



*ORDERING FROM
THE
COSMIC KITCHEN:*



*The Essential Guide to Powerful,
Nourishing Affirmations*



Patricia J. Crane, Ph.D.

The Crane's Nest



Bonsall, California

ORDERING FROM THE COSMIC KITCHEN

“Here is a clear, practical, wisdom-filled guide to bringing your life into harmony with your heart’s desires. Put these principles into practice, and you are sure to find what you are looking for. These affirmations really work!”

Alan Cohen

Best-selling author of

The Dragon Doesn't Live Here Anymore

“If you’re ready to lovingly nurture yourself with positive affirmations, here’s the book for you.”

Mark Victor Hansen

Co-creator, #1 *New York Times* best-selling series

Chicken Soup for the Soul®

“There are three parts to a recipe: ingredients, method, and result. In this little recipe book, you will find all three. Simple ingredients, a practical method, and an amazing result. But the “cherry on top” is Patricia’s charming way of mixing it all together. You will love this tasty morsel!”

Barbara Mark & Trudy Griswold

Best-selling authors of the *Angelspeak* books

“If you’re hungry for a more fulfilling life, this is the book for you. All that is good, true and beautiful is ready to be placed on your table when you decide what you want. Dr. Crane shows you what’s on the menu, how to effectively place your order, and why the Great Universal Chef never fails to prepare only the finest sustenance for your particular taste.”

John Randolph Price

Best-selling author and

Chairman of the Quartus Foundation

Introduction

This book is intended to inspire you with a new vision for your life. It includes techniques, particularly affirmations and visualizations, that will empower you to achieve your dreams. I didn't learn these ideas growing up and you probably didn't either. During my teens, I intuitively sensed there was a way to live life differently, but it was years before I discovered what that was. The principles in this book and the stories that illustrate them took me years to learn. It is my hope that by presenting them here, your own learning curve will be shortened!



Welcome to:



The Cosmic Kitchen

Menu.....

All orders served with generous portions of joy,
laughter, hope, and love.

Starters

1	<i>Your Order, Please</i>	1
2	<i>The Basics for Placing Your Order</i>	13
3	<i>Clearing Old Menu Items</i>	27
4	<i>Meditation and Visualization</i>	41

Entrées

5	<i>Money and Material Orders</i>	51
6	<i>Career and Success Orders</i>	65
7	<i>Healthy Orders</i>	76
8	<i>Relationship Orders</i>	89
9	<i>Traveling Orders and Treasure Maps</i>	105
10	<i>Housing Orders</i>	113

Desserts

11	<i>When the Kitchen Gives You Lemons</i>	123
12	<i>Imagine the Possibilities</i>	135

*Whenever you're ready,
the Cosmic Kitchen will take your order.*



I am open to new ways of thinking and feeling about life. I now recognize my own responsibility for creating the life of my dreams. I open my arms to embrace life with joy and enthusiasm.



Chapter 2



When you go to a restaurant, do you scan the menu and tell the waiter everything you DON'T want? Do you tell the waitress to get you "anything?" Of course not! You look over the menu, narrow it down to a few choices, and then choose one. (Or, if you are a Libra, you vacillate so long your partner finally chooses for you.)

Principle #1

YOU NEED TO DECIDE WHAT YOU WANT.

The Basics for Placing Your Order

You tell the waiter or waitress what you want, and he or she goes off to the kitchen and places the order. Do you sit there and worry about whether you'll get it or how long it will take? Probably not. (Sometimes the waiter does come back and say the kitchen doesn't have that selection, and that's another chapter in the book.) You TRUST that the chef and the staff in the kitchen are responding to your order in the best way they can. However, deciding what you really want in life can be more challenging than going into a real restaurant because the Menu of Life is infinite, while restaurants usually specialize in a particular kind of food and have a limited menu. At the end of this chapter there is a page for you to write down your orders to the Cosmic Kitchen. Be as expansive and outrageous as you want to be.

