

# LifeLab 26:

## Broadcasting 24/7: Impression of Increase

### Experiment I

As we've seen before, sometimes a shift comes about not because of some new thing we do, but because of some old, habitual thing we choose to release and stop doing.

And so this experiment allows you to magnify the impression of increase you are broadcasting by removing a layer of interference and allowing the magnetic quality of increase to beam out more strongly.

### Here's how you do it ...

For the next 24 hours, simply give up any and all **complaining**. When we'd like a peek into what we are impressing on the Formless — and on other people — our WORDS are the first place to look.

We *always* choose our words, but often (as we have learned), we are on autopilot. In this experiment we become awake and aware of what we are putting out there. If you don't think of yourself as a complainer, you may be surprised at just how insidious and sneaky this habit is! Watch for subtle forms, such as:

- "Tuna salad again?"
- "This traffic is driving me crazy."
- "We're going to be late."
- "The copier's down *again*."
- "It's so hot in here."

Comments on the weather and the news, and *especially* about politics tend to be complaints. A majority of office chit-chat, too. So simply pay attention to the words that come out of your own and other people's mouths.

This isn't about criticizing or passing judgment on yourself or anyone else. It's just about noticing your own habits, and then choosing to go in another direction.

And if you're stumped for something to replace a complaint you find springing to your lips, I suggest: Gratitude! Now, that'll change your perception and attitude in a heartbeat (and likely startle the people around you, too!). :-)

Are you willing? OK! Your 24-hour Complaining Fast begins NOW.

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I, \_\_\_\_\_, hereby commit to avoid complaining about **anything** to anyone for the next 24 hours. I commit also to avoid criticizing or judging myself harshly if I slip. Instead, I will just notice, gratefully shift my course, and begin afresh.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

"Into the hands of every individual is given a marvelous power for good or evil — the silent, unseen influence of his life. This is simply the constant radiation of what man really is, not what he pretends to be."

William George Jordan

"When the flower blooms, the bees come uninvited."

Ramakrishna

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### Experiment 2

One of the most common ways we complain seems so strange once we become aware of it. It's in how we ASK for what we want.

We've learned that it's essential that we be clear and specific in stating what it is we desire, and yet when it comes to asking other people, we're often anything but.

Consider which of these two ways of "asking" for something is clearer, more specific, more direct — and more likely to elicit the desired result:

"It sure is hot in here," *or*

"Would you turn down the thermostat a bit, please?"

When my friend Teresa Romain < [www.accessabundance.com](http://www.accessabundance.com) > first pointed this out to me, it was one of those blinding flashes of the obvious. Yikes! It was a little embarrassing to realize that the first option up there — the indirect and all-too-often even *complaining* way — was no stranger to me. But if we're "asking" like that, it's no wonder we're so often disappointed!

Since our good comes to us through other people, it's essential that we pay attention to how we ask, not expecting the other person to read our minds and figure out what it is we want or that we're actually asking at all and not just complaining.

Here's a mind-opening add-on to Experiment 1:

As you embark upon your Complaining Fast, take note of how you ask other people for things — and of the results you get. What works better: the clear, specific, direct way or the beating-around-the-bushes and sometimes even *complaining* way?

So why do you suppose we do that? Why don't we just say what we mean? Why don't *you*?

Please share your observations — your *results* and any emotions and body feelings that arise during your experiments — on the course Discussion Board.

(And please remember to put "LifeLab 26" in your message's Subject line so that those who haven't yet done this LifeLab can save reading it 'til later. Thanks!)

"Be really whole and all things will come to you."

Lao Tzu

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Mark Twain