Introduction

This is the book you have been looking for. It contains the key for transforming your life completely.

At first, it was difficult for me to believe that the universe that seems so dense and solid is built on a framework of thought, and responds to my thoughts about it. However, the actual nature of creation has proven itself to me over and over again for more than 60 years.

I wrote these ideas down for my friends, to share the thoughts that have helped me to understand and improve my own creation.

In turn, my friends suggested I should share these ideas with you. With the help of my dearest wife, Jeloria, I have edited and organized them for you.

These nuggets of truth will help you direct your life experience in positive ways. I also write about the process of creation in my other books, but this book is designed to give you tools for you to practice to make changes happen. After reading these ideas several times you will find yourself putting them into practice.

Have fun, and when these thoughts start working for you as they have for me and many others, please gift this book to some of your friends or even relatives.

Pay attention, you are about to change your life forever.

- Brad Jensen
The Universe Always Says Yes

1. The universe continues to multiply your thought into activity. Your real work of creation is to control your thoughts by placing your undivided attention on the things you really desire, and return your attention to these things each time you get distracted. The more you practice, the simpler this becomes.

2. The universe exists to make your possibilities into actualities. Choose and believe in the good things you desire for your life, and the universe will make them so.

3. At least once each day, look in a mirror and say "I love you."

4. You are here for only an instant, forever.

5. If you want more of what you truly desire, be more serious about who you truly are.

6. You will get more of what you want faster, by praising your world instead of condemning it.

7. There is no magic in this world, because your world itself is magic.

8. The Universe sends you helpers every day. Watch for them and accept their assistance, no matter how they look or what they are wearing.

9. Once you practice conscious mental creation, you may realize you have been using it your entire life, unawares.

10. Your mind is the 3D printer of your life.

11. The universe will nudge you in the direction of your dreams. Pay attention and you will get what you want sooner and with less detours along the way.
12. Most people drive their life staring in the rear view mirror of their past experiences. It is no wonder that they crash into crises over and over. Turn your vision and look forward to what you love, what you want for yourself and others, and who you want to be.

13. Decide what you want, and how you will get it will gradually become obvious.

14. It only takes one out of the ordinary experience to prove that your notions of what is ordinary and real are not true.

15. I have no doubt that when you change what you believe about the world, your world will change to fulfill your new belief. I know when you hear this, something within you leaps and says "I am free!" Put down your chains, release yourself from the prison of your former beliefs, and dare to be joyously happy, perfectly healthy, fabulously wealthy, and wondrously wise.

16. When you begin believing the truth about yourself, things around you seem to change. Sometimes as the changes begin, things become more disordered for a time, like a lake turning over in the springtime. Keep your attitude of joyous expectation, and don't become discouraged. Your good is coming to you.

17. The miracle at the center of this totally miraculous universe, is you.

18. The universe is the perfect mirror of your true beliefs. When you think the universe of your experience is something separate from you, you tend to believe that only tiny changes are possible, and that they only come through difficult work or fortunate circumstance. The fortunate circumstance is that if you do the difficult work of holding your mind steady on the things you truly desire, and paying no attention to worries, resentments, or causes for indignation, you will rapidly experience changes that seem like magic.
19. I am now receiving the health, wealth, happiness, love, peace and joy that is awaiting me from the foundation of the world.

20. Give yourself the gift of silence each day. In that silent moment, miracles will begin to appear.

21. You are the perfection of what you are, so far.

22. No one can keep you from what is rightfully yours. The universe is rightfully yours.

23. Why did this happen? Because you wanted the opportunity to learn something, or you wanted to share that opportunity with others. Try asking how instead. How can I have what I want? How can I create a life full of joy and abundance? How can I be the best me I can be? The universe will bring you the answers to these questions. Let go of past sorrows to let your future happiness take their place in your life.

24. At the core of your being you are intelligent, brave, resourceful, kind, fearless, loving, and creative. Stop wasting your time and energy pretending to be something else, it just won't work.

25. Hey, you! Wake up! Pay attention! You are the one steering the progress of your life with everything you pay attention to!

26. Build a clear and definite picture of what you want, energize it with your expectation, and watch the universe rapidly make it so.

27. Mental creation is a simple process. You provide the input when you place your attention on any idea. The universe magnifies, organizes, energizes, and solidifies the idea into your life experience. If you take your attention off the original idea and place it on doubts, worries, and fears, the result may be somewhat jumbled for a while. Think of what you want and be sure of what you think.

28. To walk on the water of your magnificent successes, you must first climb out of the boat of your clever excuses.
29. Your life experience is like a house with an upstairs and a downstairs. Most of your waking life you spend downstairs in your daily activities. But everything that happens downstairs, begins with something that started upstairs. You go upstairs when you make a conscious choice and focus your attention on something. Believe that you can have the things you truly desire, and expect a life made of miracles. Suspend your disbelief long enough to let the universe create the fulfillment of your mental pictures. Let what is upstairs, come downstairs for you.