It's also important to be SPECIFIC about what you want. My friend Norma in England started affirming for job interviews—and she got *them*, but no job. She needed to be affirming for a successful interview that would lead to her being offered a wonderful job.

Principle #2

**COSMIC KITCHEN ORDERS ARE POSITIVE,
PRESENT TENSE, AND PERSONAL.**

State your affirmations as though they have already happened. Say “I have.... I receive.... I am....” And so on. If you state your affirmations in the future tense (I will have....) they will stay in the future, rather than

Ordering from the Cosmic Kitchen

manifesting in your present time. State what you DO want, not what you DON'T want. Affirm that "I have a wonderful new job" rather than "I want to get out of this place." Or, "My body is vibrant and healthy" rather than "I'm no longer sick."

The Law of Attraction brings you what you focus on. If you're experiencing a health challenge, yet continually thinking about how sick you are and that you'll never get well, you are depressing your body's own healing mechanisms with every negative thought. If your finances are low and you continually think about how little money you have and send out a message of fear to the Cosmic Kitchen, you won't be able to receive the good the Universe wants to give you.

If you're reading this and thinking, "But how can I think positively when the reality is that I AM sick, or I AM about to file bankruptcy, or my job IS terrible?" You're right—it's not easy to have faith when you're in the midst of challenge. What have you got to lose? Start by thinking, "What do I want?" At the end of this chapter there is a page for you to start writing your affirmations. You can also go to the chapters on specific topics like health and prosperity and get some ideas on how to phrase your affirmations. Write them, read them, feel them, and choose to BELIEVE they will work.

Principle #3

INCLUDE WORDS THAT CONVEY POSITIVE, ENERGETIC FEELINGS.

The Basics for Placing Your Order

It feels wonderful that..... I am so happy and excited to be..... It is fantastic to..... The more positive energy you can generate with your affirmations, the more quickly they tend to manifest. Sing your affirmations with gusto, dance them with joy. Stand in front of a mirror with your arms outstretched and say your affirmations with enthusiasm!

You may have heard the phrase, “change your thinking, change your life.” I would add to that and say, “change your thoughts and feelings and change your life.” If you are thinking, “I am deserving of all good,” but the message you are sending out with your feelings is “No way,” the Universe will respond to your feelings. Along with your positive affirmations, practice FEELING as though they’re already true.

Principle #4

TRUST THE TIMING OF DELIVERY. LET GO OF YOUR TIMELINE.

Cosmic orders may require different amounts of preparation. Some have many ingredients that must come together to complete the dish while others have only a few ingredients. Allow the Universe to bring things together at the right moment for you. When you’re at a restaurant, do you run to the kitchen every few minutes to check on it? (I know a few of you controlling types would like to!) Most people are content to enjoy talking

Ordering from the Cosmic Kitchen

to the person they're with for dinner, the ambiance of the restaurant, and a glass of wine while waiting.

Have you ever had a fleeting thought and had it manifest? If so, that was an example of putting in an order to the Cosmic Kitchen and then letting it go. One day in the mid-eighties, I thought *I'd really like to do more work with women*. Within a month, I received calls to speak at two women's conferences and a local women's group.

A part of trusting the timing for your order to arrive is letting go of the need to have it. While this may seem paradoxical, if there is an underlying sense of fear when you do your affirmations, the Universe responds to the fear. Let's say your finances are low and you are affirming for money. If the fear that you WON'T receive what you need is stronger than your trust that you WILL, the Universe responds to the feeling of fear, and your good is kept away. Practice feeling a sense of trust, even if your logical mind tells you something different. If you are affirming for a relationship, practice being happy and fulfilled right now. That kind of energy is very attractive.

The stronger the feeling of trust, the more quickly the Chef can complete your order. *A Course in Miracles* tells us that "infinite patience produces immediate results." When you are trusting the timing, you can go about your daily life with joy, knowing that all is well.

The Basics for Placing Your Order

Principle #5

LET THE COSMIC CHEF DECIDE HOW YOU RECEIVE YOUR ORDER.

