

How To Expand Your Success Cube

Before we talk about how to expand your success cube, let's look more closely at what it is, and why you should even bother expanding it in the first place.

You have a relationship with success. Everybody does. For most people, they see success as something elusive, or perhaps even non-existent in their lives. Always chasing it, seldom finding it...

What is success? Many would answer, *"I don't know. I don't seem to have much of it, if any at all."*

But I would disagree. **Success is integral to your very being.** You could no more separate yourself from success than you could separate from your lungs, or your heart.

It's that essential. And, it's as natural as breathing.

I know it might not seem like that now, but by working with your relationship with success, you'll be seeing it in a whole new light.

Success is an energy. It could be seen as the process of live itself. When you live life, you are using the process of success.

SUCCESS EQUALS ENERGY EQUALS LIFE ITSELF.

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See, success is not 'having a whole bunch of money' or 'having a thriving business'. Now, those could be the *trappings* of success, but they are not success itself.

Success is an invisible energy that you can feel. And the more you allow yourself to feel the energy of success, the more success will flow into your life. As the success flows into your life, that's when you get to enjoy the physical manifestations of the success that first existed purely as energy.

PHYSICAL SUCCESS COMES AFTER YOU FIRST ALLOW THE ENERGY OF SUCCESS TO FLOW THROUGH YOU.

Most people get it completely backwards. They think they have to take actions in the world, and then they will be and feel successful. It's called 'chasing the shiny object'. And we've all been guilty of it at one time or another.

It's seems so logical. *I come up with a plan to be successful, I take the necessary steps, and then I too will be successful.* All I have to do is buy this book, or this course, and follow their plan, and then I'll be making the big bucks too!

Here's why that doesn't work:

You must first build a solid foundation inside yourself, upon which you can *then* build your 'structure' of success.

You can't build a house on the shifting sands of a beach, or upon the wet muck of a swamp No. You need a solid foundation first. Do you know why New York City has so many skyscrapers? Because under the ground it's solid rock. They started with a solid foundation. Because it was necessary, to hold the weight of the buildings.

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Same here. **Success has weight to it.** It has to be built on something solid. And the more success you want, the stronger your foundation needs to be.

I learned this the hard way. Hopefully, you won't have to. It took me a long time to realize why I didn't have the success manifest in my life the way I wanted it to.

I could follow plans, just like everybody else, but I never seemed to get the results other people got. Or, that other people *seemed* to be getting. I always seemed to fall short. Finally, I learned that success must be built on a solid foundation.

And the good news is, it's not hard! In fact, it's rather easy, once you learn what to do. Plus, the entire process is just *so much fun*. And it makes the success come with such greater ease.

Look, reality doesn't 'just happen'. There's a very specific mechanism in place that creates our reality, which then manifests into the illusion we call 'life'.

There's a **pipeline of raw energy** that flows to us, out of which we shape and mold and create our reality. This raw energy gets shaped and molded not unlike a cookie cutter creates cookies.

We create our reality with our resonance.

As the energy flows into us, it filters through our resonance. It's our resonance that creates our reality. Our resonance consists of various energies such as our love, our will, our imagination, our beliefs, our thoughts and feelings, and many other energies as well.

As you work with your resonance to make it the way you want it, you will be creating a solid foundation upon which to build your success.

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Change your resonance and you change your life. It really is that simple.

Devote your energies to watering the roots of the tree, rather than trying to water the leaves, like so many people seem to do. What do I mean, exactly?

When you work on changing yourself on the inside, the success can flow through you so much easier. As you work on changing yourself inside, you can see the difference in your reality. Life becomes easier. Struggle abates. You feel better about yourself. You start to live 'the charmed life' that others you admire seem to be living.

You develop an inner knowingness. Your perception changes, as you see more clearly. The path ahead comes into view. And as things start working out, you start having fun.

Life no longer exists as one drudgery day after another. Life becomes exciting.

You don't ever have to be overwhelmed again. You can be whelmed, instead. Imagine that.

