

THINK IT
WRITE IT
Declare IT



DEBRENA JACKSON GANDY

EBOOK

Think It! Write It! Declare It!

Using Words as a Creative Force in Your Life

by Debrena Jackson Gandy

Introduction

The other night I was being treated to dinner by one of my mentees, and after taking a sip of wine, she sat down her wine glass, looked at me wistfully, and asked, "*So Debrena, how did you get this way?*" In the middle of this chic, upscale restaurant in which we were sitting, I started belly laughing. Her eyes widened in shock at my response, and she had the look on her face of someone who had just seen a ghost. Clearly surprised at my response, she asked, "*Why are you laughing?! What's so funny?*" Once I caught my breath, I told her why I found her question so humorous. I explained, "I got a kick out of your question because you asked your question like I had a horrible disease or chronic health condition. But once I took a breath and fully regained my composure, I was able to ask calmly, "And what way is it that you're referring to?" She responded, "You're so free, so full of life, joyful and willing to live outside of the box."

The question took me aback for the moment. I wasn't necessarily aware that she had been perceiving me in this way.

But as I pondered her question further, I realized that I'd "*been this way,*" for quite a while – at least since the age of 10. That's the age at which I was conscious of becoming curious about what makes people "tick." And why some human beings turned out joyful and fulfilled while others turned out dissatisfied, depressed, victims or complainers. Were there factors or influences that determined which of these "paths" people took? I discovered that the answer was a resounding YES.

This is what this book is all about--what it is that those that were joyful and fulfilled have begun to discover, and in the words of my mentee, "how I got this way."

I concluded at a relatively early age that, yes, there was a certain outlook, a certain mindset, a certain way of perceiving the world and oneself, a certain disposition, a certain attitude, and an understanding of a process that very few seemed to have discovered, that yielded a life of more joy, fulfillment, *holistic success* and prosperity. And most importantly, relative to the billions of people on the planet, it seemed that an even fewer number had learned how to access and apply this "hidden" process.

This book will begin to uncover this process for you. There are other "pieces" to the process, but these are three of the essential pieces that you must GET. And if you already understand it, can help you to put it into action, consistently, to create the life you desire and deserve. *Think It! Write It! Declare It!* will help you unlock the hidden power that resides in words. *Think It! Write It!*

Declare It! shares with you a three-part process that you can put words to use in your life in new and powerful ways.

The key to using your words as a positive, creative force in your life requires that you learn to be INTENTIONAL, DELIBERATE and CONSCIOUS about what you think, write and declare, instead of being unintentional, lax, and unconscious about what you think, write and declare. Too many of us are too callous, loose, careless and lackadaisical with our words. We don't take them very seriously, and we certainly don't behave as though we know that they contain Creative Power.

Step One of the process is about understanding that your thoughts are a force and a form of energy, and understanding how to be deliberate and intentional about your thoughts.

Step Two of the process is about understanding how writing something down gives it more power and makes it more "real," and solid.

And Step Three of the process is about understanding the power of speaking and declaring out loud what you want to experience and bring forth in your life by charging it with the vibration of sound and voice.

Chapter 1 - Thoughts and Words are of the 4th Dimension

Not long ago, I was reading a copy of a book given to me by another one of my mentees, Dr. David Yong-Gi Cho's book, *Fourth Dimension Living in a Third Dimension World*. Dr. Yong-Gi Cho also happens to be the senior pastor of the largest church IN THE WORLD. In his provoking book he makes the statement that "thoughts and words are of the fourth dimension. This is why happenings and occurrences that take place on the earthly plane – the third dimensional world – are SUBJECT to the fourth dimension." Dr. Yong-Gi Cho explains, "The third-dimensional realm is under the rule of the fourth-dimension. The fourth dimension realm is the spiritual realm. Thinking and thoughts, imagination, faith, words, our spirit and heart are of the fourth dimensional realm. Through thoughts—a driving force in the fourth-dimensional realm—everything in the human body and the world comes to pass."

