

# In My Opinion

By Dr. Dain Heer

Here we have provided an opportunity for the Guest Editor, or one of their contributors, to share their opinion about any topic they feel passionate about. If you wish to respond contact them direct or email [editorial@insightpublishing.com.au](mailto:editorial@insightpublishing.com.au).



**H**ave you noticed that the way things used to be done just isn't working as well anymore? Have you noticed that there are many new ways to do things showing up? Do you know that it is time for a change in your life and even more so in the world? What if now is the time to finally step into being everything you truly are?

Let me ask you this: Do you know that there is something different about you? Do you sometimes wonder why other people are content to just continue living their lives without ever looking for something greater? What if the reason you have all these ponderings in your head is that you are here to do and be something different than the people around you? What if you are here to awaken a different reality? What if now is the time to awaken the consciousness that you personally, and we collectively, came here to awaken?

Let me present to you a different paradigm for the possibility of actually creating that as a reality. Not just something you dream of, and judge yourself for not creating - no, a paradigm to start creating the true change you have known is possible your whole life!

If you are able to be something different in your life, you might actually inspire others to realise change is possible. Are you aware that that's really the only way change has ever actually occurred, by somebody being inspired by someone else and saying 'Yes, I'll have that.'

Have you ever tried to change someone else? How well does it work? Not at all, right? You get frustrated and they get frustrated... From this other place of actually being the inspiration to change, you can be the one thing that will allow other people around and the world to know there is a different possibility. What if that is what you are here to be? Are you ready?

**1. First - make a demand.** As in, 'Hey, this is going to change and something else is going to show up!'

Have you ever been in a relationship and known it needed to change, but you weren't willing to demand that it changed, until finally you got to the point of 'enough, this is going to change, I don't care if I die, I don't care if they die, it doesn't matter, I don't care if the world ends, this is changing now!' Remember how quickly it changes? That is a demand.

**2. Next - ask a question.** Every question you ask opens up a completely different possibility and a new potential. After making your demand, ask, 'Hey, what is it going to take for this to show up differently?'

All of a sudden a doorway that you never saw before opens up, you stick your head in and there are all these different paths you can take. You couldn't see them until you made the demand and asked the question.

**3. Then - let go of your limitations.** Now, tell the Universe that you are ready and willing to let go of all your decisions, conclusions,

computations, judgements and projections around whatever you are demanding to change. Right now!

Those are the things standing in your way and 99.9% of the time, this is something you bought from someone else. The limitations are not yours! Release them. Return them to sender. **LET THEM GO!** Bye-bye! Now breathe.

**4. Now - choose (and act)!** Your choice determines the potentials that will occur. In other words, you have made the demand, asked the question, let go of the limitations but it is the choice that actually creates a different potential for the future. You have to choose (and act).

This is a reality where doing is often required to create things. In other words, you can't just sit on your butt and expect change to occur, you still have to do too! Please don't limit what can show up for you by refusing to act when it is necessary. Asking is one very important step in the process but it's not the end. If you want to know what actions to take, simply ask every day, 'What can I do today that will allow this to show up right away?'

One of your greatest capacities as a being is the capacity to choose. There is just one little catch: we think we should choose only the good (right) things and not the bad (wrong) things. But that takes a lot of judgement - of us. What if there were no judgement of 'Oh, this is a good thing' or 'Oh, this is a bad thing?' What if it were just, 'Wow, I made that choice.' Then, if it works out well, choose more of that. If it doesn't work out well, what if you could just choose again? That is another quality of the magic of you - the capacity to always choose again.

**5. Finally - receive everything.** For this to work and things to change, you have to be willing to receive everything that shows up, with no judgement or exclusion. Trust the universe. Trust you.

Please know you cannot control when something shows up, or exactly what it will look like. That is the Universe's job because it is aware of infinite possibilities - possibilities that go way, way, WAY beyond every fantasy you may have of what the perfect - for example, relationship - should look like. Because you are not alone in the world, the Universe has to re-arrange a lot of people's universes in order to create a major outward shift in the world. You may ask today and receive it in 10 years, or 10 seconds from now. So if it doesn't show up tomorrow, you are not wrong, my friend and know that it will occur.

You have started! Right now . . . reading this . . . please know, it will probably look completely different than you ever imagined. What if the possibilities you have always dreamed of actually could exist and they don't have to be some far off thing anymore that seems impossible to achieve, impossible to have, impossible to be, impossible to choose?

What if you, truly being you, are the gift and the change this world requires?

Is now the time? **!**



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