You can be whelmed, rather than over-whelmed. I realize those are just words, and if you haven't lived it and experienced it for yourself, this may all seem as nebulous concepts.

The beauty of all this is, you can start changing today, and prove to yourself the value of building a solid foundation. You don't have to take my word for it. Prove it to yourself. Starting today.

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The very first thing I would say - just being alive means you are successful. Now, some people are very good at creating a life that looks like failure, but that's only because they've succeeded at *making their life appear as a failure*.

Some people succeed at failing, but that's still a success. They're successful at failing. But... even that is a form of success.

The key is to take conscious charge of the process of success.

Work with your resonance to build a solid foundation of success.

Your resonance includes everything you think and feel and believe and a whole lot more. In fact, *everything* about you - all the many different energies - come together to create a unified resonance.

The good news, your resonance can change quickly and easily. Just jumping up and down with clenched fists in the air, yelling YES a few times, can change your emotional and mental state, and thus your resonance. As numerous books have pointed out...

Just hearing good news can lift our resonance instantly. As hearing bad news can lower it instantly.

The point here: don't think you're stuck with your present state. It can change with the wind. Now, admittedly, the effect of good news and bad news can be short-lived, as we return to our **baseline resonance**.

Therefore, what we want to do is to follow specific, actionable steps that will make basic changes in our resonance. I've identified seven different key areas of success that we can work on, to make success more conscious and to more elegantly flow into our lives.

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One of these: working with our success cube.

You have a success cube. It's not physical; it exists in a more-real domain than the physical realm. You could say it exists in the subconscious mind, but it also transcends the subconscious. It exists in other parts of your consciousness as well. But for our purposes, we'll be working with it as it stands in the subconscious.

Your success cube has three dimensions. It has height, width, and depth. It could be any shape, or any size.

And it could be constructed of many different types of materials. It may seem to be wooden, or glass, or steel, or translucent or opaque. Mine appears to be made of the crystal called selenite. It's grayish-white and opaque. Yours could be made of any of these examples, or of something completely different.

Your cube may be easily accessed and worked with, or it could be difficult to find and even harder to do anything with it. It may be standing on solid ground, or it may be teetering on the edge of a cliff, or it could even be caught in the mud.

These are all hints and clues to your relationship with success.

Why is it valuable to work with your success cube?

Your success cube formed years ago, as you yourself formed your beliefs, attitudes, thoughts & feelings, your desires, and many other energies... about success. It didn't

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spring into being. It's the culmination of many years of thought, of expectation, of will and determination, of beliefs... that you hold about success.

There's maybe twenty or thirty different energies you use to form and shape your success cube. Some having more impact than others. It all depends on your intensity.

Wherever you have the most intensity... that's where you exert the most influence on shaping your cube.

For many, beliefs hold the greatest sway. They hold strongly-held beliefs with great intensity. They use beliefs as pockets, to hold the emotional intensity they couldn't or wouldn't feel.

It's common for people to hide their pain within negative, limiting beliefs. And thus, their success cube reflects that hidden pain.

So yes, beliefs and intensity often contribute disproportionately to your success cube, even though other energies inside you help form your cube as well. However, the reverse is also true.

By working directly with your cube, you can literally change your beliefs, your thoughts, your feelings, and the other energies too. Think about that.

When you expand your cube, you are forcing yourself to heal the errant beliefs and the unresolved pain.

In a way, it's a short cut to healing. Don't know what to work on in your life? Not sure where to direct your efforts to improve yourself?

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You can work on expanding your cube, and that alone will show you - as it brings to the surface - what needs to be healed. And *if you will allow*, the healing can happen in your sleep, or as you're focused on other things.

In other words, you can heal as if by magic. It just happens! With little or no effort on your part. Now, this isn't guaranteed to happen. You can always apply the brakes. You can block the process. *But you don't have to.*

Let's look at why this is even possible. (The healing, not the blockage...!)

By expanding your cube in the right way (as we'll talk about shortly) you are sending a clear and unambiguous message to your subconscious that you want more success in your life.

