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Taking responsibility for your creations

By Laura Silva Quesada

Can you remember a time when something you deeply desired, believed in or expected would manifest, did, and you wished it would happen that way all the time? Well, your wish may come true sooner than you think if you get into the practice of backtracking.

Backtracking simply implies that you go back in time a moment, a day, week, month or whatever time is necessary in order to discover the quality of focus, thoughts, beliefs, attitudes, feelings and behaviors that were in place so as to create the ideal mental and physical environment for the manifestation to occur.

Manifestations can be positive or negative. Most of the time, when desire is the motivating energy, the manifestations are positive. This is not always the case when belief or expectancy is the motivating energy. If we are constantly running a visual, auditory or kinesthetic tape of something bad you believe is going to happen, then the probability of that bad happening to actually manifest increases. The same applies when you are constantly expecting bad things to happen. This is in part true since thoughts (Desires) are just one ingredient necessary for anything to happen. Beliefs and feelings, such as that of Expectation, are two other ingredients that need to be present for anything to happen. Often the core motivating energy is desire with belief and expectancy playing a smaller role. Other times it is belief or expectancy that is the core motivating energy with the other two energies playing a smaller role. Those three ingredients are necessary for anything to manifest.

Backtracking would then involve going back in time and evaluating the amount of desire, belief, and/or expectancy that was present before the actual manifestation. It would also mean evaluating the

quality of your thoughts. Were they focused on the goal? Were they positive or negative? How about your attitudes? Were they optimistic or pessimistic? How about your behaviors? Were they congruent to what you wanted to manifest, or were they sabotaging?

What did you do externally and internally that led to the manifestation of your goal? Did you meditate daily using imagery? Was what you desired constantly on your mind? When you answer those questions you will discover that you were almost completely responsible for your creations. Free will to make proper choices and decisions granted to us by Higher Power and outside help from unknown sources may also play a role in our manifestations. You will also discover that if you repeat the same process and create the same mental and physical environment, you will succeed once again in manifesting future goals. It takes “doing the do” in a focused positive, and congruent manner in order to turn all your dreams into reality. Live the life of your own design!