



Focus: Inner Redirection & Balance

Create Your Life Using The Power Of Declaration

A phenomenon at the turn of the year is the fact that many people decide to change something or create something differently in their lives. New Year's pledges and wishes are sent out into the universe in great numbers and at first most people really have the noble and sincere intention to realize these. It is therefore even more astonishing that especially the pledges are thrown overboard already after one, two, three weeks. There are many reasons and influencing factors for that. However, one essential factor is the missing knowledge about the power of declaration.

Ongoing we declare without really being aware of it. When we declare then we determine how things are for us. We say "It is so!" By declaring we create our life, because each declaration forms a story serving a specific purpose and affecting our lives. The purpose can either be responsible or irresponsible, give you power or withdraw from your, connect you with or separate you from people, make your life easier or more difficult.

In live things happen constantly. We make different experiences, meet various people, might work in companies, travel, etc. The crux is: no matter what happens, we cannot leave things neutrally. We are great story makers and give things happening a meaning respectively interpret things and situations according to our point of view. For example, if you would like to catch a train, you arrive at the train station and all you can see are the backlights of the train that has just left the station, you will probably not stay neutral and say: "The train has left." Your mind is a machine giving meaning to things in light speed. Consequently it will search for evidence immediately to make up a watertight story, which you declare in the next moment. An irresponsible declaration could be e. g.: "Damn. I am an idiot. I am late. I didn't leave the house early enough." With that kind of declaration you are already in the irresponsible mode, which might leave you angry and suck your energy. An alternative would be to declare a story, which has a different, responsible purpose and gives you more power. Here is an example: "Oh, the train is gone. That's direct feedback from the Universe. Thank you for giving me a lesson with regard to punctuality and creativity. Let's see what kind of interesting options I have now."

Especially in the human relations the different effectiveness of declaration becomes clear. When your partner, one of your friends or your boss is for example bad-tempered and reacts snotty, then you can declare different stories. A part of you – the irresponsible Gremlin part or your bugged weaker self – might declare the following: „In what kind of mood is he/she? Oh my! It is unbearable. I cannot stand this. He/she is really annoying.“ The result of this declaration is that you probably also react snotty, back out, build resentment and thus create a certain distance or separation in the relation or friendship. If you instead consciously declare something else, you can still rest in your power and stay in connection with the other person: "He/she is a person full of spirits. I appreciate the different facets of him/her. In his/her heart he/she is a wonderful person. It seems that today he/she is a bit tired or over-worked."

However, declaring has nothing to do with positive thinking. It is rather about whether you declare consciously, i. e. you are aware of your purpose (responsible or irresponsible purpose), and have a corresponding sensation in your body.



Declaring with IS-Glue

We declare by using certain little conjunctions for *gluing our stories together*. These conjunctions can be described as so called *Is-Glue*. Is-gluers are conjugations that are related to the word BEING, for example: is, am, are, was, were, have, has, had, must, want, wanted, will, would, should, shall, can, could, do, etc as well as the corresponding negations (is not, cannot, do not, etc.). Here are some examples for declarations with Is-Glue: My boss IS an idiot! This IS impossible! I CANNOT do this! I AM exhausted! The weather IS bad! This IS a wonderful day! We ARE a great team!

It is important to know that for each story you declare you can find manifold evidence, no matter whether you create a story with a conscious or unconscious purpose. You can declare totally different things about one and the same thing or person and for each version you will find immediate evidence. Just try it right now.

Experiment: Using different declarations

Look around and pick an object right in front of you, e. g. a pen. Now declare the first story about this pen, e. g. „This pen is totally ugly. Look at this! It is old and this retro design is a joke, because it is not modern at all. I shouldn't use it anymore.” Then switch and declare something completely different about the same pen, e. g. „Ha! Have you seen this pen? It is amazing. It is perfectly for writing, because it has this nonslip part for the fingers. And the design is really extraordinary. The designer has a sense for tradition and has created this pen in an old pen style. This is fun pen.” Then pick other objects and practice a little bit by making different declarations. Pay attention on what the different declarations do to your mood and energy. Which declarations give you more power?

