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Incomplete Physical Cycles



What unfinished business drains your time, energy, and wealth?

Unfinished business

Unfinished business creates blocks which diminish your effectiveness and power which in turn significantly reduces your money flow. Unfinished business blocks the clear flow of energy and money along the unseen river of potential which is all around you. Unfinished business traps your attention, dispersing your power and will – you need all your attention fully in the present in order to create with skill and with ease. If your underground piping is blocked, no matter how much wealth there may be at source, it will never get to you.

Flow along a blocked pipe will eventually create tears and leaks in the piping. Leaking will further dissipate your energy and power. So it is best to remove blocks and repair leaks as soon as possible. Maintain your piping in good order. Ensure your plumbing works. If anything is leaking or blocked in other areas of your life, this will reflect on money also, because everything is connected.

There are three types of unfinished business: physical, mental and emotional. Of course the three are linked and overlap because everything is connected. We classify only for ease. Unfinished business relating to the **physical** encompasses **incomplete cycles, debt, and lack of attention**. On the **mental** front we are looking at patterns around **delivery, keeping your word, promises, hooked attention or mental congestion, and unexecuted intentions**. Unfinished business **emotionally** invariably has to do with self and others which we will deal with at length under the section on **Relationships** which follows.

At this stage you may feel quite overwhelmed and inclined to park this book and grab a chocolate bar or a drink. Go for it! Have a break, but do return. Dealing with unfinished business is such an enormous relief for your entire system, it is so fabulously energising and decongesting that I can absolutely promise you it will be the single most empowering thing you will do in a long time!

Let me tell you a story.

Once upon a time in the city, a suicidal patient phoned his therapist saying, 'I'm going to kill myself, I'm going to jump, right now!' The therapist was mid-session with another equally distraught patient and said, 'I can't deal with you right now, Johnny, but do me a favour. Please go and tidy out all your drawers, and then call me back. Can you do that, Johnny?' And Johnny said yes.

Well, apparently by the time all the drawers had been tidied, Johnny felt so much better, that he had no desire to jump at all. In fact, Johnny says that that little exercise may have well saved his life. I'm not sure if his name really was Johnny, it may have been Sue, but it's a true story.

It has been said that tidying out your work area can increase your production by as much as 25 per cent. I am not sure how this was worked out, but I do know for certain that creating order

in your life will reap enormous rewards. A noticeable change will take place in your life when you tidy up your area or complete unfinished cycles. When you perform these acts with intent and attention, however, the results are significantly magnified!

There, I'm sure you are now ready to go, so let me issue a little warning. The following processes can create very powerful shifts, depending on your intent, where you are in your life, and what is happening for you at this time. Due to the 'clearing' nature of this subject, it is not uncommon to experience diarrhoea, flu-like symptoms, or other signs of physical clearing of your body after doing these processes. For this reason, please do the following Wealth Training Exercises before a weekend. Of course not everyone is the same, and some people will experience a lightening of their system, like a burden lifted, and a great sense of well-being, with an increase in energy levels. Whatever your experience, these processes will clear the way for more wealth of every kind to flow into your container!

Clearing Unfinished Business

Unfinished Business on the Physical : Incomplete Cycles, Debt, Lack of Attention

Incomplete Physical Cycles

To properly understand what it means to have unfinished business, we need to re-look at cycles, a concept which was introduced in the section on flow.

A cycle is a series of actions which forms an activity or task. Cycles have a beginning, a doing part and an end. Until a cycle reaches and completes the end part, it is incomplete. It is good to reflect on which part of a cycle we get stuck on. Some people battle to start, others struggle to keep going, and some cannot finish. We need to do all three, in sequence, properly, to accomplish anything, and that includes moneymaking.

When we are looking at containing money, the start is the container. Without one we cannot start the cycle of containing money. There are many aspects to the 'doing' part, all to do with keeping the flows open and flowing towards your destination without diver-

sion, blockages, or giving up. The 'end' part is arriving, receiving, actually holding that which has been created, embracing it without dropping it, or losing it, or letting go of it. The end is always the hardest part. But let's start at the beginning.

Let's look at the cycle of brushing teeth. The start involves taking a toothbrush and putting toothpaste on it. The middle is the act of brushing itself. The end is rinsing out and putting the toothbrush away.

If you are thinking of brushing your teeth but have not yet done it, this does not constitute an incomplete physical cycle. Your thinking may, if repeated often enough, create an unexecuted intention, but thought alone does not begin a physical cycle of action. When you pick up that toothbrush and add toothpaste, you are at the start of the cycle. If you now put the brush down and walk away, you have an incomplete cycle. If you brush only the bottom half of your mouth and get distracted, you have an incomplete cycle.

And, quite importantly for what we are doing, if you don't rinse out and put that brush away (no matter that your teeth are brushed), you have not completed the cycle. Of course, where the 'end' is, is a personal matter in the case of tooth brushing. Some people never put away their toothbrush. As long as you are quite clear that the end has been reached and the cycle is complete, that's fine. And only you can know this. How do you know? Well, when something is not finished it keeps tugging at your mind, you keep thinking about it, and this draws both attention and energy.

In the case of moneymaking, the end is when you have arrived, when you have attained your goal, when you have become that which you aspired to be, when your container is full. And yet, every end is a new beginning because moneymaking, like life, is a dynamic process, an ever constant turning, which cannot be stopped, for when it is death follows.

Let's get started then, with the clear intent of clearing away stuck energy, blocks and leaks, thereby making available increased flow of both energy and wealth!

Begin by stating this intent now.

Completing Physical Cycles

Wealth Training Process

Unblocking Wealth Flow

Each list has a limit on the number of items to be listed. You may be able to think of more. However, it is good to complete a shorter list of items and then do it again later if necessary, rather than to become overwhelmed by long 'to do' lists that may never get done. Some of the items on these lists may not be applicable to you – perhaps your drawers are already all neat and tidy, or you may not be in business.

Complete those items that are relevant to your life at this time.

1. List the top three priorities that come to mind when you think of unfinished business.
2. List up to seven incomplete physical cycles that need to be finished.
3. Record up to seven borrowed items you have not returned, or lent out that have not come back.
4. Think of three places in the home and three in your business that beg to be tidied or sorted out.

Inspired Action

1. Take inspired action!
2. Decide to end these cycles.
3. Set your intent on completing these cycles as a means of releasing blocks to wealth flow.
4. Take purposeful action.
5. Imagine your actions fixing leaks and unblocking the flow of wealth coming towards you.
6. Feel the increased energy and lightness that your action has created.
7. Expect wonderful things to happen!

*We cannot do great things on this earth.
We can only do little things with great love*
Mother Teresa