

# The Law of Expansion

## Introduction

My name is Steve Martile. For those of you who don't know me, I'm an engineer turned Fulfillment Coach and I live in Canada. I left my job to pursue a career as a coach and since then I've worked with successful people from around the world.



My blog is [freedomeducation.ca](http://freedomeducation.ca). I have an absolute passion for the web and personal growth; and my mission is to reach out and help my clients create satisfaction, happiness and fulfillment in their life.

The intention of this teleseminar is to help you **find your inner fire** so that you can live a truly fulfilling and satisfying life.

## Law of Expansion

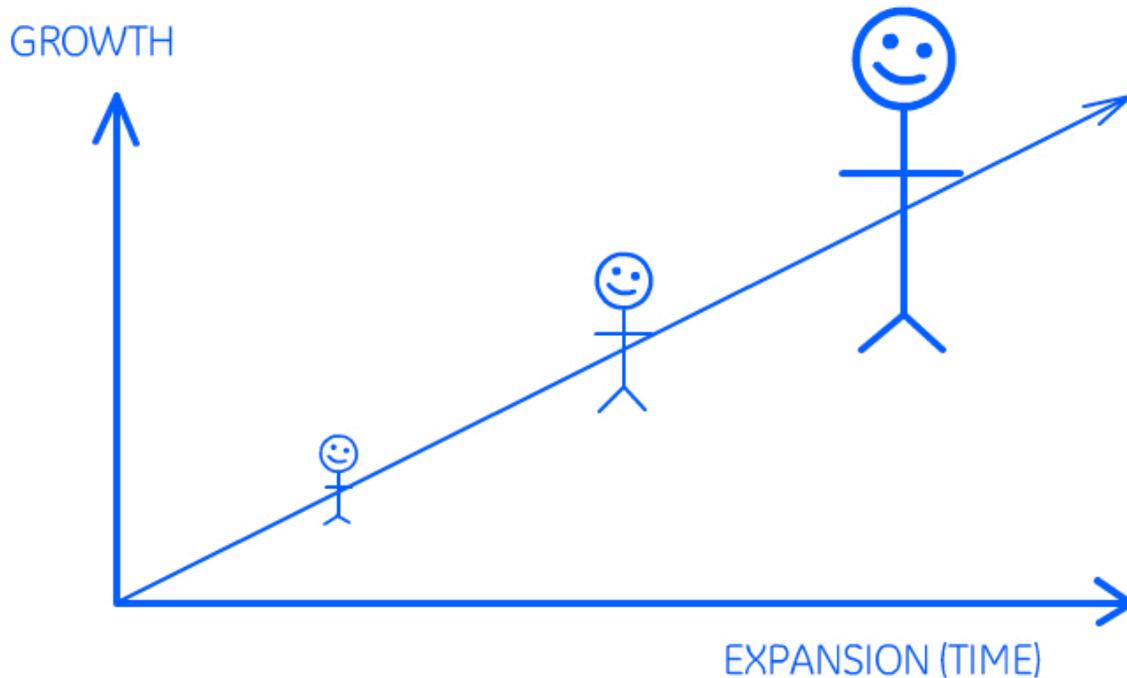
Basically, the Law of Expansion says that all things in the Universe are naturally growing and expanding. Ever since the Big Bang, the Universe has been expanding. It continues to expand and scientists have been measuring this expansion by observing the brightness of supernovae.

This expansion is inherent in the Universe and in all things. Expansion is a part of everything in nature and everything around you. You are also expanding because you are part of the Universe - we all are.

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**Figure 1: Law of Expansion**



Over time we expand and grow to move with the current in our life.

*"The desire for increase is inherent in all nature. It is the fundamental impulse of the universe. All human activities are based on the desire for increase. People are seeking more food, more clothes, better shelter, more luxury, more beauty, more knowledge, more pleasure - more life." ~ Wallace Wattles*

This was more obvious when you were just a babe because you could see the physical changes occur as your grew. But nothing has changed. You're still expanding.

A babe will normally learn how to walk by the time it becomes one year old. The babe doesn't give up and think, "this is too much work, I better quit," or "I'm not good enough." The babe keeps growing until it learns how to walk, until it gets it.

