

# **How to Ask for What You Want (Excerpt Preview)**

## **1. Thoughts are how you interpret vibration in meaningful ways**

When we talk about how to ask for what you want, we are really talking about the metaphysics of vibration.

We are talking about how it is that you communicate to you about what it is that you are wanting to bring into physical focus.

What is very interesting to us from our perspective is that this is something that you do all of the time. You would not be able to stand up, to walk across the floor, to have a bite to eat, to look out a window. You would not be able to breathe in or breathe out, if you were not doing this constantly. Your physical reality is entirely dependent and entirely rises up from the

constant vibrational signal that you are sending out to all the thoughts that you have created that have assembled the reality that you are living in.

So what we are doing here is building on something that you already are doing, although you may not be conscious of doing it.

You may also not be aware of how this is not a linear experience, as in the sort of thing that might happen if you were to go up to a vending machine and you put in your coins and you press the button and then the thing that corresponds to that button, that you see in the window, drops down to the bottom and you pull it out of the tray.

It would be really interesting if your physical experience would be like that because you would be constantly pushing all sorts of buttons. You'd be pushing the button for oxygen, but with a nice little nitrogen mix. You'd be pushing the button for the assembly of things that you want in order to eat, things that you want in order to enjoy your life. But you'd have to be doing them all the time.

So what has happened over time, and how you got here, and how the people before you got here, is that you have a series of thoughts that you are thinking about the reality that you are experiencing. These thoughts in many ways are quite basic. They are quite

simple. And in many ways they are actually very complex.

Sometimes we refer to these as a constellation of thoughts. So when you think of something that you really like, for example, and you think of all of its qualities that you enjoy, that is a constellation of thoughts about a single object or a single idea.

And so that constellation of thoughts is like a series of small, little thoughts that you could think of, perhaps, as planets that orbit a single star. And that star is just the idea of whatever it is that you are thinking of.

So as we go forward here, we are going to be talking to you again and again about the very basic idea that thoughts are simply how you interpret vibration in meaningful ways.

So first there is vibration, and then thought coalesces around that. And thought is how you interpret the vibration. In many ways, what happens is that you encounter an idea, vibrationally, and as you are resonating with it, in whatever way that may be. Sometimes that resonance feels good and sometimes it doesn't. However it is that you are resonating with it, thoughts then begin to arise that you then use as a way to interpret what it is that you are experiencing.

Sometimes the thoughts are rather basic, as we say. Sometimes they are connected to

thoughts that involve language. So you might have a thought where you interpret what you are experiencing in words. Even if you don't say them out loud, you are at least thinking them. Sometimes thoughts arise in terms of images or pictures. Sometimes thoughts arise as a combination of these things. Or as sense memories, such as words that you heard or images that you saw. Or a feeling that you had that involved your body in some way.

As these thoughts arise, what you give your attention to is what you start bringing more and more of into your experience. And there are plenty of thoughts that arise like this over and over again that you don't really ever pay much attention to. They are passing thoughts that you have.

Some of the more extreme examples are passing thoughts that you have about things that could happen to you that you don't want. You might wonder about being hit by a car as you cross the street. But you don't really pay attention to these thoughts, so they just pass through and you don't really notice them so much. You might realize they are happening at the time, but because it seems preposterous or unlikely to you or it is just not anything you are interested in, you just keep going and they move on as well.

Now, a thought is an idea that has taken

shape. It is a vibration that takes on physical form in some way. Now, it may not actually have weight and substance to it. It may not have dimension. But it does become real. And the reason why that happens is because you are the thought interpreter. Your position in physical reality is the one place where what you are thinking about, what you are relating to vibrationally, becomes a thought. It is where physical reality forms itself. You, in a sense, are the way in which your reality becomes what it becomes.

Now, we are not talking about your body. Because that is just another series of complex, interesting thoughts. We are talking about your mind. And your mind is not located in any one place in physical reality. In a way, we could say that the physical reality that you exist in, that you experience through your physical form, is actually a subset of the thoughts that you are thinking in your mind.

Now, you can tell this because when you sleep, for example—and this is a very direct way that you experience it—and you have nighttime dreams, you often drift off into various versions of this physical reality. And sometimes you move off into other realities that have nothing to do with the physicality that you know in the waking time.