Life energy flows through your subconscious before it gets to you. Your subconscious filters and shapes and changes this life energy.

"Why does this keep happening in my life??? Why can't I change?!!"

Oftentimes, it's because of the subconscious filters.

"Why does stuff keep getting thrown up in my face when I didn't do anything at all to create it???"

Because the energy that creates your life flows through your subconscious before it gets to you.

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Many - but not all - of the energies that make up your resonance lie in your subconscious.

Reservoirs of energy lie waiting in your subconscious. Waiting to be activated by you. There are many ways to work with your subconscious mind. One of the more elegant ways is by directly expanding your success cube.

You expand your cube, then allow the changes to happen. The tricky part, the scary part, is that the changes that need to happen, are changes to YOU. Usually, we want to change someone or something in the world, when really it's us who needs to change.

If you will allow yourself to change, then your reality can change like never before.

And it will seem like magic. Because, "I didn't do anything... it just happened."

In reality, you *did* do something. You carefully, deliberately, sent a message to your subconscious mind. **You spoke to your subconscious in a way that it can understand. And it did the healing work for you.**

And then, **you had the courage to allow a change that you cannot control.**

This is where most people get hung up, if they even make it this far. They just won't allow a change they can't control.

People try to control because they're in fear. **Attempts to control *always* come from fear.**

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And when you attempt to control, you shut down the flow of life energy, at least a little bit. Control blocks success, and it blocks healing.

When people say they want to be in control, what they *really* want is empowered choice.

Empowered choice facilitates healing and success.

And in fact, a lot of what I do as a coach involves helping people make more powerful choices. When your choices become strong, powerful, impactful... then it's just like 'being in control' except it's infinitely better!

For the most part, when you attempt to control, you are fighting your reality. It involves struggle, hard work, and frustration.

If you will go to the source of the problem - the subconscious filters - then success can be easy. The way it's supposed to be.

You see, success - as life itself - can be, and should be, easy. But that's WAY too scary for most people. Therefore, so much of my work as a coach involves helping people reduce their fears (often times it's fears they didn't even know they had!) so they can make the empowered choice to allow easy success.

Anyway, the point of all this -

It's not hard to allow unprecedented success into your life. The hard part is convincing yourself to take your foot off the brake! Over and over and over, I've seen this is by far the biggest obstacle to success.

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I hope I've convinced you of the value of working to expand your cube. Namely, because your cube is a subconscious representation of the degree of success in your life. Your relationship with success shows itself in your success cube.

By expanding your cube in the right way, you will be sending a message to your subconscious that you want more success, and it will respond by bringing greater success into your life with little or no effort on your part.

Of course, there's still plenty of things you can do too! But that's a topic for another day.

For now, let's look at exactly what you need to do to expand your cube.

The process happens in an altered state of consciousness... specifically, in meditation. I've recorded the meditation to an mp3 file, so all you have to do is sit back and listen and follow along with the visualization exercise.

I've also included a transcript of the meditation, which you can read below:

Expanding Your Success Cube: A Meditation

This meditation is designed to help you expand your success cube.

Before you begin, make sure you've created the time and space where you won't be disturbed for a while. Perhaps turn off your phone, turn down the lights, and find a comfortable position.

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And as you find your comfortable position, begin by breathing deeply. Deep, long, slow breaths. Focus on your breathing. The inhale... the exhale... the inhale... focus on your breathing. And gently close your eyes. Gently allow your eyes to close. Breathing deeply.

Now, begin to relax your body. Starting with your feet. Relax your feet. Relax your toes. One by one. Let them relax. Relax the balls of your feet. Relax the arches. Relax your heels. Relax your feet.

And let the relaxation move up to your ankles. Relax your ankles. Relax your calves. Relax your shins. Relax your knees. The backs of your knees. Let it go. Let em relax. Relax.

Let the relaxation move up to your thighs. Relax your thighs. Relax the muscles. Relax the bones. Relax the nerves. Let it all go.

Relax your hips. Relax your hips. And let the relaxation move up to your pelvis area. Relax your pelvis. Relax your waist. Let go. Relax. So that everything from your waist down is completely and totally relaxed. Relaxed.