It's this underlying force that works through us - the law of expansion - that is in each of us and is part of who we are. This expansion, this invisible force works geometrically in all directions and in all areas of our lives.

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The question then becomes, if this force is always present and in us - this desire to grow and become more - then how come more people aren't growing? How come more people aren't living their divine selves and how come more people aren't living an unstoppable life?

## **Fear**

Fear is the strongest of all negative emotions. It's a dream killer and inhibits the expansion process. It's probably the #1 reason that keeps people stuck and prevents them from moving forward to follow their hearts desires.

Most people don't realize that fear is triggered by an internal process called homeostasis.

Homeostasis is...

*"The body's ability to regulate physiologically its inner environment to ensure its stability in response to fluctuations in the outside environment."*

As an example let's say you're looking at a new career. You would really like to start writing and being more creative so that you can express more of your natural talents and unique abilities.

On the outside it seems like a good idea, but on the inside you have your doubts and fears. You think to yourself,

"What if I'm not good enough?"

"What if I'm not smart enough?"

"What if I'm not qualified?"

"What if they don't like me?"

"What if I'm too old?"

"What if I'm too young?"

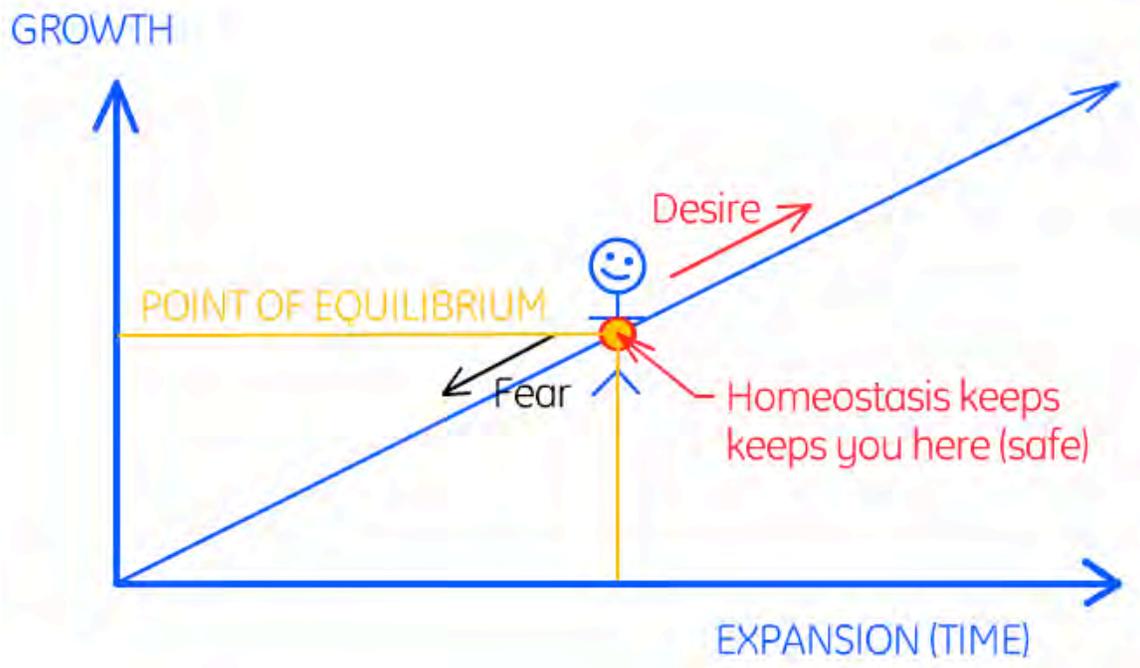
What if, what if, what if?

...all these doubts running through your mind. So on the outside you really want to take steps to make this new career happen, but on the inside you feel like you're going through hell trying to get there. The process of homeostasis is keeping you stuck.

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**Figure 2: Homeostasis**



On one side of the coin you have this desire to grow and express more of who you really are. And on the other side your fear and the process of homeostasis is holding where you are. It's your mind trying to maintain your **point of equilibrium** or point of balance. So while you try and pursue your dreams and heart-felt desires you have this ongoing battle between your desires and fears – one pulling you one way and the other pulling you another way.

So what happens? Nothing! There is no movement, no action, no nothing.

