How To Order From The Universe

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How to Order from the Universe

The universe you live in works very much like a popular restaurant. You go in, you decide what you want, you order it, you receive it, and you digest it.

Unfortunately, a lot of people don't seem to know how to order. Some are downright inept at it. They walk into this restaurant, behave like complete idiots, and they end up hungry and disappointed. Then they complain about the restaurant and post negative reviews online, despite the fact that the restaurant has received rave reviews from the most experienced food critics.

The Universal Restaurant

I can't tell you how many times I encounter people who set goals like, "I want a romantic partner," or "I want a stable job that pays more money," or "I want to lose weight." I've heard enough of this drivel to last a lifetime. It's reached the point where I may start carrying around a squirt gun and shoot people in the eye when they say stuff like this.

Those are crap goals. Don't waste your time on them. And definitely don't say them within earshot of me.

Setting such goals is the equivalent of walking into a restaurant and proclaiming, "I'm hungry. I want some food."
First, people will look at you like you’re an idiot. They’re only doing that because you are.

Second, you won’t get fed.

If you’re lucky, someone might hand you a menu and ask you what you’d like to order. You can order off the menu, or you can concoct something creative, but either way you have to be specific. If you stand there asking for food, you’ll remain hungry.

Is this happening in your life right now? Are you standing at the Universal Restaurant, waiting for your desires to manifest, and receiving only static in response? Might the reason be that the wait staff can’t figure out what the heck you’re actually trying to order?

The Universe is extremely adept at fulfilling your desires — but only if you have the wherewithal to decide and order what you want. If you can’t do that — and it matters not what excuses you have — you will remain hungry.

Sometimes the universe will take a stab at bringing your what you ask for. Then you reject it because, although it’s what you asked for (such as a generic “romantic partner”), it isn’t what you actually want. Then maybe the universe tries a few more times, and you continue to send back whatever it brings you. So eventually it gives up, concluding that you’re an unreasonable customer and that it’s better off spending its time and energy serving the patrons who
know how to place an order properly. It says, "Ok, we're done for now. Call me back to your table when you've figured out what you actually want."

**How to Order**

When you set goals and intentions, place an order. Don't ask, "Please can I...?" Simply order, much like you would in a restaurant. Say, "I'll have the ..." Then expect to receive what you order.

Don't be timid or cowardly or uncertain. Just state your order, and expect to get it. If you screw this up, no soup for you.

Take as much time as you want to decide what to order, but when you place your order, accept what you ordered, and know that you're going to receive it. You may have some buyer's remorse if it's not as good as you hoped, but that's okay. Receive it anyway. There will always be other meals, other orders. Not everything you receive will taste like ambrosia.

**Be specific in asking for what you want.**

Don't ask for more money. If you want $50K cash, then order $50K cash. Don't ask for it. Order it.

Don't ask for a better job. If you want to be a fashion blogger who travels around the world and gets free invites to major fashion shows and has 500,000 monthly readers, then order that.
Don't ask for a romantic partner. If you want a geeky, vegan, bisexual, happily jobless girlfriend who loves to travel, then order that. Order it loudly enough so your waiter can hear you, and people at nearby tables will say, "I didn't know that was on the menu. I'll have one of those too... with a twist of lemon."

One of the best ways to get what you actually want is to take your best guess, and order it. When you get what you ask for, it may not turn out quite right. That contrast between what you received and how you feel about it will give you a better sense of what you actually do want. Then you can make a better guess and take another stab at placing an order.

As you repeat this process, you'll gradually hone in on what you actually desire most at a very deep level. And then you'll get a chance to receive and experience it fully.

Realize that this is an iterative process. Don't be a perfectionist. That's like sitting in a restaurant for hours, trying to decide what you want, while impatient waiters periodically refill your water glass and pressure you to order something. It's just a meal, so make a decision, get fed, and get out. Even if it turns out to be less than you hoped for, there will be plenty of other meals. The occasional bad meal is inevitable.