So if you recognize this truth, believe this truth and live in accordance with this truth, then you recognize that what is showing up in your life, your personal slice of the third dimensional world, is something YOU'VE created! Just as you've created everything that is in your life right now, if you want to make any changes to it, you CAN create and bring forth something different.

As Matthew 7:7 states in the Bible, "Ask and it will be given." *Think It! Write It! Speak It!* helps you to be intentional, deliberate and CLEAR about what you want

to attract or “be given. And then it lays out the process and helps you apply the process and activate the spiritual laws that attract and bring it to you.

At this moment you may be saying “*Whaaaaat?!*” to yourself. And this is the very reason I think that far too few of us have lives that bring us joy and satisfaction – we have a hard time believing that Dr. Yong Gi-Cho’s statements are true. But guess what – whether you personally believe them or not, *does not change their truth*. If you don’t already believe and know that it is true, I invite you to “try it on” and try out the process I lay out for you in this book. Watch and see, notice and observe, and you’ll soon see that “this stuff works.”

As Marc Allen states in his book *The Millionaire Course*, “You have everything you need: a miraculous body, a phenomenal brain, and a vast and powerful subconscious mind. Now it’s just a matter of focusing them in the right direction.”

GET CLEAR

Most of us are in perpetual motion and perpetual “busy-ness” every day. Our lives are a blur of rippin’ and runnin,’ and we rarely take and make time to be quiet, hold still and do some uninterrupted thinking. We rarely stop to think deliberately and intentionally. Thoughts are running through our minds like a crazy, fast-moving river of which we have no control. The good news is that, yes, you can learn how to direct this rush of water (not fight it, but direct it), and yes, you can learn how to have an enjoyable ride on the river instead of crashing into the rocks and capsizing your boat. Most of us are hanging on for dear life, hoping that we don’t crash and capsize.

I’m here to tell you that, if you understand how to command the fourth dimension, the dimension of your thoughts and words, then you can access a new dimension of power that is ready, available and waiting for you.

The timeless classic on the power of using right thinking, *Think and Grow Rich*, by Napoleon Hill, reminds us, “A definite goal and burning desire to be and to do is the starting point.” So let’s start by getting clear first, at the level of your thinking, about what you want to be and do.

As another author put it, “You bring about what you think about.” The key is concentrated and directed attention, focus and energy. Yes, indeed, what you give the MOST energy, attention and focus to constitutes your dominant thoughts. And your dominant thoughts constitute the equivalent of ASKING (Matt 7: 7, Ask and it is given). Your dominant thoughts, as far as the spiritual laws are concerned, translate into REQUESTS.

To understand this better, imagine that the universe God has created is like a genie. Your wish is its command. *What you ask for with your dominant thoughts, you invite to manifest.* Your dominant thoughts are what is delivered up to you in your life. It is a spiritual law that is impersonal and works perfectly, every time.

Right now, look around your life and observe what you've manifested, thus far. What you've manifested thus far correlates to what you've been asking for with your thoughts, energy, emotions and beliefs, and with your written and spoken words.

Unfortunately, too many of us have in our lives what we DON'T want. You can use the think it-write it-declare it process to attract and bring forth MORE of what you DO want in your life.

It is essential that you first GET CLEAR on what you want to bring forth. This is Step One – invest intentional and deliberate time in pondering and contemplating what you DO want in your life so that you can GET CLEAR about the type of, quality of, and experiences of life that you want to have.

This requires that you cease the constant rippin' and runnin.' Sit yourself down somewhere quiet, with no interruptions, and DO SOME THINKING. Ask yourself, *What is it that I really want in my life? What types of friends, body, health, finances, love relationship(s), talents and gifts expressed, parenting, career, profession, business, do I want to experience?* Then spend some time getting clear on what this experience entails, what it looks like, and what it FEELS like. Describe it to yourself. Be very detailed. GET CLEAR about what you want to use your thoughts, energy and words to bring about.

This concept of "ask and it shall be given," is captured best by a great poet that wrote these words (please read through TWICE):

I bargained with Life for a penny,
And Life would pay me no more,
However I begged at evening
When I counted my scanty store.