Now let the relaxation move up the torso of your body. Relax your stomach. Relax your liver. Relax all those internal organs inside. Let your stomach relax. Your solar plexus. Let it all relax. Let it go.

It's a wonderful feeling to let it all go... let it all relax.

Now let the relaxation move further up your body, to your lungs and your heart. Relax your heart. Relax your lungs. Breathing deeply. Breathing deeply. Relax.

Let the relaxation move up to your shoulders. Relax your shoulders. Let em relax. Relax. Let the tension go. Let your shoulders relax.

And let the relaxation move down your spine. And as the relaxation falls down your spine, let it spread out to cover your entire back. Let you back relax. All the tension... let it go. Relax. Your back is relaxing.

Now let the relaxation move from your shoulders down your arms. Relax your arms. Relax your arms. Your elbows. Your forearms. Your wrists. Your hands. Your palms. Your thumbs, your fingers. All relaxed. All letting go. Relax.

Now let the relaxation move up your neck; relax your neck. Relax your throat. Relax. And let the relaxation move up to your face... relaxing your chin. Relaxing your jaws. Relax your jaws. Relax your cheeks. Your eyes, relax your eyes.

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Relax your forehead. Relax your face. And let the relaxation move to the sides of your head, the back of your head, and finally, to the top of your head. So your entire body is now completely and totally relaxed. Completely and totally relaxed. Relaxed. Breathing deeply. Relax.

And now I'm going to count from five to one. And at the count of one, you will be in an altered state of consciousness. An altered state of mind. Ready. Ready to find your success cube, and then to expand it. At the count of one.

Five... four... three... two... and one. One. One.

Find yourself... standing... in nature. In a beautiful place in nature. Find yourself outdoors. On a beautiful spring afternoon. Find yourself...

And as you stand, begin to open your senses, one by one. Begin to notice the sky, the clouds, the terrain, the rocks, the trees, the sounds of nature. Open your senses to the sights, the sounds, the smells...

Feel the wind blowing. Feel the warmth of the sun... or perhaps the cool of the shade. Open your senses.

And as you orient yourself, you remember why you came here. And a smile crosses your face. You're here to find your success cube, and to expand it. You're here to enhance your relationship with success. To allow greater success into your life.

You want to feel the wonder, the joy, the sheer excitement, that greater success will bring. Imagine. Imagine what it will be like as you allow more success into your life. Imagine the fun you'll have. Imagine.

Feel the desire. Feel your desire, for greater success. Feel the good, clean, healthy desire for more success. Feel the desire for enhancing success in your life.

Feel the energy of success. Feel the raw, the delicious, luscious energy of success.

Taste it. Feel the taste of success. Feel the substance of success. The substance. And know... know that it is yours.

Filled with desire. Filled with imagination. Now, expect. Expect to find your cube, and expect, that you will expand it. Expect. Fill yourself with the expectation. You WILL find your cube, and you WILL expand it. Feel the expectation.

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And so you are ready. But where is the cube? Where is your cube of success?

It's somewhere out there. Out in the wilderness. Waiting to be found. And so you begin your journey, a journey to find your success cube. You lift one foot, move it forward, shift your weight, and begin to walk.

You begin to walk. Perhaps you follow a trail. Or perhaps you walk through a field, over gently rolling hills. Maybe you walk through the woods. But begin walking. Searching. Let your intuition guide you.

Make your way. Make your way, through nature. Let yourself be guided. Walking. Searching. Seeking. Imagining. Desiring. Expecting. Make your way.

Notice the terrain. Is it easy to traverse? Is it gentle? Inviting? Or is it cold, and harsh? Are there obstacles in the way? Or is it smooth sailing? Notice your terrain.

Keep walking. Keep moving forward. You know you're getting closer. And as you continue to move, perhaps you notice it way off in the distance. You're getting closer. Perhaps you crest a hill, or go around that bend, or come to a clearing in the woods.

