

# Is Asking the Universe Enough to Achieve Your Dreams?

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I often hear people talking about the universe; how the universe is assisting them or what the universe is providing for them. I have even seen many websites such as “Note from the Universe” or “You and the Universe” and so on. I am not against people’s relationship to the “universe”, I even agree with the wisdom and influence of the *so called* universe. However, from the point of view of personal responsibility, just hanging out there waiting for the universe to do something for me is just not enough, nor is it realistic.

You might have detected a sense of sarcasm in my last statement and asked yourself how someone like me, an author and speaker in areas of personal development, enlightenment and transformation, does not believe in the power of the universe? How can someone who designs programs to help participants gain freedom and fulfillment in life, sound so sarcastic and somewhat negative about a relationship to the universe? I would say it is because I have a strong relationship to reality and the actual existence of results. Because I have developed many programs that bring participants a vision of what they want in regards to the reality of results and actual achievements, personally and professionally. That being said, I am also a firm believer that inner belief, clear intention and optimism are essential to inner strength and any achievements.

Let’s look at Merriam-Webster dictionary to see what the definition of Universe is.

- 1- The whole body of things and phenomena observed or postulated: as
  - A: A systematic whole held to arise by and persist through the direct intervention of divine power
  - B: The world of human experience
  - C: (1): The entire celestial cosmos
    - (2): Milky Way Galaxy
    - (3): An aggregate of stars comparable to the Milky Way galaxy

- 2- A distinct field or province of thought or reality that forms a closed system or self-inclusive and independent organization
- 3- Population
- 4- A set that contains all elements relevant to a particular discussion or problem
- 5- A great number or quantity

As you can see even the dictionary has covered both sides of the “universe”; the physical side, such as celestial cosmos (actual, dimensional, physical reality), and also the human experiences and even divine power (metaphysics, sense of purpose, enlightenment). I am for both sides together, because neither side can individually provide contentment and fulfillment. We need positive intentions and a strong belief in ourselves to accompany our desire to work and take appropriate action. For us to achieve and produce the results we are striving for, we have to have both sides, one cannot be separated from other.

Just having some ideas and good intentions does not equal completion of anything. Look around and see if you can find half-baked ideas or half-done projects around you, then get to work and get them complete. This way you don't have to carry them with you every day. Motivation alone is not enough to achieve anything either; you need direction and vision. You need your heart and soul to be on target, on what you are committed to achieve and to have, physically and well as experientially.

Intentionality and sense of purpose are two of the most important elements of any accomplishment. What many call the universe is what I call “speaking to your vision.” To me, it is much more responsible to guide my thoughts, words, and actions through an empowering pathway (life vision), versus waiting for universe to take some action that may or may not benefit me or forward my vision.

For the record, I am not saying that having a powerful relationship to the so called universe is unrealistic or un-necessary. I am just saying, we can get much more out of our lives if we connect our beliefs about the power of the universe to a series of empowering thoughts, intentional speaking and purposeful actions.

I also have heard this question from some people: do you truly believe by asking the universe you can have, do or be anything you want? I would say, yes, but there are two very important elements to the outrageous but empowering statement, that we can have, do or be anything we want, and that is this:

Before anything, first it has to start from “to be” versus “to do”. To just act without purpose and then “to do” versus just to wish, and expect the results rather than working for it. “To have”, means achieving, not someone just providing or to giving it to you. “To be” committed versus entitled without building it, “to do” what is necessary versus just working like a hamster in a wheel. To have the essence of what you want like security versus money, or love and partnership versus just a relationship so you are not alone. All the accomplishments that you celebrate today are the outcomes of the discipline and practice of yesterday.

When we look at the world around us we notice many people who talk about what they want to have, but they are not doing what is necessary to get there, and for sure they are not being committed to it.

We have unrealistic expectations of what we want to have, or what we want to be. In my career, I have noticed that many people have what they claim they do not have. When they see their expectations and influences of their emotions and their experiences, they start seeing the reality of what they already have, or who they really are, and that is the beginning of contentment and fulfillment.

Possibilities are always out there in the conceptual world; they are good and they are empowering. Though if they are not accompanied with a series of actions, practices and disciplines they just become nice talk. The world is full of good conversations with many possibilities, but actions and commitment to hard work will bring those possibilities to reality.

In conclusion, let me leave you with this; the only days that exist on any calendar are Monday through Sunday. Stop scheduling yourself and your dreams for Someday!