For Life is a just employer
He gives you what you ask,
But once you have set the wages
Why, you must bear the task.

I worked for a menial's hire
Only to learn, dismayed
That ANY wage I had asked of Life,
Life would have willingly paid.

Using Meditation to Harness Your Thoughts

One of the spiritual tools I use, and I highly and strongly recommend to all of my mentees is meditation.

To use a simple definition, I define prayer as speaking to God and meditation as recognizing, hearing and heeding God speaking to you. Prayer And meditation, together, are the formula for the most effective divine communication, of the created with the Creator.

Unfortunately, too many of us do not engage in meditation for many reasons – namely, ignorance, unfounded fear, misinformation, or being maligned in the church by ministers or pastors who must not recall the passages in the Bible where Jesus breaks away from the disciples on numerous occasions to go pray and meditate by himself, or the passage that charges Christians with “meditating day and night.”

Meditation is an important aspect of divine communication with the Creator. It is the other 180 degrees of the 360 degree circle of divine communication. Prayer makes up the other 180 degrees. Meditation is getting yourself in a relaxed state that enables you to reflect, contemplate, ponder, listen with your spiritual ear, and RECEIVE communication from the Creator. Meditation requires that you learn to “still your mind” and learn to slow down your thoughts, and eventually, with practice and discipline, learn to “part” them so that you have a clearing and some clear space. It is into this clear space that our intuition speaks (the voice of God, our inner teacher, the voice of our Higher Selves), answers are received, guidance is provided, and clarity of thought occurs.

I like how Bishop E. Bernard Jordan describes meditation: “When you meditate, you become a two-way radio with the receiver turned up as high as it will go. It is the process by which you put your mind in a state where you are open to receiving God’s Word into your spirit. Meditation opens up the imagination, which is where all the things you hope to manifest exist before they ever exist in the physical. Meditation frees the mind from the intellect and the ego and opens you up to capture a constant stream of inspiration, divine guidance, and intuition that is always flowing around you.”

Bishop Jordan goes on to share, “Everything you need already exists in the mind of God, which has no time. Everything you are to be and become already exists.” In other words, he is talking about the fourth dimension. On the fourth dimension, it already exists in its potential form!

And words are the Creative Force that you use, combined with the activation of faith – the substance of the fourth dimension – that can bring new levels of joy, *holistic success*, prosperity and fulfillment forth in your life.

The Power of Your Mind

Your mind is like a huge factory with mega-ton creation power. This factory constantly creates outputs based upon the inputs that you give it. Most of us are misusing or barely tapping into the power of our minds, especially our subconscious mind-- the part of our minds that is the engine room of the entire factory. Here are some critical questions for you to consider:

Did you know that you can change the inputs going into the factory of your mind?

Did you know that your mind can help you transform your desires into concrete form?

Did you know that your subconscious mind is the connecting link between your finite mind and the infinite mind of the Creator, of God?

Did you know that your subconscious mind is the intermediary through which you can draw upon the power of the Infinite Mind of God?

Did you know that your mind is the medium through which the sending out of divine communication (prayer), and the receiving of divine communication (meditation), are transmitted to the Creator, to God?

So in remembering the "ask and it shall be given" spiritual law mentioned earlier, if you plant thoughts of fear, poverty, struggle, scarcity, illness, disappointment, distrust, sadness, or powerlessness in your mind, then guess what the powerful factory of your mind produces? That's right – fear, poverty, struggle, scarcity, illness, and situations in which you will perceive that you are experiencing disappointment, distrust, sadness or powerlessness.

The process in this book, IF YOU FOLLOW IT AND APPLY IT, will help you to dis-engage from the flow of negative impulses (thoughts) and engage in the flow of CLEAR, positive impulses (thoughts) that will bear the fruit of joy, deep satisfaction, fulfillment, love, peace and more ease, and the life you desire and deserve.

Chapter 2 - Write It! - Writing It Down Makes Things Happen

You see, the first level of creation is in THINKING it. Then the second level of creation, that adds power to the first, is WRITING it. And then the third level of “powering up” your words, is in declaring and speaking them. We will cover all three levels.

