

Don't Think of a Blue Ball is as light or as deep as you want it to be, depending on how Plugged In you are while reading it. It aims to give you all you need to truly live the life you want and be joyful as you pursue your dreams and desires. Plug In and do the effective, tried-and-tested, exercises derived from Malti Bhojwani's extensive study and hours of coaching her clients. This book includes scientific explanations where needed, wisdom from timeless philosophers and authors, teachings from the scriptures together with the author's own personal poignant experiences to beautifully illustrate how you too can live a life you desire instead of one of default.

For the first time, an easy to read book that entwines humor, simple analogies and a firm voice in twelve chapters to show you how to make lasting changes in all areas of your life by making empowering decisions that will instantly help you experience joyous living.

You will not only learn how to take action towards your desired life by following steps like in many other self-help books, but also how to change the way you talk to yourself, enabling you to feel, walk and dream in a state that will magnetize everything you desire even while you sleep.

Doesn't Think of a Blue Ball will help you become aware of who you are being twenty-four hours a day and how to create a successful life by being a manifesting body that radiates joy and gratitude.

Don't Think of a BLUE BALL

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For Drishti...

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Piece it altogether and put it all into practice. It is about practicing new habits and ensuring that you are doing and thinking every single day thoughts that will bring you closer and closer to what you desire.

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Introduction

Standing on the porch on a crisp Wednesday morning, I shut my eyes as a gentle gust of wind caressed my cheeks. The scent of fresh rain still hung in the air as I inhaled deeply and smiled. Dressed in my tracksuit I was waiting to be picked up for my Pilates class, and at that moment I could not help but marvel at my creation, for I was living the life I had always dreamt.

It all started in November 2008 after a conversation with my dear friend and fellow author Chandru Bhojwani, who pepped me up to start the manifestation process. Approaching mid-month, I walked into the office where I had worked for

3 years and confronted not only my boss but also the fear that prevented me from attaining the life I wanted. My boss at the time, Yaron, was a good man; a man I respected and adored but I wanted the life I believed I deserved and after describing it to him, I quit.

I had trained to be a life coach many years ago and practiced it only part time, as I did not have the belief that I could succeed. I had ‘safety-nets’ all over the place, in case I could not make a living as a coach. These ‘safety-nets’ prevented me from succeeding. When I described my passion and vision to be a full-time coach and writer to my boss he, too, saw why I had to leave the job.

It was daunting and sometimes overwhelming, making me wonder and even question my decision at first but friends and family provided help and support in every way. Everything started to fall into place and six months later, I was working from home. Being able to create a comfortable and nurturing space for my daughter while she studied for her class 12 exams, hitting the gym twice a day, I finally had the chance to touch the lives of others through my work every day.

Being a single mother financial security was a concern but the strangest thing started to happen, I began to attract money. Whether it was 5 cents on the floor of car parks, or friends and well-wishers who had faith in me sponsoring projects worth thousands of dollars, the Universe was providing.

Today, I have lost weight and am the slimmest I have ever been, I am feeling more loved than I have ever felt and I have always wanted to be a published writer and here you are holding this book in your hands. I did and will continue to manifest my desires, as you will.

Trust that this book has landed in your hands at the time you are ready to fly and take-off. This will not be the last book that will help you harness your personal power; in fact after reading this book you will notice that your hunger for personal development will grow manifold. The learning will never end. Read with an open mind and practice straight away.

The most common mistake we commit is to procrastinate our development even when a book like this hits us on the head. Start today, the longer you take the less likely you are to do it. Don't let this be just another book you read, and put away; my invitation to you is to do the exercises and practices at the end of each chapter and declare your desires and intentions to someone, a friend, a coach or even on

your social networking profile to help you keep yourself accountable. Why don't you go ahead and tell everybody about that thing in your mind. Tell them! NOW!

Set reminders on your phone and calendar to ensure action. When you put these steps in place, you will create a harness to make sure that you will not be able to fall too far down while you go up and scale your mountains.

Ending your Life as you Know it

Every new beginning comes from some other beginning's end.

— Seneca

Like the Law of Gravity, the Law of Attraction is always in play and at any given moment, we are creating and manifesting. You may not be aware of it and believe it does not apply to you. However, just as you would not throw this book out of the window, as it will inevitably fall, ignoring the Law of Attraction also has its consequences.