How to Be an Idiot Who Can't Order at a Restaurant
What happens if you change your order before you receive it? Same thing that happens in a real restaurant. What would happen if you grabbed the waiter and changed your order before it arrived? No problem, but you'll have to wait even longer because the waiter has to cancel the original order and then submit the new one. And if you keep doing that over and over, you'll piss off the waiter and will never receive a meal. Have you been doing something like that in real life? Blue... no red... no blue! Ahhhh!

What happens if you order something, and then when you get it, you don't like it? You can eat it anyway, or you can send it back. Either way, there will be other meals. You can always order again. Learn from the experience, and do your best to make a more intelligent choice next time. You may need to sample a few items from the menu to figure out what you like and don't like. Your first order at any new restaurant may very well be your worst experience there.

What happens if you complain about the way the system works? It's not fair! I can't figure out what I want! I keep going back and forth between two possibilities! Stop pressuring me! You're free to do that, but the system will process you like an idiot. Again, that's only because you are.

If you rail against the system, it's not going to work for you. If you can't follow the simple rules, the system will process you like an idiot customer till you figure it out.

Here are the rules: Decide what you want, order it, receive it, and
digest it. It's not rocket science. Don't make it complicated. It's easier to follow the rules than it is to break them. Even a child can do it.

Your Choice

Despite the obvious drawbacks, you're still free to behave like an idiot customer whenever you choose. You're free to make a vague request. You're free to change your mind every 5 minutes. You're free to reject your order after it arrives. But of course all of those actions have consequences. If you behave stupidly, you'll get stupid results.

Technically speaking, this isn't a problem. The Universal Restaurant is robust enough to handle people like you. It will process you without prejudice. However, you won't have a very good experience, and in the end you'll be disappointed with the food and/or service. Other members of your party will also be disappointed, either with the restaurant or with you personally. No one at your table will seem to be having a good time unless you order properly. If you screw it up, you'll ruin everyone's evening.

This restaurant, however, is perfectly capable of preparing the most amazing gourmet meals you could ever fancy. You just have to order properly. Be specific. Be clear, direct, and confident. Be audible. And don't keep changing your mind after you've placed your order.

When you receive your order, accept it with gratitude. Smell it.
Taste it. Savor each delicious bite. Share it with others at your table if they'd like a taste, and taste some of their food too. It won't be perfect, but it's better than going hungry. Learn from the experience, and allow it to inform your future ordering decisions. Eventually you'll become a master connoisseur of the Universal Restaurant.

Work with the rules of the Universal Restaurant to enjoy the best meals of your life. Don't rail against the system. Don't be a clueless customer. And don't post negative reviews about it online.

Note: The Universal Restaurant is not to be confused with The Restaurant at the End of the Universe. I know that's what you were thinking. :)
Happiness First, Then Everything Else

If you accept a job, a relationship, or a lifestyle that you merely tolerate — but don’t appreciate — you’re putting other concerns ahead of your own happiness.

Social conditioning may have convinced you that sacrificing your happiness to maintain a certain bank balance, to send timely payments to corporations to which you’re indebted, or to pay for someone else’s needs and expenses is the proper way to live. Perhaps your parents played a role in this conditioning as well, teaching you the importance of being responsible and holding down stable employment.

If you do these things well, then according to this conditioning, you are successful. You’re doing what’s expected of you, and no one could fault you for that.

But sooner or later you’ll come to realize that successfully paying the bills and satisfying other people’s needs, while depriving yourself of a happy life you’re truly passionate about, is no success at all. In fact, it is complete and utter failure.

If you’ve found yourself in this situation, then you’ve terribly misunderstood the game of life.

While you may have been convinced that these duties are important,
the truth is that they’re of no particular importance to people with high self-esteem and a positive sense of self-worth. Such people do not care how much money you make, what kind of provider you are, or how long you’ve been married to the same person. They’re much more curious about something else: how you feel about yourself and the path you’re walking.

I have many friends who earn very little money, can’t or won’t hold down stable jobs, and have constantly churning relationship lives. And yet, if they are happy with themselves, I typically find them fascinating and valuable people to have in my life.