Wherever you are in nature, you're getting closer. And then you see it. Now you see it. You see your success cube up ahead of you. You see it. It's come into view.

Walk up to your cube. Stand in front of it. Look at it.

Now you know. Now you know how big it is... how tall it is. How wide. And notice how deep it is as well. Your success cube. Study it, as you stand in front of it.

Look at the height of it. How tall it is. This reflects the quantity of success you will allow into your life. The ceiling and floor are made up of your beliefs and attitudes. What do you believe about money and success? What are your attitudes?

The floor... the ceiling... consist of your beliefs and attitudes.

How wide is your cube? The width determines how many different areas of your life you're successful at. How wide is your cube? These two sides of the cube consist of your thoughts and feelings.

What do you think? What do you feel? How wide is your cube?

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And what about the depth? How much satisfaction, how much enjoyment, how much depth do you have with your success? The front and back walls of your success cube consist of your choices and decisions.

What have you chosen, and decided, about the success in your life? It's all reflected in the depth of your cube.

Now reach out and touch your cube. Is it smooth, or rough? What's the texture of it? What color is it? What does it seem to be made of? What material? Touch your success cube.

Now open your heart, and feel your cube. Feel the energy of it. Feel the voice of it. What is your cube trying to tell you? What is your cube trying to tell you?

What does your cube want you to know? It's a living, breathing, energy. It's a part of you. Inseparable. And it has a voice. It has an energy. It has a resonance. Feel. Feel your success cube. Embrace the energy of it.

And now, it's time to enter your cube. No matter how large, no matter how small, no matter the material it's constructed of, you CAN enter your cube. Because it's living, breathing, energy. Imagine yourself, going inside your cube.

Maybe it's cramped. Maybe you had to shrink down. Maybe it's flat, and you feel almost two-dimensional.

No matter the size of your cube, imagine you are moving into your cube, perhaps as if by magic.

Enter your cube. Be. Be in the cube. Feel the quiet. The still. The hush. Feel what it feels like, to be in your cube. Touch the inside walls. Touch the ceiling. Look around.

And now let's get about the business of expanding this cube. Let's start with the height.

Feel your feet, firmly planted on the ground. Feel your feet. Feel them almost growing into the floor. And raise your hands above your head. Press your palms onto the ceiling of your cube.

Feel the ceiling of your cube. Feel your palms touching the ceiling. Imagine they grow into the ceiling. Your hands, and the ceiling become one. And begin to lift. Lift. Raise the ceiling. Lift the ceiling. Let it rise. Let it become taller. Lift the ceiling. Push upward.

Create new space. Create new space in your cube that wasn't there before.

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Feel the extra space in your success cube. Is it exciting? Is it scary? Is it comfortable, or, uncomfortable? Feel what it feels like, to have more room for success in your life.

And now you lower your arms, and extend them outwards on either side of your body. It's time to expand the walls of your success. The width. To allow success into more areas of your life.

With feet still firmly planted on the floor extend your arms so that each palm of your hand is touching opposite walls. Reach out. Touch the walls. Press firmly, and then push. Push outward, to expand the width of your cube.

Feel what it feels like to expand the width of your success. So that greater success can move into more, different, areas of your life. Feel your walls expanding. Create greater width. Allow your cube to grow wider and wider. Increase the width of your success cube.

Imagine. First the height, now the width, of your cube has grown larger in size.

And now it's time to increase the depth of your cube. To bring a greater sense of satisfaction to your success, however little or much it may be.

And so you turn sideways, inside your cube. You turn sideways, so that one hand can be placed on the front of your cube, and the other hand can be placed on the back of your cube.

Feel the palms of your hands, almost seeming to move into the front and back walls of your cube. Feel the palms pressing firmly on the walls.

And now, push. Push. Push the front and back outward, so that the depth of your cube increases. Push. And allow your cube to grow deeper. Push. Let your arms grow longer, if necessary. Do whatever it takes, to move the front and back of your cube, to create new depth, new space, inside your cube.

Increase the depth of your cube.

And when you're finished, lower your arms and admire your handiwork.

