

# 100 Day Transformation

This time, the young man has been told about the openness of the new city, and the young man says, “That’s a different idea. I never thought of that idea before. I kind of like that idea. Maybe I should try that idea on. I think I will try that idea on.”

To which the old man replies, “That is very brave.”

“Why is it very brave?”

“Trying a new idea on is very brave.” Continues the old man, “For trying a new idea (belief) on takes time and patience.”

“I can do this.”

“Yes, you can. I have one bit of advice for you, if you will permit me.”

“Please.” says the young man.

“If you wish to try on a new idea (belief) on, give yourself 100 days. In those 100 days I want you to put forth your best foot every time with this new idea. Every time you and your new idea work together, congratulate yourself. And more importantly every time you and your new idea falter together, congratulate yourself.”

“Congratulate myself?”

“Yes, every time you succeed or struggle with your new belief, congratulate yourself for trying on this new belief. Can you promise me that you will put your best foot forward every time with this new belief?”

“I can do that.”

“At the end of the 100 days come see me again.”

## 100 Days Passes Quickly

The young man approaches the old man at the end of 100 days.

“How did it go?” asks the old man, “Was it as easy as you imagined?”

The young man proudly replies, “Thank you Sir, for your great advice. In my past, being on this Conscious Creation Journey, I would very easily beat myself up any time I missed the mark. You Sir, encouraged me to be gentle on myself, to congratulate myself when it went well and when it went less than stellar. I must thank you from the bottom of my heart. I live in a new world today. A world surrounded by people who are on a similar journey as I am, a world where people openly share who they are and what they desire to accomplish. Now when I look around the world, that is what I see, most often, and when I still struggle to see that, I find it easier to Imagine and Align with what I want as I congratulate myself for trying on this new belief of the world.”

The old man smiles, “Thank yourself for Choosing a new world view and for giving yourself the time to Align with it.”

“I have one question. How did you know it would take 100 days?”

“I didn’t, but 100 days is a good marker to set when trying on new beliefs, and just go for them joyfully and wholeheartedly. All of life is like this. You can Choose any belief for your world experience and foster it powerfully. Remember, Imagination is the Key and Faith turns that Key.”



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