In the Mentorship & Manifestation Circle (the M & M Circle), a six-month personal mastery and spiritual development program I developed, the first two weeks of the program are all about getting clear. It’s all about getting clear about what you desire to manifest and bring forth in your life by the end of the six-month program. Each Circle member is asked to write out a Manifestation Letter

In their Manifestation Letters, Circle members are asked to “fast forward” their timeline six-months ahead, in their minds, to the end of the program. And they are to write their Manifestation Letter from that place, as if six months had lapsed. They are to write their Manifestation Letters in the present tense, as if they rolled out of bed on that given date (in the future), and they are awakening that day and describing that future reality, right now, in the present. They are to describe what they desire to manifest and bring forth in your life by the end of the six-month program. Each Circle member is asked to write out a Manifestation Letter

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This Manifestation Letter is to aid each M & M Circle member in taking the first two steps in the process.

Journaling, Notebooks

If you don’t currently have a personal notebook or journal for capturing your thoughts, then I recommend that you get one right away. Adding the dimension of writing down what you desire and what you want to bring about in your life, provides a power boost that makes it FIVE TIMES more likely to happen. Or I’ve found that it can also cause it to happen FIVE TIMES more quickly!

One of the Guest Masters of the M & M Circle emphasized, “Writing it down makes things happen.” Bishop E. Bernard Jordan adds, “Writing is the first step in bringing your own intangible vision, callings and inspirations into three-

dimensional, manifested form. Writing powers the transition between the invisible and the visible.”

When you write things down, they have a permanence that is very much like the focused attention of your mind: it begins to bring forth things from the invisible and makes them start to manifest. YES!

Every morning, as part of my personal devotional time of prayer and meditation, I start off with writing in my devotional journal. And since the age of 15, I’ve kept journals that capture my thoughts, my poetry, and a clear description of the life I wanted to manifest for myself. I and my life have been a continuous work in progress, but I am so grateful for the “life reality” that I’ve brought forth – one that is aligned with what brings me joy and deep satisfaction. It is a great feeling to love your life and not covet anyone else’s!

Declare It!

Now it is time for the third step in the process –utterance. This step is about AUDIBLY declaring and speaking forth what you have thought, and what you have written. Declaring it and speaking it forth adds yet another boost of power to your words. They will now be “triply powered up!”

Declaring and speaking it means just that – actually opening your mouth and giving voice to what you desire. Silently reading what you’ve written is useful but it doesn’t cut it in terms of the fuller “activational” power that is released when you speak and declare. Avoid this third step of the process, and you miss out on a power boost that is available to you. Avoid this step and it can take longer than necessary to bring forth your manifestations.

Declaring and speaking actually charges the atmosphere, stirs up the energy, and speeds up the rate of vibration of your energy. The higher your energy, the higher your vibration. The higher your vibration, the more magnetic you become and the more you accelerate the drawing to you of what you desire. The higher your vibration (and the fourth dimension’s vibrations are much, much higher than the vibrations of the dense third dimension), the greater your “bringing forth” power.

The power of affirmations and declarations

When you affirm, you “make firm” a reality that you want to bring about. When you declare, you are activating the spiritual law of command to audibly speak forth a desired future reality, in the present.

Affirmations and declarations are so powerful and effective because they call forth and charge up your desired future reality, IN THE PRESENT! As you continue to speak affirmations and declarations, and start to align your ACTIONS and

BEHAVIORS more and more consistently with what you are affirming and declaring, the universe can't help but deliver it up to you on a silver platter.

Since I've been in high school, I've been actively using the power of affirmative statements to "create my life" and bring forth the life I desire and deserve. Examples of this include:

Earning a 15th place ribbon at the state track championship meet in the discus field event my junior year in high school and affirming that I would return my senior year to be given a medal on the awards stand. I returned to achieve first place at the state track championships in discus my senior year.

Affirming and declaring that I would be accepted to ALL colleges I applied for, including Stanford University. I was. I decided to say yes to attending Pepperdine University.