When you do an affirmation and then start imagining how it will happen, that is called “outlining.” This is something you want to avoid. The Chef always has the best combination of ingredients to put together for your order. For example, I had completed my master’s degree when I started affirming for a teaching job. If I had “outlined”, I probably would have called the local community colleges to see what job openings they had. As it happened, the Cosmic Chef arranged for me to teach at the university level, a result that was better than expected, since I had no idea I could teach there without a Ph.D. Once you have created the affirmation that expresses the result you want, focus lightly on the result, not the process to get there. Shakti Gawain, author of *Creative Visualization*, recommends that you add the phrase “this or something better” at the end of your affirmations.

Principle #6

ALLOW YOUR INNER WISDOM TO GUIDE YOU IN THE RIGHT BALANCE BETWEEN ACTION AND ALLOWING.

As you will see from personal stories in this book,

Ordering from the Cosmic Kitchen

many times I simply said my affirmation for a new job or something else, and it just “fell in my lap.” Of course, I had to do the preparation to be ready to do the work, but I didn’t do anything to make it happen. Can you just sit and watch TV and eat bon-bons while you wait for the Cosmic Chef to fulfill your order? Well, sometimes....

One of my longtime friends, Sue, is an attractive blonde with lots of energy. So far, she has had three major careers. In one of them, she practiced law. (OK, now, let’s have some positive thoughts for the lawyers of the world. They need love, too.) At one point, she wanted to change law firms, and talked to me for months about how she needed to get her résumé together. I could tell by the lack of enthusiasm that she wasn’t really looking forward to that task, so I said, “well, maybe you don’t. Just tell the Universe what you want.” Not too long after that, she received a call that gave her the new position, without having to do a résumé. In her next move, however, it was important for her to put together her résumé.

When you meditate, ask for guidance in any action you are to take to help the Cosmic Kitchen. Listen to that Inner Wisdom. If something feels forced, back off. Affirm that you are perfectly guided in ALL your activities.

Principle #7

**BELIEVE THAT YOU DESERVE TO HAVE A
WONDERFUL LIFE.**

The Basics for Placing Your Order

Many people feel they are not entitled to health, wealth, happiness, and a wonderful relationship. The truth is, we are all deserving of all good, but others who didn't feel worthy taught us something different.

What were you taught as a child about having a wonderful life? Are you willing to believe that you DO deserve a fantastic life?

Principle #8

FEEL GRATITUDE TO THE UNIVERSE AND THE COSMIC CHEF FOR FULFILLING YOUR ORDER IN THE MOST MIRACULOUS WAY.

Gratitude is a wonderful feeling at the heart level. It not only sends out positive energy around your affirmations, it also helps you with feeling the trust that it is already being taken care of. Every day take some time to make a gratitude list, either mentally or on paper. Cultivating the “attitude of gratitude” will create wonderful miracles in your life.

Common Questions about Placing Orders:

❖ *Why do affirmations work?*

Affirmations work because your thoughts are not contained in that physical structure we call the brain. We are all connected (yes, all) in Divine Mind, Unlimited Potential, God, whatever you want to call It. Your

Ordering from the Cosmic Kitchen

thoughts, whether they are positive or negative, are an energy that connects to the universal consciousness, the Cosmic Kitchen and Chef, and the Law of Attraction that brings your orders to you. Affirmations are energized even more with positive feelings, so practice FEELING your affirmations as though they are already a reality!

❖ *How many orders can I give the kitchen at any one time?*

Unlike a regular kitchen, the Cosmic Kitchen can handle an infinite number of orders at any one time. It doesn't matter how many other people are putting in their orders or how many you have; it can respond to all of them. The real question is: how many do YOU feel comfortable with? You can write out as many affirmations as you want, and then just allow the Universe to act on them.

❖ *How often do I need to say or think my affirmations?*

When it comes to affirmations, once is actually enough if your belief is strong enough. However, most people find that by saying their affirmations on a daily basis, they reinforce the new beliefs for themselves. Discover what is comfortable for you.