30. You can rule your world, or you can judge your world. Which do you choose?

31. You are born anew in this moment now. Release the fictions of what you have been, what you have done, what you can be. See the world with open eyes and forget all limitations that you have set on yourself. What is it that you truly want to be? Imagine it and it will become your experience.

32. This moment is the keyhole to heaven. What do you see?

33. When you think a thought, you have made a choice, and each choice you make has a magnetic power to shape the universe of your experience. Rejoice in your power to choose. Think large, expansive, joyous thoughts about your life, and the universe will manifest what you choose. Don't be afraid, be excited. You deserve what you desire. Think good thoughts for yourself and others, and watch the power of creation at work.

34. The universe does now what you choose now. What is happening now is what you are really thinking. Change what you are thinking to change what is happening. Do it now.

35. What would it be like to have massively greater success, fabulous amounts of money, deeper and more rewarding relationships, and
glowing health? Ask yourself and the universe will immediately begin answering you.

36. You can have whatever you desire, when you give up the desire for other people to change.

37. You can fill your life with happiness when you let go of blame, of shame, of resentment, envy, and taking offense at what others do or say. What is that to you?

38. Reality is a simulation, and you are the programmer.

39. Dare to believe the universe works in your favor, and it will prove itself to you.

40. This moment now is the unconditional gift of the universe. Give it your undivided attention with joy and expectation, so that you can be your best.

41. As soon as you make a complete decision about what you want, the universe begins to make it yours. Choose the thing and let go of all doubt, worries, or contradictory thoughts. Change your hopes to expectations and you will live in the age of miracles.

42. The universe is a vast white wing conspiracy to bring good things and good people into your experience.

43. Imagine your good, and the universe will surround you with it.

44. When you reach for the stars, the stars reach for you.

45. Be more useful to your world, and your world will express its greater appreciation for you.

46. You can do it, because you are you, and it is only an it.

47. In your heart of hearts, in the core of your being, at the foundation of your world, you are brave, you are bold, you are fearless, you are loving,
you are wise, you are creative. Your conscious mind touches this for an instant once in every breath you take. Believe this for a moment that becomes all of your experience.

48. Do you know how to tell if it is a dogwood tree? By its bark! The universe is smiling at you. Keep smiling back!

49. Your instant, constant, persistent thought is the framework around which your universe precipitates into being. Think good thoughts and have good things!

50. The chemicals you are made of were cooked in the hearts of exploding stars. Every bit of you is miraculous. Walk with your eyes wide open and your head held high in expectation of your miracles.

51. You are incredible. You are wonderful. You are fantastic. You are miraculous. Start living with the bright expectation that tremendous opportunities are coming into your life. Give up hoping, and start expecting the good of the universe to miraculously manifest for you with no strings attached.

52. Let go of something that is making you unhappy. Don't try to solve it. Don't try to overcome it. Don't even try to forgive it. Just let it go for now. Then see what comes to take its place.

53. Everything in the universe conspires to help you be happy in your own youniverse. You can be happy being happy, or be happy being unhappy. Which do you choose?

54. While you are blaming and complaining, you are pretending the universe isn't yours. Put this all to the side for the moment and create the universe of your desires, perfectly manifested in the present time. It is simple, and it will become easy.

55. Whatever you wish to intend, pretend.
56. Everything you think creates everything you have. Start thinking something different and see what you get.

57. You have the seeds of greatness within you. Don't settle for anything less.

58. It is easy to change how you feel. Look at things differently, and how you feel about them will change in an instant.

59. Do you want to be the master of your universe? Find someone who annoys you and say something nice to them.

60. The universe is ready to give what you are ready to receive. You are ready to receive what you willingly give.

61. Every problem you see is a challenge you have created for yourself, to help you to develop greater understanding. With any problem, look to see the gift of understanding it provides. Learn that lesson, and the problem will evaporate and leave an opportunity in its place.

62. For a moment, be pure love. That moment is now.

63. Be the valley of the universe. Tell your life what it may bring to bless you.

64. "I can imagine what I want, I can pretend that it is so, and I can repeat this over and over." Make a list of ten things that you desire. Read the list three times a day and imagine having the things all day long. Act on the new ideas that come to you to help you manifest these things. Don't tell anyone what you are doing until you have received so many things you no longer wonder. It works.

65. What I have is not what I am.

66. Every thought in your mind is a prayer about you.
67. Accept the energy others give you without fear or condemnation, and use it with undivided attention and unconditional love to create your marvelous world.