The life you have led until this moment—the good, the bad and the ugly—is your creation. It is the sum total of your thoughts and wants that have brought you to this very moment of your life. The Universe has been eavesdropping on the thoughts of your inner soul and has been providing what it feels you desire. The principle behind the Law of Attraction is simple, what you focus on is what you will attract into your life. If you want to know what you have been drawing into your life, just look at your living environment, the people who surround you, the interactions you have with these people, your financial state of affairs, your fitness etc. Note your focus and note the energies that surround that focus. Maybe you managed to finally get a date with that girl you have had a crush on for weeks, or perhaps your husband finally bought you that diamond pendant you were eyeing in the jewelry store, or that business deal you were anticipating came through. These are the areas, then, that you have definitely been focusing on and vibrating positive energies in. The flipside is true, too, with negative thinking creating negative energies, resulting in undesired results.

I was visiting my family in India and on a Sunday afternoon, this is when I was still living in Australia, I woke up from a nap and mum decided to brew some tea. Many thoughts crossed my mind and as my mother and I shared tea and biscuits, she identified that we often discuss the same topics. I was always complaining about how I had no time to cook, how I had put on weight, my clothes were tight, my daughter was always falling sick, my lower back ached, even my work colleagues were rude to me. In light of the Law of Attraction, it is not surprising that on this afternoon with my mother I had even more problems and negativity to report than usual. This time it was speeding tickets, debt collection letters, and nasty comments from colleagues, accidents and inappropriate attention from the wrong men. The more I told my collection of 'sad stories' and repeated the incidents to the people in my life, the more they perpetuated. I was focusing on all the things that were wrong about my life and how these could not get any worse, but without realizing, it was this thinking that attracted more of the same

disappointment. The more I complained, the more I had to complain about. I sounded like a broken record and had become my own worst companion.

‘I’ was the problem. I was manifesting all the troubles in my life. Does it sound familiar?

It was at that moment I decided to make a positive change in my life. I examined my life from top to bottom, from my living space and the emails I send and receive to my conversations and friendships. What I had around me was a direct reflection of what I had been focusing on and, therefore, what I was attracting. I made a mental note each time I caught myself complaining or being negative. Once I had identified all my problem areas, I could concentrate on the cure.

Everything you already have in your life is a direct reflection of what you have focused on, thought of and vibrated out. So just as you do not even realize how you managed to create so many undesirable outcomes, because it was so effortless and easy on your part, you can consciously change your thoughts, focus and vibrations and hence change the results you see in your world. You were manifesting all the time.

What does manifesting mean? Merriam-Webster defines ‘manifest’ as:

readily perceived by the senses and especially by the sense of sight;

easily understood or recognized by the mind: obvious. Trust that what you want is already there in the spiritual realm just that we mortals in the physical world/sphere are yet to experience it! In order to see, you have to have faith and you have to believe that your energies and positive expectations will uncover the veil and reveal it to you.

Change your focus. Refocus on the desired results Once you acknowledge how easy it is to attract factors in your life that you do not want and accept how effective and simple the law is, you can start using it to your advantage.

We have desires and wishes. After all, we are only human. My desire was to own a convertible and I knew exactly the make and model I wanted. Like a teenage girl infatuated with a boy-band, I printed pictures of it and pasted them on my walls at home and at work. When driving around the streets of Sydney, I could spot it from a mile away just by an inch of its body that jutted around the corner. The fact is, when you truly desire something, you will recognize it always. It is as if the radar in your mind switches to high alert for that particular thing and when it is within proximity the sirens go off. A few months later, I found myself hovering over that convertible, confused if I should pick the black or the red. I ended picking the black car with red leather interior. Whenever I punched the accelerator and felt the wind blow through my hair, I thought of my ability and never to doubt my manifesting powers.

Many of us find it difficult to veer away from the negative, which is understandable. If it is happening in reality how can you not think or talk about it? A good analogy for this issue is how we handle the headlights of oncoming traffic when driving at night. Why are we told to not look at the oncoming traffic’s headlights? It is simple. If we let our attention wander to the light, we may, due to a natural tendency, veer our steering wheel towards the light and face a head-on collision with oncoming traffic. Hardly a desired outcome! But the madness is that we do the same in our daily lives when charting a

course for ourselves. Like those lights, you know the problems of your life are waiting for a head-on collision, but the focus should be on the road ahead. Like everything in life, those lights will eventually pass you by and all that will remain is the highway and the possibilities of the journey ahead. What you focus on is what you will head towards, and create for yourself to experience.

It may not be positive to focus on what you don't want, but in this book we will ask you to look there just once in a while. Identifying and analyzing what you don't want is one of the easiest ways to identify what it is you do desire to have in your life. These desires can become the focus of your thoughts and you will be well on your way to creating the life of your dreams.

Don't wants!

Identifying your 'don't wants' to help see your 'wants'.

These are the facets of your life that you want to get far away from because of how unpleasant they make you feel. Like a dark cloud they hover above, or perhaps it is that uneasy feeling in the back of our mind we struggle to escape. The causal factor could be just one thing, or perhaps an amalgamation of reasons. Once aware of the symptoms, like a doctor we must identify the cause before we find the cure. Let us consider the following examples to picture it better.