I also have friends who’ve been blessed by tremendous financial success, with brilliant, decades-spanning careers and deeply loving, committed relationships. If they too are happy with themselves, I find them just as fascinating and rewarding to connect with.

When, however, I connect with people who are responsibly doing their duty, but who haven’t yet cultivated a life of happiness, I can’t help but notice the sallow desperation in their eyes, the numbness with which they speak, and the damned-if-I-do-damned-if-I-don’t game of self-deception they play each day. They feel trapped and lost to the point where they label feelings like depression and frustration with words like “fine” and “okay.”

If you find yourself in such a situation, there is a way out, and it begins with finally acknowledging the truth to yourself and diving into the dark places where you think it may lead. Accept your
situation as it is, and most importantly, accept how you feel about it. The reality is that the darkness you fear is really nothing to fear at all. Yes, you may face some challenges, but that is how you’ll grow.

Do you love and appreciate your work? Do you love and appreciate your relationships? Do you love and appreciate your lifestyle? What is the truth?

You cannot get unstuck so long as you remain in perpetual denial. No external rescue will appear. But there is indeed a path to freedom, and it lies on the other side of denial and self-deception — on the side of truth and acceptance.

What does happiness look like? Happiness is waking up feeling optimistic and expectant about the day you get to live. Happiness makes it hard to stay in bed once you awaken. A rich day full of new experiences and creative expression awaits you. It is an exciting thing to behold. Happiness is the stillness that exists within energy and movement.

When you are happy, you can still pay your bills on time, but you’ll make better choices about what bills are worth incurring. Some of your current bills and expenses might never have been created, had you been living a happy and inspired life to begin with.

When you are happy, you can still support others if you wish, but this will be done because you truly want to do it, not because you feel
obligated to do so.

When you are happy, you can still enjoy a stable career, but you’ll produce significantly more value in less time because happiness inspires creativity and action, and creative action is a wellspring of opportunity — a wellspring which can, if so desired, produce abundant income for you.

Rest assured, your world will not explode simply because you’ve decided to make your own happiness a real priority. More likely, the response from the universe will be akin to a sighing, What took you so long?

When I’ve made decisions that were aligned with my own happiness first, I’ve heard the occasional (sometimes frequent) outcries of those objecting to my choices, but these objections invariably came from those who weren’t happy with their own choices. My decision was a painful reminder of that, and hence I can understand, empathize with, and forgive the momentary insanity on their part — the insanity which presumes that their wallowing in unhappiness could possibly persuade me to join them under any circumstances.

But far worse than the vocal objections of others are the simulated objections that exist only within your mind — the simulated fear of disapproval.

In all honesty which is more important to you: the approval of others, or your own happiness?
If you aren’t happy, you don’t approve of yourself, and hence no one of consequence can approve of you anyway. They will recognize plain as day that your priorities have produced a dismal and wretched failure of a life. If you place approval above your own happiness, you ultimately end up with neither. You’ll be unhappy, and you cannot expect anyone to truly approve of you for that. Whatever approval you do receive will be as fake as the contentment you pretend to harbor.

The approval of others is inconsequential, but if you successfully create a happy life for yourself, you will have your own self-approval, and that is worth something. This self-approval will in turn appear to unlock the approval mechanisms of the universe itself, and it will flood your reality with plenty of validating evidence.

When your happiness becomes a true priority, you’ll soon notice a conspiracy of ridiculous abundance, including happy relationships with other happy and attractive people, strong motivation to express yourself creatively, and a lifestyle that yanks you out of bed with a “Wow!”
Is This Heaven?

If you maintain a negative limiting belief about your reality, such as a belief that this reality is insane, crazy, violent, indifferent, apathetic, etc., then your attitude will absolutely cream you. You can't expect to get anywhere good with a belief that this reality is anything less than heavenly.

You're not actually judging reality with such beliefs because you only have access to your limited perceptions of it, and those are 100% within your mind. So by labeling reality negatively, you're actually labeling a part of your own mind in the same way.

That's a trap — a huge trap that you must avoid at all costs.

