

The Trigger of Expectation

by Stewart Blackburn

Anyone who has spent time looking into esoteric ideas like manifestation and conscious creation has encountered the advice to focus on what it is that you want and to feel as though you had it already. That generally seems to work, but there are a lot of us who like to daydream or fantasize about things we don't really want to manifest. Is it dangerous to indulge in these fantasies? Will we inadvertently create disaster for ourselves while we indulge in a little whimsy? And, on the other hand, why does the process work sometimes and not others? Is there something else going on that we mostly overlook?

There seems to be a moment when in the course of doing our manifestation magic we can sense a change from idle thinking to commitment. If you pay attention, you can actually feel that shift. It may not be obvious what that shift is and what it took to get there, but there is definitely something occurring that means the difference between thinking about something and energetically getting the ball rolling.

That shift happens when we go from wishing and hoping to *expecting* what we want to happen. That expectation is the key ingredient. It is like a big switch: either it is on or it is off. Nothing happens when it is off. It's a trigger that starts something that is composed of inevitability and focused energy.

There is a lot written about expectation; mostly the discussion focusses on how failed expectations can lead to debilitating disappointment. A lot of presumed wisdom says that it is unwise to expect anything, lest you have to suffer from disappointment. Pointing out that disappointment is itself a choice and that you never have to feel disappointed if you choose responses other than disappointment doesn't seem to change their point of view. Expectations are bad and that's that.

Now, a great deal of pain and suffering comes from expecting things from other people. Whether or not these other people even know about your expectation, they seem to totally disregard what you so fervently believe they should or should not be doing. And there is a particularly noxious pain involved when we retroactively expect people to have done things differently many years ago, as in parents not fulfilling our new-found expectation of how they should have done things. Expectations of other people is pretty useless and unnecessary. Letting them be who they are and do what they do lets us be at peace and allows us to be free to do the same.

But expectations outside of the realm of other people are very powerful. Let's remember that expectations remove doubt, and that doubt can be a debilitating force to the point of preventing any forward motion. Part of the power of expectation is the clear path we create when we let go of that doubt. But a bigger part of that power is in the shift in us that takes place. We make the decision that this is our choice and in so doing we eliminate our misgivings and uncertainty and focus our creative energies on what we want to come into our lives.

This use of expectation is a little different from how we usually utilize it. We're talking here about willing ourselves to expect something. It is an active use of imagination that forms the

blueprint for the fulfillment of our desire. Just as we would not want to start building a house without a blueprint, or at least a very good and detailed plan, we want to have an inner blueprint for our desired outcome. This doesn't mean that everything must follow this plan. Everything in life is flexible to some degree and we must allow for that. But, without this plan our energies are too scattered to be effective. And once we have this plan, we make the resolution to proceed assuming that this, in fact, will be a part of our reality.

An intentional and well-directed expectation starts the process that takes the dream from speculation into the process that manifests in physical reality. This powerful property of expectation highlights the dangers of pessimism. If we expect something to go wrong, as the proverbial Murphy pointed out, it will. Even hoping for the best while preparing for the worst is energetically self-defeating. It is the expectation that something bad may well occur. While not as bad as being sure that something bad will happen, it comes very close.

On the other hand, EWOP (Everything is Working Out Perfectly) is an expectation that even if we do find the experience that we do get is not exactly the one we envisioned, we will get something that comes close to what we wanted. That gives us both the power of the expectation and gives the Universe some flexibility in bringing us our desire. Some desires conflict with other creations, other people's desires, available resources, or patterns of manifest reality. But, just the same, a positive expectation is the best way of activating our manifestation.

The trigger of expectation needs to be consciously pulled in order to fulfill a desire. We may well want to not pull that trigger and just enjoy our fantasy. We may want to use our imagination to explore possibilities without having to deal with them as firm choices. Knowing that the trigger is there empowers us to explore possibilities freely, and then to pull that trigger when we're ready to move forward.