❖ *How can I check on my order to see if it's really being prepared?*

Please go back and re-read basic principle #4. The operative word here is TRUST. Have you ever gone to the kitchen in a restaurant to check on your order? (OK, so a few of you Type A's have, but most of us are more patient than that.) Pressuring the chef in a restaurant or complaining to the waitress may speed up service, but it doesn't work with the Cosmic Kitchen! There is a timing that is perfect for preparing and delivering your order.

Here's another analogy: when you plant seeds in your garden, you know you need to water, fertilize, and weed around them. You don't go pulling the seeds up every few days to check and see if they're growing. In the same way, you want to lightly think and FEEL that your affirmations are a reality and go about your daily business with joy and trust, because you know that you are always supported by Spirit.

❖ *Can you do affirmations for others?*

Sometimes. If you and another person agree on an affirmation for her/him, it's OK. For example, your partner is looking for a new job, and you are both affirming, "_____ has the perfect new job," that's fine. Or, you may be affirming with a friend for her vibrant health and vitality. However, you can't try and control others with affirmations. If you have a disagreeable boss, rather

Ordering from the Cosmic Kitchen

than thinking he's found another job, affirm "I always have a good relationship with my boss." Remember to focus on the result you want for yourself.

❖ *Why don't orders always get fulfilled?*

The Law of Attraction always fulfills your orders, even though it may not seem like it. If you don't feel deserving of what you want or you have inconsistent feelings about what you want, the Law of Attraction will give you the order with the strongest feelings. Let's say you are affirming for a new job paying a lot more than you're making right now. But the order isn't completely clear, because you're also thinking you'll have to work a lot harder at the new job, and you don't want to do that. Until you get clear, the new job can't be delivered. You could affirm "I have a fabulous new job making \$_____ a year, working less than I do now, and having more fun."

If you're ill and getting well will mean resuming some responsibilities you don't want, you will continue to attract illness. If you are affirming for a relationship, but you're actually fearful of having one, it won't manifest.

When I was administering wellness worksite programs, I thought I would affirm to lead stress reduction programs as a consultant and make a lot of money. It never happened, for two reasons. First of all, the motivation to just "make a lot of money" doesn't fit with my values, and second, I really wanted to share spiritual ideas and my own (limiting) thought was that I couldn't

The Basics for Placing Your Order

do that in the corporate world. Now, I'm clear that I can offer spiritual principles anywhere, be of service to people wherever I give my programs, and be prosperous.

❖ *Why do some things happen that I DON'T want to happen?*

If you send out a strong message, I DON'T WANT...., it's the same as sending out a strong message I DO WANT... Try this: Don't think about a pink elephant. The image that immediately pops into your mind is a pink elephant, right? Your unconscious mind doesn't process the "don't." When you say I DON'T, the image of what you don't want goes to the Cosmic Kitchen. Now stay calm—you don't need to start worrying about every random thought. It's the energy and the repetition that are important. Just pay attention to your thoughts and feelings: change the "I don't wants...." to think about what you DO want.

On the next page you'll find some examples of affirmations, and on the last page of this chapter there is a space for you to start writing your orders to the Cosmic Kitchen. Have FUN!

The next chapter has several exercises to help you clear out conflicting beliefs and feelings.



Ordering from the Cosmic Kitchen

Examples of affirmations:

*I am deserving of a wonderful life. I now consciously
create the life of my dreams!*



*I receive an abundance of love from
my friends and family.*



*I love and approve of myself. I am always doing the
best I can.*



I am healthy, wealthy, and wise.



I'm having a love affair with life!



*My body is strong and healthy and every cell is alive
with health and energy.*



*I am delighted to be using my talents and abilities
in my ideal career position! I now know and follow
the Divine Plan for my life.*



*I trust my Inner Wisdom, knowing that all the an-
swers are within me.*



Did you read these affirmations and feel that
you couldn't say some of them for yourself? Then
it's time for some clearing out.