What some people do is give up. They give justifications and reasons for not pursuing what's really important to them. They say things like,

- "Well, it wasn't that important to me."
- "It must have been a sign from the Universe."
- "It must not have been meant to be because if it was it would be much more easier to do."

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Again, all these justifications are your mind's way of regulating your internal thermostat. It's the process of homeostasis at work so that you maintain your current point of equilibrium. Your mind is doing its job perfectly the way it was designed to do it by keeping you exactly where you are.

So how do you get around it?

I'm glad you asked. What we want to do is ask ourselves: What exactly is controlling your internal thermostat? Because once you know what controls your internal thermostat, you can adjust that thermostat just like you adjust the thermostat in your home.

You see this internal thermostat is your subconscious mind. Once you learn how to regulate and change the programming in your subconscious then it gets much easier to move forward with your dreams and desires.

It's just as Price Pritchett said,

*"You have the potential, the resources are available and the opportunity is there. What has been missing is your decision to go for it. It's not something you have to struggle to make happen. You don't force it into existence... you just let it occur. The key is not to get in the way."*

## **Raising Your Thermostat**

Here's how this works.

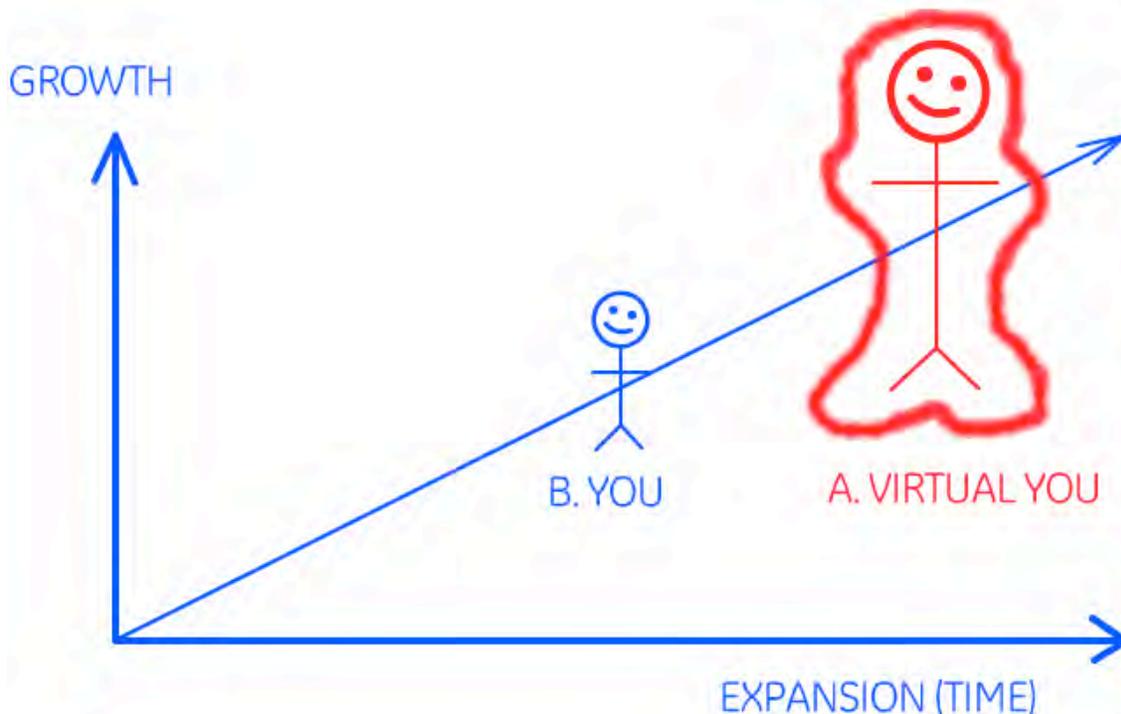
As you start to seed new thoughts into your subconscious, your point of equilibrium will shift. This shift will create a virtual you - not the real you - but a digital version of yourself as you wish in your mind.

See A version of you in Figure 3.

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**Figure 3: Seeding Your Future**



Once you seed the new virtual version of yourself, it will become a stronger point of attraction and shift your future in the direction you want.

So instead of forcing yourself to try harder to overcome that fear, you naturally and easily progress towards the future you want. You easily and effortlessly move towards your inner desire because you've planted the seed.