Now what about New Year's pledges, e. g. „I will do more sports“ or „I will spend more time with the family“? What happens very often to New Year's pledges is that they are undermined by contradicting, unconscious declarations that make you give up in the end. In this context very common declarations are:

- I cannot do this! / I am not able!
- I don't have time!
- This is too much!
- I cannot change it anyway!
- He/she is an idiot!

Using such irresponsible declaration you create so called *low drama*, i. e. you create a victim story that makes you a victim of the circumstances. This is the most common story in our society and it is neither good nor bad. This kind of declaration just produces certain results in your life, which you probably don't want. When you create instead a responsible story using declaration, you change the purpose of the declaration and switch from the victim mode to the creator mode which means: You have caused what happened! You are the cause. This might at first not seem fair. Radical responsibility is not fair. What you get though through this new attitude are powerful, new possibilities.

Experiment 2:

Write down the irresponsible declarations you have with regard to your resolutions, your life, and your relationships. What do you declare about yourself and about other people? Where do you declare stories, which take away your power?



In order to create something different in your life and realize your resolutions and wishes, it is necessary to dismantle your old, irresponsible declarations and use new, responsible ones that give you power. With regard to the above mentioned sentences it could sound like this:

- I can ask for help
- I am a time maker and decide what I use my time for
- I can create relaxation time for myself
- I am a possibility creator
- He/she is as he/she is. I can change things for myself.

Experiment 3:

Now take apart the sentences you wrote down in experiment no. 2. The conjugations are just Is-Glue and when you dissolve it then you have e. g. on the one side „I“ and on the other side „do it“ or „I“ and „no time“. Since the old declaration didn't give you any power, stick in the specific example just with the „I“ and put away the other part of the sentence. Now allow yourself to be inventive and declare a completely new story. It is important that you don't create a utopian or silly sentence, because this would be your Gremlin destroying the exercise. It should rather be a sentence that gives you power. You can actually sense it in your body whether the new declaration gives you more power. What would your new declaration be like?

As soon as you have declared a new, powerful sentence, put on the new story by imagining putting it on like an overall. Sense into the story. Does it give you more power? Would you like to keep this declaration?

Below you find once again an overview about the different effectiveness of unconscious, irresponsible declarations and conscious, responsible declarations.

Irresponsible Declaration	Responsible Declaration
Takes away your power	Gives you power
Separates you from others	Connects you with people
Unconscious	Conscious
Limits you	Gives you new possibilities
Creates so called <i>low drama</i>	Creates so called <i>high drama</i>
You are victim of the circumstances	You cause what happens
Causes bad mood	Makes you move forward with lightness
Makes you give up	Makes you keep trying

By declaring you decide yourself what's possible in this moment. To be able to realize New Year's pledges and wishes it is necessary to be aware in each moment (now...and now...and now...) about which declaration and story you hold in yourself. The world is rich of evidence so that you can create a story about anything and declare it. It is not about good or bad. It is about responsible or irresponsible creating.

Concluding I would like to share a touching, true story with you, which demonstrate the power of declaration. It is about Thomas Edison, the brilliant inventor.



One day Thomas Edison came home from school and handed a letter to his mother. He said to her: "My teacher gave me this letter and said I was only supposed to give it to my mother for reading."

The mother had tears in her eyes as she read out loud the letter to her child: „Your son is a genius. This school is too small for him and doesn't have any teachers that would be good enough for teaching him. Pleas teach him yourself."

Many years after the mother's death Edison, who by then was one of the biggest inventors of the century, one day searched for something in old family stuff. Suddenly he found in a drawer a folded piece of paper. He took it and opened it. On the paper it said: „Your son is mentally disabled. We don't want him in our school any longer."

Edison cried for hours and then he wrote down in his diary: „Thomas Alva Edison was a mentally disabled child. Thanks to a heroic mother he became the biggest genius of the century."

Since Edison's mother had truly seen and recognized the being of her son, he could unfold the best that was in him. In school he could not have developed in that way.

Are you ready to use the power of declaration for your life?

Best wishes,
Nicola Neumann-Mangoldt

P. S. You can learn and experience the skills for powerful declaring and being fully present in your power in different trainings of viva essenza. You find details on www.viva-essenza.com