The Basics for Placing Your Order

My Orders to the Cosmic Kitchen....



Story
Excerpts

Career and Success Orders

The Universe seems to enjoy fulfilling orders in a way that is different from what you expect. Elizabeth is a tall, beautiful brunette. From years of a spiritual practice, her inner beauty truly shines as well. When I first met her at one of my training sessions, I thought she must have been a model. Later I discovered that she had been a dancer, working at the MGM Grand in Reno and other places. Years later, she was working as a talent agent in Las Vegas, but not enjoying it very much, when she heard that MGM was opening a new hotel in Vegas. Elizabeth felt really excited about working there behind the scenes in the entertainment area. It would be like “going home,” since she had previously worked at MGM and loved their movies growing up. After five hours of applications and interviews (all the while knowing she would be the perfect employee) she never heard anything. Elizabeth was so disappointed. Why didn’t she get a job there? Others she knew had. It certainly didn’t seem fair.

Despite her disappointment, Elizabeth continued

entertainers at the theme park? Of course! She asked Leslie if she had seen her résumé and application, and that's why she had decided to call. No—the idea had just come to Leslie that she'd like to work with Elizabeth.

This part-time position was the perfect job. Within a year she was promoted to create a convention entertainment plan for the theme park. She worked there several years, and was given more and more responsibility because she did such an excellent job. Eventually, it was time to move on. She was being called to a different type of work which allows her to express her spiritual values and a message of personal growth and development. Elizabeth now works with individuals and teaches transformational workshops using the principles in this book.

Travel Orders

My favorite vacation spots in the world are the Hawaiian Islands. When I was married, we made several trips to Hawaii, visiting the islands of Oahu, Kauai, and Maui. One night in 1992 I attended a seminar at my church with Terry Cole–Whittaker, a well-known spiritual and metaphysical speaker. During her talk on abundance, Terry said, “everyone’s always affirming for money. Why don’t you just affirm directly for what you want?” That idea really clicked with me, so after the seminar I started thinking, What do I want to affirm for? The answer came quickly, A free vacation to Hawaii. For the next few months, I would occasionally think my affirmation, It is so exciting to have a free week in Hawaii. I would feel great gratitude to the Universe for arranging this vacation.

One day I happened to be talking with an acquaintance and she mentioned that she had just been to Hawaii for a conference on guided imagery. Causally, I asked her where she liked to stay when she went there, and she replied, “Oh, my husband and I are part-owners in a condominium on Kauai. I’d love for you to go there for a week as my guest. I appreciate the

help you've given me in the past.” Wow—it is always so amazing how the Universe works things out. But the story doesn't stop there. It took a few months before the actual week was scheduled. In the meantime, I asked the man I was dating at the time if he would like to come to Hawaii with me. After he said yes, I started affirming for free airline tickets. But for some reason, despite all the affirmations I had seen work, doubting self-talk started in my mind, and so we ended up paying for our tickets.

The day came to fly to Hawaii. We were excited and happy as we got on the plane. About halfway through the flight, my friend said to me, “You know, I just realized I probably have enough frequent flyer miles for us to have gotten free tickets.” I looked at him in disbelief. I wasn't sure whether to throw him or myself off the plane! It was so clear that I had accepted my good at one point and then denied it at another. This experience taught me to stay with my Cosmic orders and let the Kitchen figure out how to fulfill them. As you'll see from the next story, LoAnne did that beautifully.

Ordering From the Cosmic Kitchen

The Essential Guide to Powerful
Nourishing Affirmations

To order the complete paperback book, 147 pages
or for more information, go to our website,
<http://www.heartinspired.com>.

Feel free to call us at (800) 969-4584 from the
US and Canada, and (760) 728-8783 from else-
where. Or email Patricia at
patricia@heartinspired.com.

Heart Inspired Presentations
P.O. Box 1081
Bonsall, CA 92003