Now what happens is that you will naturally magnetize and start to grow in the direction of your virtual self because you've eliminated the only thing that was standing in your way in the first place - your fear.

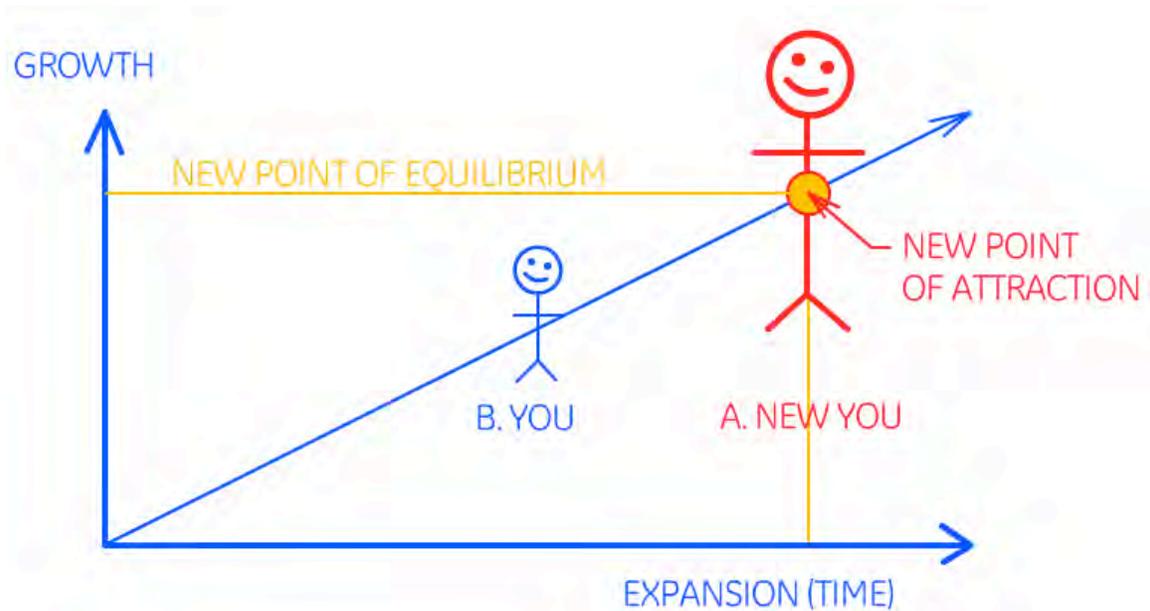
The fear no longer exists because you've given your internal thermostat a new point of attraction; the virtual version of yourself. This new point of attraction will naturally pull you towards it - like a magnet - instead of you trying to push up to it. Now you'll be moving with the natural current in your life, instead of against it.

This is extremely powerful once you use it.

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**Figure 4: Raising Your Thermostat**



The real secret to finding your inner fire and taking a new fearless step towards your dreams is to eliminate your fear completely by creating a **virtual version of yourself** and a new point of attraction that tricks your mind into thinking that is the 'real' you.

It's a matter of fact. As you start filling your mind with new thoughts - the virtual you - you create that new point of attraction. When you do that,

- Your obstacles fall away.
- Your false beliefs fall away.
- Your past conditioning falls away.
- Your old concerns fall away.
- Your fears fall away.
- Your worries fall away.
- Your doubt falls away.
- And the old version of yourself falls away.

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The reason this happens is because you're no longer giving your doubts, worries, concerns and ultimately your attention to your current reality. You've shifted your attention to the virtual you. And this is the most important point I want to make with you. *You cannot eliminate your fear and gain lost confidence without taking a mental step towards what you want.*

So instead of forcing yourself to try harder to overcome your fear, you naturally and easily progress towards the future you want. You easily and effortlessly move towards you inner desire.

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## About the Author

Stephen Martile is the founder and creator of Freedom Education. His passion and love for personal development has inspired the creation of Freedom Education to increase human awareness across the globe.

Steve's passion lies in his **purpose**: to teach and inspire others to love and live life by following their hearts desires.

Steve's **vision** is to increase human awareness and prosperity globally so others can enjoy the freedom of choice. You can read more of Steve's articles here: <http://www.freedomeducation.ca>

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