Now, the only reason we are saying all of

these things is because this is the basis by which we are going to build conversation after conversation after conversation. The assumptions we are bringing to the table here are pretty straight forward.

You have the experience of your physical reality plainly arising from the thoughts that you are thinking. And the thoughts that you are thinking are the ways in which you interpret the vibrational experience that you have, and the ways in which you resonate with different things that you encounter vibrationally.

So, thoughts are just how you interpret vibration in meaningful ways. Your thoughts follow certain patterns that are unique to you. You have whole arrays in which you think about all manner of things that just go all the way across the board from soup to nuts, really. And they have certain patterns, and they have certain qualities, and they have certain intensities and certain ways of showing up here and showing up there, all of which are completely unique to you.

They have your unique signature across them. Just in the same way that you could look at anything that you write with: a pen, your handwriting, and even when you are writing in one way or another. There are still certain qualities and characteristics to it that are pretty much similar that have been pretty much the

same way since first you began to write. Perhaps not completely, all the time, in every way. But there is a certain flow or a certain manner or a certain method that goes across time.

Certainly that is true with your physical experience. Your physical experience has your stamp on it in every way possible that you can imagine. And in ways that you probably can't even imagine.

So the thoughts that you are having are your interpretation of your vibrational experience put in meaningful ways. And the reason why we use the phrase "meaningful ways" is because these are ways that have meaning to you that may not have meaning to anyone else. They are very specific to you. They carry your signature. They carry your stamp. They point back to you as the creator of the experience or the thought. And this is how you go about creating your reality.

So in terms of how you ask for what you want, the simple answer to the question that is the thing we will be talking about for the next 20 chapters.

You think a thought, your thought begins to take form and, if left unimpeded, will evolve into physical manifestation.

Now, every thought that you think instantly is manifested. It just may not have a physical manifestation. But there is an instant

non-physical manifestation that we like to refer to as your vibrational warehouse. This is a place where all of the thoughts that you have ever think while you have been focused in physical reality.

It is a metaphor, of course, but it is a place that has a very certain, real aspect to it where everything that you have ever thought about resides until you allow it to come into your physical reality.

It's not there waiting for you impatiently. It is not there waiting for you, wondering why you are not getting your act together. It is there because you are ordering physical reality according to the timeline that you have built for yourself.

So you all generally believe that A comes before B which comes before C which comes before D, followed by E, F, G, H, I, J, like that. So you all order your lives, generally speaking—there are some delicious exceptions—but you all order your lives according to a linear approach. You start at the beginning, you go through the middle, and then you come to the end. And that makes a lot of logical sense.

And in fact, some of you may be scratching your head saying, "Well, yes, of course, that is exactly the way it happens to me." But we want to be very clear. No, it is not happening to you. This is how you have decided



to order your experience. And your experience of this timeline is very unique and different, compared to anyone else. Each of you has your own, individual, unique relationship to the idea of time. And each of you has adapted it for your own use. And you continuously do this.

Sometimes you might have the experience where things seem to really speed up. And sometimes you might have the experience as to where you feel like things really slow down. And sometimes you have the experience where it feels like things are happening out of order. Sometimes that is bewildering and sometimes that is quite exhilarating, depending upon your perspective.

So what we invite you to do today, as you are thinking about how to ask for what you want, is we want you to realize that you are already asking for everything that you have. You are already asking for everything that you have. As you contemplate that today, just by walking around in your reality, noticing what is going on, noticing what it is that is happening—as you think about that today, we invite you to relax into that idea. Notice if there is any tension that arises when we say that or when you think about it and see if you can find a way to relax into it.

We are not asking you to stretch. We are not asking you to do something heroic. What we are saying is: this is what is happening already.

And today would be a very good day to explore that idea that you are already asking for everything that you have. And that is the reason why you have it. Everything that you are experiencing in your physical reality, all the way across the board, soup to nuts, whether you like it or not.

And it is okay if you don't like it. We are not saying you should like it. That is not the point of this exercise. The point of this exercise is just to understand that you have already created all of this. Everything that you are experiencing is part of the fullness of your experience. The fullness of who you are.

And it came to you because you called it.

Thank you for reading the first chapter in the second Communion of Light Book of Ideas: *How To Ask For What You Want*

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