Affirming and declaring that I would marry a wonderful man and have an extraordinary marriage. This happened, and yes, it was a process. Our marriage has recently come through a period of crisis and breakdown that turned out to yield a "new season" of renewal and transformation. This has taken our relationship to its level – the level I'd always affirmed and declared. I had to learn to be patient with the process, and allow the process to unfold that would give me the desires of my heart.

Affirming and declaring that I would have two best-selling books. Both of my books are national best-sellers. Interestingly, my first book became a best-seller AFTER my second book had become a best-seller, but it happened!

Affirming and declaring that I would start my own successful speaking, consulting, and training business. I did, and it was profitable starting its second year.

Affirming and declaring that I would be one of the top leaders and earners in a direct selling company in which I was involved for nine years. I was one of eight to reach the coveted top position, and was the second highest earner for many months.

Once my original literary agent that represented my first two books, changed professions, I affirmed and declared that I would locate a fabulous new literary agent. I sat down to write down the qualities and characteristics I desired in a new agent. Though my new agent didn't manifest for several years, when the season became right, I "found" her. My new literary agent is one of the top in the country, and fulfills every single one of the qualities and characteristics I'd written down.

Affirming and declaring that I would manifest a joint venture partner for my new website, www.MillionDollarMentor.net. I did.

Affirming and declaring that I would be a hip, happy, self-cared for mother that had happy, healthy, smart, attractive children (So the attractive part was not up to me...smile) but included it in my affirmations and declarations. Our three daughters are smart, talented, balanced and beautiful.

Affirming and declaring that I would have a marriage relationship that remained juicy and fulfilling long after the honey-moon was over. It has been a process, but as a result of the recent transformation and renewal of our marriage, we have moved to an entirely new level in our marriage, and it is juicier than ever!

Affirming and declaring that my first book, *Sacred Pampering Principles*, would be featured in *Essence* magazine. It was.

Affirming and declaring that Oprah's "O" magazine would decide to have me write a feature article in their inaugural issue, after calling me to inquire about my interest in doing so. I did. My feature article and picture appeared in "O" in their inaugural issue, July/August 2000.

My list could go on and on, and literally fill 10 pages with the manifestations that have come forth in my life. Actually, since starting to use this process years ago, there isn't much that HASN'T come to pass, that I've desired, and of course, applied the 3-part think it-write it-declare it process to. For this, I am so thankful and eternally grateful. This is why I start every day's journal entry during my devotional time with *Thank you, God!*

I've found that using your words as a creative force is much akin to the gardening process...Sometimes certain seeds take longer than others to come into fruition. Sometimes, they need more water, sunlight, or fertilizer...So you must continue to 1) consistently "seed" your desires with your thoughts; 2) consistently "seed" your desires with your written word; 3) consistently "seed" your desires with your spoken words, 4) believe, and 5) act accordingly. It's usually not a matter of if, but when.

One of my goals is be an on-stage guest on the Oprah Winfrey show. Since she is scheduled to retire from her show soon, this may not happen. Or maybe I will be on the show, but someone else will have taken over as the host of the show. I'd always envisioned myself sitting on her stage looking into her face, but if it turns out that I'm on the show, if it continues, and she has passed the show host baton on to someone else, I'd still consider this the fulfillment of this affirmation.

How and Why They Work

Affirmations and declarations work because in speaking out loud your desires and dreams, you are activating a spiritual law called the Law of Command. The Law of Command states that, through an attitude of authority and dominion, you can take control of the good which you wish to experience. The Law of Command is about commanding high expectations to manifest. The Law of Command, as author Catherine Ponder describes in one of my favorite books, *The Dynamic Laws of Prosperity*, instructs us that, after we write it down, we can release the substance (faith) of our desires in the form of words of decree and command, which can move the ethers into action. What you decree, you get. You want to be sure, however, that you are decreeing the things you want, not the things you don't want!

Through verbally affirming and declaring the good you want, rather than continuing to talk about what you don't want, you begin to make firm in your mind and in the invisible ethers the good you desire.

