Mind Your Own Business

Years ago when I first answered my own Call to Adventure on the [Ordinary Heroes Journey](http://www.ordinaryheroesjourney.com/), I realized in a blinding flash that I could not control anything outside of me. Which posed the question: could it be that all my power in life was contained within me? And if so, then how is that?

Since then I've come to realize that we are vibrational beings, which is to say that most of our being is nonphysical vibration in the form of thoughts and beliefs. Sort of like an iceberg, the body and mind which expresses in the physical is the 4% of the iceberg that can be seen, whilst the 96% of the unseen iceberg is our nonphysical vibrational self. We each have a unique vibrational signature which is the sum of what we think and believe. It is our point of influence and our point of attraction that the [Law of Attraction](http://en.wikipedia.org/wiki/Law_of_Attraction) is matching us up with like events.

Once I thoroughly understood and accepted this to be fact, I then realized that my entire work was minding my own business - tending to my own vibrational countenance if you will. For whatever I was broadcasting, I was seeing manifested in my own life experiences in people, places and things. If you stop and think about this, this is powerful stuff. It puts me back in absolute control of my life. Instead of life being a burden of responsibility,  I have the ability to respond to life by cleaning up my thoughts. Pretty cool. The most important thing I have come to know as absolute Truth is there is nothing more important than how I am feeling right now, which is my point of attraction in the Universe. What I focus on, what I radiate out right now in this moment is what I am sowing to receive in future. If I feel Good, I'm sowing the good stuff and allowing in what I have asked for. If I feel negative emotion, well then, I'm paving the way for those experiences and delaying the experience of the Good stuff. It's pretty simple, really, but takes powerful self mastery to apply. And since I'm all about [Applied Spirituality](http://www.appliedspirituality.com/), then apply is the order of the moment.

In recent days I noticed on Yahoo News the case of [Casey Anthony](http://www.orlandosentinel.com/news/local/caylee-anthony/) in Florida. I could hardly not notice as it was all over Facebook with people outraged by her acquittal. Outraged! Can you imagine focusing on something like that and allowing that incident to be your excuse to not be in Well Being and feel Good? Yikes! And yet we do it all the time, we allow this "reality" to train our vibration rather than insisting on taking control of our own vibration.

It's been 21 years now since I've watched commercial television; but now I've become even more selective on what videos and television shows I check out from the library, not to mention the books I read. Unless it's uplifting and supports my feeling Good, I turn it off. I now find myself in quiet moments re-exercising my imagination to envision what lovely thing I would like to experience next.

I am the creator of my entire life experience, as are you. Tend your own garden and leave others to theirs. It's your full time job to feel Good right now.

Everything and everybody else is irrelevant. Choosing you and how you feel first pays huge dividends...like joy, fun, love and abundance. It is entirely up to you. [Start mastering the art of your focus right now](http://appliedspirituality.com/books-with-online-courses/buy-both-books/).

http://www.youtube.com/watch?v=cG17Jiwtu1o&feature=player\_embedded