68. If you see the invisible, you will do the impossible.

69. Look up at the stars at night. There are about 30 stars - each of them a ball of mass and energy far larger than the Earth - for each human being on our planet. But wait - that is just our local galaxy. There are 30 galaxies for each person on this Earth. This universe is magnificent beyond our imagining. Even if intelligent life is incredibly rare there is almost certainly a whole race of intelligent beings for each person on this Earth - including you. The chemical structure of the universe leads naturally to life. The universe itself is miraculous - and that is what you are made of.

70. Look beyond what you think is probable, to what is possible, and let that be next step on your journey.

71. Instead of wondering what went wrong, begin to wonder what wonderful things are coming into your life now. You don't want things the way they used to be, or they would still be that way. How can things be better for you now? Imaging that with gusto!

72. You earn what you learn.

73. "Big whirls have little whirls, that feed off their velocity. And little whirls have lesser whirls, and so on to viscosity." The big whirls are the mental images of the things you desire that you revisit over and over again with anticipation and excitement. The viscosity is the manifestation of those images as your physical experience.

74. Be certain of what is true, that God showers his limitless love and acceptance on you now and in every moment of your life. Let go of your regrets, set aside all your mistakes, and love yourself as God loves you.
That is the perfect prayer and the perfect sacrifice that you can give to God.

75. Every person you meet has a gift for you if you will receive it.

76. No one has power to do you any harm. Fear is temporary. Pain is temporary. Loss is temporary. The gift of life you have been given is as indestructible as the giver.

77. If you know it is true, then you have the truth in you to know it. You are full of unsuspected treasures. Give without conditions to receive without limits.

78. Your love affirms the truth of the world.

79. Only you can prove the truth of your life, and you will do it, when you dare.

80. I am not a body, I have a body. I am not a mind, I have a mind. I am not a soul, I have a soul. I am not a spirit, I have a spirit. I am that I am.

81. Why spend 51% of the time saying yes to life and 49% of the time saying no? You end up with only 2% of the magnificence of what you can create.

82. Put down your sorrow. Release your pain and regret. Let happiness fill your waiting arms. This is what it means to be truly alive.

83. No is just yes going in the wrong direction. Say yes to who you really are. Say yes to what you really dream of being. Yes I accept the wonderful things in life that are waiting for my permission to bless me.

84. All that is serves all that you believe yourself to be.

85. The biggest lie that holds you back is when you think "I can't because".
86. You can prove the world is random for a while, but the inner order always peeks through in the end. Stop playing games with yourself, and begin to steer your life experiences with your thoughts.

87. God is madly in love with you.

88. The way to dissolve any restriction is to seek and learn the lesson it presents to you. Untie the thought that holds it in place, and you will be free before you know it.

89. Call down blessings of love, health, wealth, happiness, encouragement, bravery, strength, and wisdom on everything you see and everyone who comes near you. Bless your world into being, and then see what happens as you do.

90. I can have whatever I want when I give up the desire to control what other people think.

91. Every thought is positive in influencing the creation of what it describes.

92. I am happy now. I am experiencing ever increasing financial prosperity. I am open to the gifts of my inner self. I am making the right choice for my new employment. I am enjoying driving my new red sports car. I am giving unconditional love to all I meet. I am being my authentic self with my loved ones. I am seeing my new product become a wonderful success. I am showing people an example of how to create an I am list to put the law of attraction to work.

93. I am not afraid to see what I can be.

94. I change my life by choosing my thoughts.

95. What is inside of me is greater than what is in front of me.

96. I am what I say I am.
97. Happiness is my choice.

98. When I change my thoughts, I will change my world.

99. The universe will build whatever you tell it to. What do you want today?

100. Suspend your disbelief for a moment, and soon there will be nothing left to suspend.

I heard Joel Osteen say “God is madly in love with you.” “Big whirls” was written by Lewis Fry Richardson.
What to do next

At the time of this writing, I am continuing to post new ideas on the Facebook page The Universe Always Says Yes

If you like the Facebook page, then like several posts, Facebook will keep displaying them to you.

Based on the fabulous success of this book, I will surely be making additional volumes.

Please go to Amazon and gift this book to several people. You may rock their world.

Read this book several times as you practice controlling your creation.

When you read this book aloud to yourself or others, it helps bring the ideas into focus in your life.

Leaving a glowing 5 star review on Amazon will help trick other people into becoming happy, healthy, wealthy, and wise.

When you change your mind, your world will change itself.
About the author

If my words are true and they work for you, then you already know me.

I am obviously a writer and a metaphysician. I am happily married to my Cherokee princess Jeloria, and I have children and grandchildren who I love. And a Shi Tzu named Lucy.

My wife and I own a software business. I used to code with punched cards. I was born on Krishna’s Birthday in 1953 and grew up in upstate NY. I’ve been living in Oklahoma for 40 years.

I have been using these thoughts for a long time, and I know they will work for you too.

I know how the dinosaurs disappeared Into Thin Air.

Some of my other books are

The Miracle That I Offer
The Miracle That I Am
The Stuff That Dreams Are Made Of