The Trap of Labeling Reality Negatively

Subconsciously your mind will respond to such beliefs by crippling your self-esteem and strangling your ability to leverage your skills and talents. Some people who go this route even kill themselves in the end. It's a completely foolhardy way to deal with reality. No good can come of it. Well... no good other than the eventual realization that it was a rather lame idea.

Once you realize that your perceptions of reality are all you have to go with, the most sensible approach is to permanently rule out the idea of casting aspersions on your reality, since you're actually
ridiculing your own perceptions, which can only make you go a bit insane. You can’t afford to do anything of the sort. That cannot possibly do any good whatsoever — it can only take you down a path of self-destruction and ruin.

What's the alternative? Do the absolute best you can to cultivate a harmonious and supportive relationship with your reality. Settle for nothing less. If anything conflicts with your efforts there, ignore it as best you can, and refocus your attention on re-establishing a harmonious and supportive relationship with reality. You cannot get anywhere in this life if you do otherwise.

Some people have the belief that this reality is something of a proving ground between heaven (bliss) and hell (torture). They're mistaken. When those people experience physical death, if their consciousness continues, they'll only continue recreating more of the same flavor of experience they had here. They won't suddenly ascend or descend just because they drop the connection to this particular physical plane. When you disconnect your computer from the Internet, it doesn’t suddenly upgrade or downgrade itself. If you want to upgrade your life experience, you must be the upgrader.

How to Take Control of Reality

This reality is actually as good as it gets. You're already in heaven now, if you believe such a thing exists. There is nothing better. Whatever you think you can create in heaven, you can create and experience here. This doesn't require magical powers or magical
thinking. It does require taking full responsibility for how you relate to this reality. Since that relationship exists entirely within your mind, it's under your control... but only to the extent that you believe it is. If you think that's a Catch 22, you're also right, since that's just another belief. The benefit of a Catch 22, however, is that you can choose to be on the side that cheats, so no matter what happens, you win.

I maintain the belief that reality is 100% on my side. This is not based on evidence. It is based on choice. The evidence comes after the choice, not the other way around.

I even believe that reality conspires to go out of its way to help me, and I see evidence of this constantly (again, only after I chose this belief). And so this is what my experience of reality becomes. It's full of pleasant surprises.

Today, for instance, I received an extra $900 out of the blue that I didn't even know was coming. Reality loves to bring me gifts like this — financially, socially, experientially, etc. And because I maintain this belief, people frequently help and support me on my path. No one is going to do that for someone who thinks this reality is somehow lacking or damaged — that belief will only get you drained, beaten down, and abused.

If you seem to have a love-hate relationship with reality, then who's the abuser? It can only be you. If you wish to continue suffering, then by all means, do so. I won’t stop you, especially when you do it
in an entertaining way.

What if the whole time you've been here, reality was conspiring to bring you the most heavenly experiences imaginable, and all this time it's been waiting for you to get with the program? Reality was functioning perfectly — within established parameters. But perhaps you've been slacking off in the imagination department. Have you been dwelling on what you'd love to experience and summoning it, or have you been muddling your mind with thoughts of perpetuating more of what you don't want?

If you love what you're experiencing right now, you can just keep observing that, and it will self-perpetuate; if that's you, you're already golden. But you can't afford to let your mind dwell on your observations and their extended predictions if you've already established the pattern of creating experiences you don't desire to continue. If you want to break the pattern of what you're already experiencing, you need to shift your energy from observation and prediction to unfettered imagination and creation. Essentially that's a time management challenge — spend less time observing and more time imagining.

Have you thought about what heaven might actually be like? It's surely not all harps and angels and clouds like you might see depicted in a movie. That might be fun for a few hours, but then you'd be bored for eternity.

This Is Heaven
Here's how I define heaven for me. Heaven is a state of existence that let's me experience the following:

**Beam** - Enjoy my life immensely; feel deep appreciation and gratitude for this experience; laugh and smile

**Harmonize** - Maintain a deeply positive, loving, and supportive relationship with my reality

**Shine** - Develop my skills, talents, and habits to genius level; shamelessly express and share my creativity and brilliance

**Explore** - Search, study, travel, learn, and discover, guided by my curiosity, desires, and intuition

**Open** - Open my heart; actively invite and experience delicious connections that I desire

**Grow** - Become more capable and free; release and shed fears and limitations

**Prosper** - Create and enjoy tremendous prosperity and abundance

No need to wait for an afterlife. This is achievable here and now.