John, a thirty-two-year-old male client, had expressed a nagging feeling of emptiness that kept resurfacing. During working hours and social outings he managed to escape the sensation but when he was alone, it returned and led to a sense of depression. As a result, he buried himself with work and increased social activity to try to escape the emotion, only to have it return with a higher intensity. He realized his soul was communicating to him and no matter how much he tried; there was no escape from the truth within. But once he tried to analyze the root of the emotion, he began to express the issues he had and wanted to change.

'I am tired of the meaningless flings and waking up with hangovers all the time. I used to enjoy the attention and the feeling of conquest but it all feels empty now. And I cannot help feel that most of my friends take advantage of me and they don't appreciate or value my friendship.'

What did John want?

He wanted to be in a committed relationship with one woman whose company he enjoyed so much that he would not need to drink himself under the table, while out with his mates trying to 'pick-up'. He wanted to be surrounded by true friends who gave as much as they took in their friendships with him.

Natalie, a twenty-eight-year-old woman, expressed that she no longer wanted to sit around waiting for the phone to beep or ring every time she met a new guy, wondering if he liked her or not. She did not want to be scared every morning because her boss might ask her a question she didn't have the answer for, and she did not want always to have to check the prices in the menu before ordering her food. Plus she did not want to wear tatty shoes till they were worn out before being able to justify buying new ones. She was tired of always being broke.

What did Natalie want?

One need not be an expert to understand what she wanted. It can be as simple as looking for the polar opposite of what she did not want. When you don't want to be single, you want to be in a loving and committed relationship. When you don't want to be afraid, you want to feel strong and confident. When you don't want to be broke, you want to have abundance of wealth in your life.

When we take a moment to identify the 'don't wants' that we say and think habitually, we gain true insight into what our heart desires and are so much closer to achieving the life we want. A good exercise for you is to try to list your don't wants, consider the opposite of these negative desires by turning them into wants and you will discover what you truly desire.

Take a piece of paper and divide it into half. On the left column you will list ten of your 'don't wants'. Referring to the list on the left, you will fill in the right half of the paper with the opposite desires.

First list the 'don't wants', such as:

I don't want to go out with a smoker.

I don't want to live in this city all my life.

I don't want to be renting forever.

I don't want to receive another bill.

I don't want to be late.

I don't want to be dominated or controlled.

I don't want to fall sick so often.

Now that you have your 'don't wants' on the left side, you can easily fill up the right side with your wants

Don't Wants	Wants
# I don't want to go out with a smoker	# I want a relationship with someone who is health-conscious
# I don't want to live in this city all my life	# I want the freedom to move with peace of mind
# I don't want to be renting forever	# I want to be a homeowner
# I don't want to receive another bill	# I want to have positive outstanding credit with my amenities' providers
# I don't want to be late	# I want to be punctual
# I don't want to be dominated or controlled.	# I want to be independent and appreciated for it
# I don't want to fall sick so often	# I want to be healthy

Once you have your 'wants' list—and don't worry you can always add to it as we run along—you are ready for the rest of this book. You will be on your way to manifesting your heart's desires.

Remember, too, that just because you are listing only ten 'wants' today, you can have many many more. You can have it all—as long as they are congruent, and as long as you realize that your practice to manifest your desires and setting your balloon off into the skies will in the process help manifest the desires of countless other people in your life.

It is important that you understand congruency here. Congruency wants things that are parallel to each other and not contradictory.

You cannot simultaneously want to eat a chocolate cake every day in front of the T V and want to be slim. You cannot want to be single and carefree and want to be in a loving, exclusive relationship.

Now that you have a list of congruent wants, look at the feelings that having these wants will give you.

John wants:

To be in a committed relation ship

To feel loved, cared for and significant

When he thinks of being in this woman's embrace, he feels as though he is smiling from within. It is an emotion of pure joy in his core. When you are aware of the feeling you desire, it makes it easier to attract it. Hence, it is important to imagine yourself in the position you desire and allow yourself to

experience all the emotions and sensations you expect when in that position. The Universe can only be as accurate as your instructions when providing what you desire.

Your need to be right feeds on your 'Don't Wants'

I remember watching a talk show as a teenager and one statement that has remained with me since then:

'Do you want to be right or do you want to be happy?'

I have asked myself that question on many occasions in my life and expect to do so many more times. By etching this question into your mental hard drive, you will be able to dissect several confusing situations with more ease than expected. In fact, this is one of the most important questions you may ever have to answer.