Stop, step back, and notice. Imagine, your cube has grown larger. You have created more room for success. Feel. Feel the new space. Marvel. Feel the wonder, the excitement, even the fear, of what this new space means.

Feel your new, larger, cube.

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And so... what will you put into your cube? What new success would you like to create?

Let your thoughts run wild. Let your imagination be free. What would you like to add? Think about the success you want. It could be anything. Money. Material objects. A new car. A new job. A new relationship. It could be anything. Anything you want.

Imagine what you would like to add to your cube.

See the image of it inside your cube. See it. Right there in front of you.

And now, imagine what this new success will do for you. What will it make you feel? Because the only reason we want new success is for how it will make us feel.

What will this new success give you? A greater sense of security, or safety? Will it bring in more love? Will it help you to fit in... to belong? Will it give you relief from the struggles and suffering of life?

Will it make you good enough? Make you worthy?

Whatever it is, get a sense of what this new success will give you. Maybe it will give you greater fun, or greater relief. Maybe it will remove the worry and doubt. Maybe it will make you happy.

Whatever it is, get a sense of it. What will this success give you?

And now, FEEL that energy. Feel the energy this new success will provide for you. Feel it. Safety... security... love... freedom... whatever it may be.

Feel it with all your heart, and all your mind.

Feel the essence of it. And now, let this essence fill your success cube. Fill your cube with the energy - the essence - of the material success you want.

No matter what it is, feel the essence, and let it come into your cube, and expand throughout your cube, so that your cube is filled to overflowing with the essence of the particular success you want.

Fill your cube with the energy, the emotional energy, that you expect to feel once you get your material success.

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Let your cube be filled with the energy you want. Whatever it is. Whatever energy it may be. Just feel. And imagine, as the energy fills up your cube. Imagine it swirling around. Imagine it coming home, to your success cube.

And now, with success cube expanded, and filled with the essence of the success you want... it's time to return. It's time to come back.

You begin to drift away from your cube, you begin to sense the room about you. And I'm going to count from one to five and at the count of five, you will be back in your room, back where you started from. At the count of five.

One... two... three... four... five. Open your eyes. You're back. Wide awake, alert.

You're back. But you've set things in motion. You went to your success cube, you expanded it, and you filled it with essence.

You've set things in motion.

This is Mark Ivar Myhre, signing off for now.

Okay, so that's the entire meditation.

I suggest you follow along with the guided imagery at least a few times, and then you can generate it on your own if you wish. Or, you may even wish to play the recording, and then turn it off once you're in your cube, just so you can stay there longer.

And then, throughout the day, as you think of it, **remember the cube**. Imagine how you expanded it. Imagine the new space. Imagine the particular success you want. And finally, imagine what that new success will bring you.

It could be freedom, excitement, relief, peace of mind, security, belonging, safety, love, a sense of self-worth... or something entirely different from these examples. Whatever it is, imagine the energy - the feeling - the essence of what this new success will give you.

And **imagine that essence** packed full in your success cube. And FEEL that essence, as much and as often as you can.

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Feel it in your cube, and feel it in your heart.

See, so many people get so caught up in telling themselves stories about what IS, that they won't allow themselves to feel the essence of what they want. Or if they do feel the essence, they don't hold on to that feeling. They drift back to focusing on the lack of what they want.

I challenge you: when you find yourself lamenting the lack of what you want, use that as a trigger to feel the essence of what you want.

We might not be able to instantly manifest material objects (yet!) but we can always feel the feelings that will come from having the material objects.

The more intensely we can feel the essence of what we want, the more likely we will be to have the material manifest in our lives.

That's not a new concept. I first heard it decades ago. But it took me a *long* time to really start practicing it. But once I did - massive changes started happening in my life.

With nothing more than a dogged, stubborn, determination to focus on the essence - the feeling - of what you want, you will be well on your way to achieving greater success in your life.

Expanding your cube and filling it with the essence of what you want is just one of the metaphysical principles of success. For more info, go to <http://emailwriter.net>