal and committing yourself to getting it and seeing it as already done. Being attached to a goal means that you care about it very much and expect it will happen a certain way.

If you're is very attached to a goal, you might be trying to force it, by chanting about it very intensely, as if to force it through by pure energy power. Usually this demand comes from the conscious mind, when you don't really believe the goal is possible.

Why is this a problem? Aren't we told to be focused?

A Question for You

I have a question for you. Do you know how this goal is going to come about? When you chant about a goal you are essentially laying your goal in the hands of the universe, which has the responsibility of working it out. If you are trying to force the way it is going to happen, you may well be interfering with a direction that is better than your own. Your perception is finite. The universe is infinite and can see alternatives that you can't even imagine. You need to let it do its work. The universe wants to support you. Think about all the times you have chanted for something and it has come about.

In order to relax your internal demand, suggest to yourself, "My goal sounds wonderful, but maybe there is something better than what I am asking for." Perhaps you'll be offered an opportunity, rather than the specific goal you have asked for. Be open to that possibility. Perhaps you'll receive something better, even though you can't imagine what that might be.

Your Role Versus The Role of the Universe

What is your role, if it isn't to push your goal through? Your role is to listen and act, to take the ideas given to you and follow through with them. This requires an entirely different inner climate. If you're forcing, you may feel anxiety and an intensity, a sense of trying to push something through. If you trust and let the universe work out your goal, you will feel an internal relaxation, an opening and allowing. Since you are listening for whatever comes up, you are quietly alert. When something relating to your goal appears either during the chanting time or during the day, you are ready to move forward. This requires flexibility. You are following a path that is unfolding in front of you. You may well not see beyond a certain point but have faith

and step forward anyway. Be open and trust that when you get as far as you can see now, that you will see the next steps around the bend.

In Faith into Action, Daisaku Ikeda says, “

“Faith is inextinguishable hope. The practice of faith is a struggle to realize our desires. The basis of this practice is prayer. Thru prayer, hope turns into confidence. This spirit of confidence unfolds in 3000 ways, resulting in the attainment of our hopes. “

Handling Anxiety

Sometimes we are so anxious about a given situation we have a hard time settling down and trusting. I would chant to move into a higher life condition first. Chant until you can relax and settle down. Then chant for your goal.

Inspired Action Versus Using Your Own Mind

When you relax, let go and trust the universe, you lay the groundwork for inspired action, rather than acting from your own limited thinking. This means to allow yourself to receive ideas that come directly from your core connection with the universe. These ideas work far better than any ideas you have come up with on your own. You may feel euphoric when you get them.

Be aware of how you are chanting. Do you feel that you are pushing? If so, allow yourself to relax and trust. Chant in a relaxed manner and let go. In this way you allow the universe to work out your goal.

To Summarize:

1. The difference between a determination and being very attached to a goal.

2. How wanting a goal very badly can lead to forcing.
3. How you may be interfering with the path of the universe, which knows more than you do.
4. How to handle anxiety about a goal.
5. The differences between chanting with intensity versus chanting with trust
6. Connecting with inspired thinking versus your own limited mind

If you liked this vlog, please share it.

Now I want to hear from you.

I have a question for you. Would any of you be interested in a course on Ways to Chant that Lead to Success. In this course I'd be exploring how we get in our own way while chanting and what to do about it to be more successful. Please weigh in with a yes or no and email me at margaret@margaretblaine.com.

Next topic: Why Do We come Up Against So Many Obstacles, when chanting for a goal ?