

# The Pleasure of Success

by Stewart Blackburn

Pleasure, the experience of feeling good, is one of those things that we all like, but we don't often think of as a tool. Since every decision we make involves a calculation of the relative pleasures minus the costs for each choice, and we choose what we think will provide the most overall pleasure, we can also use that pleasure to help bring about the experience we are choosing.

If, for example, we want to find a new job that will pay well and teach us new things, then we want to use the energy of that expected experience of the new job to power the manifestation of that new job. If we were to want a new relationship, we would want to spend time savoring the anticipation of our new relationship. If we were to want a bigger bank account, we would want to take a few moments to feel the pleasure of having money.

However, all that may be more challenging than at first it looks. You have to know what feelings you are looking for and that takes some self-investigation.

You might want that job so that you will have enough money to spend enjoying yourself partying. The job itself might not have that much pleasure involved with it and it might rightly be regarded as part of the costs of getting what you really want. In this scenario, unless you are deeply passionate about partying, there won't be a lot of pleasure energy to bring about getting that new job. On the other hand, if you want the job because it involves helping people that you care about, you are likely to have ample energy to power that manifestation. So, being aware of your deepest motivations is key to using pleasure in manifestation.

You might be actually wanting a new relationship to have someone who will consistently validate who you think you are and give you the love and reassurance that you crave. Knowing the underlying motivations for your desire for a new relationship might well help you see that what it is that you really want is something that only you can give yourself.

And wanting a bigger bank account may more realistically be a desire to hold back the fear of not having enough—enough of anything. You might actually be having a desire to feel safe and free from the dangers of poverty and unforeseen disaster. Learning to enjoy what you have and to develop confidence in your own ability to take care of yourself might get you to your desired feeling more effectively.

One simple way to use pleasure as a tool for manifestation is to learn to enjoy the pleasure of success in general. By taking the time to savor the pleasure of success, you can tap into your pleasure energy any time you want to by remembering how much you love success! Savoring, the mindfulness of pleasure, is an important tool itself. It

allows you to increase the intensity of your pleasure energy to more powerful effect. By expanding your tolerance for intensity, you increase your ability to both experience more pleasure and have more pleasure energy to work with.

Pleasure Energy isn't a different form of energy; it is simply the energy generated by enjoyment. The magnitude or intensity of pleasure energy is a function of how much pleasure is involved with a given thought, feeling, or action. And it isn't just a matter of how much pleasure we experience in one place; it is the sum total of all the pleasure felt in all parts of us.

For instance, I think we all agree that most of the time sex is pleasurable. Sometimes it is intensely pleasurable. But we can increase that overall pleasure by experiencing it not just in our body, but also in our heart. For many people good sex involves a strong feeling of connection, either to the sex partner or to the divine. Connection to the divine is a major pleasure for many and could be considered a Pleasure of the Soul. This aspect of the pleasure of sex amplifies the pleasure energy tremendously. This energy is available to us to be directed towards anything we choose.

But pleasure energy is generated in less dramatic ways as well. Appreciation, especially savored appreciation, can be felt throughout the whole being and is a grossly under-appreciated source of energy for us. By spending the time to fully appreciate something, anything, we alter our basic vibration and increase our capacity for creation. Laughter generates a great amount of energy, as do singing and chanting.

All of these ways of generating pleasure energy and more can be used in manifestation if so directed. The pleasure of success, though, has a built-in direction: we already want something specific. We have decided that success would be a certain result. And thus, when we use the pleasure of success we are both targeting our energies and amplifying them.

I like to use the pleasure of success in just about everything I tackle. I think of the feeling I want from the successful completion of whatever I am doing and I spend a little time feeling that success as much as I can. I let that feeling pervade my whole being and consciously enjoy it. This always makes things go better from shopping to repairs. Everything is better with the pleasure of success!

**In these turbulent times it's important to remember that peace and tranquility start within. We must hold that vision of compassion and goodwill both for ourselves and others.**

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