Ponder asserts, "Never underestimate the power of your words. YOU MAKE YOUR WORLD WITH YOUR WORDS."

If you're new to the world of affirmations and declarations, I've provided you with some on my website, www.MillionDollarMentor.net, to help you get started. But know that the affirmations and declarations that will have the greatest impact on you are those that you create and write for yourself.

Feel free to print out this Affirmation document from my website, and tape your affirmations to your bathroom mirror like I do. Every morning, as I am getting ready for my day, I take 2 minutes and read these affirmations, out loud.

Here are a few starters for you:

I GIVE THANKS THAT EVERY DAY AND IN EVERY WAY I AM GROWING WISER

I EXPERIENCE JOY, EASE, PROSPERITY AND PEACE IN MY LIFE BECAUSE I KNOW THAT THIS IS MY DIVINE BIRTHRIGHT.

I WELCOME BLESSINGS AND OPPORTUNITIES INTO MY LIFE FROM KNOWN AND UNKNOWN SOURCES.

HEALTH AND WELLNESS MANIFEST IN MY BODY NOW RIGHT

RELATIONSHIPS MANIFEST IN MY LIFE NOW

I AM WHOLE AND COMPLETE RIGHT NOW

Faith's Role – Substance and Divine Essence

Faith has many definitions. My favorite is “the substance of things hoped for and the evidence of things unseen,” that is shared in Hebrews 11.

That is mind-blowing to me – that faith is a “something.” It is not the same as having trust. It is drawing on a “something” that exists in the fourth dimension, and is an essential medium for activating manifestation. Faith is an essential medium for “bringing down” the visible from the invisible realm. One author describes faith as the key to unlocking the vault of the Creator’s economy. Faith is the substance you call on to reel your destiny in.

This is why we must think it, write it, then declare it. This sends your thoughts forth as “messengers of your intentions and your realization that you are entitled to the things you desire to manifest.

Your *thought current*, when based in faith, is strong, deep, powerful and constant. Lower thoughts will be unwelcomed and unable to enter into the flow of your thought river. When the desires of your heart are triply-powered up (by writing them and then speaking them), they reach the energy level, power level, or vibrational level that activates faith – divine substance. Isn’t this incredible?

Author and pastor Dr. David Yong-Gi Cho explains faith this way: “Faith is what connects the intention of your heart to God’s will and ACTUALIZES it in your life.”

Now it’s Your Turn – Writing Your Manifestation Letter

Pick ONE specific area of your life in which you’d like to experience positive manifestation. Maybe it’s in your career, professional or business life; maybe it’s in your health; maybe it’s in your marriage or love relationship; maybe it’s in your parenting; maybe it’s in your finances; maybe it’s in your friendships or your relationships with your relatives or in-laws....Be sure to choose only one area for now.

Now, scroll THREE months ahead in your mind, from today’s date. What would that date be? Now, take some quiet time for yourself, over the next 2 days (don’t sit on this assignment too long..smile), and write down, IN THE PRESENT TENSE, a description of what you desire to be experiencing in this area of your life by the end of the three months. The key is to be specific. So let’s say that you decided to focus on your marriage. Instead of saying, for example, our communication is improved, you would want to be sure and elaborate on HOW AND WHAT is the nature of the communication now. What’s happening? What communication is taking place? How is communication taking place now? If you were a video camera, recording “improved communication taking place,” what would the camera see happening? Get the picture??

Your manifestation letter should at least be two solid paragraphs in length with at least 10 lines of description.

I wish you great success as you embark on this journey of intentionally and deliberately thinking, writing and speaking the life you desire and deserve into existence. Know that tapping the power of this process requires discipline, focus and follow-through.

It requires your decision to stick to it and be steadfast. There are so many things that can and probably do distract you, so keep your eyes on the prize – the prize of a life that is more enriching, satisfying and fulfilling.

Happy Manifestations!

Debrena

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Mentor defined: a trusted guide; someone who is willing and able to share their wisdom, knowledge and life experience with you to enrich your life, tap the power within, and help you fulfill your potential.