

WE MUST CREATE A SPACE FOR WHAT WE WANT

In our book, *“Love Conquers All: How Love Delivered Her from Cancer and Him from Prison,”* I mention “space” 42 times. According to *Dictionary.com*, space is defined as “the unlimited or incalculably great three-dimensional realm or expanse in which all material objects are located and all events occur. The *space* occupied by a body.” As an artist, space takes on an additional meaning. **SPACE IS SOMETHING YOU FILL WITH AN IMAGE.** Oftentimes as an artist, there is also negative space – that space in which you leave blank or don’t fill. I have learned that space in our thought lives is more than just important, it shapes and molds our realities.

Your life is the time on Earth that you have to fill your space. We fill our space in a number of ways. We start out born into a space – our parent’s space. Once we are born, we begin to fill our space with people (teachers, friends, and relatives), with objects or “things”, and with knowledge. We can be in control of that once we reach a certain age. We can choose our friends. We can choose what “things” are in our space. We can control what knowledge we carry and what thoughts we hold. But oftentimes, people allow others to fill their space, especially in the most important area – the space in which we hold our thoughts.

Lenny and I believe that our thoughts create our reality so if others are directing your thoughts – filling that space with their thoughts – the reality that you create might not be what you are wanting. For example, and this is just one example, think about the news – media – and how much of that is focused on the negative. If you are someone that watches the news regularly, then pretty soon you begin to think that the world is a negative place, that nothing good ever occurs. Or think about what the media portrays – the stereotypes it depicts. If you watch movies on a regular basis, you might begin to believe those stereotypes. If you play violent videogames, you might begin to think that the world is a violent place that you must constantly “be ready for.” The media tells us what we should wear, what we should buy, and even what we should think. How many people do you know that feel like they must “keep up with the Jones’s,” so to speak.

For anything we desire – weight loss, a meaningful relationship, health, wealth, a better job – whatever it is that we want for ourselves, we absolutely **MUST** create a space for that. For Lenny and I, we had to create a space for miracles to happen having both been given death sentences: Stage 4 Cancer and 2 Life Sentences plus 110 years. We could have kept that space within ourselves that everyone else thought for us. My doctors told me I wouldn’t live past 3 years. And I don’t know how many times I was told that Lenny would die in prison, that he was a “lost cause” and that I was on the crazy-train if I thought that he would ever be free. I could have stayed in that space. But Lenny and I chose something different for ourselves and it started with making a space for my health and his freedom. For anything in your life that you want, you **MUST** create a space for it in your thought life and “see” in your mind’s eye living that truth and then work towards that vision. Don’t waste your life working towards someone else’s vision for you. Color your space and bring it to life with what you want and desire for yourself. No matter your present circumstances, change begins by creating a space for what you want in your thought life – start there by visualizing yourself already in the space you want and then talk, walk, speak, and act your truth – **YOUR TRUTH**; not the media’s, not your parent’s, not your friend’s, not your significant other’s – make sure the space you fill is with **YOUR TRUTH**.

Once I recognized this lesson, I went about coloring my space vibrantly, joyfully, abundantly. I began to live in that space where my health became number one. Lenny and I began to fill our thought space with his freedom. Today, our lives embody this lesson – I have “no active” cancer in my body and Lenny is a free man – huge obstacles to overcome. So whatever you are currently faced with, you too can overcome whatever is. Start by creating a space for it.