What's your version of heaven? Do you have to wait till you're dead
to experience it? What makes you think death will be any better than this anyway? Would it really be easier to create heaven in some astral realm vs. right here, right now? What are you waiting for?

If you need permission, you can have mine.
The Best Place to Invest Your Money

The best place to invest your money is in yourself. The rate of return from investing in your own knowledge and skills will be much higher than anything you’ll see from stocks, real estate, or other investments.

In some cases you can even measure the rate of return. Say you buy a book. Even add in the cost of your average hourly rate multiplied by the time it took you to read it. Many books will be lousy. But every once in a while, you’ll get one good idea that gives you a huge rate of return. Like 10x the cost in a matter of months. This is especially true with business and personal productivity books. But often it isn’t a breakthrough idea but rather the continuous exposure to the same ideas presented in different ways that produces a steady return over time.

And the results go way beyond monetary. If investing in your own knowledge finally gives you the idea you need to quit smoking, you can measure the lifetime financial savings in the cost of cigarettes, but what is the increased level of health worth to you? What is the idea that allows you to meet and connect with your future spouse worth? What is shedding 50 pounds of fat and knowing you can keep it off the rest of your life worth? What is building a career that totally fulfills you worth?
A trick I learned from Brian Tracy is to invest 3% of your income on your own personal development. I don’t know why he specifically uses 3%, but that seems about right to me. So if you earn $5000 per month, you’d invest just $150 per month on your own personal development. You could buy about 10 paperback business or self-help books; those are typically $12-16 each (but that’s a lot to read in a month). Or you could order about 3 six-cassette or six-CD audio programs. Or that $150 could go toward the cost of a seminar or conference. I find it best to mix and match different types of learning. For example, last month I bought an audio program, a few books, and went to a 3-day seminar.

You don’t have to spend that exact percentage every month. It’s fine to underspend one month and overspend another. But aim for about 3% for the year on average. If that amount makes you uncomfortable, start with 1% the first month and build up gradually. Or just start with a fixed amount like $20 until you get the hang of it.

You can use this budget to invest in improving yourself any way you like. So that includes not just knowledge, but also equipment and services — anything that helps you grow and improve. For example, I used this budget to put together a home gym with a weight station, an exercise bike, and lots of free weights. If you’re feeling stressed, you could use the money to get a professional massage (in my area those are usually $40-100 for an hour). My wife likes spending half a day at the Luxor Spa now and then. If you feel it would be a growth experience for you, go for it. Take sky-diving lessons. Tour a
museum. Join a club or association. Buy software to learn to type faster. Take flute lessons. Take tennis lessons. Get a PDA.

This is a pretty easy habit to develop too. Just write on your calendar on the 1st of each month: “Invest 3% in myself.” Then when that date comes up, figure out how much money you made the previous month, and then decide how you’ll spend it. If you can, spend it right away — easy when you order online. Remember that this is an investment; the money you spend here will be repaid in the long run based on how you invest it.

If you run your own business, you can decide whether you want to invest a percentage of your gross or your net income. I use the gross, which obviously gives me a higher budget. Use whatever figure you feel most comfortable with.

Even though I’m shopping-challenged, this is the kind of shopping I enjoy. You can give me a $10,000 shopping spree at the local mall, and I won’t be able to find anything I want. But when it comes to investing in knowledge and skills, suddenly I have no trouble coming up with a wish list. It’s fun to think, “OK, I have $X to spend on my own personal growth. How shall I do it?” Let’s buy 30 shares of better health, 10 shares of financial prosperity, 5 shares of communication skills, and 20 shares of relationship building.

Happy spending! :)
This free sample is a brief excerpt from the 22-chapter full length book available at Amazon.