Humankind has an innate need to be right about everything. Put it down to ego, pride or the air we breathe, most have a tendency to say to others, 'I told you so', or, 'I knew that'. The need of keeping a jump ahead usually overshadows our wish to be happy. Unfortunately, often the things we insist on being right about are actually negative factors. For instance making statements such as:

Life is not a bed of roses.

Money is the root of all evil.

All men are bastards.

All women are manipulative.

If I am single then I am not loved.

Money does not come easy.

I am not good enough.

It's not easy to be rich.

Relationships are hard work.

Have you ever thought any of these disempowering thoughts, notions? I am sure there are many such judgements you have made about life that you aren't even aware of. I know I have. What later proves to be a self-fulfilling prophecy where you subconsciously create circumstances in your life to be right about one or all the so-called 'facts'? I recall a few years ago in June, my neighbor and I were watching television when I turned to her and said, 'You know what, I haven't been sick all year and I always fall sick in winter.' Lo and behold, within the next few days I had the flu.

This is a classic example of how we attract exactly what we don't want into our lives. We are so attached to being right that we almost will these negative things to be true. The woman who believes that all men are jerks will continually attract the man who is wrong for her while she allows him to treat her in a way she does not like and in the end gets to be right about them all being jerks.

The man who believes all women are manipulative will inadvertently lay traps and create situations for the woman to appear like she was being manipulative. People often do exactly what we expect or fear them to do.

Similarly, some of us will subconsciously want to spend every earned cent just to be right about always being broke. Some will eat themselves silly to be right about how hard it is to lose weight. It is these negative, self-doubting beliefs that attract more of what we don't want. We will subconsciously attract the 'wrong' type of people and situations into our lives to help us act out our self-fulfilling prophecies, because the desire to be right is so much stronger than the desire to be happy. The Universe is not discerning, it will respond to our highest vibration energies and return more of the same to us.

The sooner you decide that it is alright to believe the opposite of what the masses do, and that it is alright to trust the Universe, and you choose to be happy rather than to be right, the sooner you will be happy.

Walk the talk

The Universe does not respond to our words or our thoughts, merely thinking positive is not enough. The Universe responds to how we are vibrating. Our vibrations are a direct result of how we are feeling.

Remember the convertible I coveted and then owned? Another thing I did apart from pasting pictures of it on my walls was I felt it was already mine. When I drove my old car, I felt as if I were already driving the convertible. I had the windows down to emulate the feeling of 'cool wind in my hair' and I smiled as if I were already in that car. These days in India, even when I am sometimes in a rickshaw, and I experience the same 'wind-in-my-hair' sensation, it conjures up the same joyous feeling of magic I had when I was actively manifesting my convertible and when I was really driving it 'top-down'. The feeling is the same the vibrations are the same. Emulating something creates the same vibrations as actually doing it, that is the principle that astronauts in NASA use—simulators.

This is a simple principle called 'be, do, have' or 'Being, Doing and then Having'.

Many of us say things like: when I have that car, I will be happy, or when I lose weight, I will be able to learn dancing, or when I have a million or ten million dollars, I will be successful. It is, in fact, all in reverse.

In this book, Plugging In & allowing is part of the 'being', taking action and moving forward is the 'doing' and the gratitude comes from the sense of already 'having'

To vibrate that positive feeling to manifest the thing or the situation we desire, we have to feel it in the present, as if we are already in it. When we are feeling it, we are 'being' who we need to be to 'do' the actions it would require so we can 'have' what we desire.

First steps

Be aware that we are always creating and manifesting. We don't stop.

Every time you even think of a 'don't want', you are creating that reality for yourself.

Trust that you are powerful and rethink, rephrase and focus on what you want. And feel as if you already have it. If you focus on wanting, you are reaffirming that you do not have it; the feeling is still of 'not having', so instead focus on the feeling that you already have what you want.

Smile, hold your head high at all times, take deep breaths and consciously see and feel what you want.

The more you focus on what you want, the more the Universe will respond to your positive, happy vibrations and give you more to be happy about. Merely not allowing yourself to think of what makes you happy is encouraging negative vibrations. So, not fantasizing, not visualizing or expecting happy and joyful situations in our lives is causing negative attraction. That is how powerful we are!

Use whatever tools or pleasure triggers you can think of to help you feel good (within reason, of course). Visualize yourself living the life you have always wanted. See yourself in situations that make you happy. Listen to music that makes you feel good and makes you smile. It works!

Indeed, you will risk looking like a looney-toon, smiling from ear to ear for no apparent reason, but you'll be the happy one and that will only manifest more happiness for you.

Thinking Pink Exercise for a New Beginning

List ten of your 'don't wants' and then opposite them list your 'wants' using positive language. Keep this list handy as you go on through the chapters.